



## Become a Group Cycling Instructor!

**Be a leader. Inspire others. Work out. Get paid.**

- 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](mailto:groupfitness@recsports.wisc.edu) with questions.

**RecSports**

UNIVERSITY OF WISCONSIN-MADISON  
PLAY HARD. GET FIT. LIVE WELL.