



Yoga Instructor

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Prepared by the Los Angeles/Orange County Center of Excellence for Labor Market Research

Occupation Codes and Descriptions

Currently, there is one occupation in the standard occupational classification (SOC) system related to yoga instructor training. The occupation title and description, as well as reported job titles are included in Exhibit 1.

Exhibit 1 – Occupation, description and sample job title(s)

SOC Code	Title	Description	Sample of Reported Job Titles
39-9031	Fitness Trainers and Aerobics Instructors	Instruct or coach groups or individuals in exercise activities. Demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills.	Aerobics Instructor, Fitness Coordinator, Fitness Director, Fitness Instructor, Fitness Specialist, Fitness Trainer, Group Exercise Instructor, Group Fitness Instructor, Personal Trainer, Yoga Instructor

Source: O*NET Online

Current and Future Employment

In Los Angeles County, the number of fitness trainers and aerobics instructors is expected to increase by 12% over the next five years. Nearly 400 job opportunities will be available annually for these workers through 2021 due to new job growth and replacement need (e.g., retirements). Exhibit 2 contains detailed employment projections data for this occupation.

Note: It is important to consider that this SOC code encompasses many different fitness occupations and that employment projections are **not** solely representative of yoga instructors.

Exhibit 2 – Five-year projections for fitness trainers and aerobics instructors in Los Angeles County

SOC	Occupation	2016 Jobs	2021 Jobs	2016 - 2021 Change	2016 - 2021 % Change	Annual Openings
39-9031	Fitness Trainers and Aerobics Instructors	9,262	10,331	1,069	12%	394

Source: Economic Modeling Specialists International (EMSI)

Earnings

In Los Angeles County, the entry-level average wage for fitness trainers and aerobics instructor is \$10.04 per hour, which is below the MIT Living Wage¹ estimate of \$13.08 per hour for a single adult. The average annual earnings for this occupation in the region is \$49,180 per year, assuming full-time employment.

Exhibit 3 contains hourly wages and annual average earnings for this occupation. Entry hourly earnings is represented by the 10th percentile of wages, median hourly earnings is represented by the 50th percentile of wages, and experienced hourly earnings is represented by the 90th percentile of wages, demonstrating various levels of employment.

Exhibit 3 – Earnings for fitness trainers and aerobics instructors in Los Angeles County

SOC	Occupation	Entry-Level Hourly Earnings	Median Hourly Earnings	Experienced Hourly Earnings	Average Annual Earnings
39-9031	Fitness Trainers and Aerobics Instructors	\$10.04	\$21.73	\$37.19	\$49,180

Source: Economic Modeling Specialists International (EMSI)

Employer Job Postings

In this research brief, real-time labor market information is used to provide a more nuanced view of the current job market, as it captures job post advertisements for occupations relevant to the field of study. Employer job postings are consulted to understand who is employing yoga instructors and other fitness occupations and what employers are looking for in potential candidates. To identify job postings related to yoga instructors, the word “yoga” was used as both a keyword and a title, and jobs such as “yoga display merchandiser” and other non-instructor jobs were removed.

Top Occupations

In 2016, there were 76 job postings related to yoga instructors. Nearly three-fourths of the postings (71%) were for fitness trainers and aerobics instructors (54 job postings). There were 56 job postings for the same occupations in 2015, and 95 job postings in 2014.

¹ MIT Living Wage Calculator. <http://livingwage.mit.edu/>

Exhibit 4 – Top occupations in job postings (n=76)

SOC Code	Occupation	Job Postings, Full Year 2016
39-9031	Fitness Trainers and Aerobics Instructors	54
25-3021	Self-Enrichment Education Teachers	4

Source: Labor Insight/Jobs (Burning Glass)

Top Titles

The top job titles for employers posting job ads for yoga instructors are listed in Exhibit 5. Yoga instructor was mentioned as the job title in nearly 40% of all relevant job postings (30 postings).

