

Exercise Trainers and Group Fitness Instructors (Yoga Instructors)

Inland Empire/Desert Region (Riverside and San Bernardino counties combined)

This workforce demand report uses state and federal job projection data developed before the economic impact of COVID-19. The COE is monitoring the situation and will provide more information as it becomes available. Please consult with local employers to understand their current employment needs.

Introduction

This report provides labor market occupational demand and wage research and postsecondary program outcomes related to yoga instructors. Yoga instructor is a common job title nested within the exercise trainer and group fitness instructor occupation. The California Community College fitness trainer (TOP 0835.20) program prepares students for employment as yoga instructors through instruction related to the preparation for training occupations in fitness and health, such as fitness specialists, aerobics or movement instructor, and human performance technician (Taxonomy of Programs, 2012). Occupational definitions, common job titles, education, work experience, and training requirements are provided below:

Exercise Trainers and Group Fitness Instructors (39-9031)

Instruct or coach groups or individuals in exercise activities for the primary purpose of personal fitness. Demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills. Develop and implement individualized approaches to exercise.

Common job titles: Yoga Instructor, Yoga Teacher, Aerobics Instructor, Fitness Instructor, Fitness Specialist, Fitness Technician, Fitness Trainer, Group Exercise Instructor, Group Fitness Instructor, Personal Trainer, Private Trainer,

Entry-Level Educational Requirement: High school diploma or equivalent

Training Requirement: Less than one month on-the-job training

Work Experience: None

Incumbent workers with a Community College Award or Some Postsecondary Coursework: 29%

Employment

In 2020, there were 3,068 exercise trainer and group fitness instructor jobs in the Inland Empire/Desert Region. Employment for this occupation is expected to decrease by 10% through 2025. Despite the projected decrease in employment, exercise trainers and group fitness instructors are

projected to have 464 annual job openings over the next five years. Please note that yoga instructors and teachers are common job titles nested within this occupation that share similar knowledge, skills, and abilities with other common exercise and fitness jobs. Exhibit 1 displays the job counts, five-year projected job growth, job openings, and the share of incumbent workers age 55 years and old for the exercise trainers and group fitness instructors occupation. A job advertisement search specifically for yoga is available later in this report.

Exhibit 1: Five-year projections, 2020-2025

Occupation	2020 Jobs	2025 Jobs	2020 -2025 Change	2020 -2025 % Change	2020-25 Job Openings	Annual Job Openings	% of workers age 55+
Exercise Trainers and Group Fitness Instructors	3,068	2,747	(321)	(10%)	2,320	464	18%

