

Group Fitness Instructor Training Class!

Do you love attending fitness classes? Have you ever thought of teaching them?

UMBC Office of Rec Sports will be offering a class that will teach you everything you need to know to become a nationally certified group fitness instructor!

We will cover the basics of planning a class, how to teach different formats, music, equipment, anatomy, physiology, and general standards in the fitness industry. When you complete the training you will be given the opportunity to mentor with one of our instructors to gain experience and feedback. You will also learn all the information needed to prepare for a national certification test, which will give you the credentials to start a career in fitness.

This training class is **FREE** to all UMBC students, faculty, staff and RAC members! Please fill out the following information and return it to RAC 321 or the RAC Front Desk, or register online on the Fitness and Wellness myUMBC group.

**Summer classes will be held on
Fridays 4:00-6:00 pm**

We will be covering theoretical (textbook) material and practical (teaching) material.

June 3 through July 29

Name _____

Email _____ Phone _____

We will be using the AFAA text *Fitness: Theory and Practice ed.4*, which is available for you to purchase in the Rec Sports Office before the class begins, or on the first day of class. The purchase of the text before or on the first day of class is mandatory for the class. The text is \$69.00. Our class will be geared toward taking the AFAA certification exam (www.afaafit.com), but ACE (www.acefitness.org) also offers a very well respected certification.

Please register by returning this form to RAC 321, or emailing Katie Birger (cbirge1@umbc.edu)

For more information contact Katie Birger (cbirge1@umbc.edu)