

BECOME A CERTIFIED FITNESS LEADER

WHY BECOME A FITNESS INSTRUCTOR?



- Maintain independence and control over your own health and fitness
- Support others in your community to lead a healthy lifestyle
- Expand your own knowledge

CHOOSE YOUR FITNESS PATH

Our Fitness Leadership courses take you through all the theoretical and practical information needed to become a YMCA certified **Fitness Leader**.



PERSONAL TRAINING COURSE: 40 HRS

Work 1-on-1 with people to offer fitness guidance. Some emphasis on groups living with chronic illness and/or injuries.



GROUP STRENGTH COURSE: 35 HRS

Gain the knowledge and experience needed to effectively instruct classes such as bootcamp and cross training.



CARDIO COURSE: 35 HRS

Learn to instruct choreography classes such as HI-Lo or Step, through a mix of classroom & studio time.



CYCLE COURSE: 35 HRS

Learn to monitor intensity and come away with different cycle drills to help your participants build cardiovascular endurance.



AQUATIC FITNESS COURSE: 35 HRS

Learn water and movement principles for both deep & shallow water through a mix of class & pool time.



YOGA COURSE: 48 HRS

Learn the principles of hatha yoga and alignment, with a focus on delivering intro level classes.

4 STEPS TO BECOME CERTIFIED

You've chosen a fitness stream to specialize in, now follow these steps to get certified!

1

Prerequisites

- Must be 16 yrs and up
- CPR C at time of certification
- 50 hrs of previous exp. in a designation stream



2

Register for courses

- Choose from the six courses available
- Cost includes coursework, instruction, apprenticeship, and coaching



3

Take courses

- Courses range from 35–50 hrs
- A combination of Theory & Practical
- Complete apprenticeship
- YMCA certified instructor
- Mentorship from another YMCA certified instructor



4

Certified to teach!

- Get evaluated by a YMCA Fitness Trainer