



Occupation Report

Exercise Trainers and Group Fitness Instructors

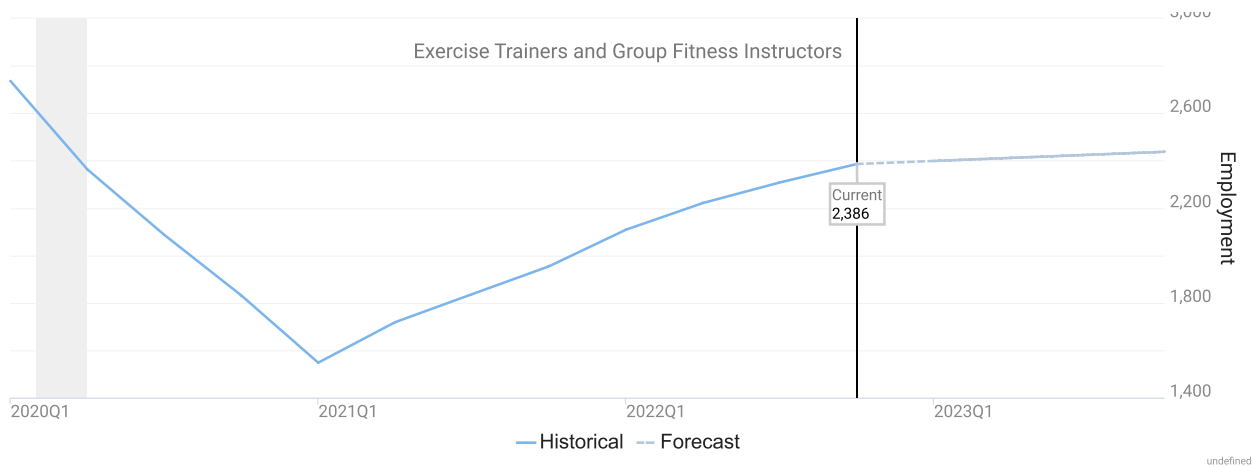
Sacramento-Roseville-Folsom, CA MSA

A horizontal line with three circular markers. The first marker on the left is blue, the second in the middle is dark blue, and the third on the right is grey.

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Occupation Snapshot


6-Digit Occupation	Empl	Avg Mean Wages	LQ	3-Year Empl Change	Annual Demand	Forecast Ann Growth
Exercise Trainers and Group Fitness Instructors	2,386	\$61,000	1.02	-329	510	2.2%



- 💡 “Annual Demand” is the projected need for new entrants into an occupation. New entrants are needed due to expected growth and to replace workers who left the occupation due to factors such as retirement or switching careers.
- 💡 “Forecast Ann Growth” is the expected change in jobs due to national, long-term trend projections (per the BLS) as well as local factors such as industry mix and population growth (as computed and modeled by Chmura).

