

ONLINE  

Group Fitness

Teacher Training Course



BUILD CARRIER IN FITNESS

Course Insides

- 2 Months Course
- 3 Days in a Week
- Morning / Evening Batches
- Live Sessions
- Theory + Practical
- PDF Notes & E Books
- Certificates of Achievements

Opportunity

- Start Own Fitness studio
- Become a Freelancer Trainer
- Start Online Coaching Business
- Become a Corporate Trainer

Bonus !

- will help you to start from Zero
- Marketing & Mentorship Support

Terms & Condition apply

COURSE FEES ~~RS.20000~~

OFFER PRICE RS.4999

Offer valid for first 5 admissions

Syllabus

Module 1:

Introduction to Group Fitness

- What is Group Fitness?
- Role & Responsibilities of a Group Fitness Professional
- Understanding Group Dynamics and Motivation
- Safety, Etiquette & Professional Conduct

Module 2:

Anatomy & Physiology Basics

- Major Muscle Groups & Joint Movements
- Understanding Energy Systems in Exercise
- Benefits of Group Exercise on Body & Mind

Module 3:

Exercise Techniques & Formats (Practical Sessions Included)

- Warm-up Techniques: Mobility, Dynamic Stretching
- Bodyweight Exercises: Full-body functional moves

Lower Body Training: Thighs, Calves & Glutes – toning, strengthening, and shaping routines

Core Training: Abs & Core Stability Exercises

- Theratube / Resistance Band Workouts
- Cool Down & Stretching Sessions

Module 4:

Group Class Design & Scheduling

- Class Flow: Warm-up → Main Set → Cool-down
- Designing 30/45/60-Minute Group Sessions
- Music Selection & Rhythm Training
- Planning Weekly/Monthly Schedules
- Managing Mixed-Level Participants

Module 5:

Assessment & Progress Tracking

- Pre & Post Fitness Assessments
- Measuring Endurance, Strength & Flexibility
- Client Feedback & Safety Monitoring

Syllabus

Module 6: Career & Business Growth

- Setting Up as a Freelance Group Trainer
- Conducting Online & Offline Classes
- Basics of Digital Marketing for Fitness Professionals
- How to Get Clients & Build Your Brand
- Mentorship & Career Guidance

Final Evaluation:

- Theory Exam
- Practical Demonstration
- Case Study / Class Design Submission

- **TAG Training (20+ Exercises Form and Technique)**

- **Thera tube Based (100+ Exercises)**

- **Core Training (20+ exercises and Stretching)**

- **Agility Training**

- **1200 + Exercise Animated Videos**

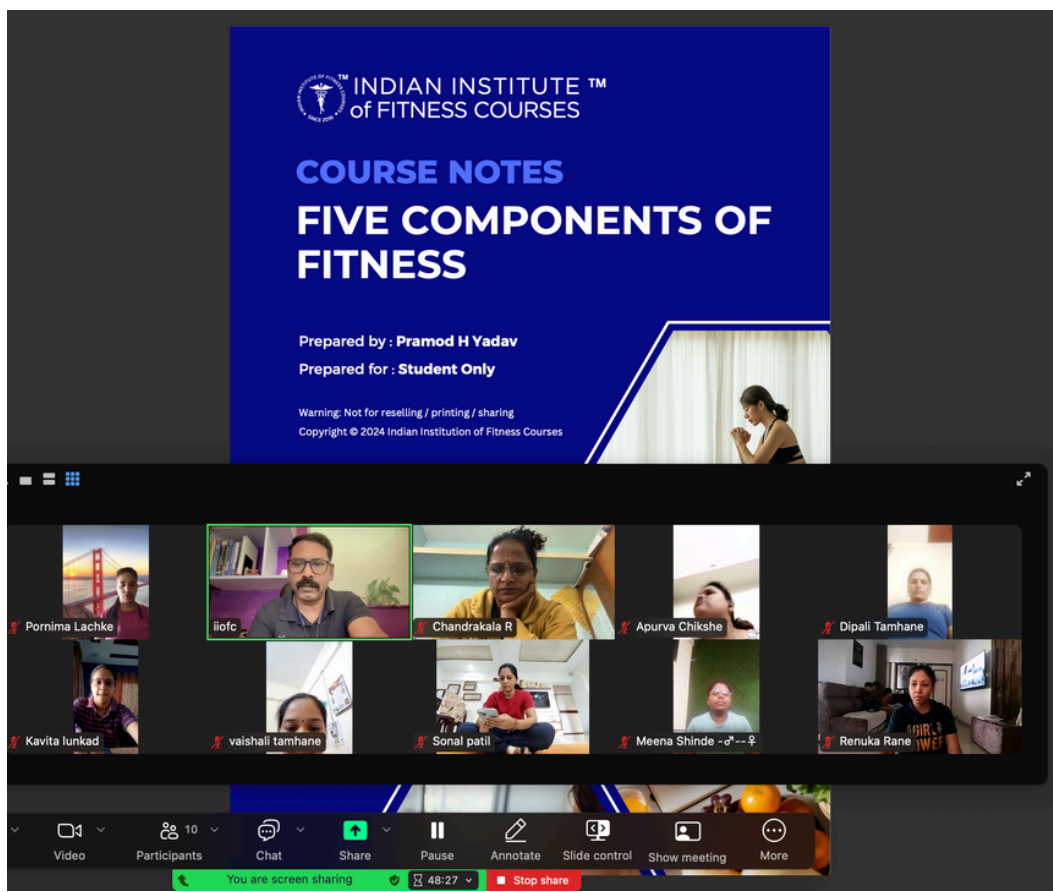
- **Lifetime Access To Study Material**

- **Free E-Book and Notes Bundle**









ONLINE 

GROUP FITNESS



2 Months



Morning 11-12 / Evening 3-4



Mon, Fri, Sat



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BATCH STARTING ON 10TH NOV

Terms & Condition apply

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