Become a Group Fitness Floor Instructor.


- Learn to teach cardio, group strength, HIIT, HardCORE, box, tabata and more
- Participate in our tryout process this fall to join our team in 2016 - 2017

Level One Tryouts: Oct 25 or Nov 1.
12 - 2pm in the SERF Group Fitness Studio
- Take a 45-minute cardio / tabata class
- You will be evaluated on how well you follow cues, your form and execution, and your enthusiasm
- If selected, you will receive directions and guidance to prepare for Level 2

Level Two Tryouts: Nov 15 or Nov 22.
A two-hour time block between 10am - 3pm.
You will be notified of your time assignment.
- Lead a 12-minute workout (warm-up, cardio combinations, tabatas and core exercises)
- 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 Nov. 23, 7:30 - 9pm
- Attend our paid training sessions: Jan. 18 & 23, Feb. 6 & 20, Mar. 5, Apr. 2, 16 & 23 from 1:30 - 5pm
- Co-lead with a current Group Fitness instructor two classes each week during the spring semester

Interested? Sign up online.
https://services.recspost.wisc.edu
Under “Program and Classes”, click on “Group Fitness Instructor Tryouts”
- Experience participating in floor 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.