Exhibit 5 –Job titles (n=76)

Title	Job Postings, Full Year 2016
Yoga Instructor	30
Yoga Advisor	3
Group Fitness Instructor	3
Pilates Instructor	2

Source: Labor Insight/Jobs (Burning Glass)

Top Employers

Exhibit 6 lists a sample variety of employers hiring yoga instructors in Los Angeles County during 2016. The employers consisted of gyms/yoga studios, local government, and schools.

Exhibit 6 – Employers (n=12)

Employer	Job Postings, Full Year 2016
Active Sport Clubs	6
Aquila	2
City of Los Angeles Department of Recreation and Parks	1
Gymonji	1
Odyssey Charter School	1
USA Fitness Super Center	1

Source: Labor Insight/Jobs (Burning Glass)

Certifications and Skills

First Aid/CPR/AED is the most sought after job certification, followed by group exercise instructor. Job-specific skills desired by employers include yoga, teaching, and scheduling.

Exhibit 7 –Job certifications (n=18) and job skills (n=47)

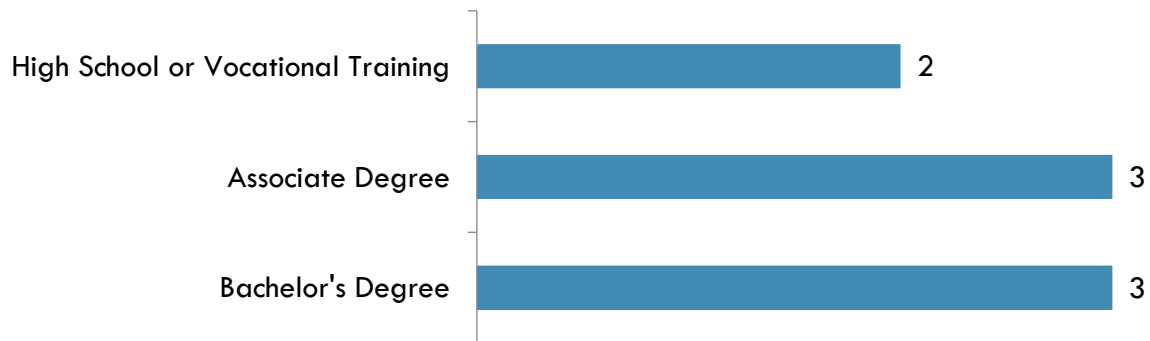
Certification	Job Postings, Full Year 2016	Skills	Job Postings, Full Year 2016
First Aid/CPR/AED	8	Yoga	47
Group Exercise Instructor	3	Teaching	13
Personal Fitness Trainer Certification	2	Scheduling	10

Source: Labor Insight/Jobs (Burning Glass)

Advertised Education Levels

Exhibit 8 displays the education level requested by employers in online job ads. Only eight job postings listed an education level.

Exhibit 8 – 2016 Online job ads with minimum advertised education requirements for yoga instructors (n=8)



Source: Labor Insight/Jobs (Burning Glass)

Industry Concentration

Jobs related to fitness trainers are most often found in the fitness and recreational sports centers industry (56% of total jobs in the industry). Exhibit 9 shows the industries that are the largest employers of yoga instructors and other fitness occupations in Los Angeles County.

Exhibit 9 – Industries with the largest number of fitness training jobs (2016)

NAICS (6-Digit)	Industry	Occupation Group Jobs in Industry	% of Occupation Group in Industry
713940	Fitness and Recreational Sports Centers	5,154	56%
813410	Civic and Social Organizations	763	8%
713990	All Other Amusement and Recreation Industries	460	5%

Source: Economic Modeling Specialists International (EMSI)

Education and Training

Exhibit 10 shows the typical entry-level educational requirement for the occupation of interest, along with the typical on-the-job training, and percentage of workers in the field who hold a community college award or have completed some postsecondary courses. About one-third of the fitness trainer and aerobics instructor workforce has completed some community college education.

