

GROUP X ACADEMY

Group Exercise Instructor Certification

90 days to complete online course

40 hours needed to complete

Cost: \$1,200CAD

Course Layout & Structure

Required Course readings:

Methods of Group Exercise Instruction

Anatomy colouring book

This certification blends self-directed learning with in-person practical training to ensure participants are knowledgeable, confident, and ready to lead safe and effective group fitness classes.

Phase 1: Pre-Course Online Learning (Mandatory)

Must be completed before Part 1

This phase provides the anatomical and foundational knowledge required to participate safely and effectively in the practical training.

Pre-Course Modules

Skeletal system: posture, alignment, joints, and movement

Muscular system: major muscle groups and movement patterns

Cardiovascular system: intensity monitoring and safety

Injury awareness and instructor safety responsibilities

Learning Format

Student anatomy manual (readings)

Short educational videos

Knowledge check quizzes

✔ Completion required prior to in-person training

Phase 2: In-Person Practical Training

Part 1: Foundations of Group Exercise

Focus: Movement understanding, class structure, and safety.

Key Topics

History of group exercise

Anatomy in action: applying theory to movement

Posture, alignment, and safe exercise execution

Kinesiology basics and bioenergetics

Components of a group fitness class:

Warm-up

Cardio

Conditioning

Cool-down and stretch

Introduction to multiple group exercise formats

Observing and analyzing movement patterns

Guided practical sessions and group discussion

Outcome:

Participants understand how and why movement is structured safely in a group setting.

Part 2: Coaching, Musicality & Leadership

Focus: Teaching skills, confidence, and professionalism.

Key Topics

Musicality and phrasing

Music selection and timing

Cueing techniques:

Verbal

Visual

Layered cueing

Coaching and motivational strategies

Injury recognition and class modifications

Teaching across multiple class formats

The business of group fitness:

Professional expectations

Auditions and resumes

Instructor responsibilities

Practice teaching with peer and instructor feedback

Outcome:

Participants gain confidence, presence, and real-world teaching readiness.

Assessment & Certification Requirements

To earn certification, participants must:

Complete all pre-course modules

Attend both in-person training days in full

Actively participate in practical sessions

Demonstrate safe movement, cueing, and class structure

Participate in practice teaching and feedback sessions

Uphold professionalism and scope of practice

Certification Outcome

Upon successful completion, participants will be able to:

Lead safe and effective group fitness classes

Cue alignment, posture, and technique confidently

Monitor intensity and recognize safety concerns

Adapt movement for diverse participants

Understand the professional expectations of group fitness instructors