Group Fitness Instructor Training Application

Name: 

RED ID: 

Email: 

Phone number:

1. Why are you interested in this course?

2. What year in school are you? What is your major?

3. Are you available on Tuesdays and Thursdays from 2:00-3:15pm?

4. If hired upon course completion are you able to commit a year minimum of employment with Aztec Recreation?

5. What is your experience involving group fitness classes?

6. What is your general fitness routine?

7. Based on these four quadrants (Dance, Mind/body, Cardio, Strength)
   a. Which would you be most interested in teaching?
   b. Which would you be least interested in teaching?