

How do I become an aerobics instructor?

Good question! Here are the steps to becoming an aerobics instructor:

1. Contact Becky Spires (343-0538 or becky.spires@vanderbilt.edu) to get information packets. Or go to <http://www.vanderbilt.edu/CampusRecreation/fitness/aerobics.html>
2. Pick up the Class Guidelines, Aerobics 102 packet, and an audition checklist. These can be downloaded at: <http://www.vanderbilt.edu/CampusRecreation/fitness/aerobics.html>
3. READ the material.....
(It's not going to do much good stuck in your workout bag, now is it?).
4. Attend some aerobics classes, observe the instructors, ask questions of the instructors concerning the material, teaching, the audition, combinations, how awesome it is to teach at Vandy, etc.
5. Develop a routine for your audition.
6. Once you're feeling comfortable with the routine, call Becky Spires to set up an audition time.
7. Audition for the aerobics staff supervisor(s)
 - a. If you don't pass the first time, look over the comments on the audition checklist, make adjustments, and schedule another audition time
 - b. Re-audition as many times as you need to!
8. Pass the audition!
9. Congratulations! You're on the Vandy aerobics staff!

There, wasn't that easy?

We are always in need of instructors. Pay rates are \$6.50 per hour for non-certified instructors. Certified instructors start at \$8.00 per hour and increase with additional responsibilities and certifications.