

**Program Endorsement Brief: 0835.20/Fitness Trainer
Pilates Professional Teacher Training: Mat and Reformer**
Los Angeles/Orange County Center of Excellence, October 2018

Summary:

The Los Angeles/Orange County Center of Excellence for Labor Market Research (COE) prepared this report to provide regional labor market supply and demand data related to Pilates/Fitness Trainer. 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 relevant occupations.

The following summarizes key findings from this data brief:

- Fitness trainer jobs are increasing by 13% over the next five years, and nearly 2,600 job openings will be available annually due to new job growth and replacement need.
- Over the past 12 months, there were 152 online job postings related to Pilates instructors in Los Angeles and Orange Counties.
- Six other related program recommendation requests were received between January and September 2018 from regional community colleges.
- Seven colleges in the region have programs closely related to fitness training, and two colleges in the region offer Pilates instructor programs.
- Between 2014 and 2017, community colleges in the region conferred an average of 32 awards (associate degrees and certificates) in related training programs.

Occupational Demand—In Los Angeles/Orange County, the number of jobs for fitness trainers is projected to increase by 13%. There will be nearly 2,600 job openings per year through 2022 (Exhibit 1).

Exhibit 1: Occupational demand in Los Angeles and Orange Counties¹

Geography	2017 Jobs	2022 Jobs	2017-2022 Change	2017-2022 % Change	Annual Openings
Los Angeles	9,660	10,833	1,173	12%	1,909
Orange	3,354	3,851	497	15%	688
Total	13,014	14,684	1,670	13%	2,597

¹ Five-year change represents new job additions to the workforce. Annual openings include new jobs and replacement jobs that result from retirements and separations.

Wages—Entry-level and median hourly wages for fitness trainers and aerobics instructors in the region are \$11.71 and \$35.94, respectively. Entry-level wages are lower than the MIT Living hourly wage for one adult in the region (\$13.54 in Los Angeles County, \$15.31 in Orange County). Experienced workers earn \$35.94, which is higher than the living wage.

Job Postings—There were 152 online job postings related to Pilates instruction listed in the past 12 months. The majority of job postings are for Pilates instructors and Pilates reformer trainers. Of the Pilates instructor job postings, 35 include the keyword “mat” and 47 include the keyword “reformer”. Top specialized skills are: Pilates, teaching, and CPR. The top three employers, by number of job postings, in the region are: Club Pilates, LA Fitness, and YMCA.

Educational Attainment—The BLS lists a high school diploma or equivalent as the typical entry-level education for this occupation. The national-level educational attainment data indicates 34% of workers in the field have completed some college or an associate degree. In Los Angeles/Orange County, 73% of job postings request high school or vocational training.

Community College Supply—Appendix A shows the annual and three-year average number of awards conferred by community colleges in the related TOP code: Fitness Trainer (0835.20). The programs with the most completions in the region are: Orange Coast, Rio Hondo, and Irvine. According to the Chancellor’s Office Curriculum Inventory (COCI), Fullerton and Orange Coast are the only two regional schools with Pilates instructor programs. Between January and September 2018, there were six other fitness training program recommendation requests from regional community colleges. No program requests during this time period were for Pilates instructors.

Appendix A: Regional community college awards (certificates and degrees), 2014-2017

TOP Code	Program	College	2014-15 Awards	2015-16 Awards	2016-2017 Awards	3-Year Award Average
0835.20	Fitness Trainer	Cerritos	4	3	1	3
		Fullerton	2	8	2	4
		Irvine	5	7	3	5
		Orange Coast	13	7	8	9
		Rio Hondo	8	5	9	7
		Saddleback	2	-	-	1
		Santa Ana	2	2	4	3
		Total/Average	36	32	27	32

Appendix B: Occupational demand and wage data by county

Exhibit 2. Los Angeles County

Occupation (SOC)	2017 Jobs	2022 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings	Median Hourly Earnings	Experienced Hourly Earnings
Fitness Trainers and Aerobics Instructors (39-9031)	9,660	10,833	1,173	12%	1,909	\$11.73	\$20.49	\$34.05

Exhibit 3. Orange County

Occupation (SOC)	2017 Jobs	2022 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings	Median Hourly Earnings	Experienced Hourly Earnings
Fitness Trainers and Aerobics Instructors (39-9031)	3,354	3,851	497	15%	688	\$12.35	\$21.15	\$41.40

Exhibit 4. Los Angeles and Orange Counties

Occupation (SOC)	2017 Jobs	2022 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings	Median Hourly Earnings	Experienced Hourly Earnings
Fitness Trainers and Aerobics Instructors (39-9031)	13,014	14,684	1,670	13%	2,597	\$11.71	\$20.69	\$35.94

Appendix C: Sources

- O*NET Online
- Labor Insight/Jobs (Burning Glass)
- Economic Modeling Specialists, International (EMSI)
- Employment Development Department, Labor Market Information Division, OES
- Employment Development Department, Unemployment Insurance Dataset
- Living Insight Center for Community Economic Development
- California Community Colleges Chancellor's Office Management Information Systems
- MIT Living Wage
- Chancellor's Office Curriculum Inventory (COCI)

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