Become a Group Cycling Instructor!

- Learn to teach Cycling and CinemaSpin classes
- Participate in our tryout process this fall to join our team in 2019-2020

Level One Tryouts: Oct 27 or Nov 10.
2pm-3pm 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 3:20pm)

Level Two Tryouts: Oct 27 or Nov 10 (following Level 1 tryouts).
3:20pm - 4:30pm 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. 19, 7pm - 9pm
- Attend our paid training sessions on Jan 21 from 9am-5pm, Jan 27, Feb 10, 17 & 24, Mar 10 & 31, and April 14 from 1pm-3:30pm
- Co-lead with a current Group Cycling Instructor one class each week from Feb 24 - Apr 19

Interested? Sign up online.
https://services.recsports.wisc.edu
Click on Program > Fitness > Fall 2018 > Fitness Instructor Tryouts > Group Cycling Instructor Tryouts
- Experience participating in cycling classes preferred
- Must be a UW-Madison student studying on campus in 2019 - 2020
- No teaching experience necessary

Email groupfitness@recsports.wisc.edu with questions.