GROUP RECXERCISE

FITNESS INSTRUCTOR TRAINING

IS NOW OPEN!

Register at member services or online at http://reccconnect.tamu.edu (limited to 40 participants)

AUDITIONS

Sunday, April 29 | 1pm - 4pm
Location TBA

COST

$60 Rec Members
$70 Non-Members

For more information, please contact DeAun Woosley at 979.862.3995 or dwoosley@rec.tamu.edu.

ACTIVITY DESCRIPTION

An eighteen-hour training program designed to prepare students to audition to lead Group RecXercise classes. Participants will receive a FIT manual and a music CD for practice. Audition will consist of a 12-minute mini class of step, kickbox, or floor aerobics on Sunday, April 29, 1pm - 4pm.

CLASS DATES

Sun., Mar. 25 | 5pm - 8:30pm | SRC 1132
Sun., Apr. 8 | 5pm - 8:30pm | SRC 304
Sun., Apr. 15 | 5pm - 8:30pm | SRC 304
Sun., Apr. 22 | 5pm - 8:30pm | SRC 304
Sat., Apr. 28 | 2pm - 5:30pm | Instr. Pool

REGISTRATION

@tamu_fitness

recsports.tamu.edu