

# The Ballet Physique Barre Certification:

## 5- Day Intensive Study Program

For 7 years and counting, The Ballet Physique team has been focused on the highest standard of barre instruction and maintaining a penchant for excellence in the areas of class design and execution. Our training program is so reputable that, in fact, some regional certifiers were originally students or instructors at our studio. Both inside and outside the classroom, The Ballet Physique strives to offer clients a “bigger picture” experience through our inclusive and encouraging community. We believe that every person is entitled to develop confidence, grow stronger, and become exquisitely fit at our barre.

We also believe that every person can gain the skills to become an exceptional teacher. Join us for our inaugural certification program, where you will learn the art and science of this proven exercise technique. With the right amount of dedication, you'll soon be leading successful barre classes and sharing your passion with those in your community. Whether you are a student wanting to improve your athletic prowess, an existing trainer seeking continuing education in the field, or an aspiring group fitness instructor launching a career, The Ballet Physique Barre Certification will provide the tools to help you become your best.

### **TRAINING DATES:**

Wednesday April 5th - Sunday April 9th, 2017

### **WHERE:**

Our 5-day intensive will take place at both of our studios in Littleton and Lone Tree, Colorado. Locations will alternate daily.

### **COURSE DESCRIPTION**

The Ballet Physique Barre Certification is a 5-day, 30-hour intensive study program that will prepare instructors to lead safe, effective, and energizing barre classes. Our trainers are nationally certified, with decades of experiences both in the group fitness studio and on the professional dance stage. During the presentation sections of each training, students will dive into the art of designing an extraordinary class. Topics include: formulas for clear cueing, exercise sequencing, muscular anatomy, injury prevention, modifications, and principles of musicality and playlist creation. Each day, students will also enjoy multiple opportunities for teaching practice, performance, and immediate feedback. To ensure the success of our future barre instructors, we will provide a comprehensive final test-out along with a trainer mentorship for up to three months post-certification.

### **WHAT TO EXPECT**

- 30 hours of intensive, hands-on training and instruction.

- Daily workshops, lectures, and microphone time. We understand that the best way to become a better instructor is practice, which is why we schedule ample time each day to teach on the mic and allow you to discover your personal voice as a teacher.
- In depth discussions on topics such as methodology, history of ballet, the Lotte Berk Method and evolution of barre fitness, anatomy and alignment, cueing, musicality, choreography, modifications, and even marketing and business development.
- Five in-house barre classes taught by experienced Ballet Physique trainers.
- Culmination in the form of a written test and a one-hour class on video to earn your certification

### **WHAT YOU GET**

- Access to our top teachers and educators.
- 100+ page training manual of the most current training information.
- Tools to create the most cohesive and engaging class experience, including:
  - Class setting and environment
  - Sequence and exercise selection
  - Musicality and energy
  - Marketing and promotion
- Free passes to classes at any of our locations during the entire course of your training.
- Invitation to our 'Instructors Only' Facebook page and Spotify account that includes tips, tricks, playlists and sequences that are created for your use as an instructor.

### **COST & REGISTRATION**

Tuition for the 5 day intensive is **\$995**

Register early, by March 1, 2017 and **save \$100** off your tuition.

### **PREREQUISITES**

The Ballet Physique Barre Certification intensive is open to instructors and fitness enthusiasts of various backgrounds and levels of training. We do not require that you have previous experience in ballet, barre, group exercise, or Pilates; however, we strongly encourage it. Knowledge of one or more of these methodologies will greatly enhance your learning in our program. Without prior experience, you should expect to undergo additional self-study and re-testing. Current CPR or nationally accredited certification is also not required for participation, but know that most health and fitness facilities require proof of CPR and group fitness certification in order to be hired.

### **EMPLOYMENT AND LICENSING**

Participation in and completion of The Ballet Physique Barre Certification 30-hour intensive does not guarantee employment at The Ballet Physique. Attendees who are interested in teaching at The Ballet Physique will need to successfully pass a live audition and complete a second level of instructor training.