



HEALTHWORKS

FITNESS CENTERS FOR WOMEN

As an Intern at Healthworks you will spend time with each program and department. Our goal as an internship provider is to strengthen the skills of the individual, provide the practical application needed to be successful and prepare the intern for their fitness career.

Exercise Testing and Prescription

At Healthworks we provide complimentary orientations and fitness assessments to all our members. Interns will be involved with cardiovascular, strength, and flexibility orientations as well as fitness assessments including: blood pressure, body composition, circumference measurements, cardiovascular fitness assessments and strength and flexibility assessments. Interns will also be involved with exercise programming and progression and have the opportunity to work with some of the best trainers in Boston.

Member Integration and Member Retention

Interns will be responsible for integrating our new members into the club with equipment and club orientations. Other responsibilities will include checking-in with our existing members to make sure they are getting the most out of their membership.

Program Design and Promotion

Interns will be involved with program development and planning. Learn how to properly execute a new program to different target memberships. Programs include: exercise incentive programs, weight management programs, wellness/fitness workshops, etc.

Special Events Promotion

Interns will assist the Fitness Directors with planning for special events. These special events include: education seminars, health screenings, membership parties, health fairs, etc.

Membership Sales

Interns will have an opportunity to work with the membership sales team. This relationship will provide the skills necessary to sell Healthworks' membership and programming as well as be involved with member retention strategies.