



Commit Fit
13731 S Route 30
Building 3 Unit 121
Plainfield, IL 60544

Commit Fit - Plainfield, IL

Internship Duties

- Shadowing/Training 1:1 and Group Personal Training
- Options for learning to teach mat and equipment based Pilates
- Regular assessments for clientele
- Shadowing/Training group athletic conditioning sessions
- Options for learning to teach 1:1 and group nutrition education sessions
- General cleaning/maintenance of equipment
- Learn from and discuss things with owners involving business management and marketing concepts

Location

- 13731 S Route 30 Plainfield, IL
- Between Joliet and Naperville
- Located in a strip about 100 yards off of the main road so outdoor options are available for sessions

Point of Contact

- Bridget Hart - Co-owner
- 217.433.3485
- bridget@iwillcommit.com

Requirements For Hire

- great personality - someone who can easily connect with clients
- driven - it's very important that the applicant takes initiative
- professional - basic things like being on time are mandatory
- passion for helping people - this is the basis of the job
- has sales experience and/or is willing to step outside of a comfort zone