

- Mission Statement – Group Fitness

- The purpose of the Group Fitness Program is to serve the fitness needs of the entire campus community by offering safe, effective, and motivational group fitness programs. We strive to develop the expertise and professionalism of our fitness instructors who will take away practical skills and experiences as a result of being a leader in our program. Our goal is to provide students with knowledgeable fitness instructors who obtain recognized certifications outside of the university. We strive to provide participants with a positive fitness experience that will become part of a life changing habit of health.

- Learning Outcomes:

- Through taking Group Fitness classes, participants will be able to demonstrate safe and effective exercises.

Participants will be able to explain the importance of class time routines such as the warm up, cool down, and stretch.