



NEFA INTERNSHIP PROGRAM:

Are you passionate about fitness and eager to gain meaningful, hands-on experience in a professional training environment? The New England Fitness & Athletics Internship Program is designed to immerse students in the daily operations of a performance-based gym while working closely with experienced coaches and trainers. Interns will gain practical exposure to strength and conditioning, personal training, client communication, program design, and overall fitness facility operations. This program is ideal for motivated individuals seeking to bridge the gap between academic learning and real-world application while preparing for a successful career in the health, fitness, and wellness industry.

Application Checklist:

- Cover Letter
- Resume
- Time Sheet of Available Hours

Please email all submissions to nefastaff@gmail.com

Position Responsibilities:

- Shadowing personal training sessions to observe coaching techniques and client interactions
- Assisting with the implementation of dynamic warm-ups and cool-down stretches under staff guidance
- Supporting the programming and execution of group exercise classes under supervision
- Assisting in the supervision of youth programs, including warm-ups, coaching cues, and proper exercise form
- Maintaining a clean and organized training environment, including equipment upkeep during downtime
- Assisting with the creation of social media content to support marketing and community engagement

Requirements:

- College students entering their **Junior or Senior year** in **Exercise Science, Athletic Training, Health & Fitness, or a related field.**
- Individuals pursuing a career in **Strength & Conditioning, Personal Training, or Health & Wellness.**
- Successful completion of **Strength & Conditioning or related coursework.**
- Ability to commit **20+ hours per week**, including **weekday availability and occasional weekends.**
- **Current CPR/AED certification** is required.



Time Sheet

*Please indicate availability by marking times with a check mark.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							