

# NATIONAL PERSONAL TRAINING INSTITUTE®

## FLORIDA



### Fitness Career Training Guide NEXT GENERATION PERSONAL TRAINING EDUCATION®

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Call/Text (407)-772-0057

## Pursuing Your Education

Congratulations! Just the fact that you've chosen to look into the personal training industry tells us that you're already well on your way to an exciting new career.

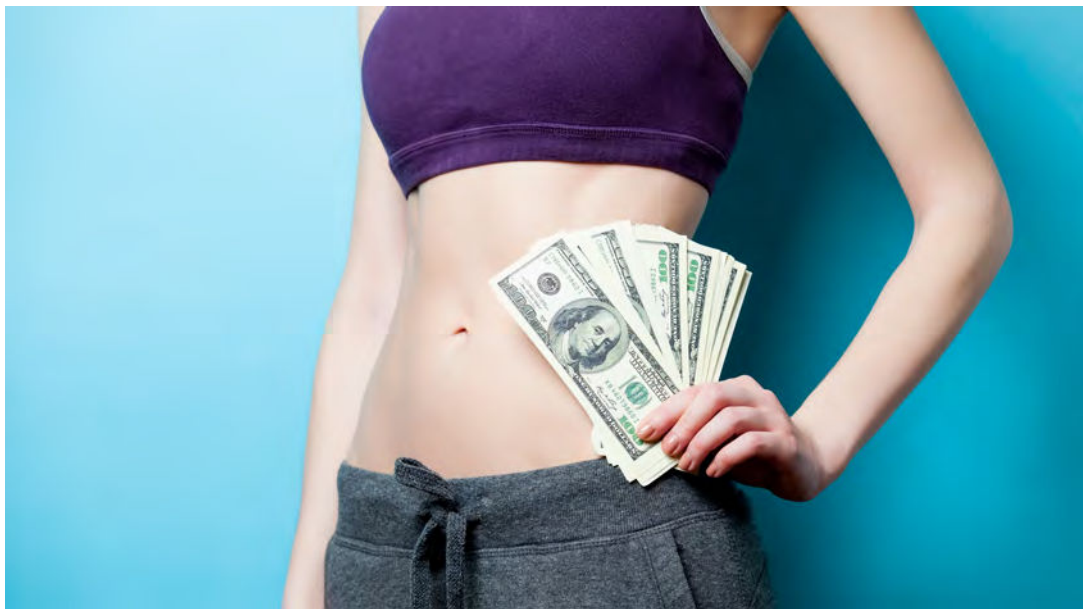
At NPTI, we understand that deciding where and how to pursue higher education is an important and life-changing decision. This guide is designed to help you evaluate your financial options when it comes to NPTI.

Getting into the health and wellness industry is a great choice. I can't think of a more rewarding and satisfying career. The personal training industry is in high demand and is set to increase over the next few years. In fact, the U.S. Department of Labor predicts a 39% growth in the field through 2030.

Do you like working out? Do you enjoy helping people? Do you have a goal of making a genuine difference in other people's lives? Has anyone ever told you that you would be a good personal trainer?

If the answer is yes to those questions, you likely have the **passion** necessary to succeed. But if you are thinking that training is just some easy job that anybody can do and there is no grind or hustle involved to be successful, then this likely isn't the career for you. If you are serious, then NPTI is right for you.

## Personal Training Industry Outlook



**Median pay: \$62,940**

**Top pay: \$128,000**

**10-year job growth: 19.9%**

**Industry Employment:  
350,000**

## **What Exactly Does a Personal Trainer Do?**

Sometimes it takes a paid professional to slog you through endless squats, push-ups and burpees, or just to get you to the gym at 6 a.m. You can thank your personal trainer for that. As a professional trainer, you'll work one-on-one with clients to assess their strengths and weaknesses. Based on those results, you will design an exercise program to improve their physical fitness. You will motivate, educate and give them direction to pursue a healthy lifestyle. This education will also cover proper technique, general health and nutrition consultation.

