Become a Group Fitness Floor Instructor.


- Learn to teach Group Strength, HIIT, Tabata Core, and more!
- Participate in our tryout process this fall to join our team in 2019 - 2020

**Level One Tryouts:** Oct 14, 19 or 21.

1:30 - 3pm in Nat Gym 2

- 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 (Oct 23 or Oct 24, 3-4:30pm)

**Level Two Tryouts:** Nov 4 or Nov 11.

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. 19, 7pm - 9pm
- Attend our paid training sessions: Jan 21 from 9am-5pm, Jan 26, Feb 9 & 23, Mar 9 & 30, Apr 13 & 27 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.recsports.wisc.edu

Click on Programs > Fitness > Fall 2018 > Fitness Instructor Tryouts > Floor Instructor Tryouts

- Experience participating in floor 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.