

**Program Endorsement Brief: 0835.20/Fitness Trainer
Yoga Teacher Training Certificate (200-Hour)**
Orange County Center of Excellence, March 2021

Summary Analysis

Program Endorsement:	Endorsed: All Criteria Met <input type="checkbox"/>	Endorsed: Some Criteria Met <input checked="" type="checkbox"/>	Not Endorsed <input type="checkbox"/>
Program Endorsement Criteria			
Supply Gap:	Yes <input checked="" type="checkbox"/>	No	<input type="checkbox"/>
Living Wage: (Entry-Level, 25th)	Yes <input type="checkbox"/>	No	<input checked="" type="checkbox"/>
Education:	Yes <input checked="" type="checkbox"/>	No	<input type="checkbox"/>
Emerging Occupation(s)			
	Yes <input type="checkbox"/>	No	<input checked="" type="checkbox"/>

The Orange County Center of Excellence for Labor Market Research (COE) prepared this report to provide Los Angeles/Orange County regional labor market supply and demand data related to one middle-skill occupation: *exercise trainers and group fitness instructors* (39-9031). Middle-skill occupations typically require some postsecondary education, but less than a bachelor’s degree.¹ This report is intended to help determine whether there is demand in the local labor market that is not being met by the supply from community college programs that align with the relevant occupations.

Based on the available data, there appears to be a supply gap for *exercise trainers and group fitness instructors* in the region; however, it is unclear whether or not there is a supply gap specifically for yoga instructors. While nearly one-third of *exercise trainers and group fitness instructors* in the region have completed some college or an associate degree as their highest level of education, entry-level wages are lower than the living wage in both Los Angeles and Orange counties. **Therefore, due to some of the criteria being met, the COE endorses this proposed program.** Detailed reasons include:

Demand:

- **Supply Gap Criteria** – Over the next five years, there is projected to be **3,554 jobs available annually** in the region due to new job growth and replacements, **which is more than the 128 awards conferred annually** by educational institutions in the region.
 - However, the *exercise trainers and group fitness instructors* (39-9031) SOC code includes a variety of fitness occupations, including yoga instructors. Since the

¹ The COE classifies middle-skill jobs as the following:

- All occupations that require an educational requirement of some college, associate degree or apprenticeship;
- All occupations that require a bachelor’s degree, but also have more than one-third of their existing labor force with an educational attainment of some college or associate degree; or
- All occupations that require a high school diploma or equivalent or no formal education, but also require short- to long-term on-the-job training where multiple community colleges have existing programs.

SOC code does not solely represent yoga instructors, **the number of annual job openings is overstated.**

- Over the past 12 months, there were **352 online job postings specifically related to yoga instructors.** The highest number of job postings were for yoga instructors, group fitness instructors, Pilates instructors, personal trainers, and certified yoga instructors.
- **Living Wage Criteria** – Within Orange County, **typical entry-level hourly wages** for exercise trainers and group fitness instructors are **\$14.26, which is lower than the California Family Needs Calculator hourly wage** (living wage) for one adult in the region (17.36 in Orange County).²
- **Educational Criteria** - The Bureau of Labor Statistics (BLS) lists a **high school diploma** as the **typical entry-level education** for exercise trainers and group fitness instructors.
 - However, the national-level educational attainment data indicates **29.6% of workers in the field have completed some college or an associate degree.**

Supply:

- There are **8 community colleges** in the LA/OC region that issue awards related to fitness trainers, conferring an average of **29 awards annually** between 2016 and 2019.
 - Of these eight colleges, **3 currently offer yoga teacher training programs:** Orange Coast, Pasadena, and Rio Hondo.
- Between 2014 and 2017, there was an average of **99 awards conferred annually** in related training programs by non-community college educational institutions throughout the region.
- Within 50 miles of Cypress College there are **156 registered yoga schools (RYS) that offer yoga teacher training programs**, including the 200-hour yoga teacher training. However, **annual supply data from these yoga schools is unknown.**

Occupational Demand

Exhibit 1 shows the five-year occupational demand projections for exercise trainers and group fitness instructors. In Los Angeles/Orange County, the number of jobs related to these occupations is projected to increase by 16% through 2024. There will be more than 3,500 job openings per year through 2024 due to job growth and replacements. It is important to note that the exercise trainers and group fitness instructors (39-9031) SOC code includes a variety of fitness occupations and not solely yoga instructors. Therefore, the data in Exhibit 1 is overstated for yoga instructors.

