Become a Group Cycling Instructor!


- Learn to teach cycling classes
- Participate in our tryout process this spring to join our team in 2016-2017

Level One Tryouts: Feb 7 or Feb 14.
12pm - 1pm in the SERF Cycle Studio.

- 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 (held at 1:15pm)

Level Two Tryouts: Feb 7 or Feb 14 (following Level 1 tryouts).
1:15pm - 2:15pm in the SERF Cycle Studio.

- Lead a 5-minute workout. Teach 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) Half tabata: 4 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 our orientation meeting on Feb 15, 7:30 - 9pm
- Attend our paid training sessions on February 21 & 28; March 6 & 13; April 3 & 10; from 1pm - 3:30pm
- Co-lead with a current Group Cycling Instructor two classes each week from March 28 - April 29

Interested? Sign up online.
https://services.recsports.wisc.edu
Under “Program and Classes”, click on “Group Fitness Instructor Tryouts”

- Experience participating in cycling classes preferred
- Must be a UW-Madison student studying on campus in 2016 - 2017
- No teaching experience necessary

Email groupx@recsports.wisc.edu with questions.