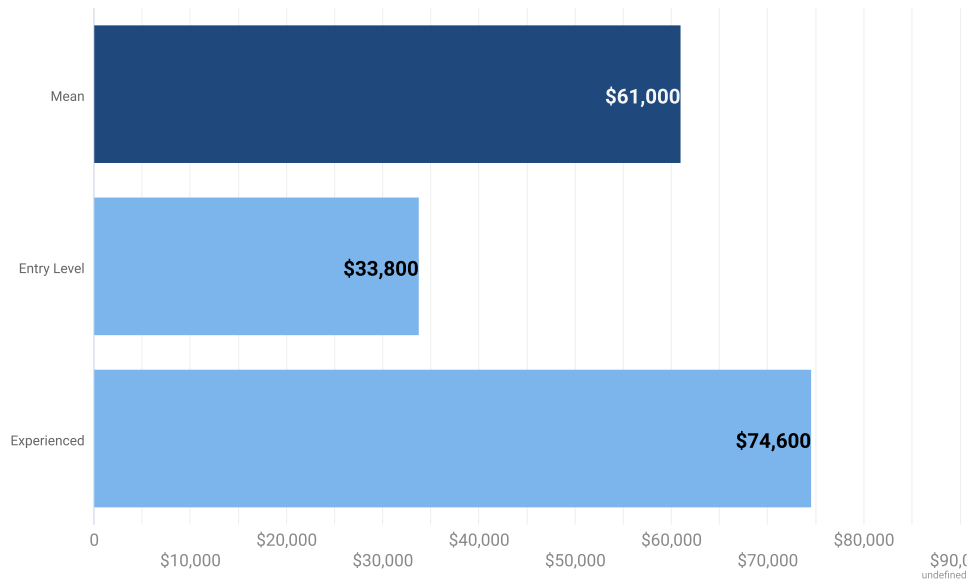
Employment by Industry

Industry Title	% of Occ Empl	Empl	10-Year Separations	10-Year Empl Growth	10-Year Total Demand
Other Amusement and Recreation Industries	69.3%	1,654	3,205	336	3,541
Other Personal Services	9.8%	234	480	80	560
Other Schools and Instruction	7.8%	186	398	85	482
Civic and Social Organizations	3.4%	80	167	31	198
General Medical and Surgical Hospitals	1.0%	23	42	2	44
Executive, Legislative, and Other General Government Support	0.9%	22	42	2	44
Justice, Public Order, and Safety Activities	0.9%	22	40	2	42
Individual and Family Services	0.7%	17	35	6	41
Colleges, Universities, and Professional Schools	0.6%	13	25	2	27
Offices of Other Health Practitioners	0.6%	13	27	4	31
All Others	5.0%	120	230	20	249

 The industry distribution indicates the industries in which workers in the occupation(s) are primarily found.

 “10-Year Empl Growth” may show industries with positive as well as negative growth; this would indicate that the occupation(s) being examined are expected to expand within some industries while contracting in others.

Wages

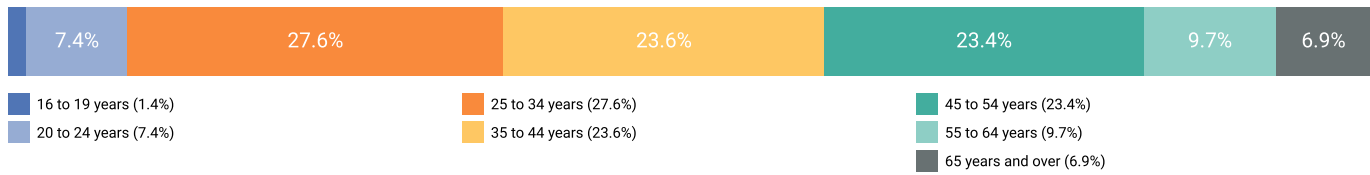


Occupation	Mean	Median	Entry Level	Experienced
Exercise Trainers and Group Fitness Instructors	\$61,000	\$53,700	\$33,800	\$74,600

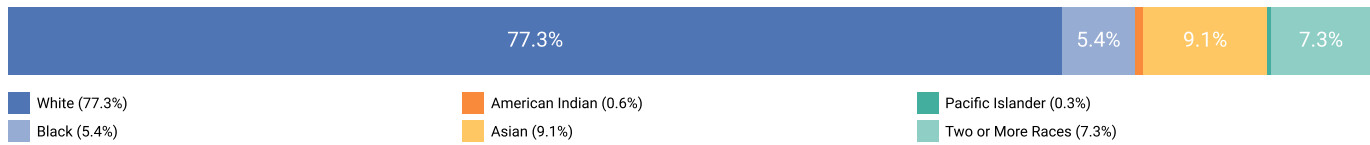
- 💡 Occupation wages here utilize BLS OEWS data, imputed and brought forward by Chmura.
- 💡 When this report is run for an occupation group, the table above displays up to the top ten detailed occupations which have the highest average wages within the occupation group.

