

Training Fast Facts

Average hours worked for full-time trainers



30-40 hours per week

Client demographics



46% female

54% male

Average clients per trainer



15-25 clients

Education & Training

Education level of trainers

Bachelor's degree (64.2%)

Training certification (89%)



Most common certifications

ACSM (59.2%)

NSCA (28.9%)

Personal Training by the Numbers



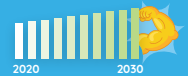
The Future of Fitness



45,700 new training jobs added by 2028

13% growth rate

for the training market over the next decade



Personal Trainers' Business Impact

Personal training generates a median of



8.4% of total club revenue



80% of new members schedule orientations with a trainer

U.S. median pay for trainers

\$39,820 per year



\$19.15 per hour

Sources:

<https://blog.abcfinancial.com/how-health-clubs-can-grow-their-personal-training-revenues>

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<https://www.exercise.com/learn/how-many-clients-does-fitness-trainer-have/>

<https://www.ihrsa.org/improve-your-club/3-key-insights-from-personal-training-clients/>

<https://www.ihrsa.org/improve-your-club/personal-training-usage-continues-to-grow-among-health-club-members/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5066109/>

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