In 2024, the U.S. Department of Labor (DOL) stated that personal trainers currently serve as the primary profession within the fitness industry. The DOL went on to define the role of personal trainers as:

- Working with a single client one on one or small group training
- Training within a gym, outside or in clients' homes
- Assessing client levels of physical fitness and helping set and reach fitness goals safely
- Demonstrating various exercises and helping clients improve their exercise techniques
- Maintaining records of clients' exercise sessions to monitor clients' progress towards fitness goals
- Advising clients on how to modify their lifestyles outside of the gym to improve fitness

## **What makes it Great?**

With obesity rates on the rise, trainers are in a position to change someone's health for the better—and for the long haul. They can also work in a variety of settings beyond the gym, from hospitals to corporate wellness departments, to clients' homes, to outdoor boot camps.

## **How is the Industry Trending in the US?**

The total number of gym memberships in the United States rose from 40.3 million in 2009 to roughly 65 million as of 2024. As Americans have become increasingly more interested in personal fitness in light of worsening nationwide health trends. This heightened focus on fitness and wellness has enabled the field of personal training to thrive, with an estimated 6.5 million Americans using personal-training services. Over the past five years, the Gym, Health, & Fitness Clubs in the US industry has grown by 2.6%. The revenue for the gym, health, and fitness club industry in the United States was approximately \$40.6 billion in 2023. In the same timeframe, the number of fitness businesses had grown by 3.5% and the number of employees has grown by 3.9%.

## HOW CAN I BECOME A LIFELONG FITNESS PROFESSIONAL?

Every year, thousands of individuals consider switching careers. The majority decide to change for full-time employment, and a small percentage look at supplemental income opportunities. These individuals consider starting a new path as a personal trainer. Most have no idea how to make this transition a reality.

### FIRST THING THAT COMES TO MIND?

What do I do next? Should I go back to school for a degree? Shadow a personal trainer at a local gym? Get Certified? Buy Personal Trainer 101 books? If you are like the 99.9% of the individuals considering a career change, you have absolutely no idea or clue where to start.



Let's discuss the above options.

### Should I go back to school for a degree?

- Earn a degree in exercise science or kinesiology.
- Learn all about anatomy and physiology, biochemistry and exercise physiology.
- But I am middle-aged. Do I want to start going to frat parties?
- More than likely will take 4-6 years to graduate. Will not have any practical hands-on training experience.
- Will cost tens of thousands of dollars and will sink me into further debt.
- Will not prepare me for the day-to-day personal training business. Doesn't teach program design, nutritional application, or business management.

### Shadow a Trainer at a Local Gym?

- Most of these trainers will be self-taught or weekend certified.
- They will have horrible habits and methods.
- They will tell you how great they are, yet they only train a few hours a week.

### Get Certified as a Trainer?

- Faster than going to school for 4-6 years. Usually internet study.
- Cost varies from \$150-\$1,800 No regulation and no guarantee of the program quality.

- Minimum anatomy and physiology background—just enough to possibly injure a client.
- The certificate you earn will look good in a frame on the wall.
- After taking a multiple-choice exam, you can tell people you are a trainer.

### **Buy Personal Trainer 101 Books?**

- After reading the first few chapters, you will be more confused.
- Most individuals are visual learners and reading a book will do more damage than good.
- Most will agree this is not an option.

