



Internships

Working together to be successful!

Corporate Fitness Works is looking for positive, goal-orientated professionals with a passion for improving the health of our clients. Our internship program is an ideal stepping stone for students nearing course-work completion in the study of exercise science, health promotion, or related field, looking to explore future career opportunities in the field.

Corporate Fitness Works provides for the wellness and fitness management needs of clients located throughout the country. Current locations include: Florida, Kansas, Kentucky, Maryland, Massachusetts, Missouri, New York, Pennsylvania, Ohio, Texas, Virginia, Wisconsin and Washington DC. Comprehensive, hands-on internships are offered at most of the centers during the spring, summer, and fall semesters.

Internships are also available at senior living communities in Maryland, Pennsylvania and Virginia.

Interns have the opportunity to experience many different aspects of the program and facility, such as the following:

- Customer care
- Daily operations of the facility
- Comprehensive fitness assessments
- Comprehensive health consultation
- Individualized exercise programming
- Incentive program development
- Group exercise class instruction
- Health promotion
- Fitness and wellness education
- Professional development and networking

Qualifications

- Junior or senior pursuing a BS/BA degree in health, fitness, or related field
- Preferred course work in exercise testing and prescription, exercise physiology, and anatomy
- Current CPR/AED/First Aid certification from the American Heart Association or American Red Cross, or the ability to become certified
- Good communication and interpersonal skills a must

Application Procedure

If you are interested in an internship, email HR@corporatefitnessworks.com to request a complete internship packet and application. Internship applications must be submitted by **April 1st** for summer positions; **July 1st** for fall positions; and **November 1st** for spring positions. Stipend internships are available to qualified candidates.