



# 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 in the Rec Services Admin office through June 13 @ 5 pm**

## INCLUDED

- ✓ AFAA® Online student portal
- ✓ Exam & retest voucher
- ✓ 10+ hours of in-person applicable hands-on activities
- ✓ Shadowing and practice-teach opportunities
- ✓ Virtual option available



**Course Dates: June 16 - July 10 (4 weeks)**

Meeting times: based on participant availability  
(online & in person opportunities)

Student Rate: \$324

\*Payment plans available

For more info contact Assistant Director-Mitzie Rojas: [mitzie@ksu.edu](mailto:mitzie@ksu.edu)