



Creating Community, Now and Beyond

TIRSA 2021 Virtual Conference

Session Descriptions

Intentional Program Design for Your Group Fitness Team

Ever feel like you're stuck in a rut when it comes to writing a workout for a group fitness class? Want to make sure that your instructors aren't overusing one muscle group, exercise, or piece of equipment? Come learn about how you can increase the intentionality that goes into the classes that you or your staff write. Participants will learn to write their workouts in an intentional manner, while also working with other "instructors" to make sure that their team is bringing their best self to every class that they provide!

