



## Group Fitness Training Registration Form

Now you can learn to teach your favorite Group Fitness class! Choose from learning the basics with FITA™ or learn to teach a specialty class with one of our many workshops.

FITA™ - Fitness Instructor Training Academy gives you the necessary skills to create your own class. You will learn to teach a fun and exciting Group Fitness class.

### Benefits you will receive with each course:

- Dynamic choreography taught by an authorized LA Fitness Master Trainer.
- Continuing education credits from accredited international certifications.
- Teaching tips to sharpen your teaching skills.
- Ways to give your choreography a new twist.

### Additional benefits to FITA™ training:

#### YOU'LL RECEIVE:

Instructor manual  
 Individual attention  
 Complete warm-up choreography  
 Step/High Low choreography and Terminology  
 A fun supportive environment

#### YOU'LL LEARN:

Effective warm-up choreography  
 Effective cueing skills  
 Method to teaching a successful class  
 Musical interpretation  
 How to be a dynamic instructor

To find the schedule of trainings offered in your area, visit [www.lafitness.com/Pages/AerobicsCertification.aspx](http://www.lafitness.com/Pages/AerobicsCertification.aspx)

Cost per training: \$99 - postmarked 7 days prior to the training.  
\$169 – on site registration fee.

Be prepared to work out and take notes.

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### **Registration for Group Fitness Trainings**

To register please fill out the information below and mail along with a check or money order payable to Fitness Intl., LLC, Attn: Group Fitness Dept. PO Box 54104 Irvine, CA 92619-4104

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Training: \_\_\_\_\_ Location/State: \_\_\_\_\_ Training Date: \_\_\_\_\_

Check/Money Order #: \_\_\_\_\_ Amount: \_\_\_\_\_

(No refunds will be given 7 days prior to event. All refunds must be requested in writing. A 50% cancellation fee will be charged. Same day registration may be available.) Questions? Contact [groupactivities@lafitness.com](mailto:groupactivities@lafitness.com).

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