

Kinesiology Practicum at Phitness Plus / Boys & Girls Club of Dane County

Practicum responsibilities will include:

- Shadow training for both Group fitness classes, Personal Training and Positive Outcome Coaching
 - Available hours for scheduling:
 - Monday – Friday from 6:00 am through 7:30 pm
 - Saturday / Sunday from 8:30 am through 1:00 pm
 - Available locations:
 - 501 E Badger Rd. Madison
 - 2001 Taft St. Madison
 - 4619 Jenewein Rd. Madison

**Convenient bus routes and times directly to all 3 locations
- Open Gym fitness center / front desk and client maintenance
 - Available hours for scheduling:
 - Tuesday – Friday from 7:00 am through 2:30 pm
 - Sunday / Monday from 7:00 am through 12:30 pm
 - Available locations:
 - 2001 Taft St. Madison
 - 4619 Jenewein Rd. Madison
- Specialty programs (available hours depending on scheduled workshops and times)
 - Mindfulness
 - Science of Happiness
 - Free your Health Sugar Free Me
 - Senior programs
 - Youth sports academy

Specific duties may include:

- Program development
- Client retention and billing maintenance
- Client goal tracking and accountability
- Client, program and workshop email campaigns
- Social media promotions
- Marketing

Included with internship programs:

- Unlimited Group membership for the duration of internship
- Access to PT sessions
- Access to any specialty services, programs and workshops
- Possible offsite / home hours available