

Gym Instructor

A gym instructor works with individuals in a gym, designing a fitness programme for them, and ensuring that they work out effectively and safely.

The Work

You could be:

- supervising gym users to ensure they are using equipment correctly
- carrying out gym inductions for new members
- completing fitness assessments for clients
- making up an exercise programme to suit an individual's needs
- delivering gym based classes to a group of clients
- maintaining and cleaning gym equipment
- using a computerised membership and bookings database
- dealing with telephone and reception enquiries
- carrying out basic first aid.

Pay

The figures below are only a guide. Actual salaries may vary, depending on:

- where you work
- the size of the company or organisation you work for
- the demand for the job.

Gym instructors in Scotland usually earn between £11.00 and £15.00 an hour.

Conditions

- You would be based in a gym, health club or leisure centre.
- You will work shifts including early mornings, evenings, weekends and public holidays.
- Part time work is common.

Getting In

- You do not need formal qualifications from school.
- You will require a Level 2 gym instructor course such as the Active IQ Level 2 Certificate in Fitness Instructing (Gym), [YMCA Awards](#) Level 2 Certificate in Fitness Instructing (Gym Based Exercise) or Gym Instructing; or SVQ Instructing Exercise and Fitness at SCQF Level 5.
- You could do an HNC (SCQF Level 7) or HND (SCQF Level 8) in fitness, health and exercise. 1-2 Highers are needed for entry to an HNC or HND.
- A first aid qualification may be required.
- You will require a satisfactory criminal record check from [Disclosure Scotland](#) to show that you are

suitable for this type of work. Contact Disclosure Scotland for details on the type you would need.

What Does It Take

You need to have:

- excellent communication skills
- good customer care skills
- a friendly and outgoing personality
- the ability to motivate and encourage
- a high level of fitness
- knowledge of nutrition and a healthy diet.

Training

- You would train on the job alongside an experienced instructor.
- You could take SVQs in sports subjects, including the SVQ in Instructing Exercise and Fitness at SCQF Level 5, while you are working.
- You could also take the ITC Certificate in First Aid for Sport, Exercise and Fitness at SCQF Level 6.
- You could take CPD modules in areas such as Strength and Conditioning, Kettlebells and Core Stability, allowing you to teach gym based classes.

Getting On

- You could work your way up to gym supervisor or manager.
- As a qualified gym instructor, you can join the [Register of Exercise Professionals](#) (REPs). Members must complete Continuous Professional Development (CPD), and make sure your qualifications are kept up to date.
- Many gym instructors go on to train as personal trainers by completing the YMCA Awards Level 3 Certificate in Personal Training. See the [Personal Trainer](#) job profile.

More Information

For more information please see organisations listed below:

- [Fitness Scotland](#)
- [Skills Active](#)
- [YMCAfit](#)

Contacts

Statistics

Employment Status : Not available this career.

Past Unemployment - Scotland

No Claimant statistics available for Scotland.

Predicted Employment Statistics : Not available this career.