

FITNESS INSTRUCTOR TRAINING

- GROUP EXERCISE -

UNLV Campus Recreational Services Fitness Instructor Training (F.I.T.) course combines lecture & practical application to cover the basics of group fitness training.

Topics covered include:

- basic anatomy & physiology
- musical awareness
- class formatting
- exercise selection
- choreography
- proper exercise technique & form
- injury prevention
- interacting with participants

Previous experience in the subject matter is recommended, but not required.

REGISTRATION DEADLINE: Thursday 1/23
Register at the Student Recreation & Wellness
Center (SRWC) Membership Desk - 1st Floor

****Payment due at time of registration.**

Participants must attend all of the following weekend workshop & practical application days:

Workshop:

- Fri 1/24 - 3-9pm
- Sat 1/25 - 9am-5pm
- Sun 1/26 - 9am-5pm

Practical Application:

- Tues 1/28 - 6-9pm
- Tues 2/4 - 6-9pm
- Tues 2/11 - 6-9pm

Additionally, you will be working with 1-2 current instructors to assist with 10 group fitness classes.

Location: SRWC Wet Classroom



**EXCELLENT REVIEW FOR
NATIONAL
CERTIFICATION EXAMS!**

**GREAT FOR INDIVIDUALS
INTERESTED IN THE FITNESS
INDUSTRY!**

**Registration Fee
(includes
manual):**

**Students = \$50
Faculty/Staff &
Community = \$150**

Questions?

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