**Johns Hopkins Mt. Washington Fitness Center Internship**

The interns would be trained to provide our clients with the following services.

**Fitness Assessments**
- YMCA Bike Ergometer Protocol
- Body fat with skin fold calipers
- Muscular strength
- Muscular endurance
- Flexibility
- Blood pressure
- Height
- Weight
- Body circumferences.

**Program design**
- Target Heart rate Training
- Tabata Protocols
- Circuit training
- High Intensity Training (HIT principal)
- Olympic Lifts
- Plyometrics

We also have a very diverse population with member's ages ranging from 18 to 100 years old. The variation in demographics will expose interns to a variety of different fitness needs.

If interested in an internship at our facility please contact:

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