

**Recreation Services In-House Training  
Group Fitness Instructor Training Program  
Fall 2006 Schedule**

- What:** Group Fitness Instructor Training. Learn the basic “tools of the trade” and start your career as a group fitness instructor with Recreation Services.
- When:** Fridays, 3:00-5:00 pm
- Where:** Lied Recreation Athletic Center, 3<sup>rd</sup> Floor Group Fitness Studio
- Cost:** Non-refundable \$50.00 fee.
- Who:** Open to all Iowa State Students and all majors. All are welcome to attend the training, but only those who can commit to one year of service will be eligible for auditions and employment.  
(Spring 07 + Summer 07 **OR** Spring 07 + Fall 07 minimum requirement)
- Q & A:** Please contact Stephanie Eichler, Coordinator Fitness Programs, for additional information.  
515-294-6905  
seichler@iastate.edu

Tentative Training Schedule

	<b>Date</b>	<b>Time</b>	<b>Agenda</b>
	<b>Tuesday, September 5</b>	<b>5:30 pm</b>	<ul style="list-style-type: none"> <li>• <b>Informational Meeting</b></li> </ul>
Session 1	Friday, September 8	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Fundamentals of Group Fitness</li> </ul>
Session 2	Friday, September 15	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Basic Anatomy and Exercises</li> </ul>
Session 3	Friday, September 22	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Music and Cueing</li> </ul>
Session 4	Friday, September 29	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Cueing and Hi/Lo Movement</li> </ul>
Session 5	Friday, October 6	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Methods of Teaching Hi/Lo</li> </ul>
Session 6	Friday, October 13	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Teaching Hi/lo</li> </ul>
Session 7	Friday, October 20	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Choose 1: TBA</li> </ul>
Session 8	Friday, October 27	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Choose 1: TBA</li> </ul>
Session 9	Friday, November 3	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Choose 1: TBA</li> </ul>
Session 10	Friday, November 10	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• AFAA Mock Test &amp; Practical</li> </ul>
Session 11	Friday, November 17	TBA	<ul style="list-style-type: none"> <li>• Group Fitness Test &amp; Auditions</li> </ul>
Session 12	Friday, December 1	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• New Hire Employee Training #1</li> </ul>
Session 13	Mon-Fri, Dec 4-15	TBA	<ul style="list-style-type: none"> <li>• New Hire Employee Training #2</li> </ul>

**GROUP FITNESS INSTRUCTOR TRAINING  
REGISTRATION FORM**

**Getting Started:**

1. Complete Registration Form
2. Submit payment and form to Recreation Services, 2220 State Gym
3. Payment must be made prior to the first session

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

MAJOR: \_\_\_\_\_ YEAR IN SCHOOL: \_\_\_\_\_

ANTICIPATED GRADUATION DATE: \_\_\_\_\_

FINAL SEMESTER AT ISU (this should not include your internship): \_\_\_\_\_

1. Please rank, in order of preference, (1 being the most, 3 being the least) the group fitness formats that you are most interested in teaching.

_____ Yoga	_____ Pilates	_____ Hi/lo (Cardio)
_____ Step	_____ Kickboxing	_____ Group Strength Training
_____ Aqua	_____ Cycling	_____ Hip-Hop/Dance

2. What qualities do you possess that would make you an exciting, enthusiastic, caring fitness instructor?

3. Please list your experience with group fitness (classes, videos, teaching, etc.)

4. Why do you want to participate in the Group Fitness Instructor Training Program?

5. What do you expect to gain from participating in the training program?

6. If hired, would this job be....

a.  Part time employment

b.  Hobby

c.  Preparation for your major/profession