Become a Group Cycling Instructor!


- Learn to teach cycling classes
- Participate in our tryout process this spring to join our team in 2018-2019

Level One Tryouts: October 2017.

- Take a 30-minute cycling class
- You will be evaluated on how well you follow cues, your form and execution, and your enthusiasm
- If selected, you advance to Level 2

Level Two Tryouts: November 2017.

- Teach a 5-minute workout in the following order:
  1) A climb (high resistance/low cadence) consisting of 2 cycles of 30 sec seated, 30 sec standing and 30 sec standing tunnel;
  2) Sprints: 2 cycles of a 20 sec sprint (high cadence/low resistance) and 10 sec of recovery (low cadence and resistance).
- You will be evaluated on your cueing, execution and enthusiasm

Training & Mentoring Program.

We’ll teach you everything you need to know!

- Attend an orientation on November 2017
- Attend our training sessions: January - May 2018
- Co-lead with a current Group Cycling instructor one class each week during the spring 2018 semester

Interested?

- Experience participating in Mind-Body classes preferred
- Must be a UW-Madison student studying on campus in 2018 - 2019
- No teaching experience necessary
- Online registration opens September 2017

Email groupfitness@recsports.wisc.edu with questions.