Become a Group Cycling Instructor!

- Learn to teach Cycling and Rhythm Ride
- Participate in our tryout process this fall to join our team!
- Teach in the brand new Nicholas Recreation Center!

Level One Tryouts: April 6.

3:30 - 4pm in Nat Cycling Studio.
- Take a 30-minute cycling class
- You will be evaluated on how well you follow cues, your execution, and your enthusiasm
- If selected, you advance to Level 2 (held at 4pm)

Level Two Tryouts: April 6 (following Level 1 tryouts).

4 - 5pm 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). Watch this video to prepare: https://youtu.be/P-dDAnWD2bE
- 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 April 22, 7 - 9pm
- Attend our paid training sessions: August 26 - 30, September 3, and selected Sundays in the fall semester.
- Co-lead with a current Group Cycling instructor one class each week during the fall semester

Interested? Sign up online.
https://services.recsports.wisc.edu
Click on Program > Fitness > Spring 2019 > Fitness Instructor Tryouts > Group Cycling Instructor Tryouts
- Experience participating in cycling classes preferred
- Must be a UW-Madison student studying on campus in 2019 - 2021
- No teaching experience necessary

Email groupfitness@recsports.wisc.edu with questions.