



**UREC Group Fitness Instructor General Evaluation Guidelines:**

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|---|------------|
| <b>Introductions</b>  | <b>25%</b> |
| Did the instructor introduce themselves?  |            |
| Did the instructor introduce the class name?                                    |            |
| Were some expectations of how the class runs given?                             |            |
| How did the instructor build relationships with participants?                   |            |
| <b>Warm-Up</b>  | <b>10%</b> |
| Music (uplifting and appropriate for this portion of class)?                    |            |
| Were the movements here basic and easy to follow?                               |            |
| Was the instructor able to project voice clearly?                               |            |
| Was the instructor able to effectively use verbal cueing?                       |            |
| Was the instructor able to effectively use physical cueing?                     |            |
| <b>Body</b>   | <b>50%</b> |
| Music (uplifting and matching instructor style)?                                |            |
| Was the instructor able to effectively use verbal cueing?                       |            |
| Was the instructor able to effectively use physical cueing?                     |            |
| Was the instructor able to project voice clearly?                               |            |
| Did the instructor provide both beginner and advanced variations for movements? |            |
| For the majority of the class, did the instructor face participants?            |            |
| Did the instructor use more than one class layout? (Circle, stage, face-off)    |            |
| Did the instructor move around the space?                                       |            |
| Did the instructor physically interact with participants?                       |            |
| <b>Cool-Down &amp; Closing</b>  | <b>15%</b> |
| Music (uplifting and appropriate for this portion of class) ?                   |            |
| Did the cool down stretch all major muscle groups?                              |            |
| Did the instructor give encouragement for attendance?                           |            |