



Certification Course

2012

Contact Information

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Foundations of YMCA Group Exercise

This course is designed to provide staff members with 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 & Well-Being Group Exercise Track.

Session & Registration Dates

Session Dates

TBD

Registration Dates

Time

TBD

Fees

Y Staff	\$40
Non Y Staff	\$50

Prerequisites

- Current CPR
- YMCA Healthy Lifestyle Principles
- **Before the course**, purchase the **ACE Group Fitness Instructor** manual (YMCA Program Store, 1.800.747.0089 or www.ymcaprogramstore.com)

Expiration Date

Three years; renewal requires 15 hours of continuing education credits and completion of a certification renewal form and fees.

Bring

- Proof of prerequisite certifications (CPR and Healthy Lifestyle Principles)
- **ACE Group Fitness Instructor** manual
- Notebook, writing utensil
- Comfortable clothes
- Travel, meals and lodging are on your own (light snacks will be provided)

Downtown Y

