

Fitness Instructor

What is it?

A fitness instructor is a professional who guides and instructs individuals or groups in various forms of exercise and physical activity to help them achieve their fitness goals.

Qualifications/Experience Required:

You must have an industry recognised qualification approved by the Register of Exercise; qualifications include:

Level 2 NVQ Diploma Instructing and Exercise and Fitness.

Instructor and Fitness Apprenticeship

What the Work Involves:

Fitness instructors teach people how to exercise in a safe and effective manner, while also helping them work towards personal fitness targets.

You may provide 1:1 service to your clients, direct and choreograph group fitness activities or classes.

Other duties include, writing training programmes and providing advice on nutrition and other lifestyle related issues.

Future Prospects – Labour Market Information:

As society as become increasingly aware of health and fitness issues, the demand for fitness instructors has grown.

Weekly Pay
£410

Hours/Week
26h

Annual Pay
£21,320

Hourly Pay
£16

Workforce Change (projected)

Growth
0.7%

Replacement
57.8%

The workforce is projected to grow by 0.7% over the period to 2027, creating 500 jobs.
In the same period, 57.8% of the workforce is projected to retire, creating 39,000 job openings.

Type of person who may be suited to this job:

You will need excellent interpersonal skills so that you can attract new business opportunities. You must be enthusiastic about training. You must be innovative in your approach to keeping fit and creating new routines.

Money/Wage Guide:

Fitness instructors usually have a starting salary of £14,000. With experience, earnings can increase up to £22,000. Freelance instructors may charge an hourly rate of £10 to £30

Related Opportunities:

- Leisure Centre Attendant
- Outdoor Activities Instructor
- Sports Coach
- Sports Professional

Further Information:

Chartered Institute for the Management of Sport and Physical Activity.

www.cimspa.co.uk

Register of Exercise Professionals

www.exerciseregister.org