

Job of The Week

Fitness Instructor

Key Skills

- A desire to help people
- Excellent verbal communication skills
- The ability to teach and motivate people
- customer service skills
- Physical fitness and endurance
- Physical skills like movement, coordination, dexterity and grace
- Patience and the ability to remain calm in stressful situations
- Sensitivity and understanding
- To be able to carry out basic tasks on a computer or hand-held device

Salary

£17,000 - £27,000

Working hours

35 – 37 per week
Evenings/weekends

As customers demand

Aspire | Challenge | Achieve

Fitness Instructor

Apprenticeship

You could do a Leisure Team Member Level 2 Intermediate Apprenticeship, or a Community Activator Coach Level 2 Intermediate Apprenticeship, to give you some of the skills needed for this role.

Entry requirements

Employers will set their own entry requirements.

College

You can do a recognised qualification in gym instructing or fitness instructing.

Entry requirements

There are no set entry requirements for this route.

Restrictions and Requirements

You'll need to:

- Have insurance
- Have a First Aid Certificate
- Pass enhanced background checks

You'll usually need public indemnity and professional liability insurance, if you're self-employed.

Other Routes

You can do qualifications through private training companies who offer specialist courses like:

- Fitness instruction
- Group based training
- Gym instructing

You could train in a similar role as a physical training instructor in the armed forces. You can find out more from the:

- [Royal Air Force](#)
- [Royal Navy](#)
- [Army](#)

Work

You could work as a leisure centre assistant and do part-time fitness qualifications on the job, which would allow you to apply for jobs as an instructor.





Career path and progression

You could:

- Take further training to [become a personal trainer](#)
- Take a course so you can teach extra activities
- Become a senior instructor or manager
- Start your own fitness club

Day to Day tasks

- Lead group exercise classes
- Update client records
- Assess people's fitness and create personal exercise programmes
- Demonstrate activities, exercise machines and weights
- Help people exercise safely and give advice on having a healthy lifestyle
- Follow health and safety guidelines and maintain equipment

Working conditions

You could work in the community, at a school, at a health centre or in park.
Your working environment may be physically demanding

Labour Market Information

In the Careers section of the school website you can find the useful comparison tool the 'Labour Market Information widget'.

Use the widget to compare different job roles in any employment sector or relating specifically to the 'Job of the Week'.

Sports coaches, instructors and officials

Weekly Pay £710	Annual Pay £36,920
Hours/Week 35h	Hourly Pay £20

Workforce Change (projected)

Growth
11.1%

The workforce is projected to grow by 11.1% over the period to 2035, creating 9,200 jobs.

You might find this job in

Sport & recreation
Education
Public admin. & defence
Employment activities
Gambling

[More info](#)

[Clear card](#)

Fitness and wellbeing instructors

Weekly Pay £600	Annual Pay £31,200
Hours/Week 46h	Hourly Pay £13

Workforce Change (projected)

Growth
11.1%

The workforce is projected to grow by 11.1% over the period to 2035, creating 7,600 jobs.

You might find this job in

Other personal service
Sport & recreation
Education
Architectural & related
Health

[More info](#)

[Clear card](#)

Leisure and sports managers and proprietors

Weekly Pay £730	Annual Pay £37,960
Hours/Week 45h	Hourly Pay £16

Workforce Change (projected)

Growth
15.6%

The workforce is projected to grow by 15.6% over the period to 2035, creating 12,900 jobs.

You might find this job in

Sport & recreation
Computer programming, etc
Food & beverage services
Arts & entertainment
Libraries, etc

[More info](#)

[Clear card](#)

Labour Market Information

Sports coaches, instructors and officials

Sports coaches, instructors and officials work with amateur and professional sportsmen and women to enhance performance, encourage greater participation in sport, supervise recreational activities such as canoeing and mountaineering, and organise and officiate at sporting events according to established rules.

Common tasks in this job:

- coaches teams or individuals by demonstrating techniques and directing training and exercise sessions
- controls team selection and discipline and recruits ancillary staff such as coaches or physiotherapists
- monitors and analyses technique and performance, and determines how future improvements can be made
- deals with administrative aspects such as arranging matches, contests or appearances for athlete or team, and organising required transport and accommodation

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Fitness and wellbeing instructors

Fitness and wellbeing instructors deliver training in a range of fitness activities, including weight training, yoga, Pilates, personal training and other forms of exercise at private health and fitness centres, local authority run sports and leisure centres, other public and community establishments, and in private homes.

Common tasks in this job:

- assesses the fitness levels of clients
- devises programmes of training appropriate to the needs of clients with varying levels of strength, fitness and ability
- demonstrates and leads fitness activities and supervises exercise classes
- ensures that clients do not injure themselves through over exertion or using incorrect training techniques

Back

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Leisure and sports managers and proprietors

Leisure and sports managers organise and proprietors, direct and co-ordinate the activities and resources required for the provision of sporting, artistic, theatrical and other recreational and amenity services.

Common tasks in this job:

- organises timetable of activities/schedule of programmes
- ensures that facilities are kept clean and in good condition and that appropriate health and safety requirements are adhered to
- keeps abreast of new trends and developments in recreational activities and arranges exhibitions, theatrical productions, concerts, demonstrations, etc
- advises on the facilities available and promotes publicity in relation to shows, games, races, new theme parks, etc

Back

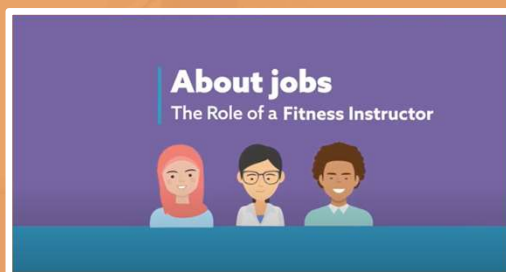
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Keep looking...

Use these links to learn more about our Job of The Week, consider the various pathways leading to the career, what you can be doing now to help yourself and other roles in the industry...

Take a look at these short videos for inspiration...

Fitness Instructor



[The Role of a Fitness Instructor](#)

Senior Leisure Attendant



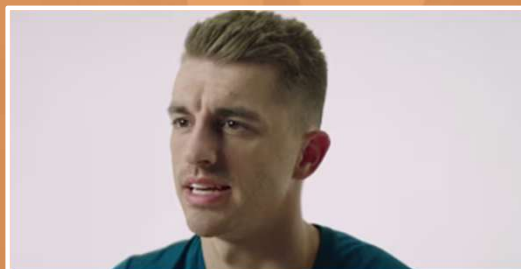
[Meet Ella - Day in the life as an Senior Leisure Attendant](#)

PE Teacher



[From professional footballer to teacher: Greg's story](#)

Personal Trainer



[BTEC Sport Careers: Personal Trainer](#)

Useful Websites

[Fitness instructor](#) | [Explore Careers](#) | [National Careers Service](#)

[How to become a personal trainer: Louis' story - BBC Bitesize](#)

[Fitness and Wellbeing Instructors](#) | [Career profile](#) | [UCAS](#)

[Personal trainer job profile](#) | [Prospects.ac.uk](#)