

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-  
~~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

- Theraband / 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

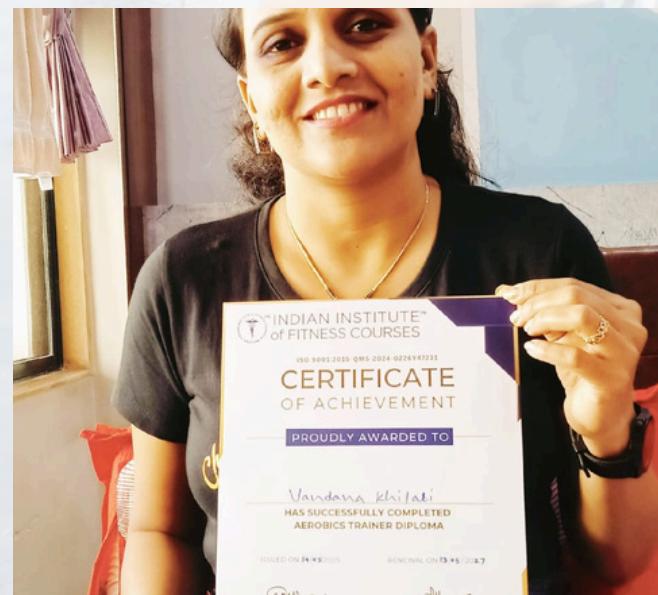
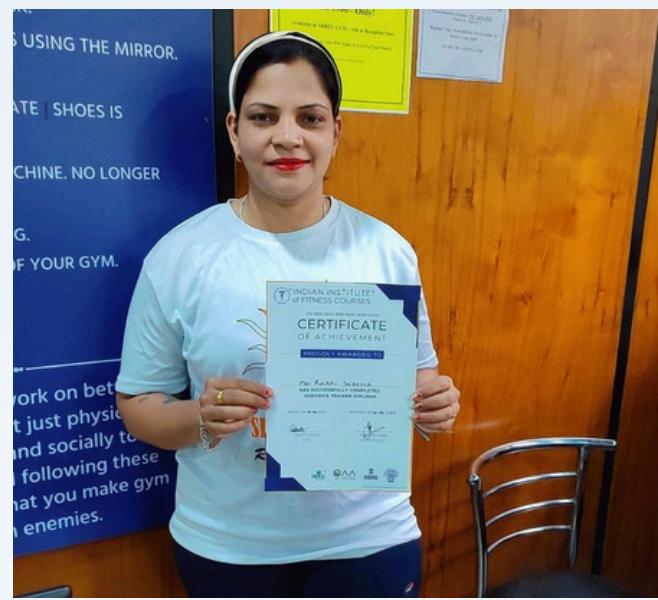
## **Module 6: Career & Business Growth**

