

Personal Training Tier Structure

Rev. January 2015

Trainers must meet two of three requirements to qualify for a tier . All trainers are required to hold at least one current PT certification at all times, and CPR must be current.

Tier I

Less than one year of experience
One nationally recognized certification

Tier II

More than one year of experience
Bachelors in exercise science (or related field)
Two nationally recognized certifications

Tier III

More than four years of experience
Bachelors in exercise science (or related field)
Three nationally recognized certifications

Tier IV

More than eight years of experience
Masters in exercise science
Four nationally recognized certifications

Tier V

More than twelve years of experience
Masters in exercise science
Five nationally recognized certifications



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