Occupation Demographics

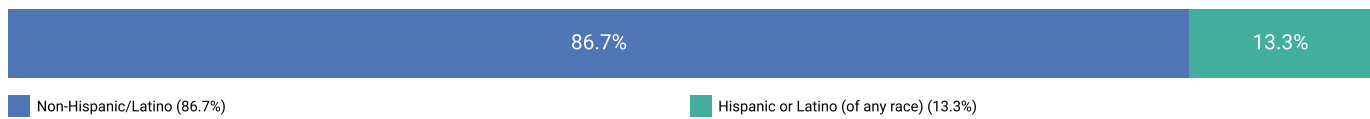
Age



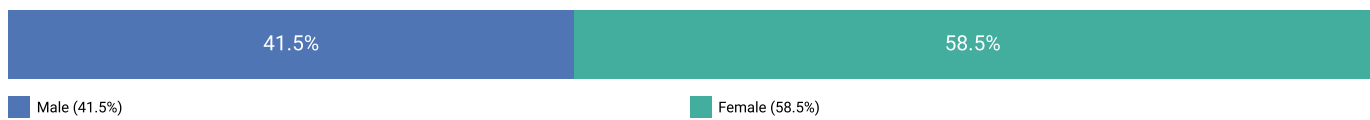
Race



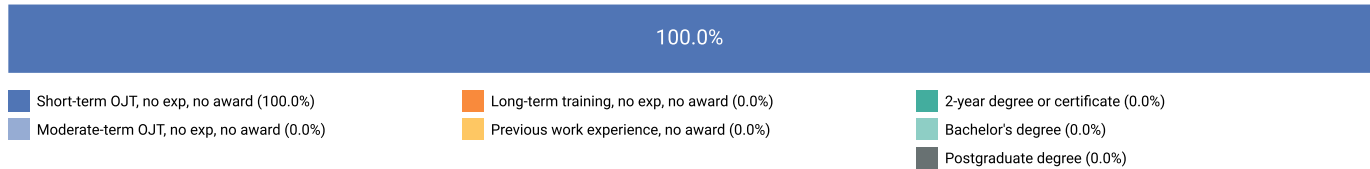
Ethnicity



Gender

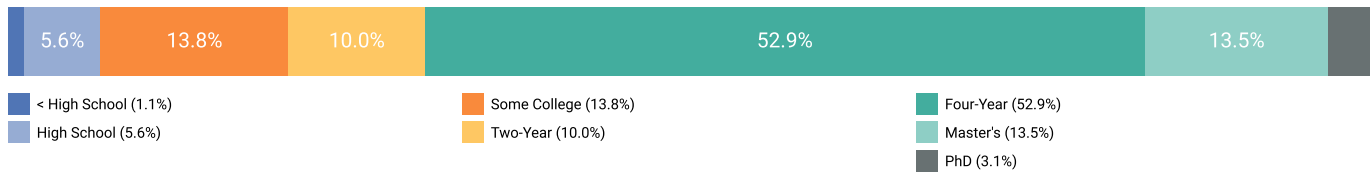


Education and Training Requirements



Education Profile

Educational Attainment



Occupation	Typical Entry-Level Education	Previous Work Experience	Typical On-the-Job Training
Exercise Trainers and Group Fitness Instructors	High school diploma or equivalent	None	Short-term on-the-job training


 The stacked bar chart here illustrates the estimated mix of educational attainment of the workers in this occupation(s) in aggregate.

 The table indicates typical education and training requirements rather than the mix of attainment of workers in such positions.

