



W.I.T.S. GRADUATE AND CURRENT STUDENT - INTERNSHIP PROGRAM FEEDBACK

Kim Newsom

W.I.T.S. Certified since 2010 – University of Nevada in Las Vegas

The internship was incredibly helpful in my training program and I felt better equipped as a trainer because of the internship.

Justin Worthington

W.I.T.S. Certified since 2010 – Delaware County Community College

Got an internship and a pt job from the same place...it mighta been easier for me since I worked out there to begin with so they knew my dedication

Carmen Hill Chumley

W.I.T.S. Student – Central Piedmont Community College

I haven't started my internship yet, but I like that it is required so that I can get a better feel of the work before being let out on my own. It was one of the reasons I chose WITS over some of the other certifications out there.

Trish Cappelli Van Gorden

W.I.T.S. Certified since 2010 – Delaware County Community College

At first, I was a bit taken back by the internship program. But I've got to tell you...if you get yourself in the right place (I was lucky enough to), that internship really helps you learn to apply all of the stuff you learned in class. After the internship, I felt totally confident to continue on with clients. Since WITS, I've done many other certifications in the fitness field. WITS is a fantastic overall certification to get....it really sets you up with a solid foundation to grow on.

Michele Wackley

W.I.T.S. Student – Pennsylvania

I haven't started my internship yet but I know where I will be doing it and I'm super excited!!! I also chose W.I.T.S because of the internship requirement!

Sharon Bialy-Fox

W.I.T.S. Certified since 2009 – Ocean County College

The internship helped me apply what I learned. Even picked up new workout nfo from other trainers. Very helpful.

Joshua W. Schlegel

W.I.T.S. Certified since 2011 – Owens Community College

The Internship was an awesome way to start putting to work what I had learned. It also showed me some training ideas that I will definitely be using.

Jennifer Kayden Lanich

W.I.T.S. Certified since 2010 – Horry-Georgetown Technical College

Learning from someone successful in the field? How can it get any better? Not to mention the confidence you gain and all the extra knowledge that you can acquire. Excellent!!!

Mark Osborne

W.I.T.S. Student – Guilford Technical Community College

I chose WITS because of the internship and the practical.

Elida Rodriguez

W.I.T.S. Certified since 2005 – Texas

I think an internship would be very helpful in building confidence for the new PFT. Not only does it give you a chance to work with an experienced PFT, it also may lead to a permanent job. Good Luck to all new WITS Personal Fitness Trainers.

Brenda Lane

W.I.T.S. Certified since 2011 – Chattanooga State Technical Community College

While an internship helps build confidence, to practice what you've learned and gain a "presence" with your clients. I think the requirement should have been 100 hours.



W.I.T.S. CURRENT INTERNSHIP PROGRAM PARTICIPANTS FEEDBACK

LifeCenter Plus Health & Fitness Center

in Hudson, OH

Rom Vinhaes, Training Coordinator & W.I.T.S. Instructor

We had a few students doing their internship here and hired one of them. We believe it has been a positive experience. Yes, I would recommend the program to others. The combination of classroom lectures and practical lab time give students a better experience than just home study and written exam."

Boroughs Family Branch — YMCA of Central Massachusetts

in Westboro, MA

Christine Salovardos, Wellness Director

As a learning facility; staff recruitment; on the job training; empowers existing staff as teachers; extra eyes/hands on the floor. We would recommend this program to others as it is a great recruiting opportunity. The staff feels empowered and pays more attention to what they are doing when they are being a leader for interns.

Altavista Area YMCA

in Altavista, VA

Maria McCrackne, Wellness Director

Participation in the W.I.T.S. internship program results in more YMCA exposure. I would recommend the program to others as the student comes out of the program with a better understanding of personal training as opposed to attending a weekend workshop.

Flexsexy Personal Training, LLC.

in Milford, MI

Susan Edson, Owner & W.I.T.S. Graduate

Along with my participation with W.I.T.S. interns, I get the benefit of knowing that the students' are getting the absolute best instruction! I run a very respected & successful training business, and I'm comfortable sending them out on their own, knowing that they have the knowledge & skills to not only run their own personal training business, but to also have "bragging rights" on who & where they took their instruction from! Paying it forward, from one W.I.T.S. graduate to another. I always have, and always will recommend W.I.T.S. to anyone. Currently I'm directly responsible for 7 graduating students! I'm continually pushing the WITS program.

Fitness Together

in Media, PA

Bruce Kelly, Owner

I have seen firsthand how well some of your graduates are prepared to work in the real world environment. I would recommend the W.I.T.S. internship program to others as it is a way to evaluate whether someone is a potential candidate to work on your staff in a real world lab. It is a real world try-out as to whether someone fits into your system/culture or not.