This report includes employment projection data by Emsi which uses EDD information. Emsi's projections are modeled on recorded (historical) employment figures and incorporate several underlying assumptions, including the assumption that the economy, during the projection period, will be at approximately full employment. To the extent that a recession or labor shock, such as the economic effects of COVID-19, can cause long-term structural change, it may impact the projections. At this time, it is not possible to quantify the impact of COVID-19 on projections of industry and

² Living wage data was pulled from California Family Needs Calculator on 3/3/2021. For more information, visit the California Family Needs Calculator website: <https://insightcced.org/2018-family-needs-calculator/>.

occupational employment. Therefore, the projections included in this report do not take the impacts of COVID-19 into account.

Exhibit 1: Occupational demand in Los Angeles and Orange Counties³

Geography	2019 Jobs	2024 Jobs	2019-2024 Change	2019-2024 % Change	Annual Openings
Los Angeles	12,182	13,848	1,666	14%	2,469
Orange	4,930	5,933	1,003	20%	1,085
Total	17,112	19,781	2,668	16%	3,554

Wages

The labor market endorsement in this report considers the entry-level hourly wages for *exercise trainers and group fitness instructors* in Orange County as they relate to the county’s living wage. Los Angeles County wages are included below in order to provide a complete analysis of the LA/OC region. Detailed wage information, by county, is included in Appendix A.

Orange County— The typical entry-level hourly wages for *exercise trainers and group fitness instructors* are \$14.26, which is below the living wage for one adult (\$17.36 in Orange County).⁴ Experienced workers can expect to earn wages of \$29.53, which is higher than the living wage estimate. Orange County’s average wages are below the average statewide wage of \$25.31 for this occupation.

Los Angeles County— The typical entry-level hourly wages for *exercise trainers and group fitness instructors* are \$14.68, which is below the living wage for one adult (\$15.04 in Los Angeles County).⁵ Experienced workers can expect to earn wages of \$30.45, which is higher than the living wage estimate. Los Angeles County’s average wages are below the average statewide wage of \$25.31 for this occupation.

Job Postings

There were 352 online job postings related specifically to yoga instructors listed in the past 12 months. The highest number of job postings were for yoga instructors, group fitness instructors, Pilates instructors, personal trainers, and certified yoga instructors. The top skills were: yoga, teaching, cardiopulmonary resuscitation (CPR), group fitness, and Pilates. The top three employers, by number of job postings, in the region were: Equinox, YogaWorks, and LADA.

It is important to note that the job postings data included in this section reflects online job postings listed in the past 12 months and does not yet demonstrate the impact of COVID-19. While employers have generally posted fewer online job postings since the beginning of the pandemic, the long-term effects are currently unknown.

Educational Attainment

³ Five-year change represents new job additions to the workforce. Annual openings include new jobs and replacement jobs that result from retirements and separations.

⁴ Living wage data was pulled from California Family Needs Calculator on 3/3/2021. For more information, visit the California Family Needs Calculator website: <https://insightcced.org/2018-family-needs-calculator/>.

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The Bureau of Labor Statistics (BLS) lists a high school diploma as the typical entry-level education for *exercise trainers and group fitness instructors*. However, the national-level educational attainment data indicates 29.6% of workers in the field have completed some college or an associate degree. Of the 16% of yoga instructor job postings listing a minimum education requirement in Los Angeles/Orange County, 96% (53) requested a high school diploma and 4% (2) requested an associate degree.

Educational Supply

Community College Supply—Exhibit 2 shows the three-year average number of awards conferred by community colleges in the related TOP code: Fitness Trainer (0835.20). The colleges with the most completions in the region are: Orange, Irvine, and Rio Hondo. Over the past 12 months, there were three other related program recommendation requests from regional community colleges. Of these eight colleges, three offer yoga teacher training programs under the Fitness Trainer TOP Code (0835.20): Orange Coast, Pasadena, and Rio Hondo (denoted by asterisk).