Postsecondary Programs Linked to Exercise Trainers and Group Fitness Instructors

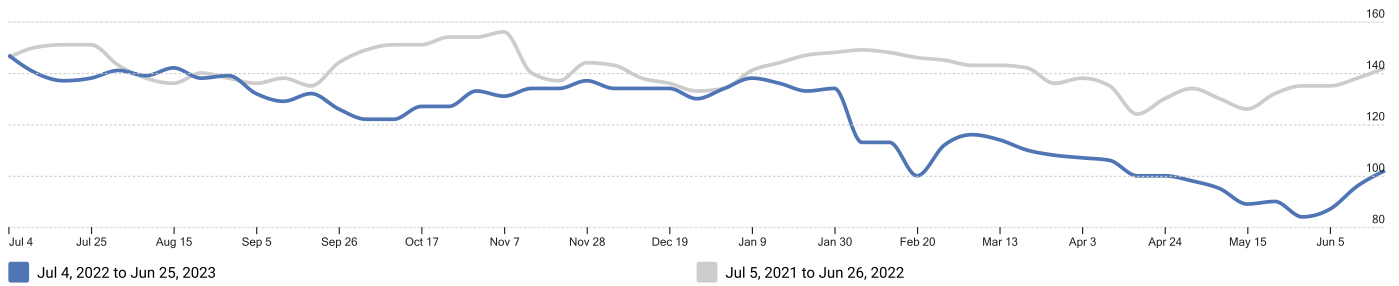
Program	Awards
American River College	
Exercise Science and Kinesiology	18
Sports, Kinesiology, and Physical Education/Fitness, General	8
California State University-Sacramento	
Sports, Kinesiology, and Physical Education/Fitness, General	304
Cosumnes River College	
Exercise Science and Kinesiology	18
Sports, Kinesiology, and Physical Education/Fitness, General	12
Folsom Lake College	
Exercise Science and Kinesiology	8
Sacramento City College	
Exercise Science and Kinesiology	8
Sierra College	
Exercise Science and Kinesiology	13
Physical Fitness Technician	6
William Jessup University	
Exercise Science and Kinesiology	25

 The number of graduates from postsecondary programs in the region identifies the pipeline of future workers as well as the training capacity to support industry demand.

 Among postsecondary programs at schools located in the Sacramento-Roseville-Folsom, CA MSA, the sampling above identifies those most linked to Exercise Trainers and Group Fitness Instructors. For a complete list see JobsEQ®, <http://www.chmuraecon.com/jobseq>

RTI (Job Postings)

Active Job Ads by Date



 Online job ads are a timely indicator of local demand. Occupation assignments shown below are made by Chmura based upon analysis of job titles and job descriptions. Top employers and listed job requirements are shown on the following pages.

Occupations

SOC	Occupation	Active Job Ads
39-9031.00	Exercise Trainers and Group Fitness Instructors	429

Locations

Location	Active Job Ads	
Sacramento, California	37	
Roseville, California	17	
Folsom, California	16	
Citrus Heights, California	10	
CA-Citrus Heights-95610	9	
Rocklin, California	7	
Truckee, CA 96161	7	
1020 7th Street, Sacramento, CA, US 95814	6	
9574 Micron Avenue, Sacramento, CA, US 95827	6	
CA-Elk Grove-95624	6	

Employers

Employer Name	Active Job Ads	
Crunch Fitness	35	
Svetness	30	
24 Hour Fitness	24	
9Round	24	
BFit Gyms	23	
Orange Theory	20	
California Family Fitness	15	
Sverness	15	
Jenny Craig	14	
Chuze Fitness	11	

Hard Skills

Skill Name	Active Job Ads	
Personal Training	132	
Automated External Defibrillators (AED)	88	
Ability to Lift 41-50 lbs.	52	
Physiology	47	
Defibrillators	24	
Teaching/Training, Job	24	
Ability to Lift 51-100 lbs.	23	
Microsoft Outlook	20	
Sales	20	
Dumbbells	18	

Job Titles

Job Title	Active Job Ads	
Personal Trainer	49	
Personal Trainer - Earn \$25 to \$45 per hour	28	
Group Fitness Instructor	21	
Fitness Trainer	19	
Fitness Coach	18	
Fitness Coach (NEW HIRE)	9	
Fitness Instructor	8	
Group X Coach	8	
Group Fitness Instructor I	6	
Health and Wellness Coach - Part Time	6	