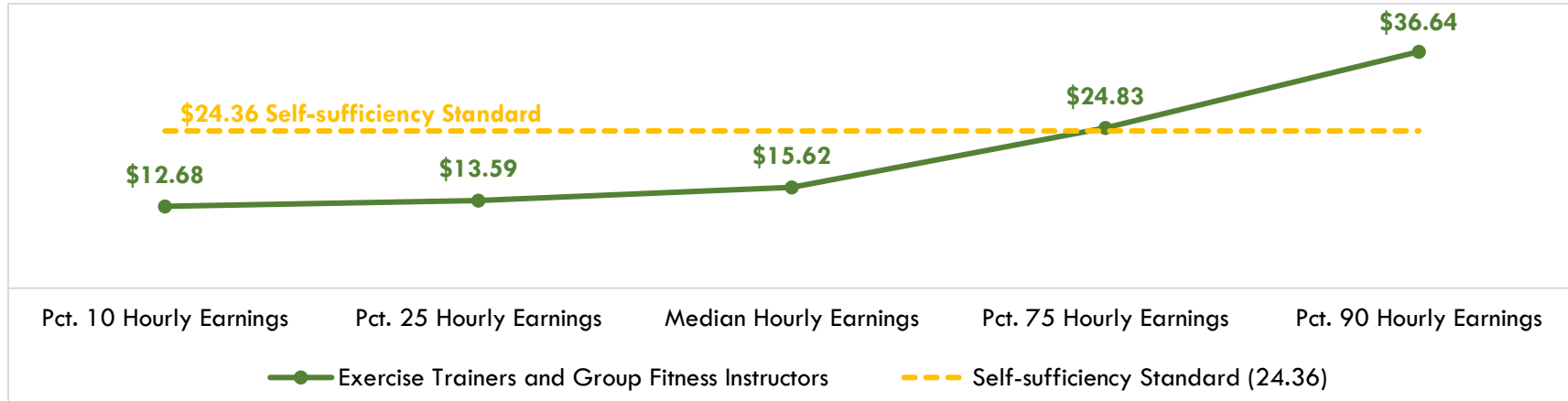
Source: Emsi 2022.1

Earnings

Community colleges should ensure their training programs lead to employment opportunities that provide self-sustainable income. The University of Washington estimates that a self-sufficient hourly rate for a single adult with one school-age child is \$24.36 per hour or \$51,452 annually in Riverside County; \$23.73 per hour or \$50,119 annually in San Bernardino County (Pearce, 2021). For this study, the higher hourly earnings requirement in Riverside County is adopted as the self-sufficiency standard for the two-county region.

Exhibit 2 displays the hourly earnings for exercise trainers and group fitness instructors in the Inland Empire/Desert Region. The hourly earnings for exercise trainers and group fitness instructors surpasses the self-sustainability rate at the 75th percentile, indicating that only the top 25% of workers in this occupation earn a self-sustainable wage.

Exhibit 2: Hourly earnings by percentile



Source: Emsi 2022.1

Employer Online Job Advertisements

The sections below provide online job advertisement (ad) analytics data for yoga instructors over the last 12 months, from April 2021 to March 2022. Over this period, regional employers issued 774 job ads for exercise trainers and group fitness instructors. Approximately 15% of the job ads for exercise trainers and group fitness instructors were for yoga instructors, with 118 job ads posted over the last twelve months. Exhibit 3 displays the employers posting five or more job ads for yoga instructors in the region. Showing employer names provides some insight into where students may find employment after completing a program.

Exhibit 3: Employers posting the most job ads for yoga instructors

Employers	Unique Job Ads
Chuze Fitness	15
Crunch	9
Cooper Life	9
Blink Fitness	6
StretchLab Temecula	5

Source: Emsi 2022.1

Exhibit 4 displays the most common skills or qualifications found in employer job ads for yoga instructors. Qualifications refer to the certifications decided on by a third-party entity (school, government, industry, etc.) that acknowledges a body of skills and abilities. Skills are competencies at specific tasks or familiarity with specific subjects and tools acquired through education or experience.

Exhibit 4: The most common skills or qualifications requested in job ads for yoga instructors

Skill or Qualification	Job Ads	% of Total Job Ads
Cardiopulmonary Resuscitation (CPR)	71	60%
Communication	66	56%
Teaching	53	45%
Yoga	52	44%
Customer Service	47	40%
Personal Trainer Certification	44	37%
Pilates	33	28%
Group Exercise Instruction	32	27%

Source: Emsi 2022.1

Community College Programs

Three regional community colleges currently offer fitness trainer (TOP 0835.20) programs, with College of the Desert offering a program related to Yoga Teacher Training. Regional community college programs have issued ten awards annually over the last three academic years, 2018-2021.

Exhibit 5: Average annual community college completions in fitness trainer programs, 2018-21

Colleges (Local Program Title)	Annual Average Awards (2018-21)
Desert (Fitness Specialist, Personal Trainer, Yoga Teacher Training)	4
Moreno Valley (Fitness Professionals)	0
Riverside (Exercise, Sport & Wellness: Fitness Professions, Pilates Dance/Conditioning Instructor)	6
Total	10

Sources: MIS Data Mart, COCI

This labor market brief provides an occupational and community college program overview and is not intended for regional program recommendation or submission to the California Community Colleges Chancellor's Office.

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References

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