Exhibit 2: Regional community college awards (certificates and degrees), 2016-2019

TOP Code	Program	College	2016-2017 Awards	2017-2018 Awards	2018-2019 Awards	3-Year Award Average
0835.20	Fitness Trainer	Cerritos	1	-	-	0
		Glendale	-	5	3	3
		Pasadena*	-	-	2	1
		Rio Hondo*	9	4	6	6
		LA Subtotal	10	9	11	10
		Fullerton	2	5	3	3
		Irvine	3	13	4	7
		Orange Coast*	8	9	5	7
		Santa Ana	17	27	14	19
		OC Subtotal	17	27	14	19
Supply Total/Average			27	36	25	29

Non-Community College Supply—For a comprehensive regional supply analysis, it is also important to consider the supply from other educational institutions in the region that provide training programs for *exercise trainers and group fitness instructors*. Exhibit 3 shows the annual and three-year average number of awards conferred by these institutions in the related Classification of Instructional Programs (CIP) Code: Physical Fitness Technician (31.0507). Due to different data collection periods, the most recent three-year period of available data is from 2014 to 2017. Between 2014 and 2017, four-year colleges in the region conferred an average of 99 awards annually in related training programs.

Exhibit 3: Regional non-community college awards, 2014-2017

CIP Code	Program	College	2014-2015 Awards	2015-2016 Awards	2016-2017 Awards	3-Year Award Average
31.0507	Physical Fitness Technician	California Healing Arts College	32	23	16	24
		InterCoast Colleges-Carson	4	2	3	3
		Pepperdine University	-	-	1	0
		Southern California Health Institute	83	86	46	72
Supply Total/Average			119	111	66	99

In addition to community colleges and other educational institutions, there are 156 private yoga schools and studios that provide certification and training for yoga instructors. The Yoga Alliance provides a search engine for registered yoga schools (RYS®) that train students to become registered yoga teachers (RYT®). According to their website (www.yogaalliance.org), the Yoga Alliance and Yoga Alliance Registry is the largest nonprofit association of yoga teachers and schools with over 100,000 registrants. A search for registered yoga schools within 50 miles of Cypress College found 156 registered yoga schools. Students who complete a RYS 200 hour program can apply for Yoga Alliance instructor certification and become a registered yoga teacher (RYT®). While information is available on the number of programs in the region, data is not readily available for the annual number of regional RYT program completers (supply).

Appendix A: Occupational demand and wage data by county

Exhibit 4. Orange County

Occupation (SOC)	2019 Jobs	2024 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings (25 th Percentile)	Median Hourly Earnings	Experienced Hourly Earnings (75 th Percentile)
Exercise Trainers and Group Fitness Instructors (39-9031)	4,930	5,933	1,003	20%	1,085	\$14.26	\$22.98	\$29.53

Exhibit 5. Los Angeles County

Occupation (SOC)	2019 Jobs	2024 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings (25 th Percentile)	Median Hourly Earnings	Experienced Hourly Earnings (75 th Percentile)
Exercise Trainers and Group Fitness Instructors (39-9031)	12,182	13,848	1,666	14%	2,469	\$14.68	\$23.63	\$30.45

Exhibit 6. Los Angeles and Orange Counties

Occupation (SOC)	2019 Jobs	2024 Jobs	5-Yr Change	5-Yr % Change	Annual Openings
Exercise Trainers and Group Fitness Instructors (39-9031)	17,112	19,781	2,668	16%	3,554

Appendix B: Sources

- O*NET Online
- Labor Insight/Jobs (Burning Glass)
- Economic Modeling Specialists, International (Emsi)
- Bureau of Labor Statistics (BLS)
- Employment Development Department, Labor Market Information Division, OES
- California Community Colleges Chancellor's Office Management Information Systems (MIS)
- California Family Needs Calculator, Insight Center for Community Economic Development
- Chancellor's Office Curriculum Inventory (COCI 2.0)

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