Education Levels

Minimum Education Level	Active Job Ads	
High school diploma or equivalent	150	
Bachelor's degree	25	
Unspecified/other	254	

Programs

Program Name	Active Job Ads	
Kinesiology	44	
Exercise Science	33	
Nutrition	24	
Physical Education	19	
Behavioral Science	2	
Exercise Physiology	2	
Clinical	1	
Health	1	
Health Education	1	
Health Promotion	1	

Top Skill and Certification Gaps

Top 10 Skill Gaps in Sacramento-Roseville-Folsom, CA MSA

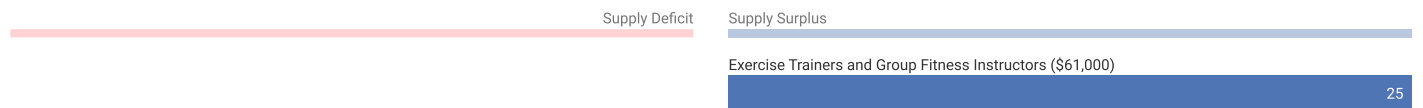
Name	Candidates	Openings	Gap
Personal Training	102	152	-50
Calculators	0	12	-12
Defibrillators	0	6	-6
Teaching/Training, Job	12	17	-6
Physiology	30	35	-5
Bilingual	0	4	-4
Personal Computers (PC)	0	2	-2
Mental Health	0	2	-2
Client Relations	0	2	-2
Community Outreach	0	2	-2

Top 10 Certification Gaps in Sacramento-Roseville-Folsom, CA MSA

Name	Candidates	Openings	Gap
Certified Personal Trainer (CPT)	59	90	-30
Certification in Cardiopulmonary Resuscitation (CPR)	141	170	-29
International Sports Sciences Association (ISSA) Certification	8	24	-15
Certified Strength and Conditioning Specialist (CSCS)	3	12	-10
Corrective Exercise Specialist (CES)	2	5	-3
Strength and Conditioning Certification	0	2	-2
Group Exercise Instructor	12	14	-2
Personal Trainer for Special Populations Certification (AFPA Trainer of Special Populations)	0	1	-1
Licensed Massage Therapist (LMT)	0	1	-1
Certified Trainer	0	1	-1

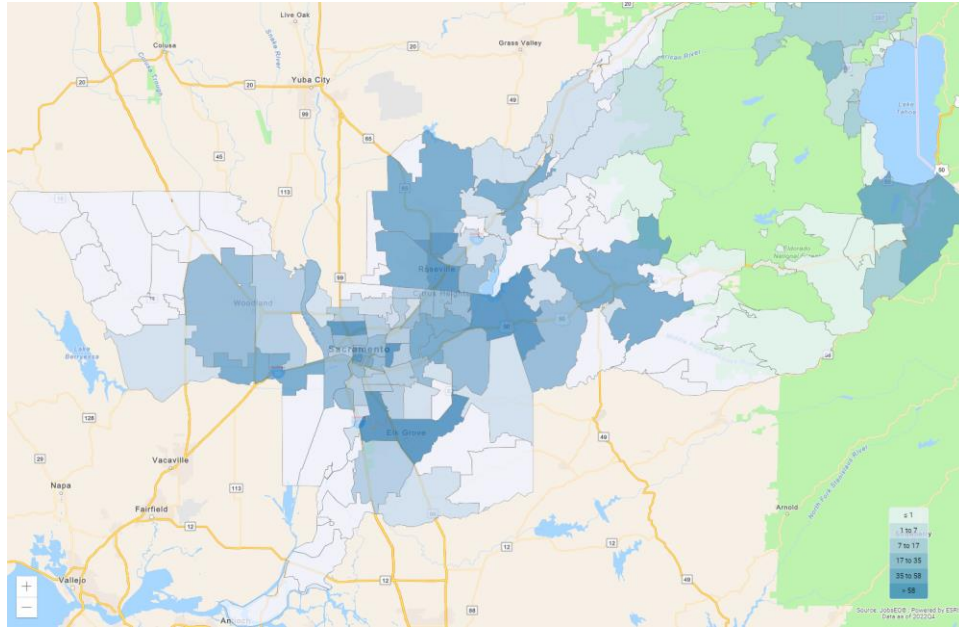
 Skill and certifications gaps can help inform employee development programs, as well as provide a comparison of the needs of regional employers to the supply.

