



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.

INCLUDED

- ✓ AFAA® Online student portal
- ✓ Exam & retest voucher
- ✓ 15+ hours of in-person applicable hands-on activities

- ✓ Shadowing and practice-teach opportunities
- ✓ Virtual option available

Register NOW in the Rec Services Admin office through Feb 28 @ 5 pm



Course Dates: Feb 26 - Apr 9 (6 weeks)
Meeting times: Rec Studio 2, Wed 3-5 pm
Student Rate: \$324
*Payment plans available

For more info contact Assistant Director-Mitzie Rojas: mitzie@ksu.edu