



## **Corporate Fitness Center Internship Position**

### **Job Description**

**ARE YOU READY TO GAIN REAL WORLD EXPERIENCE?**

AdvantageHealth corporation is seeking Fitness & Wellness Interns for our client locations in Minneapolis, MN. Fitness & Wellness Interns work directly with our amazing corporate clientele, while gaining valuable hands-on experience.

AdvantageHealth's Fitness & Wellness internship gives students the opportunity for growth, expertise and knowledge in many different areas which may include, but are not limited to:

- Personal training techniques
- Group exercise class instruction
- Fitness testing and exercise Prescription
- Wellness programming
- Facility orientations
- Customer service
- Health promotion & marketing

### **Requirements:**

This individual must be enrolled in a university program, focused on exercise science, health promotion, health education or another related field. The candidate will possess the ability to consult with members at all levels and show strong interpersonal skills in addition to excellent written and verbal communication skills.

Knowledge of exercise physiology, exercise testing and prescription, health promotion programming, corporate wellness and facility operations favored. Professional certifications by nationally recognized health/fitness organizations are beneficial, but not required. This individual must hold a current certification in CPR/AED. This position is unpaid; however, parking will be provided.

### **Apply:**

If you are interested in applying, please submit a cover letter and resume to:

Kari Gallagher at [kgallagher@advantagehealth.com](mailto:kgallagher@advantagehealth.com)

### **Deadlines:**

- Application Deadline for Spring 2020 is Friday, December 27th.
- Application Deadline for Summer 2020 is Friday, March 20th.
- Application Deadline for Fall 2020 is TBD

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**w w w . a d v a n t a g e h e a l t h . c o m**