### **Future of the Fitness Industry**

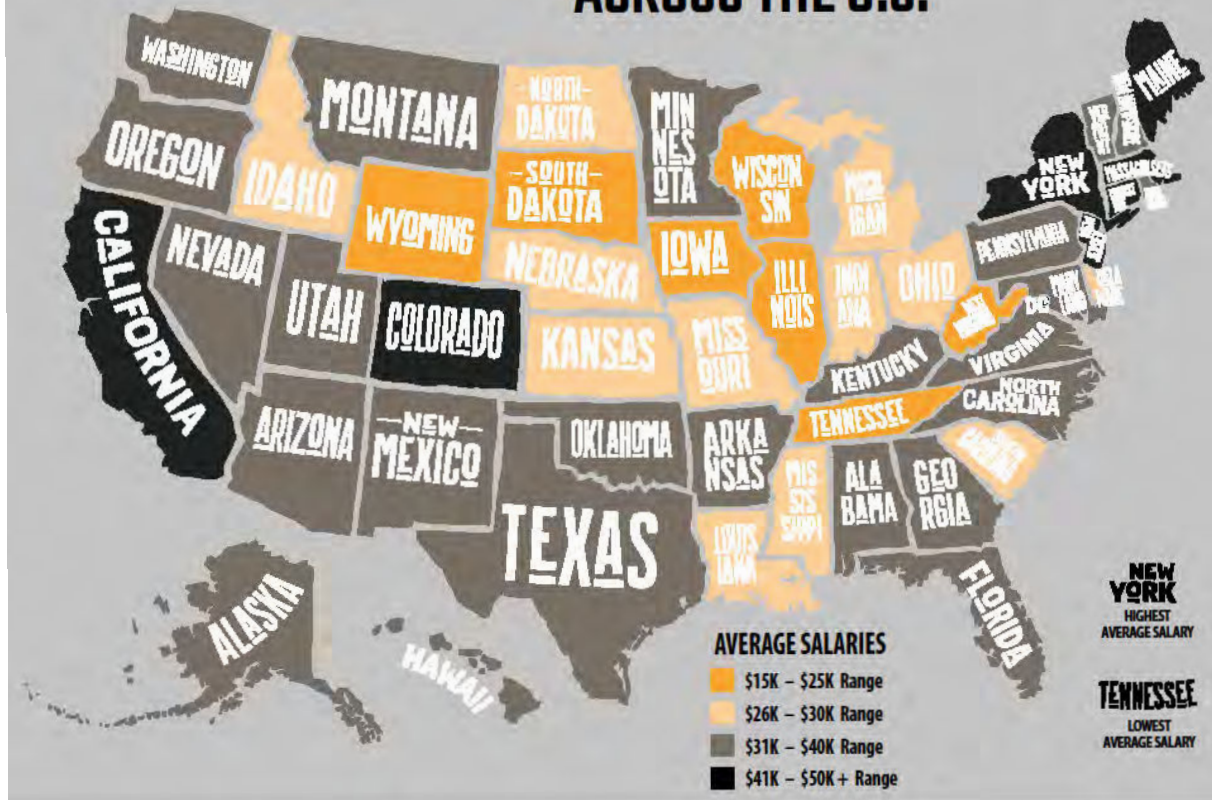
The \$40 billion health and fitness industry in the U.S. has been growing by at least 3-4% annually for the last ten years and shows no signs of slowing down anytime soon. Currently about 20% of American adults have a fitness club membership, a number that could easily double in the next 10-15 years.

- Increasing number of baby boomers who want to stay healthy, physically fit and independent
- Increase in businesses opening on-site fitness facilities and offering incentives for employees to join gyms
- Growing concern about childhood obesity, driving parents to increasingly invest in individualized exercise programs for their children
- Increasing health club memberships among young adults concerned about physical fitness
- An aging population seeking relief from arthritis and other ailments through individualized approaches to exercise

