Become a Group Fitness Floor Instructor.


- Learn to teach Group Strength, HIIT, Tabata Core, HardCORE and more!
- Participate in our tryout process this fall to join our team!
- Teach in the brand new Nicholas Recreation Center!

Level One Tryouts: April 5 or 6.

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 execution, and your enthusiasm
- If selected, you will receive directions and guidance to prepare for Level 2 (attend a meeting on April 7, 11am-12:30pm or 3:30-5pm)

Level Two Tryouts: April 14.

A two-hour time block between 9am - 4pm in Nat Room 1065. 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 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 Fitness instructor two classes each week during the fall semester

Interested? Sign up online.

https://services.recsports.wisc.edu

Click on Programs > Fitness > Spring 2019 > Fitness Instructor Tryouts > Floor Instructor Tryouts

- Experience participating in floor 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.