

IT'S FINALLY HERE!!! Essential Fitness Trainer's Training!

If you are looking to enter the Personal Training field and are passionate about health and fitness, then this elite level internship program is for you! This program will give you the knowledge and experience to inspire greatness in those around you, as well as yourself!

Maureen Amirault has over 20 years in the Fitness industry and has been a Group Exercise and Personal Trainer Course Instructor, as well as a "Trainer's Trainer" for over 15 years. She has developed a proven method for developing current and aspiring trainers to be their absolute best, so that they can make a career out of training, as well as help their clients to achieve ultimate success.

Details:

This is a 12 week program and entails a commitment of approx. 10 hours/ week.

You will be required to attend 1 Trainer meeting/ week (7:00 am Thursday or Friday 1:00 pm) and work 2 shifts/ week equaling 8-10 hours. Times are flexible but range from a choice of 2 (4) hour shifts or 3 (3) hour shifts—during morning/evening/ Saturday hours.

The curriculum will include topics such as:

- *Professionalism*
- *Workout implementation*
- *Client retention*
- *How to breakdown and teach the top 10 basic moves (that are the ingredients for all programming)*
- *Progressions and Regressions for all levels*
- *Nutrition*
- *Rehabilitation*
- *TRX*
- *Stretching*
- *Program design*
- *Anatomy, Kinesiology, and much much more!*

Does this interest you? Do YOU want to join a community of passionate and empowered women who want to develop the best in themselves as well as others? Then join us for this program and embrace the opportunity to GROW, LEARN, AND HAVE FUN!

If you would like to be considered for this program, please email Maureen@yoursentialfitness.com and answer the following questions:

1. *Why do you want to be considered for this position?*
2. *How has fitness impacted your life?*
3. *What do you hope to gain from this internship?*

Thank you so much for your interest! We will be contacting you directly, and our first meetings will be held April 11th/ 12th.