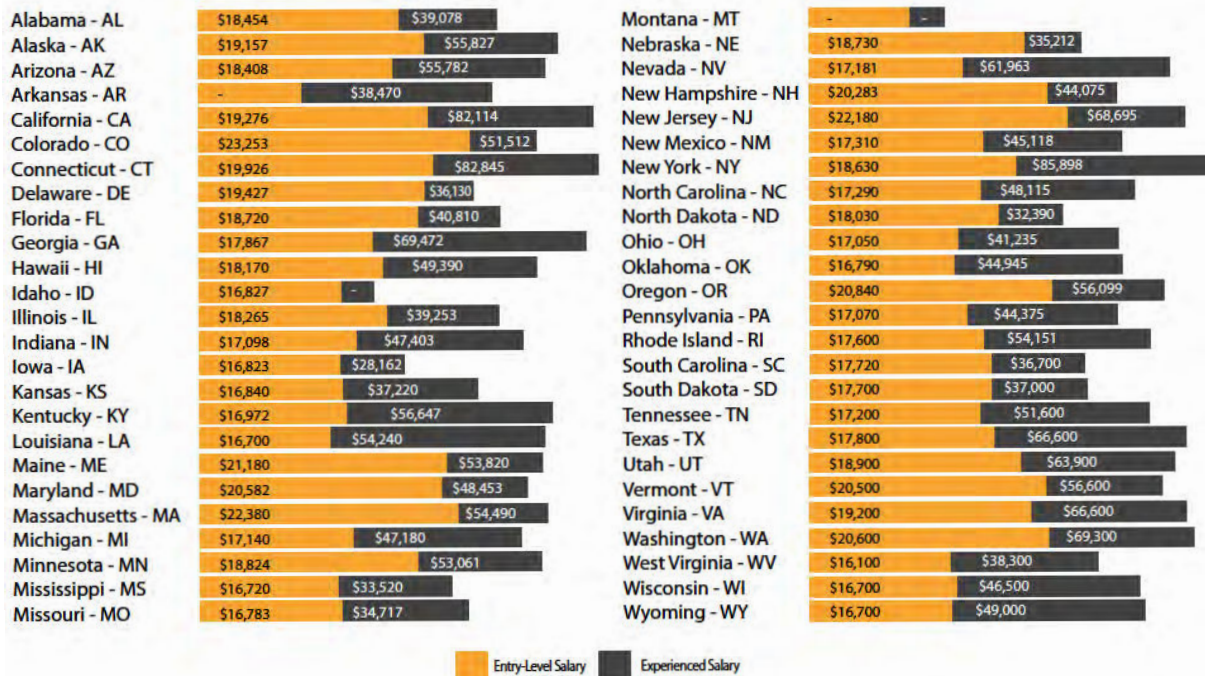
Nearly 4 in 10 U.S. adults have a body mass index classifying them as obese.



## AVERAGE SALARY FOR PERSONAL TRAINERS ACROSS THE U.S.



## ENTRY-LEVEL SALARY -VS- EXPERIENCED SALARY BY STATE





## **Why NPTI Florida?**

One important shift is happening in the Personal Training Industry: Education!

### It's the Quality of Education that Counts, not the Type of Certification.

Personal trainers with a classroom-based education are more likely to have successful careers, and the fitness facilities employing them will reap greater benefits in having them on staff. Properly educated personal trainers create a safer training environment that translates into fewer injuries and reduced employer liability. NPTI Florida personal trainers are earning their 600 Hour Diploma through classroom-based college courses that combine the scientific theory of human movement and exercise programming with 218 hours of hands-on client personal trainer simulation in an educational lab setting.

### Job Placement Assistance

Our partner gyms post job opportunities for NPTI graduates. NPTI has created relationships with hundreds of health clubs, gyms and private fitness facilities throughout the globe. Take advantage of our years of expertise and industry contacts. We're here to help you succeed as a personal trainer.

### The Value of Accreditation

NPTI Orlando and NPTI Tampa are Accredited post-secondary career schools, approved for International students, approved for VA Educational benefits, licensed by the Florida Department of Education #2442 (Orlando) and #3997 (Tampa), approved for Title IV Federal Financial Student Aid, Florida Pre-Paid College Plans, and the Florida Bright Future's Scholarship Program.

Students have confidence in knowing that they are attending a school that has undergone a rigorous accreditation process that has evaluated educational quality in the programs offered and that NPTI has shown that it is meeting the ACCSC's established standards ([www.accsc.org](http://www.accsc.org)).

