



BECOME A GROUP FITNESS INSTRUCTOR! FIT INSTRUCTOR COURSE

February 6 - April 17
Wednesdays, 4:30 - 7:30 pm

All classes meet at the Student Rec Center, Meeting Room B

\$150 - includes books and training material

FIT is a 10-week non-credit course that prepares you to become a group fitness instructor. The class meets once per week for 3 hours and includes lecture, discussion, work time and exercise. You will learn the fundamental skills of fitness instruction and gain experience teaching both strength and cardio class formats as well as cycle for those who are interested. Upon completing the class, you will be able to take the American Council on Exercise (ACE) group fitness instructor exam to obtain your nationally accredited certification (Exam cost not included).

Following the class, you will have the option to audition for a group fitness instructor position with Campus Recreation.

FREE INFORMATION SESSION JANUARY 30 4:30-5PM IN MEETING ROOM B

- REGISTRATION OPENS JANUARY 22 AND CLOSSES FEBRUARY 6 AT 9PM

- SIGN UP AT THE SERVICE CENTER OR ONLINE & KICKSTART YOUR CAREER IN GROUP FITNESS!



CAMPUS RECREATION
COLORADO STATE UNIVERSITY

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ADAPTABLE ACTIVITY
Email the staff member listed for more info