



<https://www.internsschool.online/job/planet-fitness-summer-internship-program-for-recent-graduates/>

## Planet Fitness Summer Internship 2025 Program for Recent Graduates

### Description

Welcome to a world where fitness meets fun, where motivation blends with community, and where you can sculpt your body and elevate your wellbeing. Planet Fitness in Hampton is the ultimate destination for those seeking an unparalleled fitness experience. With state-of-the-art facilities, a supportive environment, and a range of exciting amenities, Planet Fitness empowers individuals of all fitness levels to unleash their full potential and embrace a healthier lifestyle.

### Responsibilities

1. Curating engaging and dynamic fitness programs that cater to a diverse range of members' needs and goals.
2. Conducting fitness assessments and designing personalized workout plans to help members achieve their desired results.
3. Providing hands-on assistance and guidance to ensure proper exercise techniques and minimize the risk of injury.
4. Monitoring and motivating members to maintain their workout routine and overcome any fitness challenges they may face.
5. Assisting in the organization and execution of fitness classes and events to create a vibrant and inclusive fitness community.

### Qualifications

1. Passion for health and fitness, with a deep understanding of various exercise modalities.
2. Excellent communication skills to connect with members and provide clear instructions and feedback.
3. Strong organizational abilities to manage individual and group training sessions effectively.
4. Certified personal training credentials from an accredited institution (e.g., NASM, ACE, ACSM) or relevant experience in the fitness industry.

### Experience

While previous experience in the fitness industry is advantageous, Planet Fitness in Hampton welcomes aspiring trainers who possess the drive and determination to make a difference in people's lives. A strong willingness to learn and grow within the fitness field is highly valued.

### Skills

1. Empathy and the ability to build rapport with individuals from diverse backgrounds and fitness levels.
2. Creativity in developing innovative workout routines that keep members motivated and engaged.
3. Problem-solving skills to address any challenges or concerns that may arise during training sessions.
4. Time management abilities to effectively balance individual client needs and

### Hiring organization

Planet Fitness

### Employment Type

Intern

### Duration of employment

6 months

### Industry

Fitness

### Job Location

Hampton, New Hampshire, U.S.A,  
03842, Hampton, New Hampshire,  
U.S.A

### Working Hours

8

### Base Salary

10

### Date posted

July 30, 2025

### Valid through

14.06.2025

group classes.

### **Job Benefits**

1. Competitive compensation package commensurate with experience and performance.
2. Comprehensive training and ongoing professional development opportunities.
3. Access to a well-equipped fitness facility and amenities to support your personal fitness journey.
4. An inclusive and supportive work environment that values diversity and teamwork.
5. Opportunities for career advancement within the Planet Fitness network.

### **Contacts**

If you're ready to embark on an exciting career with Planet Fitness in Hampton and help others transform their lives through fitness, we'd love to hear from you! Please submit your resume, along with a cover letter highlighting your passion for fitness and relevant qualifications

Join us at Planet Fitness in Hampton, where fitness is not just a destination but a way of life. Together, let's inspire, uplift, and motivate individuals to become the best version of themselves.