North River Family YMCA and Aquatic Center

in Chattanooga, TN

Kelli Hays, Fitness Coordinator

It's been fun to help out future trainers and see them get excited about training people and using their talents to help clients with goals. I have recommended the W.I.T.S. certification several times because I went through the program and loved it. W.I.T.S. interns seem eager to learn from others.

North Oakland Family YMCA

in Auburn Hills, MI

Jennifer Garner, Wellness Director

We benefit from participating with W.I.T.S. interns by meeting new possible employee's and helping someone use what they have learned to help people. I would recommend the program to others. It's a chance to help develop people and gain employment. And I like guiding them in the right direction and helping them find out what area's they are good at.

Beverly Athletic Club

in Beverly, MA

Jason Mason, Fitness Director & W.I.T.S. Instructor

The benefit of involvement with W.I.T.S. interns is getting to show the students what it is like in the trenches of personal training. Giving them the hands on experience needed and some additional guidance of what it takes to be successful. Things like prospecting and sales. I like to see our industry move forward and the W.I.T.S. trainers that I see I know are getting at least 30 hours of quality work.

Snap Fitness

in Medford, NJ

Susan Singer, Fitness Director & W.I.T.S. Graduate

We had the pleasure of working with outstanding and talented individuals. As a former WITS intern, I truly believe in the program. It's the best way to gain practical knowledge from seasoned trainers.

Bally Total Fitness

in New York City, NY

Joseph Villarreal, Certified Personal Trainer

The program has allowed future trainers to apply text to hands on experience which is greatly needed in the field of personal training.

Caroline County Family YMCA

in Denton, MD

Sarah Hutchinson-Cohoon, Wellness Director & W.I.T.S. Graduate

Being a W.I.T.S Personal Trainer myself, I have had the privilege of working with new trainers to striving towards offering the best training techniques, forms and functionality of today's offerings in the "trainer world." Providing excellent service to our Members and participants is our number one priority and W.I.T.S matches our guidelines with what we are trying to provide throughout our local communities. ALL of our Trainers here are W.I.T.S certified - including myself. As we get new Wellness Staff Members, they are encouraged to get their W.I.T.S certification for the best overall trainer training basics.

Meadow Lakes - Fitness Center (Senior Living Community)

in Hightstown, NJ

Stacey Judge, Community Life Enrichment Coordinator

I have had wonderful interns, many of whom have done well working with this population. Since we primarily service older adults and many of the WITS students are embarking on second careers, it has been a perfect fit as they are many times a little more mature. I have also hired interns at more than one of our Senior Fitness Centers. In Fact, one of the interns who was hired has been with us for five years and is now the Fitness and Aquatic Manager at our community in Monroe!

Columbus State University - Student Recreation Center

in Columbus, GA

Lori Coffield, Fitness Director

We benefit from the internship program by meeting our up and coming fitness professionals has been great. I have hired many interns that I have I worked with in the past. Working with W.I.T.S. interns has been a good experience. It allows my staff and me a platform to mentor while also gaining knowledge and experience through working with the interns.

De Anza College - Lifetime Fitness & Wellness Center

in Cupertino, CA

C.J. Jones, Wellness Center Coordinator

We benefit from involvement with the student interns because for one it is free trainers for my students & members. I learn from my interns as well as teach them. I find it a lot of fun to expose them to equipment they are not familiar with such as physio-balls, Bosu & foam rollers. Also it is awesome to get them with a variety of clients so it is more a true-life experience. In a commercial facility it is an opportunity to train and work with your trainers using your protocols. It would be a good hiring tool as well as assist in retention. I can see no reason why we would not participate again. The interns are all eager to help others and it is a gift to be able to help them achieve this goal as well as facilitate helping the members.

Fort Meigs YMCA - Center for Health Promotion

in Perrysburg, OH

Dana Mickens, Wellness Program Manager

One of my top personal trainers is WITS trained and she has helped other interns by allowing them to observe her and her clients and be observed during their internship experiences. One of my mentors in the past and probably the best personal trainer I know, was WITS trained.

Downtown Seattle YMCA

in Seattle, WA

Juliet Swedlund, Director of Health & Wellbeing

We have received several volunteer interns over the last 4-5 years. I would recommend the W.I.T.S. program to others. This is a great opportunity for new trainers to learn from those with more experiences. It's also a great way to introduce new trainers to the Y's philosophy.

Butler Health & Fitness

in Butler, PA

Holly O'Lare, Certified Personal Trainer

We have access to professional personal training interns that are really interested in making a difference in people's lives and who are willing to learn and work hard to become a great personal trainer. Have hired 2 interns for a personal training position and would recommend the program to others as it really gives hands-on experience for new personal trainers compared to other organizations where a trainer can receive a certification done all online with NO practical.