



FITNESS INSTRUCTOR TRAINING ACADEMY

BECOME A GROUP FITNESS INSTRUCTOR!

Turn your passion for fitness into a career! This one-day academy gives you the skills necessary to become a dynamic instructor. Applies to all class formats. Be prepared to work out and take notes.

YOU'LL LEARN:

Effective warm-up choreography
Effective cueing skills
Method to a successful class
Musical interpretation

YOU'LL RECEIVE:

FITA® Instructor Training Manual
CEC's for PT and GF Certification
Individual Coaching from Master Instructor
Dynamic Class Choreography

Cost: \$99 - postmarked 7 days prior to the training OR
\$169 - on site registration fee. (Space is limited)

Unable to attend this training? More training dates available on LA Fitness, City Sports, or Esporta.com under Career Opportunities.

SIGN UP TODAY!



FITA® REGISTER NOW!

Complete information below and mail along with check or money order payable to Fitness Intl., LLC,
Attn: Group Fitness Dept. PO Box 54104 Irvine, CA 92619-4104

First Name: _____ Last Name: _____

Contact Phone #: _____ Email Address: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Training Location/ State: _____

Training Date: _____ Check/Money Order #: _____ Amount: _____

(No refunds will be given 7 days prior to event. All refunds must be requested in writing. A 50% cancellation fee will be charged. Same day registration may be available.) Questions? Contact groupactivities@fitnessintl.com