

NEW INSTRUCTOR TRAINING SCHEDULE

where faith and fitness meet™

- bodyandsoul.org

FRIDAY NIGHT Public event - optional

6:00pm Doors Open – Registration & Logowear Sales

7:00pm Welcome/About Body & Soul® Fitness

7:15pm Workout Sampler of all Programs

8:30pm More Information about the Ministry

8:45pm Student Subscription Corner, Last-Minute
Instructor Training Registration, & Logowear Sales

9:30pm Goodbyes and See You Tomorrows



because we care about more
than just the body...



SATURDAY (.8 ACE CECs) TRAINING DAY

8:00AM

Welcome/About Body & Soul® Fitness

8:15AM

Group Fitness Instruction, Parts I & II –
the who, which, what, where, and
how of group fitness instruction

10:15AM BREAK

10:30AM

Group Fitness Instruction, Part III –
the administration and operation
of group fitness instruction

11:15AM

Instructor Training Overview

12:00PM LUNCH - on your own

Brown Bag on site or nearby eateries
Logowear Sales Open

1:30PM

Program Auditions

3:00PM

Making It Official / join our team of instructors

4:00PM

Adjourn