



This is Moves Fitness!

Moves Fitness and **Senior Moves Lite** are pre-choreographed exercise to music programmes. Instructors receive all their choreography and training necessary to present the programme in a safe, efficient and entertaining manner.

Moves Fitness instructors own their own business and collect all the revenues from classes. Instructors are financially responsible for the hire of their halls, a small commission and membership fee to Moves Fitness.

As commission paying members, instructors receive a wide range of benefits and tools necessary to be successful as a dynamic, inspiring group exercise leader.

Moves Fitness Instructor Membership Benefits

- Sixty new expertly choreographed routines per year
- Inspiring quarterly continuing education events
- Online marketing campaign
- Virtual office and staff dedicated to assisting you with your fitness business
- Access to Insurance
- Inclusion in an exclusive mentoring group of highly successful fitness instructors
- The best friends you will ever have

The Moves Fitness Instructor Training Course

MF Instructor Training Course is a unique learning experience. From the outset you will be immersed in a setting that simulates the environment of teaching a class. Our proven teaching techniques means that you will learn faster than you can imagine, and by the end of the training you will feel confident and eager to start your own business!

Removing Obstacles

Our goal is to remove the obstacles that stand in the way of beginning a group exercise business, regardless of whether those obstacles are related to confidence, exercise science knowledge, leadership skills or finance.

No Pre-requisites

There are no pre-requisites for enrolling in the Moves Fitness Instructor Training Course.

Moves Fitness teachers come from all walks of life. We are looking for people have a basic sense of rhythm, a desire to give, a joy for communication and a determination to succeed.

Comprehensive Training

Exercise Science
Training theory
Biomechanics
CPR/First Aid
Exercise Technique
Class Formatting

Business Training
Presentation Skills
Initial Business Set Up
Marketing and Sales Strategies
On-line campaigning
Assigned business mentor

How to get the Moves Fitness Instructor Training for FREE!

Our regular price for the Moves Fitness Instructor Training Course is £197 + VAT however, for a limited time only, we are offering it for **FREE!**

You receive your initial training **absolutely free of charge** if you fulfil the following criteria:

- Begin teaching Moves Fitness choreographed classes within six weeks of successfully completing the Moves Fitness Instructor Training Course
- Teach Moves Fitness classes for a minimum of three consecutive months

If you prefer to take the training and start your classes outside of the six week period, then you simply pay £197 + VAT for 2 fantastic days of Moves Fitness Instructor training.

All you need to do is decide which option is for you!

Dates of forthcoming Instructor Training Courses are on the calendar so all you need to do is download the Application Form, fill out your details and send to the Moves Fitness office. If you have any questions feel free to call us on 07432 712110, we'd be delighted to hear from you.