



BECOME A GROUP FITNESS INSTRUCTOR



Learn to become a group fitness instructor using the material from Athletics and Fitness Association of America (AFAA®). Learn practical skills to lead a group fitness class and provide an experience to help motivate participants to move while having fun. A variety of formats will be presented: yoga, HIIT, dance cardio, indoor cycling and strength. This prep-course, along with the online resources, will prepare you for the national examination.

**Register NOW through
Sep 9 in the Rec Services
Admin office**

INCLUDED

- ✓ AFAA® Online student portal
- ✓ Exam & retest voucher
- ✓ 8 week practical course including team teaching and shadowing
- ✓ 2 weeks of mock classes for potential employees



Course Dates: Sept 14 - Nov 18

Student Rate: \$250

***Payment plans available**

Questions? Contact Hallie (hstevens@ksu.edu)