

# Where to Work as a Personal Trainer



## For New and Experienced Trainers

- ✔ Gyms, both large and small
- ✔ Spas, resorts, hotels, and apartment buildings with gyms
- ✔ Community and recreation centers
- ✔ Senior living facilities and communities
- ✔ Cruise ships



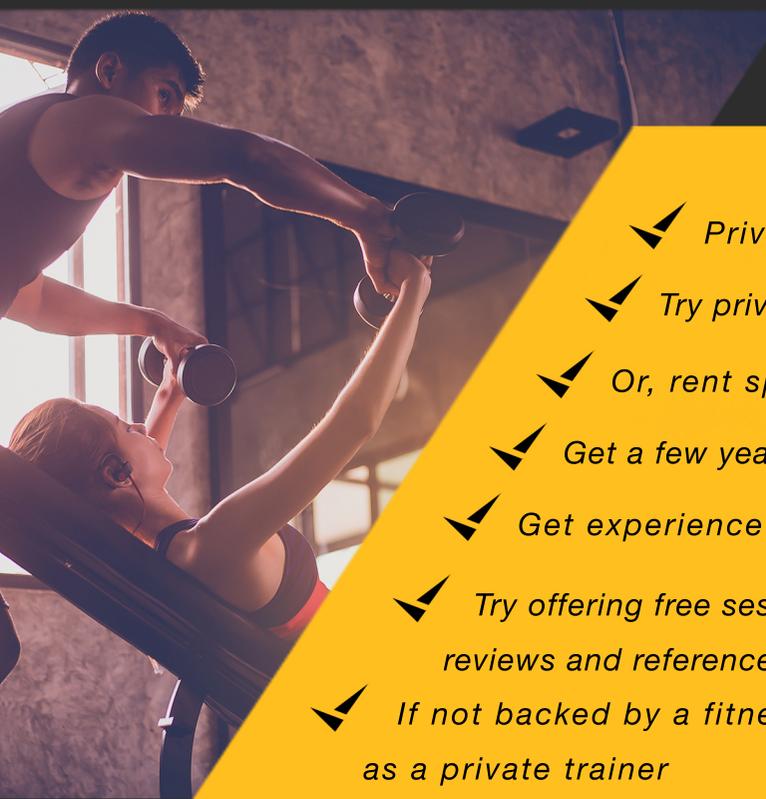
## Growing Your Career as a Trainer

- ✔ Move into management at a gym or other fitness center
- ✔ Earn a specialty certification
- ✔ Start your own small business offering training services



## Large Gyms vs. Small Gyms

- ✔ Both have advantages and disadvantages
- ✔ Large gyms often pay more
- ✔ Larger gyms may be able to offer more full time work
- ✔ Large gyms have a lot of different types of equipment
- ✔ Smaller gyms are more community-oriented
- ✔ A small gym allows trainers to develop closer relationships with clients
- ✔ Small gyms let trainers spend more one-on-one time with clients
- ✔ Large gyms can get overcrowded



## Private Personal Training

- ✔ Private sessions are one-on-one training sessions
- ✔ Try private training through a gym
- ✔ Or, rent space at a gym to start training private clients
- ✔ Get a few years of experience before working with private clients
- ✔ Get experience and network
- ✔ Try offering free sessions to your first clients and ask for honest reviews and references for new clients
- ✔ If not backed by a fitness center, you will need to have insurance as a private trainer