



## Become a Group Fitness Floor Instructor.

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

- Learn to teach group strength, HIIT, HardCORE, kickboxing, tabata and more
- Participate in our tryout process this fall to join our team in 2018 - 2019

### Level One Tryouts: October 2017.

- Take a 45-minute cardio interval 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: November 2017.

- Lead a 12-minute workout (warm-up, cardio combinations, tabatas and core exercises)
- You will be evaluated on your cueing, form and execution, and enthusiasm
- If selected, you will be invited for an interview

### 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 Fitness instructor two classes each week during the spring 2018 semester

### Interested?

- Experience participating in floor 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