



Become a Group Fitness Floor Instructor.

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

- Learn to teach Group Strength, HIIT, Tabata Core, POUND and more!
- Participate in our tryout process this fall to join our team in 2018 - 2019

Level One Tryouts: Oct 22 or Oct 29.

1:30 - 3pm in Nat Room 1065

- Take a 45-minute high intensity 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: Nov 12 or Nov 19.

**A two-hour time block between 9am - 3pm.
You will be notified of your time assignment.**

- Lead a 12-minute workout (warm-up, tabatas and strength/core exercises)
- You will be evaluated on your cueing, execution and enthusiasm

Training & Mentoring Program.

We'll teach you everything you need to know!

- Attend orientation on Nov. 20, 7pm - 9pm
- Attend our paid training sessions: Jan 22 from 9am-1pm, Jan 27, Feb 10 & 24, Mar 10 & 17, Apr 7 & 21 from 1-5pm
- Co-lead with a current Group Fitness instructor two classes each week during the spring semester

Interested? Sign up online.

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

Click on Programs > Fitness > Fall 2017 > Fitness Instructor Tryouts > Floor Instructor Tryouts

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

Email groupfitness@recports.wisc.edu with questions.

RecSports

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