

GROUP FITNESS INSTRUCTOR

To be qualified you will need a Certificate III in fitness, specialising in group exercise instruction, which can be obtained from the Australian Institute of Fitness. You will need additional qualifications for specialised classes.

You will work casually, part-time or full-time in a gym. Alternatively some people hire halls or other spaces to teach classes such as Zumba.

In a normal day you will teach different classes, e.g. Body Pump, circuit, cycle and Pilates. The number of classes you instruct each week depends on your employment status.

The hard part is maintaining your voice. Vocal damage is quite common.

You will earn \$25 to \$60 per class, depending on your experience and employer.

Source: Women's Fitness Magazine July 2013