



Group Fitness Interest Meeting Outline:

The following information is operating under the circumstances that Appalachian State University resumes 'normal' functioning for Fall 2020. Given the fluidity of the current situation with the COVID-19 virus, Fitness Programs reserves the right to change or alter the process to which we hire (or do not hire) new staff. We thank you for your interest and will be in close contact should anything change in regard to your application once submitted.

Fitness Mission

We move mountain(eer)s toward greater health through memorable movement experiences and services.

General Outline of Becoming A Group Fitness Instructor

- Apply and audition at fitness.appstate.edu
- Be offered an apprentice position (common) or an instructor position (rare)
- Attend all mandatory training (dates below)
 - These trainings are paid
- Spend 1 semester apprentice/co-teaching classes with a mentor
 - Apprentices will begin to clock in for co-teaching classes once they teach $\frac{1}{3}$ of the class. So if it's a thirty minute HIIT class the apprentice should teach at least 10 minutes of the class to clock in.
- Pass our in-house comprehensive exam- modeled after the AFAA Certification Prep Course Exam
 - Note: To receive the national certification we offer student discount codes. This exam must be taken at a testing center. The cost of this certification is \$199 and UREC does not currently assist with the cost. However, Instructors who hold a certification will receive higher pay.
- Pass 2 evaluations by an Eval Team member
- Get your own class!

Application and Video Guidelines & Tips

- Deadline: Friday, April 24th by 5pm
- Application is located on fitness.appstate.edu website or [by clicking here](#)
- Videos should be between 12-15 minutes in length per format/class style you are auditioning to teach and include:

- Intro of yourself
- Type of class or format for which you are applying to apprentice for
- 2-3 Minutes of a warm-up/movement prep
- 10 minutes of the workout
- 2-3 minute of cool down/closing
- Make sure the Youtube link you share is accessible for our viewing (it does not have to be public!). [For help with this please click here.](#) You may also upload and share a Google drive link to your video.
- You may submit up to two separate videos for different class styles/formats (ie. Yoga and HIIT)
- Be aware of the need to use royalty free music on YouTube
- Check out the [details of what we look for here on our evaluation sheet here](#)
- Please do not add any additional editing before, during, or after you begin the camera!

Summary of Mandatory Training Dates for New Instructors:

Kick-Off Meetings

- Wednesday, August 12th, New Instructor Meeting @9:30am-11:45am
- Wednesday, August 12th, All Team Meeting, 12-3pm
- Thursday, August 13th Group Fitness Team All Team 10am-12pm

Core4 Team Meetings

- Dance team: Thursday, August 13th 1pm-4pm
- Mind/Body Team, Friday, August 14th 9am-12pm
- Cardio/Strength Team, Friday, August 14th, 1-5pm
- Cycle Team, Saturday, August 15th, 12pm-5pm* (potentially longer)

AFAA New Instructor Weekend:

- Friday, August 28th, 5-8pm,
- Saturday, August 29th 10am-6pm,
- Sunday, August 30th 12pm-5pm

Formats we need most!

- Cycle
- Aquatics/Splash
- Dance
- Other diverse ideas!

Frequently Asked Questions:

1. Do you need to be certified?
 - a. You do not need to be certified to work as a group fitness instructor; however, receiving a certification results in more opportunities in the fitness community and a pay increase. Additionally, you are required to attend all of our in-house training

detailed above. If you have a certification you may be able to expedite the process of getting your own class depending on your current skills and abilities.

2. Do you need to be employed through UREC previously?
 - a. No! No previous UREC experience is required.
3. How many hours can I work?
 - a. The school recommends not going over 20 hours a week, so if you are employed elsewhere on campus, be aware of this rule! Group fitness instructors teach 2-4 classes a week. The amount of classes you teach are up to your preference and spatial availability.
4. Do we get parking passes?
 - a. We do not give out parking passes
5. How much is pay?
 - a. Apprentice instructors receive 7.75/hr.
 - b. Instructors begin at 8.25/hr.
 - c. Certified instructors can make up to 10/hr.
6. When do we start clocking in?
 - a. While you do get paid to attend all training. You only begin to clock-in for leading classes once you are prepared to teach $\frac{1}{3}$ of the class with your mentor present.
7. How many people do you usually hire?
 - a. This depends on a lot of factors, such as space, availability, and format needs; however, last semester we hired 14 instructors.
8. Do I need to submit a resume?
 - a. You do not need to submit a resume. If there is any information that you'd like us to know, such as previous teaching experience or certifications, please indicate so on your application or in your video.
9. How do we submit cycle auditions?
 - a. You can get creative with cycle auditions. If you happen to have a bike at home, you can use that to mock a 12-15 minute class. You are also welcome to pretend to ride a bike (using a chair or zoom in of your upper body) and mock a 12-15 minute class. If none of these options sounds pleasing, please submit a cardio-strength format as your "cycle" audition. Good examples are: HIIT, Appstrong, Appfire, etc.