

BARRE Above®

INSTRUCTOR TRAINING

SUNDAY, Sept ,2019
30 am - 5:30 pm

St Albert, AB

Precision Martial Arts Academy

1 5 15 Circle Dr

WITH MASTER TRAINER:

BARRE Above®

Z h q g | # P f r u p l n

- Barre Above is a muscular, strength and endurance program fusing the best of Yoga Pilates and Ballet. This is not a dance class!
- Barre Above can be taught with a Barre or Centre Floor
- Barre Above embraces all levels and ages of participants, regardless of their fitness background
- Barre Above is a program for ever BODY!

You'll Learn How To:

- Create and teach classic barre classes and fusion classes for all types of fitness levels.
- Structure an effective 30, 45, 55, or 60 min. classes.
- Pattern exercise sequences that create strength gains, plus improve cardiovascular fitness, flexibility, endurance, and posture.
- Teach a cohesive class for any type of room set up
- Cue for every type of learner
- Structure a warm-up that elevates core body temperature to optimum training conditions
- Blend fusion choreography to give personality to your class
- Teach in the optimum sequencing for a barre workout
- Incorporate small portable fitness equipment into your Barre formats - Bender Balls, Gliding Discs, Hand Held Weights and Tubing

Continuing Education Credits (CECs)

- AFLCA - 8
- BCRPA - 8
- canfitpro - 4 FIS, 4 PTS,
- CFES - 8
- CSEP 8(G)
-
- PRA - 6



Tricia Murphy Madden

Barre Above® Co-Creator

Looking forward to you joining our Barre Party!

COURSE MATERIALS

- Print & Electronic Instructor Manual
- Certificate of Completion
- Instructor Web Account with initial workout choreography & educational videos
- 2 Digital Version DVD's
- Discounts on equipment and apparel
- Tote Bag

ADVANCED PRICING

Best Price Earlybird 1 - \$299* by Tuesday Sept /19
Regular - \$349* after Sept /19

**Plus applicable tax*

No Ongoing Licensing Fees!

You'll receive everything you need to begin teaching classes the very next day.

REGISTER NOW



www.FMGonline.ca

Info@FMGonline.ca