

## **FITNESS TRAINERS**

### **ANNUAL WAGES**

ENTRY: \$24,700  
MEDIAN: \$47,500  
HIGH: \$59,100

### **HOURLY WAGES**

ENTRY: \$11.87  
MEDIAN: \$22.82  
HIGH: \$28.39

**EDUCATION  
AT ENTRY LEVEL**  
  
HIGH SCHOOL  
DIPLOMA OR GED



THE AUSTIN MSA PROJECTS TO NEED OVER  
**7,705** FITNESS TRAINERS BY 2031. WILL YOU  
BE ONE?

### **JOB DUTIES**

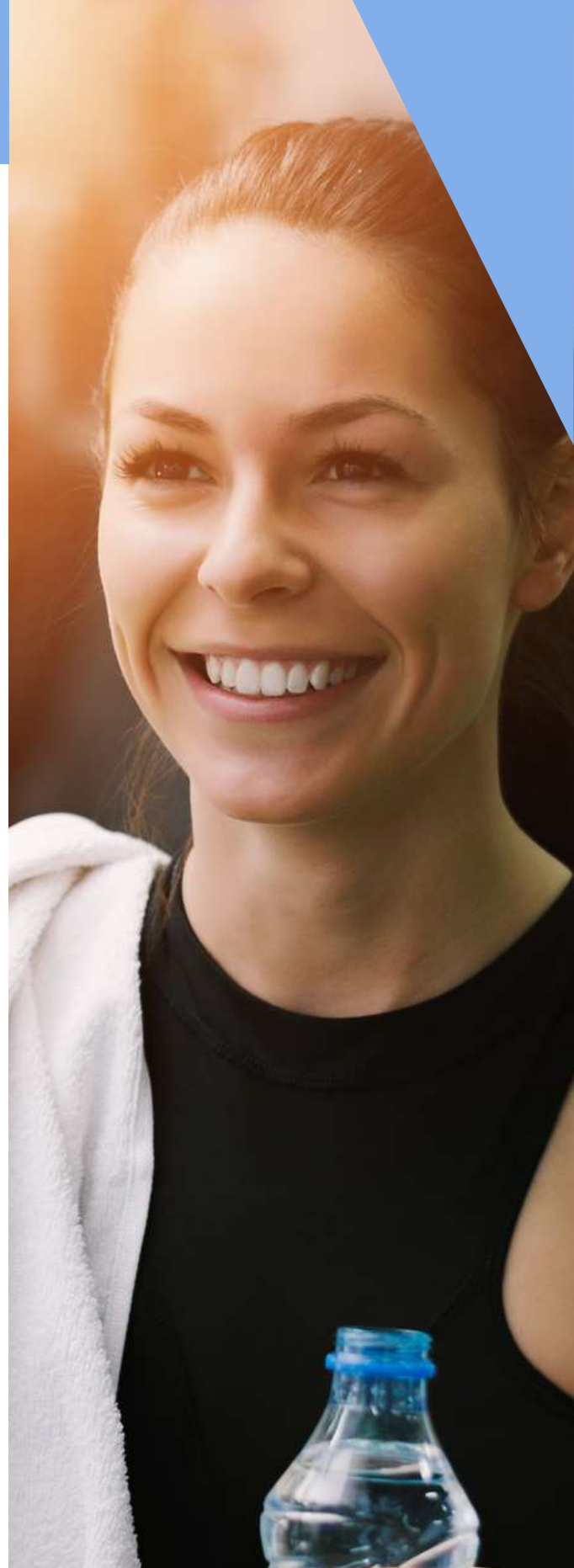
- Offer alternatives during classes to accommodate different levels of fitness.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.

### **YOU WILL THRIVE IN THIS POSITION IF...**

- You enjoy interacting with people and teaching, inspiring and coaching.
- You are dependable and structured.
- You have self discipline and can teach that skill to others.
- You know how to work independently.



**SCAN TO WATCH A VIDEO  
ABOUT THIS CAREER PATHWAY**



Data Sources

SOC: 25-1193

O'Net, JobsEq, 2022

Career OneStop

**Prepared by Workforce Solutions Capital Area**

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# FITNESS TRAINERS

## HOW TO GET STARTED IN THIS CAREER PATHWAY



Take health, science or biology classes while in school.



Teach group exercise classes at your local gym or community center.

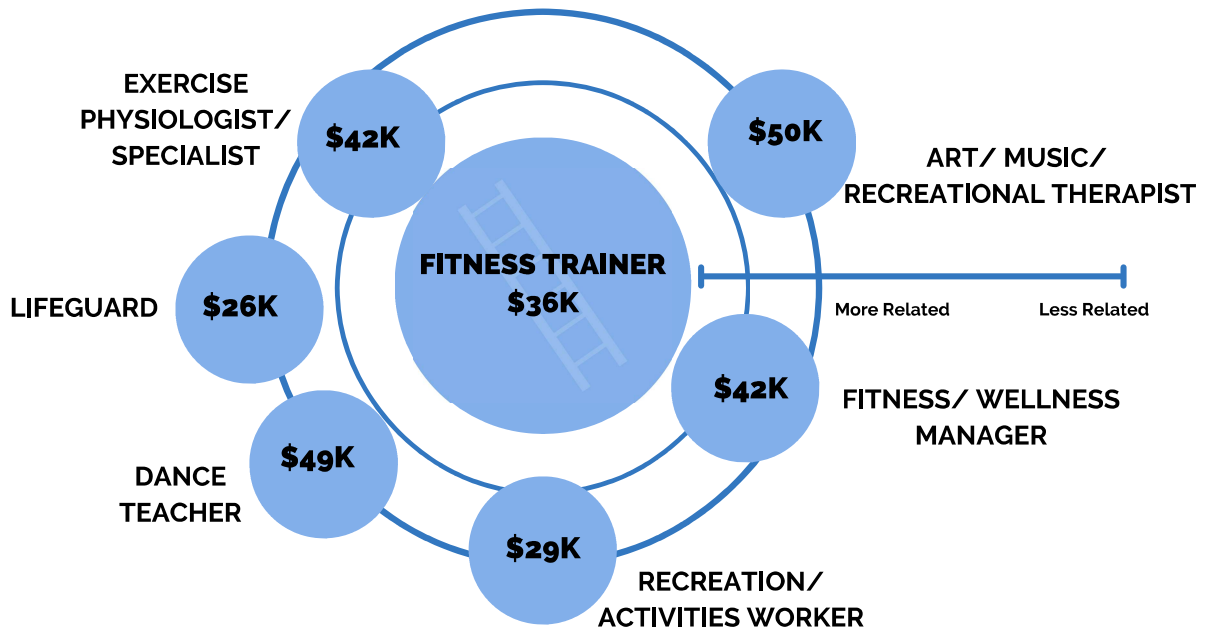


Find a part-time job or internship with a local athletic team. **Register at [workintexas.com](https://workintexas.com).**



Complete a personality test or explore more high-demand careers. **Scan the code to get started!**

## RELATED JOBS WITH MEDIAN SALARY



## WHAT IS SOMETHING NEW YOU LEARNED ABOUT THIS CAREER?

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