

**Group Fitness
ACE Preparatory Course Application**

Please fill out this application to the best of your ability, the answers will be used to determine acceptance into the course. This course requires at least 2 hours of dedication each week so take that into consideration before applying. Cost of course: \$50 to include classes and study materials.

After submission of your application, you will hear back from us within 3 business days on what the next steps will look like either way.

Name **Email** **89#**

Are you currently a UREC Employee?

Yes No

If Yes, what area?

What is your experience as a participant in either UREC group fitness classes, or in general?

As a Group Fitness Instructor, you will be responsible for leading large classes of participants. Please describe your experience as a leader.

What type of Group Fitness class are you most interested in learning to teach? Why?

What qualities do you believe a strong Group Fitness Instructor should have? Tell us about a time when you embodied one of these qualities.

As a Group Fitness Instructor, you will need to be flexible with your planning and adapt to the needs of your participant. Tell us about a time when you were able to adapt to the needs of others.

This course will require at least 2 hours of your time each week for 10+ weeks. Please explain your time management skills and why this semester is a good semester to invest in this passion.

What do you think some of biggest challenges, you personally, will face as a new Group Fitness Instructor?

How did you find out about this course?

SEND YOUR COMPLETED APPLICATION TO LREYNOLDS@LSU.EDU AS A SAVED PDF