



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

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

Be prepared to work out and take notes.

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.
