

Interested in becoming an Exercise to Music Instructor?

As an exercise to music (ETM) instructor you are most likely to work in fitness centres and health clubs. However, you may also be required to teach in community centres, church halls, schools – in fact, wherever there's a suitable space and a stereo! The role of an ETM instructor or studio instructor is great fun and can be very rewarding. You could be teaching a wide range of classes including aerobics, body conditioning and legs, bums and tums. You will need to deliver classes for a wide range of people, with different levels of fitness and ability.

Find out more about what the job is like



Working hours

As an ETM instructor you will probably work freelance, delivering a number of classes a week in a variety of locations. You could decide to teach ETM full or part-time and many instructors often become involved in the running of the studio itself as studio managers.

Salary

The majority of ETM instructors will work on a freelance basis so will usually be paid hourly. The average hourly wage for this position will vary based on location but will average between £10-30 per hour.

Qualifications needed

CYQ Level 2 Certificate in Fitness Instructing (Exercise to Music)

To find out more about becoming an exercise to music instructor visit www.cyq.org.uk/qualifications



Rebecca Lee



I teach step, aqua aerobics and spin classes at a local leisure centre. I have completed the CYQ Level 2 Certificate in Fitness Instructing – Exercise to Music, the CYQ Level 2 Certificate in Fitness Instructing – Gym-Based Exercise and the CYQ Level 3 Certificate in Personal Training.

Why did you decide to pursue a career in health and fitness?

I am a very practical person and like to be active. I have always been interested in dancing and aerobics so my interest in health and fitness stemmed from there. A previous dance troop teacher mentioned about a career in the sector so I looked into it from there.

What skills/qualities do you need to do your job?

It is important that you have confidence in what you are delivering so that people trust what you are telling them. You need to have excellent people skills and the ability to talk to a range of people at different levels. Also you have to ensure you learn the correct techniques for all of the workouts you want to deliver. Determination and a desire to continually improve and learn more are also crucial skills for my job.

What do you enjoy most about your job?

I really enjoy making a positive difference to people's lives and seeing the progress they are making because of the workouts they are getting with me. I really like helping out a wide range of people from children to adults. Also it's great getting a workout at the same time as teaching and training other people!

What advice would you give to someone looking for a career in the health and fitness industry?

Firstly you need to have an interest and a passion for fitness and of course it helps if you regularly go to classes already. Make sure that you thoroughly research the industry as a whole and all of the training organisations which deliver courses. As such I chose to study at Oaklands College as it offered the courses I was interested in and in a format that suited me. It is important that you know what you can do with your qualifications and that you have an idea of where you want to go with your career.

Would you recommend CYQ qualifications to others?

I would definitely recommend the CYQ qualifications to other people interested in a career in health and fitness. They are excellent value for money and provide a great basis with which to launch your career in the industry.