- 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**









Sonal patil raised hand

Sonal patil

iiofc

Kalpana

Rakhi Sonawane

Pranali Kangte

Swamini dixit A 709

Kavita lunkad

Vishaya

sneha@18

Meena Shinde -♂--♀

Dipali Tamhane

Varsha Ige

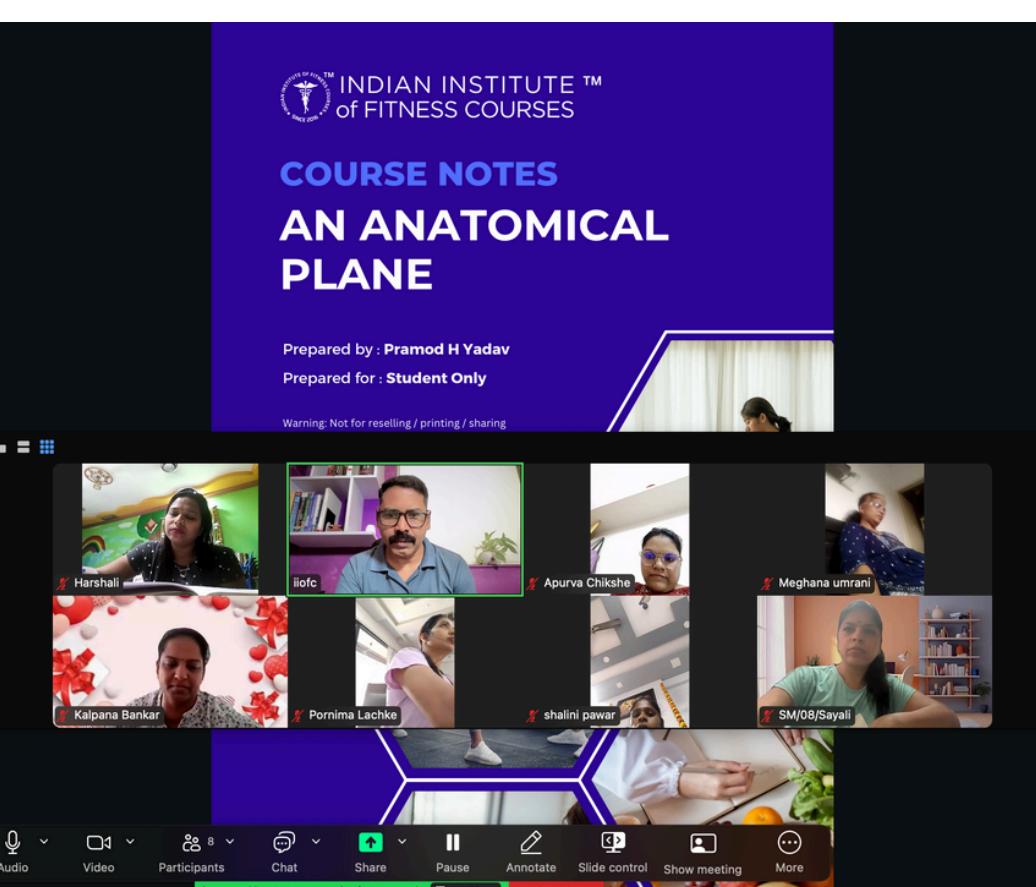
yogita tarade

Gopika Nikam

Nikita Ganoo

Jyoti thakur

Participants Chat Share Host tools AI Companion Apps Pause/stop recording More



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**COURSE NOTES**

**AN ANATOMICAL PLANE**

Prepared by : Pramod H Yadav

Prepared for : Student Only

Warning: Not for reselling / printing / sharing

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**COURSE NOTES**

**SARCOPENIA AND EXERCISE**

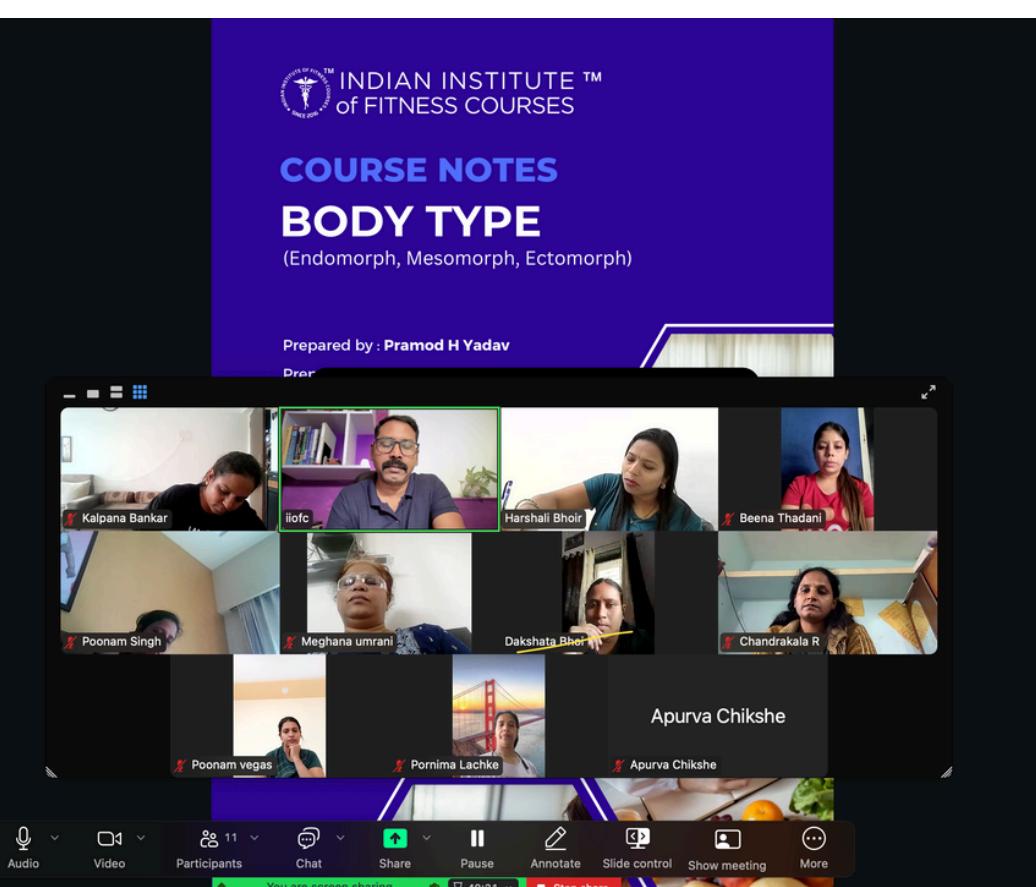
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**COURSE NOTES**