Occupation Gaps



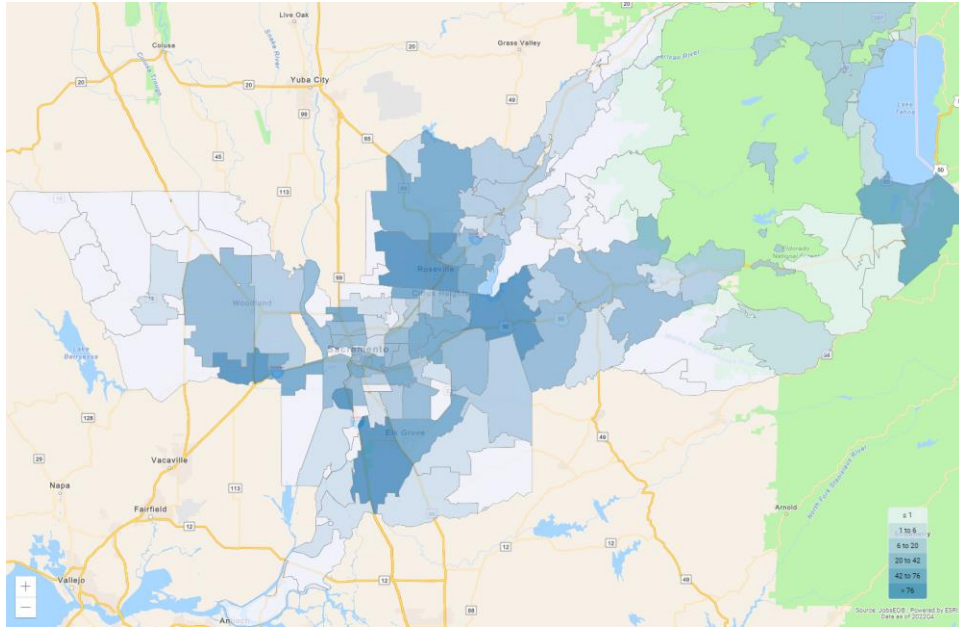
- 💡 The above are the potential average annual gaps over 10 years. Many variables go into this analysis, but at its core it is based on a forecast comparing occupation demand growth to the local population growth and the projected educational attainment of those residents. When an area, for example, has an occupation expected to grow quickly but the educational requirement for the occupation does not match well with the educational attainment of its residents, there is a high potential for an occupation shortfall in the region. Alternatively, slow-growing or contracting occupations often represent potential supply surpluses.
- 💡 The potential supply shortfall is an underlying force that the market needs to resolve one way or another, such as by employers recruiting from further distances for these occupations, wages going up to attract more candidates, and/or increased demand and wages enticing more local residents to get training for these occupations. While this an important analysis for determining local occupation needs, the occupation gap should be considered along with other regional data including growth and separation forecasts, unemployment rates, wage trends, and award and skill gap analyses.

Geographic Distribution



Top ZCTAs by Place of Work for Exercise Trainers and Group Fitness Instructors, 2022Q4

Region	Employment
ZCTA 95814	231
ZCTA 95661	207
ZCTA 95630	143
ZCTA 95765	79
ZCTA 95624	66
ZCTA 95825	66
ZCTA 95678	64
ZCTA 95834	61
ZCTA 95823	59
ZCTA 95758	59



Top ZCTAs by Place of Residence for Exercise Trainers and Group Fitness Instructors, 2022Q4

Region	Employment
ZCTA 95747	155
ZCTA 95630	129
ZCTA 95765	96
ZCTA 95678	89
ZCTA 95616	85
ZCTA 95762	84
ZCTA 95831	82
ZCTA 95758	80
ZCTA 95757	80
ZCTA 95661	77

💡 “Place of work” employment is based upon the location of employers for these workers. “Place of residence” data refers to the home locations of the workforce, which is typically the preferred data set to use when calculating labor availability within a drive-time or radius of a potential worksite.

