



Become a Group Cycling Instructor!

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

- Learn to teach Cycling and CinemaSpin classes
- Participate in our tryout process this fall to join our team in 2018-2019

Level One Tryouts: Oct 28 or Nov 4.

10am-11am in Nat Cycling Studio.

- Take a 45-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 (held at 11:20am)

Level Two Tryouts: Oct 28 or Nov 4 (following Level 1 tryouts).

11:20am - 12:30pm in Nat Cycle Studio.

- 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 our orientation on Nov. 20, 7pm - 9pm
- Attend our paid training sessions on Jan 22 from 9am-1pm, Jan 27 from 1-5pm, Feb 4, 11, 18 & 25, and Mar 4, 11 & 18 from 1pm-3:30pm
- Co-lead with a current Group Cycling Instructor one class each week from Feb 25 - Apr 28

Interested? Sign up online.

<https://services.recsports.wisc.edu>

Click on Program > Fitness > Fall 2017 > Fitness Instructor Tryouts > Group Cycling Instructor Tryouts

- Experience participating in cycling classes preferred
- Must be a UW-Madison student studying on campus in 2018 - 2019
- No teaching experience necessary

Email groupfitness@recsports.wisc.edu with questions.

RecSports

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PLAY HARD. GET FIT. LIVE WELL.