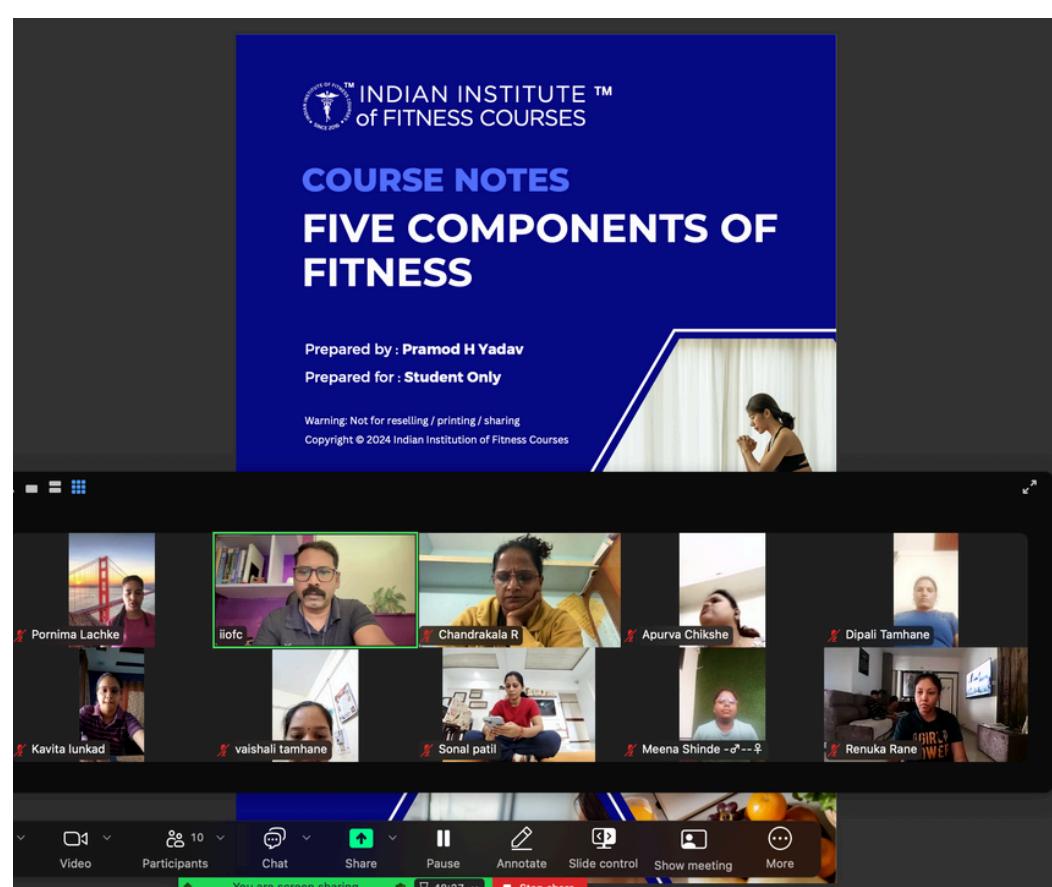
**BODY TYPE**

(Endomorph, Mesomorph, Ectomorph)

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**COURSE NOTES**

**FIVE COMPONENTS OF FITNESS**

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ONLINE 

# GROUP FITNESS



2 Months



Morning 11-12 / Evening 3-4



Mon, Fri, Sat



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+91 8686 410 405

**BATCH STARTING ON 10<sup>TH</sup> NOV**

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