

Outlook for Careers in Fitness

- “Employment of fitness trainers and instructors is projected to grow 8 percent from 2014 to 2024, about ‘as fast as the average’ for all occupations.”
- “As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs is expected to increase the need for fitness trainers and instructors.”
- “As baby boomers age, many remain active to help prevent injuries and illnesses associated with aging. With the increasing number of older residents in nursing homes or residential care facilities and communities, jobs for fitness trainers and instructors are expected to rise in the fitness centers in these locations.”
- 2015 Median pay = \$36,160 per year (\$17.39 per hour)

Personal Trainer Compensation

Employment Status	
Employee	62%
Self-Employed/IC	28%
Both	9%

Method of Compensation	
Salaried	7%
Hourly	44%
Per Session	62%
Per Participant	21%

Personal Trainer Compensation			
	Hours per week (n = 227)	Hourly Pay (n = 222)	Estimated Annual
Mean	18	\$30.50	\$28,548
Fitness Floor Staff Compensation			
	Hours per week (n = 98)	Hourly Pay (n = 95)	Estimated Annual
Mean	19	\$12.25	\$12,103
Total	37		\$40,651

Personal Training Director Compensation

Employment Status	
Employee	96%
Self-Employed/IC	2%
Both	3%

Method of Compensation	
Salaried	48%
Hourly	15%
Per Session	19%
Per Participant	6%

Personal Training Director Compensation			
	Hours per week (n = 55)	Hourly Pay (n =45)	Annual Salary (n =54)
Mean	28	\$32.00	\$43,051

Position Perks	PT	PTD
Benefits	33%	80%
Cash Incentives/Bonus	37%	54%
Education Fund	37%	57%

Personal Trainer Compensation by Region

