

THE UNIVERSITY OF TEXAS AT SAN ANTONIO
KINESIOLOGY AND HEALTH INTERNSHIP

Agency Information Sheet

Today's Date: 5 / 21 / 2012

Agency Name: Life Time Fitness

Address: 2902 Corporate Place, Chanhassen, MN 55317

Phone Number: 952-229-7835 Email address: DDanielson@lifetimefitness.com

1. Please briefly describe the scope of your facility/agency's work. Printed brochures or fact sheets explaining your organizational goals may be attached.

Life Time Fitness operates distinctive and large sports, athletic, fitness and family recreation centers. As of today, Life Time Fitness operates 103 centers in 22 states, in addition to a new facility in Mississauga, Canada. In addition to traditional health club offerings, most Life Time Fitness centers include an expansive selection of premium amenities and services in a resort-like setting. Amenities include indoor and outdoor swimming pools, basketball and racquet courts, personal training and group fitness programming, child care centers, cafes and spas. After a demanding day at work, wind down with a great workout and grab a bite to eat in the LifeCafé. Whether attending a spin class taught by our company founder or heading to the LifeSpa for a relaxing massage, team members are encouraged to maintain a healthy, balanced lifestyle.

2. Indicate the most appropriate person(s) to contact within your agency regarding internship possibilities.

NAME	TITLE/RESPONSIBILITY	PHONE#
Danielle Danielson	National Recruiter	952-229-7835

3. Briefly describe the internship experiences available with your agency.
An internship with Life Time Fitness can offer you not only broad based exposure to our industry, but also experience that will be useful when pursuing your future career. With our Personal Training Internship, we will expose you to a number of different areas, such as metabolic testing, program design, nutritional consults, group training, personal selling techniques, and much more! The goal of our Personal Training Internship program is to offer you a challenging learning opportunity and to enhance your potential to become a member of our Life Time Fitness team upon graduation – thus our internship position is very closely based on our full-time Personal Trainer position

Responsibilities:

- Build knowledge around client consultation process and program design implementation
- Observe and facilitate Fitness Assessments with Master Level Trainers
- Participate in Group Training, Group Fitness, TEAM Weight loss, and Team Boot Camp classes
- Observe Cardio Point / Calorie Point Assessments
- Participate in and host Nutrition and Heart Rate Monitor Information booths
- Review educational materials in preparation for the NASM CPT certification

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position? ***This is an UNPAID Internship. Students must be able to receive credit for their internship with LTF.***

Required Qualifications:

- *Interested in a Fitness related career path*
- *Effective communication skills*
- *Strong customer service skills*
- *Team oriented*
- *Decision making skills*
- *Problem solving and analytical skills*
- *Growth and sales oriented*

Preferred Qualifications:

- *FT College student*
- *Junior or Senior status*

Please return this questionnaire to:
Tunetha Wren, University Supervisor
Department of Health and Kinesiology
College of Education and Human Development
UTSA
San Antonio TX 78249-0654
Tel. (210) 458-5407 Email: tunetha.wren@utsa.edu
Fax: (210) 458-5873

As the Healthy Way of Life Company, Life Time (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health and fitness goals by engaging in their areas of interest — or discovering new passions — both inside and outside of Life Time's distinctive and large sports, professional fitness, family recreation and spa destinations. Today, the Company operates 101 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC^(SM) brands primarily in suburban locations, in 21 states and 27 major markets.

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Shift

Duration is 8 to 12 weeks, flexible start date. There is an opportunity to move to regular a full or part time position following completion of the internship.