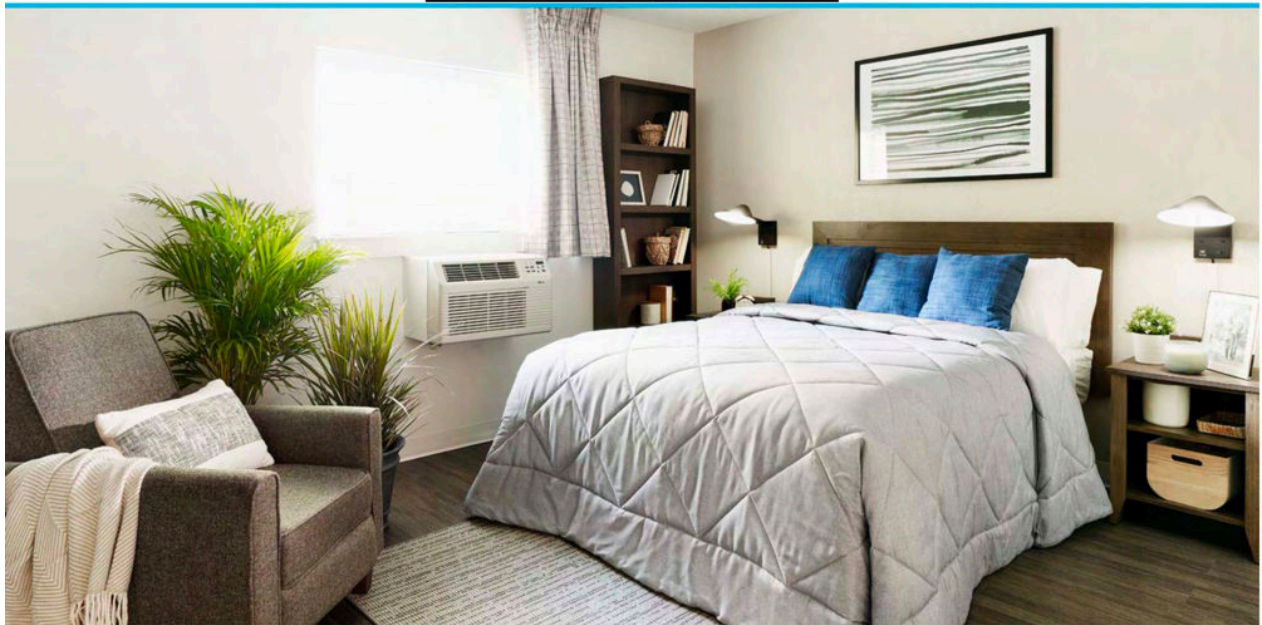


**Orlando Location Only:**

Student Housing assistance available through our partner In-Town Suites



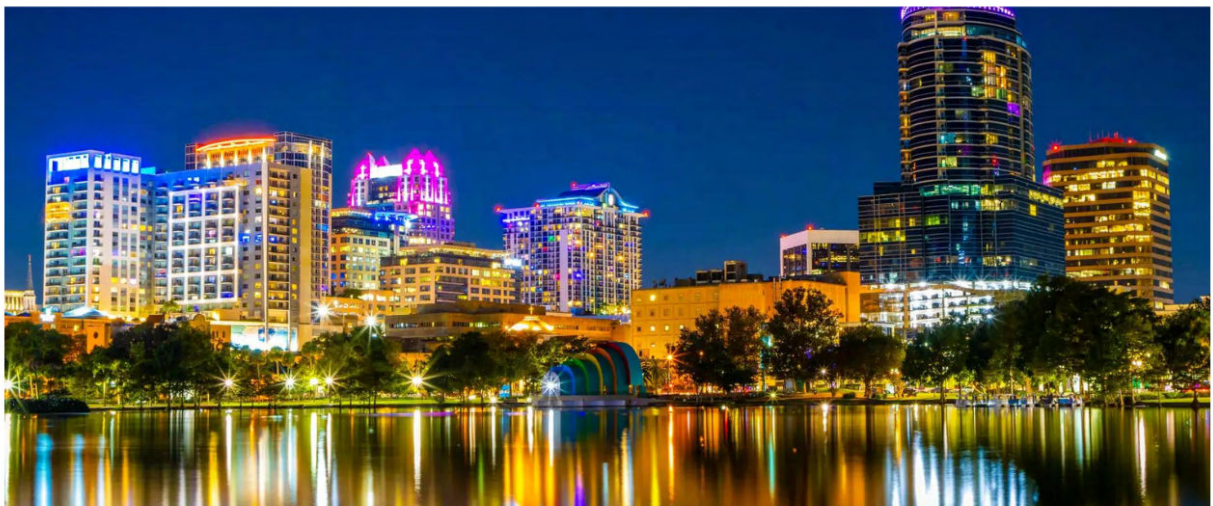
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TRAINING INSTITUTE®  
FLORIDA**



