**NAME OF INTERNSHIP SITE:** Hytrol Conveyor Company– Dan’s Health Club

**LOCATION:** Hytrol Conveyor Company

2020 Hytrol Street

Jonesboro, AR

**DESCRIPTION OF RESPONSIBILITIES AND EXPERIENCES:**

Dan’s Health Club is a worksite wellness benefit for employees of Hytrol Conveyor Company and their families. Dan’s Health Club offers an onsite fitness facility including weight room, gym, pool, basketball court, group exercise studio, and locker facilities. Personal training, fitness classes, health and wellness education, incentive programs, and fitness and sport events are available to employees.

Internship Duties may include:

Observe and assist with day to day operations of health club.

* Assist with maintenance of pool facility.
* Assist with cleaning and maintenance of gym and fitness equipment.
* Assist with laundry and locker room management.
* Assist with social media marketing and content creation.

Assist health club patrons with exercise orientations, health/exercise questions, and questions about facility.

Observe and assist with fitness assessments and goal assessments.

Assist with personal training and design of workout plans for patrons.

Observe and participate in a variety of group exercise classes offered at Dan’s Heath Club.

* Water Aerobics
* Yoga
* PiYo LIVE
* Insanity LIVE
* Turbo Kick LIVE
* Country Heat LIVE
* Zumba
* Functional Fitness
* Circuit Training

Assist with and teach group exercise classes.

Assist with planning, organizing, and implementation of various events, incentive programs, and challenges hosted by the health club.

Research and organize wellness information for flyers, newsletters, bulletin boards, handouts, etc.

This is an unpaid internship.

**HOW TO APPLY:**

Prepare resume, transcript, any copies of certifications you may have (CPR/AED, First Aid, Personal Training, Group Ex, etc.,) and a cover letter that includes when you can start, how many credit hours university grants, how many total hours you need to complete, and how many hours per week you are able to work within the range of 6:00am to 7:00pm, Monday through Friday.

Please send all documents to lryan@hytrol.com.

**CONTACT INFORMATION:**

**NAME: Lauren Matheson Ryan**

**PHONE NUMBER: 870-972-8950**

**EMAIL: lryan@hytrol.com**

**FAX: n/a**

**SITE WEBSITE:** <http://training.hytrol.com/dans-health-club/>

**FACULTY NOTES:**