Baltimore Country Clubs personal training internship program is designed to give students the tools to excel in any personal training. The training techniques students will take away from this program can be applied to any career path they choose to take after graduation.

BCC is a very special place that operates from two locations. There is a club house in Roland Park within the Baltimore City Limits and a clubhouse at Five Farms in Lutherville. Both of these locations have over 1700 square feet of fitness space with state of the art equipment. The fitness department at BCC hosts a team of 6 individuals that mesh very well with one thought in mind, to change the lives of our members. The clientele at BCC ranges from 13-90 years of age. Each of these clients have certain reasons for why they use personal training. A few examples would be fat loss, sports performance enhancement and pain reduction.

Interns will be working side by side Matt Swiger for the majority of the time. Matt is a graduate from Towson University and has a BS in Exercises Science. He has been a personal trainer at BCC for over 4 years and is a Certified Strength and Conditioning Specialist and a Golf Fitness Instructor. His training techniques are targeted to give clients optimal posture and range of motion in each joint to ensure pain free movement, which in turn, can produce optimal performance in all of life’s activities.

What you will learn:

- Functional Biomechanics
- Movement Assessments: Functional Movement Screen and Titleist Golf Fitness Assessment
- Melt Method
- Trigger Point Therapy
- Corrective Exercises
- Movement Prep
- Neurofascial System
- Fat loss techniques
- Nutrition techniques
- Program Design- a comprehensive system to follow with every client

We are looking for candidates that are open-minded and enthusiastic about learning ways to set yourself apart from the rest when it comes to personal training. If you are interested please contact Matt Swiger at 410-707-1204 or email at mswiger@bcc1898.com