POWERWORKS FITNESS

Street Address: 347 Williams Lane, Chatham, IL 62629
Website: www.pwfchatham.com
Phone number: 217.697.8727
Fax number: 217.483.6294

How should students contact this agency? Email – lbitner58@gmail.com
How should students submit cover letters and resumes? Email: lbitner58@gmail.com

General Description of agency or business:

POWERWORKS Fitness is a full service fitness and athletic development facility. POWERWORKS has been in business for 8 years and has 20 class instructors/personal trainers serving over 800 members. POWERWORKS Athletic Development Program trains on average over 40 athletes per week. The athletes range in age from 10 years to college level and are involved in all sports including golf, baseball, basketball, softball, volleyball, soccer, track, football and swimming.

Internship/Job Description:

• Complete a rotation through all aspects of personal training for all areas, special populations, corrective exercise, athletic development and metabolic conditioning.
• Assist Athletic Development Training staff with development of progressive/corrective training plans.
• Observe testing protocols and document results for athletic performance – all sports
• Assist in development of group training sessions.
• Assist and observe athletic training programs, e.g. speed and agility programs, golf performance, jump training, etc.
• Participate in Personal Training staff continuing education and (in-house) workshops
• Administrative duties – Front desk, working the floor and assisting members with equipment use.
• Will work closely with the Program Director and the Athletic Development Coordinator.

Basic Student Learning Anticipated:

Student interns will be provided an opportunity to receive a visual learning experience through a combination of practical demonstrations, case studies and observation of training. Student interns will learn our tiered approach to performance enhancement and injury prevention. In addition students will learn programming and proper coaching cues from personal training staff.

Hours per Week: Up to 25
Number of Weeks: 16
Position Available: Fall 2018, Spring 2019 and Summer 2019