

Group Fitness Instructor Training Course Information





Group Auditions

The process begins with a group audition. To register for Instructor Training Course, you must first attend a Group Audition.

Registration for Group Auditions typically opens in October and audition time slots are held in October and/or November. Please see the [Group Fitness Instructor Training Course webpage](#) and UF RecSports Social Media (@ufrecsports) for more information! You must be present in person to audition.

Note: Those auditioning only need to register for one slot.

Register for a Group Fitness Audition

- Go to RSConnect, log in with your Gatorlink username and password ›
- Click on GROUP FITNESS CLASSES › Click on GF INSTRUCTOR TRAINING COURSEGROUP AUDITIONS
- Choose a date that works for you and follow the steps to complete registration

Note: Registration for a Group Audition does NOT guarantee that you will secure a spot in the actual Course

The Instructor Training Course is a 10-week not-for-credit class during which time students will learn all the necessary information and skills to be a group fitness instructor. Students will be exposed to six different types of class formats: cardio, strength, dance, mind/ body, cycle, and outdoor.

The training course consists of weekly presentations, master classes & evaluative feedback. Participants will have the opportunity to ask questions and participate in group fitness classes and practice sessions outside of class time. This training course requires a significant time commitment from all participants. No experience is required.

Class Quick Facts

- This course is offered Tuesdays and Thursdays from 3:30-5:00 PM
- This course is NOT for academic credit; however, the workload is equivalent to a 3-credit class
- This course is designed primarily for UF students

Tips on preparing for the Group Audition

To prepare for the group auditions, we recommend that you attend a variety of group fitness classes regularly. Practice general exercises and be sure that you have the appropriate form. If you are unsure of the proper technique in a specific exercise, ask a fitness employee at one of the RecSports facilities. Interview questions will include a wide range of topics, some of which may include fitness, responsibility, leadership, organizational skills, and future plans.

About the Course

Once you have passed the Group Audition, your spot in the Instructor Training Course is reserved. You will be given instructions to register online via e-mail after the auditions are completed. The class costs \$100 plus the certification you choose to acquire (more details below.) During the 10 weeks of the Instructor Training Course, you will be learning from the curriculum of the Aerobics and Fitness

Association of America (AFAA) in both a virtual and in-person setting. Students will learn via lecture, practical experience, and mentorship from current instructors. This course will expose students to every aspect of being a Group Fitness Instructor and involves a high degree of practical experience, therefore you can expect to workout often. No experience is required. Read below for the general topics covered.

- Anatomy
- Exercise physiology
- Fundamentals of applied kinesiology
- Nutrition
- Group fitness class design
- Principles of adherence and motivation
- Exercise and special populations
- Prevention and management of common injuries
- Emergency procedures
- Group fitness business practices
- Legal and professional responsibilities

All formats of University of Florida Group Fitness: cardio, strength, dance, mind/body, cycle, and outdoor

Note: Instructors interested in teaching yoga are required to obtain a 200-hour RYTT upon hire. This can take place before, during, or after the course but will need to be completed prior to becoming hired and starting work at RecSports. This certification is time-consuming and can cost between \$1,200-\$3,000 so research prior to commitment is encouraged. To find information on offered trainings, visit the Yoga Alliance web page.

Hiring Criteria

Completion of this course does not guarantee that you will pass a certification exam and it does not guarantee employment.

During the last weeks of the Instructor Training Course, you may audition to teach group fitness classes at the University of Florida.

Final hiring criteria includes the following:

- Your final audition at the end of the course
- Your performance throughout the 10 weeks of the Instructor Training Course
- Includes turning in quizzes, participation, enthusiasm, attendance, leadership, and attitude
- You must acquire a certification which costs between \$200-\$1200, depending on which one you chose.
- More information on cost will be given once a spot has been secured
- You must hold an active certification in CPR/AED

For Any Further Questions:

Please contact the Group Fitness Administrative Staff:

RSGroupFitness@ufsa.ufl.edu