



Resources for  
**BECOMING A  
FITNESS INSTRUCTOR**

**Santa Clara University Campus Recreation**



## **WE WANT YOU!**

We are always looking for new instructors to bring their fitness expertise to our schedule of classes at the Malley Center. There are plenty of options for all kinds of fitness classes to get certified to teach!



# WHAT DO I NEED?

- Current nationally-recognized fitness instructor certification.
- Experience participating in a variety of fitness classes.
- Certification in American Red Cross CPR and First Aid if the fitness certification requires it.
- Passion for fitness and instructing!



# YOGA

- Yoga Alliance: Standards for becoming a Registered Yoga Teacher, 200 hour and 500 hour training
- CorePower Yoga: 200 hour Teacher Training program
- OneYogaSource Los Gatos: Gentle Yoga, Flow Yoga, and Hot Pilates certification options

# CYCLING

- Stages Cycling: Online 9-hour certification
- Schwinn: Online certification
- NETA: Online & In-Person certification options
- Spinning: Online & In-Person certification options



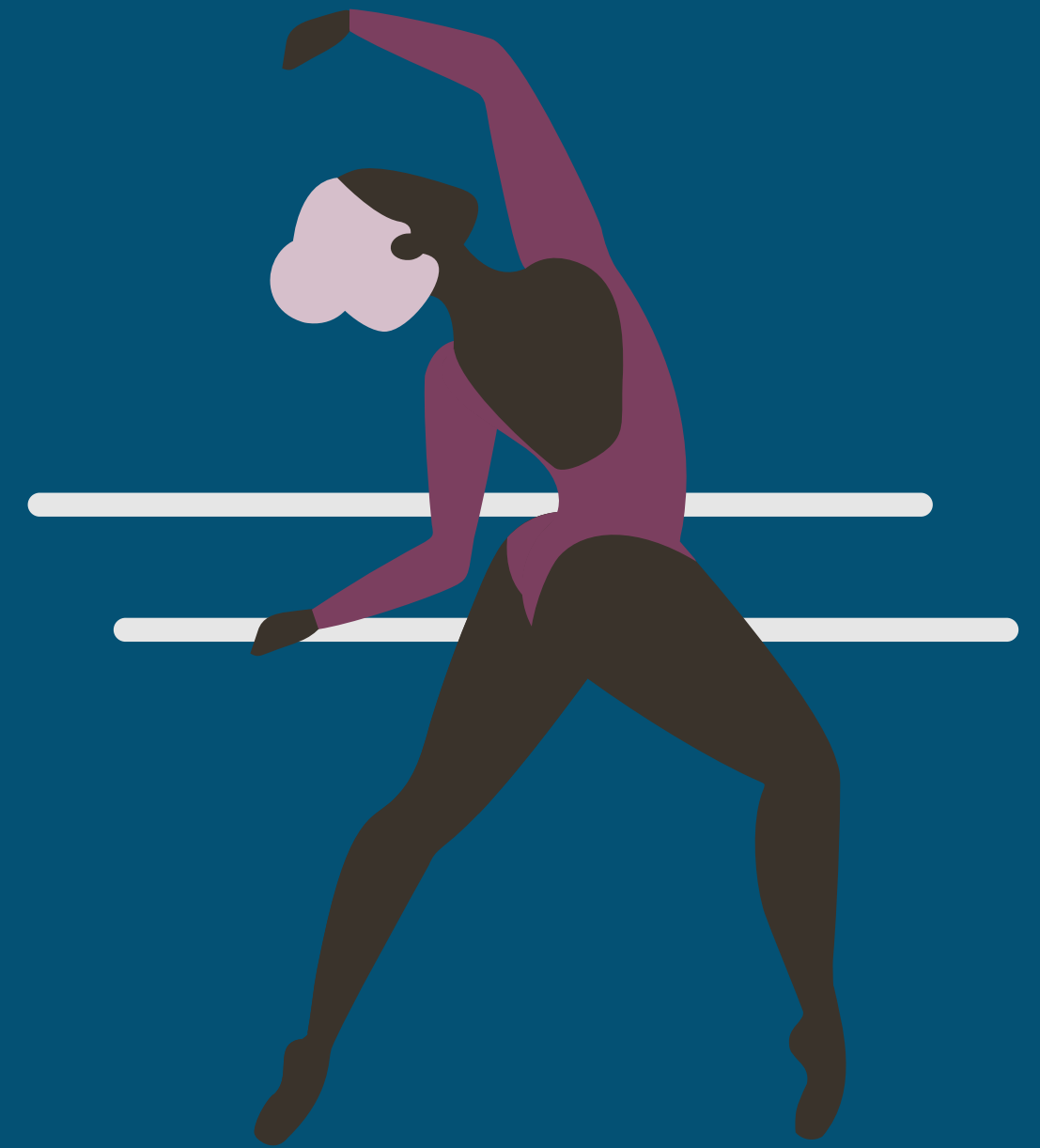
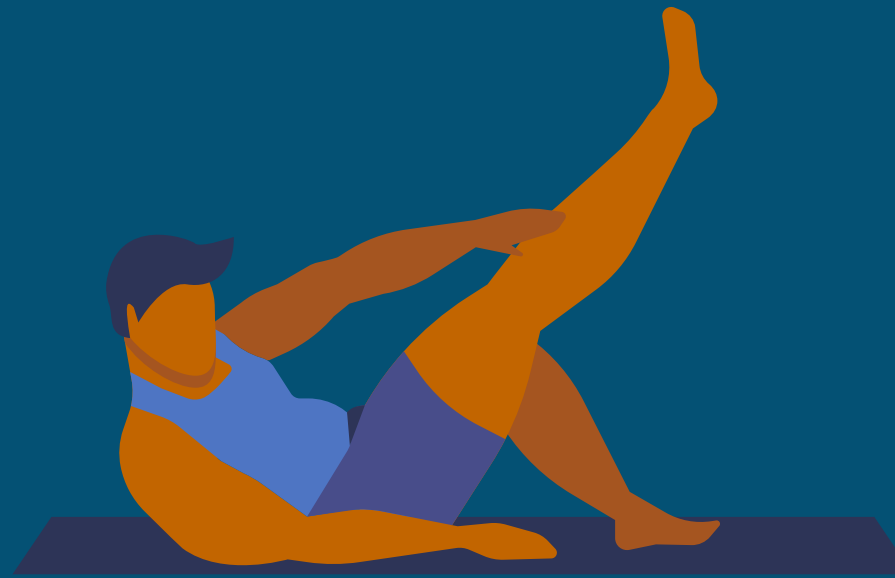


# WEIGHT TRAINING/GROUP FITNESS

- ISSA Certified Personal Trainer
- ACE Group Fitness Instructor
- TRX Suspension Training Digital Course

# BARRE/PILATES

- [OneYogaSource Los Gatos: Hot Pilates certification](#)
- [IBBFA Barre Certification](#)





# DANCE/ZUMBA

- Zumba
- U-Jam Fitness



# QUESTIONS?

E-mail [fitness@scu.edu](mailto:fitness@scu.edu)