

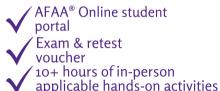
Learn to become a group fitness instructor using the material from Athletics and Fitness Association of America (AFAA®). Learn practical skills to lead a group fitness class and provide an experience to help motivate participants to move while having fun. A variety of formats will be presented: yoga, 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

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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