

# THE PATH TO BECOMING AN INSTRUCTOR AN ERC

**If you have more than passion for Les Mills Group Fitness, why not become an instructor? Have fun and get paid to do what you love. Here's how....**

1. Talk to the Group Fitness Manager (GFM). Ask if the centre will endorse you to do the training in your preferred discipline.
2. Register for the initial module training online at [www.lesmills.com.au/training/initial](http://www.lesmills.com.au/training/initial) or call 02 6282 8192. Allow yourself enough time prior to the training to practice.
3. Talk with your ERC instructor - ask them to be your mentor.
4. Attend as many classes as you can. Make sure you try out a variety of instructors because each instructor has their own strengths.
5. Take the plunge! Step on stage and shadow your mentor. At this stage you won't be teaching any tracks but you will get a feel for what it's like to be the focus of a class.
6. Receive your training pack from Les Mills. You will be assigned specific tracks to learn and practice. Work with your mentor focusing on technique, safety and timing to music.
7. **PRACTISE PRACTISE PRACTISE!** Teach to the animals, the kids, your spouse or the mirror. Your mentor may have you deliver one of your assigned tracks prior to the training module. Give it a go!
8. Attend and pass the initial training module as a "trainee"
9. Head back to your club and continue shadowing with your mentor. Start taking as many tracks as you feel confident delivering. The sooner you get on the stage after the initial training, the better.

Your mentor will let the GFM know if and when you are ready to take a full class on your own. (The GFM may attend and offer feedback before you can start teaching without supervision). Embrace the feedback from your fellow instructors – they've been in your shoes and can offer valuable advice.

10. After 6 weeks of teaching a class on your own, the GFM will reassess you providing positive feedback and giving you little tips to help you become the best you can be.
11. You then have 6 months of delivering your own classes before you will be asked to submit your video to Les Mills for certification.
12. Les Mills provides ongoing professional development through the Advance Instructor Modules of your chosen program.

## **Minimum Qualifications required to become a paid Group Fitness instructor at ERC:**

- Group Exercise Leader (GEL) course through Les Mills – this allows you to teach Les Mills programs only
- or**
- Certificate III in Group Exercise – this allows you teach Les Mills and freestyle classes.
- Senior First Aid/CPR

***PLEASE NOTE: Participation in the ERC group fitness instructor development program does not guarantee employment at ERC.***