**OUR AMENITIES**

- Fully-furnished suites
- High-speed internet access
- In-room kitchens
- Premium TV channels
- No lease or credit check
- Utilities included
- Scheduled housekeeping
- On-site guests laundry







# Alternative Student Housing

Home Stay Anywhere - [homestayanywhere.com/student-housing-application](https://homestayanywhere.com/student-housing-application)

Student Housing Apartments - [apartments.com/orlando-fl/student-housing/](https://apartments.com/orlando-fl/student-housing/)

Roommates & rooms within Orlando - [roomies.com › orlando-fl](https://roomies.com/orlando-fl)

Available rental apartments within Orlando - [zillow.com/orlando-fl/rentals](https://zillow.com/orlando-fl/rentals)





## NPTI: The Global Leader in Personal Training Education

For 25 years, NPTI Orlando and Tampa have set the standards in Personal Training Education, with thousands of graduates worldwide who positively impact the lives of clients around the globe.

## Get Started Today!

If you are determined to become a professional personal trainer, then don't delay or wait another day. Get started today! Every day you wait is another day you didn't follow your dream career.

## Funding your Education

NPTI is approved for Title IV Financial Aid. We are a Veteran owned and operated school; that accepts VA Education Benefits, Bright Future Scholarships Educational benefits, Florida Pre-Paid college plans and many other options to fund your education.

You can complete your FAFSA application at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Our school code for both locations is 042505.

Contact our Financial Aid at 407-772-0057 or email [financialaid@nptifl.com](mailto:financialaid@nptifl.com).

## National Personal Training Institute's School Loan Program

You may pay NPTI Orlando/Tampa through an **interest free loan program** that requires \$1,000 down payment (due by orientation class start date) plus your \$50 application fee. All scheduled monthly payments for the NPTI program will require a credit card authorization on file.

Payment may be made by cash, check, or credit card. All major credit cards are accepted. Payments are due by the 1st or the 15th of each month.





## Veteran Owned & Operated for Over 25 Years

If you are one of the 200,000 service members transitioning out of the military in 2024, or if you have already transitioned out and are still looking for a career change or help, we are here for you. NPTI has been helping veterans leave the military for the past 25 years. In doing so, NPTI has introduced these candidates to civilian employment with exciting careers in the Fitness Industry, as well as continuing education opportunities using the GI Bill.

**Call an Admissions representative today!**

**1-844 – NPTIFIT**

For Orlando, call or text 407-772-0057 or by email at [admission@nptifl.com](mailto:admission@nptifl.com)

For Tampa, contact 813-374-2017 or email [Tampa@nptifl.com](mailto:Tampa@nptifl.com)

