Certified Group Exercise to Music Instructor (CGX)
Create Your Own Choreographed Group Class

Course Overview

The Certified Group Exercise to Music Instructor (CGX) is for group exercise instructors who wish to create their own exercise to music workouts as well as fitness enthusiasts who aspire to be an instructor for such classes.

The course will cover topics such as the role of a group exercise instructor, musicality - all that is involved in working with music and harnessing the power of music to create memorable exercise to music workouts. Students will experience designing their own strength and cardio workouts as well as going through exercise fundamentals in creating such workouts. Essential skills such as cueing, communicating and responding to different issues in class participants will be covered as well how to to go from good to great and branding, marketing and selling your classes !

Course Highlights

- Musicality! Make music your best friend in learning how to listen and move to the beat. Harness the power of music to create a magical exercise to music experience for your participants.
- Learn people skills in what's involved in being a great exercise to music instructor; from cueing, communication skills and much, much more.
- Practice designing your own strength and cardio exercise to music workout.
- CPR Basic Life Support

Why Should You Consider This Course?

- You are currently teaching exercise tso music group classes and wish to design your very own class
- You have been actively joining exercise to music group classes and wish to turn this love into a career

What Are The Topics Covered?

- Role of a Certified Group Exercise to Music Instructor (CGX)
- Understanding Human Movement :- Anatomy, Muscles & Primary Movement Patterns
- Designing a Group Exercise Class :- Develop Systematic and Inclusive Class Designs with progressions/regressions
- Instructional Skills for all ages and fitness levels
- Using Music: counting beats, moving to the beat and cueing your class
- How to handle common issues :- Special Populations, Injuries
- Communication
- Going from Good to Great
- Branding & Marketing Strategies
- CPR - Basic Life Support (Malaysia only)

Fitness Edutraining Asia (FEA)

Who Will This Benefit?

This course will benefit group exercise instructors who wish to develop their own exercise to music workouts as well as group exercise enthusiasts who would like to take the next step to become a group exercise instructor.

Pre-requisite

This course is designed to help you choreograph and lead your very own exercise to music group workout. Experience participating in both strength-based and cardio-based exercise to music group workouts are required. Basic fitness instructing certification recommended.

Course Provider

Fitness Edutraining Asia (FEA)

Course Duration

18 Hours (3 days)

Learning Materials

Handouts, course manual and/or presentation slides

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion for *"Certified Group Exercise to Music Instructor (CGX)"* and *"CPR - Basic Life Support"*.

Requirements are as such:
• Full attendance
• Completion of workshop/course
• Passing all evaluations

Grading Criteria

Completion of course participation and assignment(s)

Recertification

The Certificate for *"Certified Group Exercise to Music Instructor (CGX)"* has no expiry date.
The Certificate for *"CPR - Basic Life Support"* is valid for 2 years from the date of certificate.

Exam Fee

Retake fee: RM 200 (USD 50). You will only have a maximum of 2 retakes. All retakes have to be completed within 3 months from course completion date.

Dress Code

Fitness attire

What Do I Need To Bring?

Stationery and a spare change of clothes, phone & headset, laptop/tablet

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Course Capacity

A minimum of 12 pax and a maximum of 20 pax. Maximum capacity may be subjected to venue and standard operating procedure of COVID-19 pandemic.

Language

English

Information displayed above is correct during time of publishing and may subject to change without prior notice