Sacramento-Roseville-Folsom, CA MSA Regional Map



Data Notes

- Occupation employment by default indicates employment by place of work. Occupation employment is as of 2022Q4 and is based on industry employment and local staffing patterns calculated by Chmura and utilizing BLS OEWS data. Employment forecasts are modeled by Chmura and are consistent with BLS national-level 10-year forecasts. Wages by occupation are as of 2022Q4, utilizing BLS OEWS data, imputed and brought forward by Chmura. Entry-level and experienced wages are derived from these source data, computed by Chmura.
- Industry employment is as of 2022Q4 and is based upon BLS QCEW data, imputed by Chmura where necessary, and supplemented by additional sources including Census ZBP data.
- Education and training requirements are from the BLS. Educational attainment mix and other occupation demographics data are modeled by Chmura for 2022Q4 using regional occupation employment from JobsEQ, ZCTA-level demographics data from the Census Bureau, and national occupation-demographics patterns from the BLS.
- Postsecondary awards are per the NCES and are for the 2020-2021 academic year. Any programs shown are linked with the occupation(s) being analyzed via the program-occupation crosswalk, which may not be comprehensive. Any programs shown reflect only data reported to the NCES; reporting is required of all Title IV schools. Training providers that do not report data to the NCES are not reflected.
- Job ads data are online job posts from the Real-Time Intelligence (RTI) data set, produced wholly by Chmura and gleaned from over 40,000 websites. Data reflect ads active during the last twelve month period ending 07/05/2023 and advertised for any Zip Code Tabulation Area in or intersecting with the region for which this report was produced. Historical ad volume is revised as additional data are made available and processed. Since many extraneous factors can affect short-term volume of online job postings, time-series data can be volatile and should be used with caution. All ad counts represent deduplicated figures.
- For skill and certification gaps, openings and candidates are based upon regional occupation demand (growth plus separations) and the percent of skill demand and supply. Skill demand mix data are per a one-year sample of RTI data; skill supply data are estimated using a five-year sample of resumes data; both data sets compiled as of August 2021. Data may be based, at least in part, on data from broader geographies; see the Skill Gaps analytic export for more details.
- Occupation gaps are modeled by Chmura, indicating long-term potential supply and demand mismatches in a region due, in part, to job demand and labor pool dynamics, including educational attainment and projected growth.
- Occupation employment by place of residence is as of 2022Q4 and modeled by Chmura based upon occupation employment by place of work and commuting patterns. Commuting patterns are derived from source data from the Census Bureau, occupation-specific commuting tendencies, and updated to reflect more recent population and employment estimates.
- Figures may not sum due to rounding.

Region Definition

Sacramento-Roseville-Folsom, CA MSA is defined as the following counties:

El Dorado County, California

Placer County, California

Sacramento County, California

Yolo County, California

FAQ

What is (LQ) location quotient?

Location quotient is a measurement of concentration in comparison to the nation. An LQ of 1.00 indicates a region has the same concentration of an industry (or occupation) as the nation. An LQ of 2.00 would mean the region has twice the expected employment compared to the nation and an LQ of 0.50 would mean the region has half the expected employment in comparison to the nation.

What is annual demand?

Annual demand is a of the sum of the annual projected growth demand and separation demand. Separation demand is the number of jobs required due to separations—labor force exits (including retirements) and turnover resulting from workers moving from one occupation into another. Note that separation demand does not include all turnover—it does not include when workers stay in the same occupation but switch employers. Growth demand is the increase or decrease of jobs expected due to expansion or contraction of the overall number of jobs.