



# 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**

## 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: Sept 26 - Dec 5**  
**Meeting times: based on group fit class schedule**  
**(online & in person opportunities)**  
**Student Rate: \$324**  
**\*Payment plans available**