

Kinesiology Practicum at Supreme Health and Fitness

Work experience will include:

- Shadowing fitness staff for new member orientations and personal training appointments.
- Maintaining a fitness center.
- Review of functional training resources (kettlebell, TRX, foam rolling etc.)
- Review of exercise prescription and program design.

Work responsibilities include:

- Hosting a fitness incentive program for members (with guidance by a staff member)
- Assist in new member orientations
- Complete a mock periodized program at the end of the practicum.

Additional opportunities include:

- Free gym membership for duration of practicum
- Assistance in teaching group exercise classes (we offer Zumba, Body Pump, Boot Camp, TRX, Pilates, Yoga, Kick Boxing, Cycling, and Water Fitness)