

GROUP FITNESS TRY-OUT LEVEL 1 EVALUATION FORM

PARTICIPANT

	1	2	3	4	5	6	7	8	9	10
MOTOR SKILLS										
Coordination of upper and lower body										
Changes movement/direction with cue										
Balance and Control of movement										
Able to perform low & high impact movements										
RHYTHM: On beat										
PHYSICAL ABILITY										
Proper body alignment/ Proper Form										
Exhibits level of fitness needed (in shape)										
MUSCLE CONDITIONING/TONING										
Proper body alignment/ Proper form										
GENERAL ATTRIBUTES										
Enthusiasm										
Attentiveness to instructor										

SCALE: 1-POOR 2-OK 3-GOOD 4-EXCELLENT