

Abby Luce

Tinius

Practicum

6 August 2019

When I thought about where I was going to do my practicum, I thought about working at a business where I could see the ownership/management side of things since I have worked hands on before for a physical therapy internship. I thought working at a gym would be a nice change of pace to open my eyes to a different fitness/wellness setting while still giving me the opportunity to see how managing a business worked.

To be blunt, my first week was not fun, nor were many of the weeks. The big thing that stuck out in my head daily was knowing I needed to clean the urinals in the men's restrooms. Things like cleaning the bathrooms daily just really installed the mindset of owning the facility as a chore. Now, for me, I want my passion (working with people) to be my career. Cleaning bathrooms is not a passion of mine. Obviously, with a career, you get your ups and downs. The good and the bad. Most jobs will always require you to do something you don't like to do. I understand that. Working at a gym, however, is basically all cleaning and all customer service. I learned that within my first week of just being there.

The beginning of my experience was mostly understanding what the daily routine would be which included doing a walk-through of the gym firstly to see if there was anything that needed to be attended to immediately upon entering the gym. I would then take out the trash, clean the bathrooms (sinks, toilets), vacuum the whole facility, and then see what needed cleaning. Some days would be mopping, which I learned how to do with one of those big yellow

rolling buckets that janitors use. Other days would be cleaning the mirrors and windows and also dusting. Most days would also at least include wiping down different equipment. I also learned how to work the front desk. I memorized the contract and learned how to sign new members up as well as how to answer the phone and other questions that members would have.

Will I choose this type of site to work at for a potential career? Technically no. I do not plan on working at a gym. However, it is interesting. When I did my physical therapy internship, the lady I did it with owned the place. Her physical therapy clinic was attached to a gym, and the gym and the clinic had an alliance so some of the patients that would come in could use the gym equipment during their therapy time for strengthening. I thought that was really cool how the two facilities worked together and it made me more interested in seeing the gym aspect of things. I regularly work out at fitness centers due to me being in ROTC and on the track team, and fitness is a big part of who I am. Although I do see myself working as a physical therapist, I think maybe in the future, I wouldn't be opposed to working both if that was an option. I know it's possible, so if the opportunity ever came up, I would take it because both facilities work synergistically. I will admit that I probably took the easy way out to work at the gym because it wasn't as demanding with the hours that I chose to go and work (a physical therapy clinic might want me for more hours on a given day), but I do not think that I took the easy way due to the daily physical labor that I did. Also, dealing with "customer service" every day isn't always the most fun chore around.

I won't lie. I'm glad that my experience at working at the gym is over. I did learn a lot, however, and am very grateful I went out of my comfort zone to work at the gym to add to my experiences.

