

# Cardio and Strength Instructor Course



**Purpose of Certification:** designed to certify people to deliver group fitness classes that fall into the category of cardio (e.g. choreography, step, boxfit, etc.) or strength (e.g. bars and plates, kettlebell, musclefit, etc.)

## Certification Pathway

### Prerequisites:

- At time of certification, must be 16 years of age and have Standard First Aid

### Cost:

- Placentia residents, staff, volunteers of Placentia Regional YMCA: \$0
- Other YMCA Staff and Volunteers: \$50 + tax
- YMCA Members: \$75 + tax
- Non-Members: \$125 + tax

**Location:** Online and In-Person (Ches Penney Family YMCA, 35 Ridge Road, St. John's)

## Course Format

### Online Self-Directed Courses:

- Must be completed by April 12, 2024
- Basic Theory - 6 Hours
- Cardio and Strength - 8 Hours

### In Person Learning Sessions which includes two practical sessions

- April 13 - 9:00am - 5:00pm
- April 27 - 9:00am - 5:00pm
- May 11 - 9:00am - 5:00pm

**Apprenticeship** - Hours vary by individual

**Evaluation** - 1 Hour

**REGISTER TODAY,  
in-person, via phone  
(709-726-9622) or  
online (ymcanl.com).**

**Contact us:  
info@nl.ymca.ca**