Exhibit 10 – Education and training requirements (2015-2020)

SOC	Occupation	Typical entry-level education	Typical on-the-job training	% of Community College Award Holders or Some Postsecondary Coursework
39-9031	Fitness Trainers and Aerobics Instructors	High school diploma or equivalent	Short-term on-the-job training	34%

Source: Economic Modeling Specialists International, Bureau of Labor Statistics Employment Projections (Educational Attainment)

Currently, there are six community colleges in Los Angeles County that train students in fitness training. Exhibit 11 displays the headcount and annual average community college awards for each of the colleges training in this field. Headcount is the actual number of students enrolled, regardless of credit hours. It is also important to note that an award is not equivalent to a single person in search of a job opening, since a student may earn more than one award (e.g. an associate degree and a certificate).

Between 2012 and 2015, the total annual average community college awards conferred was 10 (two associate degrees and eight certificates) across one program: Fitness Trainer (0835.20).

Exhibit 11 – CCC Student Awards (by TOP and College)

2012 – 2015 Annual Average						
TOP Code	Program	College	CCC Headcount	CCC Associate Degrees	CCC Certificates	Total Average CC Awards
0835.20	Fitness Trainer	Cerritos	37	2	2	4
		Compton	5	N/A	N/A	N/A
		El Camino	25	N/A	N/A	N/A
		Glendale	13	N/A	N/A	N/A
		Mt San Antonio	149	N/A	N/A	N/A
		Rio Hondo	188	N/A	6	6
		417	2	8	10	

Source: California Community Colleges Chancellor's Office MIS Data Mart

Student Outcomes

The CTE LaunchBoard provides student outcome data on the effectiveness of CTE programs. The following student outcome information was collected from exiters of the fitness trainer program (TOP code 0835.20) in Los Angeles County for the 2014-15 academic year.

- The median annual wage after program completion is \$17,543
- 26% of students are earning a living wage
- 77% of students are employed within six months after completing a program

Source: CTE LaunchBoard

Program Recommendation

This report was compiled by the Los Angeles/Orange County Center of Excellence to provide regional labor market data for the program recommendation of yoga instructor training. This report is to help determine whether there is demand in the local labor market that is not being met by the supply from programs of study (CCC and non-CCC) that align with this occupation group.

Based on the data, the COE has mixed findings on the yoga instructor training in Los Angeles County. Reasons include:

- There are projected to be nearly 400 job openings for fitness trainers and aerobics instructors (this includes yoga instructors) annually through 2021
- There were fewer than 80 yoga instructor postings in all of Los Angeles County during 2016
- There are an abundance of private institutions and studios that train yoga instructors, according to the Yoga Alliance Registry, which may signal an oversaturation of trained yoga instructors in the regional workforce
- 34% of the fitness trainer and aerobics instructor workforce holds some postsecondary education, signaling that these positions are relevant for community college level students

Sources

O*Net Online, Labor Insight/Jobs (Burning Glass), Economic Modeling Specialists International (EMSI), MIT Living Wage Calculator, Bureau of Labor Statistics (BLS) Education Attainment, California Community Colleges Chancellor's Office Management Information Systems (MIS) Data Mart, CTE LaunchBoard, Statewide CTE Outcomes Survey, Employment Development Department Unemployment Insurance Dataset

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Notes

Data included in this analysis represents the labor market demand for positions most closely related to yoga instructor training. Standard occupational classification (SOC) codes were chosen based on the national education level required for employment (associate degree and postsecondary certificate) as well as the proportion of current workers who hold a community college award or have had some community college training. This selection process narrows the labor market analysis to the most relevant employment opportunities for students with community college education and/or training.

Traditional labor market information was used to show current and projected employment based on data trends, as well as annual average awards granted by regional community colleges. Real-time labor market information captures job post advertisements for occupations relevant to the field of study and should not be used to establish current job openings, because the numbers may include duplicate job postings or postings intended to gather a pool of applicants. Real-time labor market information can signal demand and show what employers are looking for in potential employees, but is not a perfect measure of the quantity of open positions.