

Information Newsletter



610 N. Elm Street • Greensboro, NC 27401 • (336)275-6456 • www.DTFit.com

Mission Statement

“To build long term relationships with clients and contracted personal trainers. Provide high quality personal training to the Piedmont Triad area through a concerted effort focusing on continuing education and professional certifications. To develop these relationships through daily practice of sound and safe scientific application of fitness instruction and consistent, fair, and professional management.”

About Us

DownTown Fitness on Elm was opened in August 2003 with one goal in mind, to be the only choice for personal training in the Greater Greensboro Area. We are a full service, all private, personal training facility. The business of exercise science is in need of properly trained and professionally educated trainers. To meet this need, we require our trainers to hold a minimum of a bachelors degree and strongly encourage all trainers to obtain certification through NSCA or ACSM. We are among the first all-private personal training facilities in the area to mandate these requirements of all trainers. The future of personal training in the Triad has officially changed forever and we are looking forward to providing this first class service to the area for years to come.

Internship Opportunities

DownTown Fitness on Elm provides interns with a unique opportunity to gain experience in a very high profile and professional environment. We look forward to teaching both the scientific and practical training skills

needed to become an elite personal trainer. We truly believe that in order for a personal trainer to use safe and scientific practices, they must be properly educated and continue their education beyond a bachelor's degree. We believe that by interning at DownTown Fitness on Elm, students will be well positioned to achieve their career goals and will be one step above others in their class.

Interns will have the opportunity to work one-on-one with a variety of clientele. The clientele will vary in age, fitness level, experience, and goals. Our goal is for interns to be able to train clientele safely and effectively at the end of the internship, independent of instruction from our personal trainers. We work with the interns to accomplish this goal through 1) observation of other trainers, 2) assisting with personal training sessions and 3) scheduled sessions with the intern training clientele while being observed. Throughout the internship, topics such as getting started as a personal trainer, professional conduct, trainer-clientele interaction, marketing, starting your own business and importance of continuing education in the fitness industry will be covered.

Interns from undergraduate programs are accepted from a variety of majors including: exercise and sports science, physical education, health and nutrition, exercise physiology, etc. Students in their senior year are accepted to the program and should be CPR certified. We will work with students to accommodate their university requirements for their internship. There may also be an opportunity for employment at DownTown Fitness on Elm after completion of the internship.

Students who are interested in an internship at DownTown Fitness on Elm should contact Alison Barnes by email at abarnes@dtfit.com or by calling (336) 275-6456.

Employment Opportunities

DownTown Fitness on Elm is looking to hire full-time and part-time personal trainers to provide one-on-one guidance to the clientele at DownTown Fitness on Elm. All trainers are independent contractors. This means that the trainers are self-employed allowing flexibility in work schedule and the ability to set their own rates. We provide contracted trainers with business cards to use as a tool to help promote their business. We also run a bi-annual advertising campaign. In addition to advertising, we work closely with several community organizations including: Greensboro Merchants Association, Greensboro Chamber of Commerce, MS Society, American Heart Association, Hospice and the National Leukemia & Lymphoma Society. We encourage all trainers working at DownTown Fitness on Elm to get involved with the community to help promote themselves. Trainers are also encouraged to solicit business on their own and are encouraged to approach management for ideas and assistance.

Requirements: All trainers are required to hold a BS in exercise science, health and nutrition, physical education or exercise physiology. If you hold a degree in another field, you are required to hold one of the following certifications: CSCS or CPT from the NSCA or Exercise Specialist and Health Fitness Instructor from ACSM. This must be awarded within 12 months of the start of employment. Senior year degree candidates are also accepted into trainer positions. All trainers are required to keep a valid American Red Cross CPR certification.

How to Apply: Please submit your resume, transcripts and references to DownTown Fitness on Elm, Attn: Mike Barnes, 610 N. Elm Street, Greensboro, NC 27401. You may also contact us at employment@dtfit.com.