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: TBA
Register at the Student Recreation & Wellness Center (SRWC) Membership Desk - 1st Floor

**Payment due at time of registration.

EXCELLENT REVIEW FOR NATIONAL CERTIFICATION EXAMS!
GREAT FOR INDIVIDUALS INTERESTED IN THE FITNESS INDUSTRY!

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

Workshop:
- Multiple Days - Dates TBA

Practical Application:
- Multiple Days - Dates TBA

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

Location: SRWC Wet Classroom

Questions?
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