

YMCA of the USA
Foundations of YMCA Group Exercise
Certification Course

DATE: April 24, 2010

TIME: 8:00 – 4:00 pm

TRAINER: Vickey Beard

LOCATION: Cansler Family YMCA
661 Jessamine
Knoxville, TN 37917
COST: \$50.00

TEXTBOOK:

ACE Group Fitness Instructor Manual, YMCA Program Store #1-890720-01-1, \$41.95
(Purchase and study highly recommended)

COURSE DESCRIPTION:

This course is designed to train staff members in the basics of conducting all varieties of group exercise classes. Course content includes the practical application of cardiovascular and neuromuscular exercise science, leadership and teaching skills for group exercise instructors, behavior modification and motivation information, and a practical session on general exercise selection and execution. This course is the required prerequisite for all other courses in the YMCA of the USA Health and Fitness Group Exercise Track.

PARTICIPANTS MUST BRING:

Workout clothes, proof of prerequisite certifications, notebook, pen, and course manual.

NAME: _____
YMCA _____ EMAIL _____
TELEPHONE: _____ ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____

Prerequisites:

- Current CPR
- YMCA Healthy Lifestyle Principles or Principles of YMCA Health & Fitness certification
- Before the course, read the *ACE Group Fitness Instructor* manual.

Send registration form to the Davis Family YMCA, 12133 S. Northshore Dr., Knoxville, TN 37922

Attention: Vickey Beard

Checks, cash or credit/debit cards. Make checks payable to Davis Family YMCA.

Deadline for Registration: April 20, 2010