

# Fitness Intern

## Looking for an SES internship?

The student Fitness Intern will assist with a variety of Fitness and Wellness programming at the UNC Campus Recreation Center. The intern will gain knowledge in the areas of fitness center management and operation, fitness and wellness program planning and development, exercise orientation and prescription, marketing and promotion of programs, data management and customer service. The intern will work 20-30 hours per week, receiving \$500 after the successful completion of the internship requirements.

### DESCRIPTION

### RESPONSIBILITIES

- Assist with day to day operations of Fitness & Wellness programming; including but not limited to Personal Training, Group Fitness and Wellness Workshops.
- Assist with marketing and promotions; including but not limited to developing fliers, posters and brochures.
- Assist with fitness equipment research and purchase.
- Plan and coordinate special event programming.
- Plan and lead 1-2 fitness or wellness presentations for either CRC fitness staff or the UNC community.
- Work regular shifts as a Personal Trainer, Group Fitness Instructor or Strength & Conditioning Consultant based on intern qualifications.
- Complete informational bulletin boards including the "exercise of the week," "workout of the month," and others as assigned.
- Perform regular fitness assessments.
- Other duties as assigned.

To apply submit the following materials to Kelsey Lundy:

-Cover Letter

-Resume

-3 References

Email to:

[kelsey.lundy@unco.edu](mailto:kelsey.lundy@unco.edu)

UNIVERSITY of  
NORTHERN COLORADO



*Campus Recreation*

Contact Kelsey Lundy with questions. [kelsey.lundy@unco.edu](mailto:kelsey.lundy@unco.edu)

(970)-351-1540

Applications accepted until position is filled.