

Interested in becoming a Group Exercise Instructor?

The Lynch/van Otterloo YMCA is offering
two FREE courses to get you started!

HEALTHY LIFESTYLE PRINCIPLES

5:30–9:30pm on Wednesday, October 26th
at the Lynch/van Otterloo YMCA

Provides practical and theoretical information for instructors of all YMCA Health and Well-Being programs, including information on effective leadership, basic physical activity and healthy lifestyle principles, and program safety guidelines. The course also covers the YMCA mission, philosophy, and the national program training and certification system. **Pre-requisites:** 18+ years of age

FOUNDATIONS OF GROUP EXERCISE*

9:00–5:00pm on Sunday, November 19th
at the Lynch/van Otterloo YMCA

**Healthy Lifestyle Principles is a pre-requisite for this course.*

This course is designed to train staff members in the basics of conducting all varieties of group exercise classes. Course content includes the practical application of cardiorespiratory and neuromuscular exercise science, leadership and teaching skills for group exercise instructors, behavior modification and motivation information, and a practical session on general exercise selection and execution. This course is the required prerequisite for all other courses in the YMCA of the USA Health and Well-Being Group Exercise track..

Pre-requisites: YMCA Healthy Lifestyle Principles certification, Current CPR, 18+ years of age

**Register at the online at www.northshoreymca.org
under the Greater Beverly YMCA or at the Front Desk.**

**For any questions or additional information contact Jaime Bloch,
blochj@northshoreymca.org or 781-990-7004.**

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

