

# 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 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.
- Adult CPR & AED

## Why Should You Consider This Course?

- You are currently teaching exercise to 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
- Adult CPR & AED (Malaysia only)

## Course Breakdown

## Day 1

9am to 9.30am: Introduction & CGX Masterclass

9.30am to 10am: Role of a CGX

10am to 11am: Exercise Techniques & Muscles Involved

11am to 12pm: Music: Counting Beats, Moving to the Beat & Cueing Your Class

12pm to 1pm: Lunch

1pm to 2pm: Delivering a GX Class

2pm to 3pm: Basic Instructional Skills

3pm to 4pm: Assessment

## Day 2

9am to 10am: Musical drill – Matching movement to music

10am to 10.30am: Different Formats of GX Programs

10.30am to 11am: Class Modalities

11am to 12pm: Anatomy & Planes

12pm to 1pm: Lunch

1pm to 2.30pm: Creating your Anthem :- Music Mapping to a Selected 32 count Track

2.30pm to 4pm: Creating your Anthem :- Presentation #1

## Day 3

9am to 10am: Amplifying your Anthem :- Going from Good to Great

10am to 11am: Amplifying your Anthem :- Communication Skills

11am to 12pm: Amplifying your Anthem :- Branding & Marketing Strategies

12pm to 1pm: Lunch

1pm to 4pm: Amplifying your Anthem :- Rehearsal & Final Presentation

### **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**

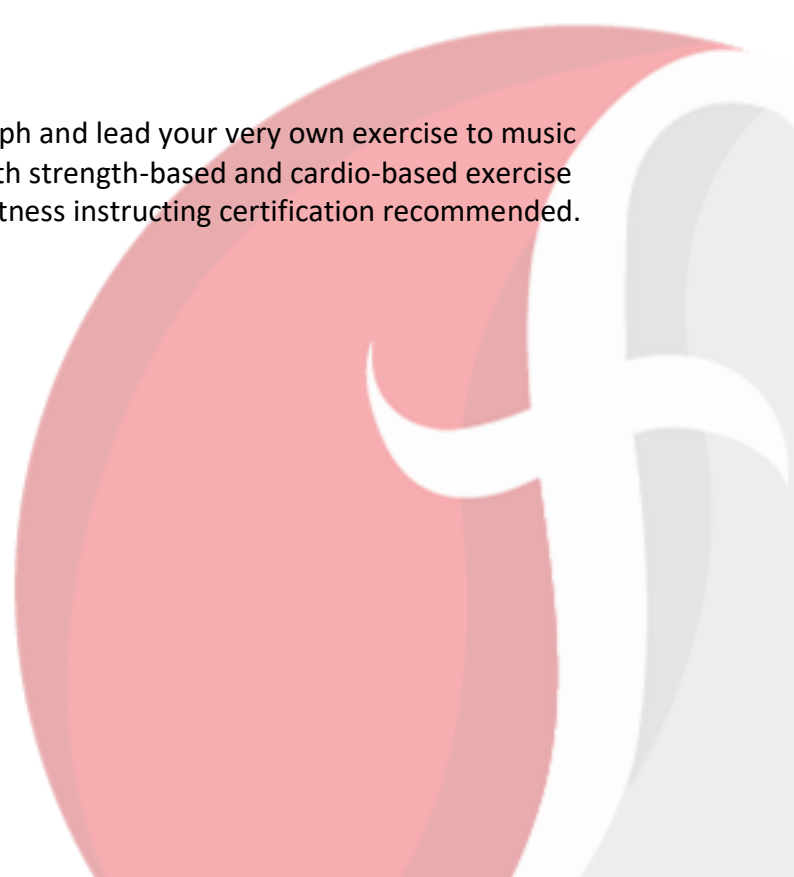
18 Hours (3 days)

### **Learning Materials**

Digital course slide handouts

### **Awards**

Fitness Edutraining Asia (FEA)



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 “*Adult CPR & AED*”.

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 “*Adult CPR & AED*” 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

### **Course Capacity**

A minimum of 6 pax and a maximum of 20 pax

### **Language**

English

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