AUDITION INFORMATION
Saturday May 2th Room 114
12:30-2pm or Sunday May 10th from
12:30-2pm

Texas Tech Group Fitness Program
The Group Fitness program at Texas Tech is a comprehensive program that consists of over 120 fitness classes a week including Zumba, hip hop, yoga and much more. We offer two schedules that include free classes and paid classes. We offer over 10 special events a year including Tech Can Zumba, Yoga Rave and triathlons. We are currently looking for instructors to be a part of this team. Please look at the requirements to better prepare you for auditions.

*Please submit an application to the fit/well office or email Johanna.Valencia@ttu.edu. Application can be found at http://www.depts.ttu.edu/recsports/employment/ please submit before May 3rd.

Higher interest on the following formats:
- Spin
- Pilates
- Kickboxing
- Water classes

Audition Day
- Come 15 minutes early to your audition time.
- Wear exercise clothes with appropriate shoes - look the part.
- Bring your own music, cued and ready to go.
- You will instruct a 12-15 minute “mini” class of your choice: step, kickboxing, Strength aerobics or other
- You will be notified within 3 days of auditions.
- GOOD LUCK!

The 12 Minute “MINI” Class

3 minutes – Warm-up
- FACING CLASS (starting on your left foot and cueing right)
- Simple, easy to follow warm-up moves including appropriate stretches for the workout

6 minutes – Cardio Segment
- Step – Two 32 count phrase combinations
  o Simple choreography that can be taught to the class
  o Step combinations need to transition from right to left
- Kickboxing or Strength – Two 32 count phrase combinations
  o Kickboxing combinations can be 16 counts

3 minutes – Cool Down/Stretch
- Progressively slower movements and appropriate stretches for upper and lower body major muscle groups

Any questions or concern please email the Fitness and Wellness Coordinator: Johanna.Valencia@ttu.edu