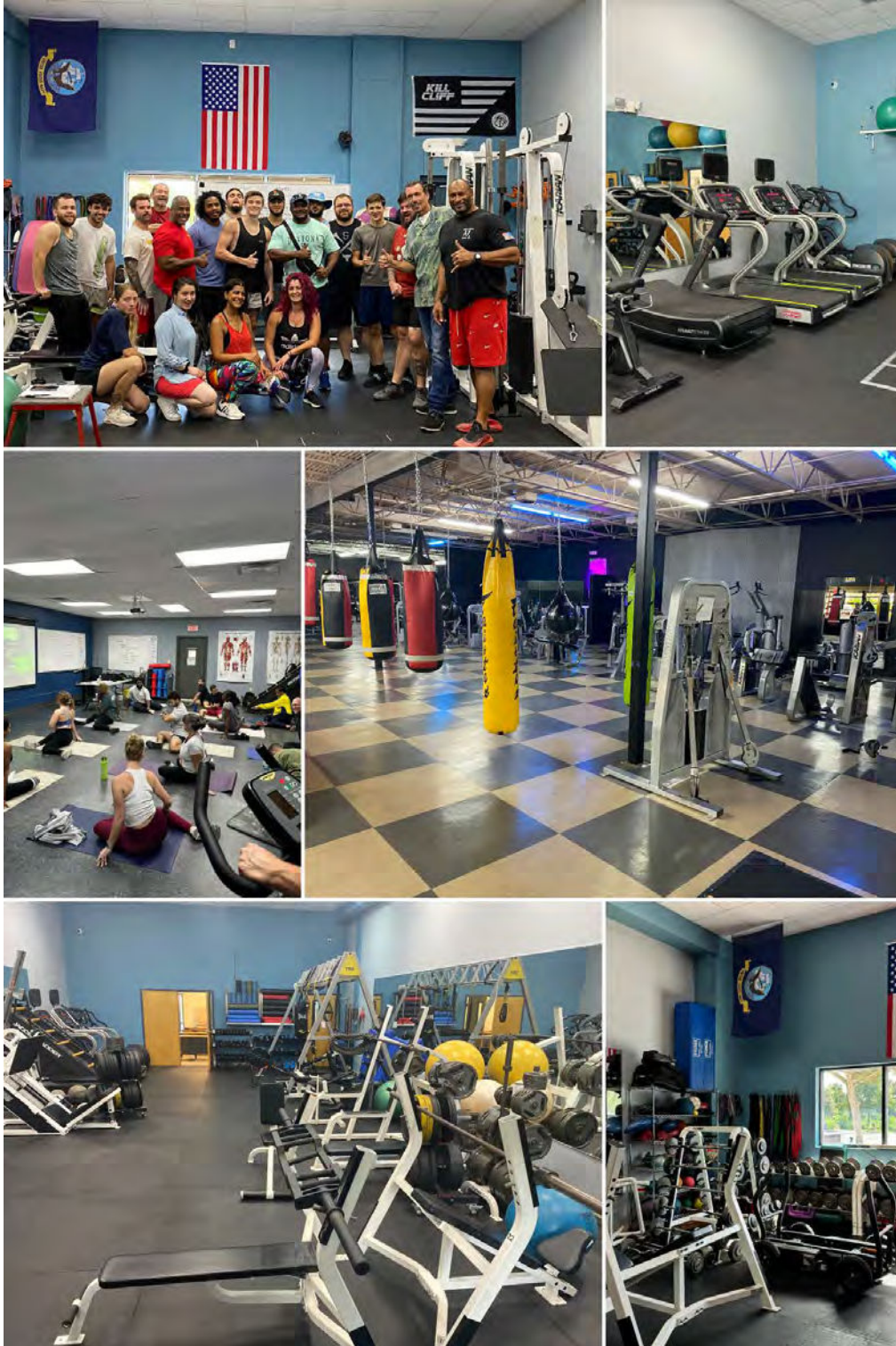
[www.nptiflorida.edu](http://www.nptiflorida.edu)

Let's be Social!





## NPTI Tampa & Orlando - Practical Facilities



## References

- 1) U.S. Department of Labor, Bureau of Labor Statistics (2019)
- 2) International Health, Racquet and Sportsclub Association (IHRSA)
- 3) NPTI'S Fundamentals of Fitness and Personal Training (Human Kinetics, 2015)
- 4) NPTI Educational Resources, Inc. (2015)
- 5) Gold's Gym Tampa, FL.
- 6) ACSM Guidelines [www.acsm.org](http://www.acsm.org)
- 7) Health & Fitness Clubs – Stats and Facts
- 8) Statista Industry Report - NAICS
- 9) Harvard Health - (897)-649-9457
- 10) American Heart Association - [www.heart.org](http://www.heart.org)
- 11) American Council on Exercise - [www.AceFitness.org](http://www.AceFitness.org)

**VOTED BEST *of* FLORIDA® 2023!**



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**FLORIDA**  
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