According to the latest fitness industry salary guide, Personal Trainers are earning an average of $34 an hour. Employers like 24 Hour Fitness, LA Fitness and Gold’s Gyms are just a few of the thousands of club employers that seek out our graduates each semester. Whether for a career move or for your own personal knowledge, get all the information you need to become a Certified Personal Trainer. This challenging course is taught over an eight-week period for better retention and hands-on skill competency. The national exams are held on the ninth week. This course is formatted as a 62-hour program and consists of 16 hours of lecture, 16 hours of hands-on practical training at a local fitness facility and a 30-hour internship that walks many graduates right into a job! The course prepares you for success with key topics that include bio-mechanics, exercise physiology, fitness testing, equipment usage and health assessment. Completion of the course lecture, practical training, internship and a separate CPR/AED course are required to receive a certificate. The textbook is included.

World Instructor Training Schools (W.I.T.S.) is the only major certifying body in the country providing comprehensive practical training and internship components. You will be prepared to work with clients and stand out in any gym as “the expert” in your field. W.I.T.S. is an approved CEU provider for the Board of Certification for Athletic Trainers (BOC), the American Occupational Therapy Association (AOTA), National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), Veterans Training and Education, and the International Association of Continuing Education and Training (IACET).