

SPORTS BARN – GROUP FITNESS - TEACHING

Teaching group fitness classes can be a great way to earn extra income, meet new people, and get a workout – all at the same time. Through combined knowledge of exercise guidelines, safety and cuing, you can create a rewarding opportunity that enhances your health and the health of others.

How to begin:

- Get experience with different forms of group fitness classes – hi/low impact, power flex, yoga, kickboxing, circuit and interval classes
- Enroll in a CPR and first aid training classes
- Have a basic understanding of fitness, anatomy, exercise physiology and motivational techniques
- Seek nationally recognized certification such as the American Council on Exercise (www.acefitness.org); Aerobic and Fitness Association of America (www.AFAA.com); the American College of Sports Medicine (www.acsm.com) ; Aquatic Exercise Association (www.aeawave.com); Yoga fit (www.yogafit.com)
- Practice cuing – also practice how to give verbal instructions.
- Make sure that your first priority is that you are confident that you will be able to provide instructions that will ensure the safety of your students and which also will motivate them.

SPORTS BARN REQUIREMENTS

National certification

CPR certification

Audition with Teresa Wade

WHAT WE LOOK FOR

After your initial audition, you will then have a second meeting/audition with an instructor to go over and work on the following areas:

- presentation
- Warm up
- Acceptable/unacceptable exercises
- Rhythmic limbering – tempo – on beat of music
- Dynamic vs. static stretching
- formatting of classes – design
- choreography
- music selection
- cueing
- transitions
- mirroring
- body alignment/form
- knowledge of muscle groups with several variations of workout for each muscle group
- teaching different formats
- cool down
- stretching

YOUR MISSION

You must be committed to providing outstanding instruction and be passionate about being the best instructor.

(Videos to help with your practice can be found at www.afa.com, and Creative Instructors Aerobics at www.ciavideo.com)

Music – pre mixed music is available for your use. Some of them are:

www.musclermixes.com

www.powermusic.com

www.dynamix.com

www.workthis.com