



BARRE INTENSITY

ONLINE INSTRUCTOR TRAINING

Included in this document are all the important pieces of information needed to know when participating in our online instructor training program. If after reading this information you have questions, please send an email to info@barreintensity.com or call 248.219.1164.

- Our Online Instructor Training program is \$395.00 which includes your Instructor Training Manual.
- Please enter your home or shipping information when registering. We will ship your Instructor Manual to the address entered.
- We strongly recommend you wait to begin watching the video material until after your manual is received. We reference the manual throughout most the training.
- You will have access to the online training material for three months after your purchase date.
- Our content is divided up in to chapters so you can easily move from one topic to the next, take breaks as needed, and easily pick back up right where you left off.
- When reviewing the training material, set aside a quiet time with space where you can move around. Along the way, we encourage you to participate in the moves with us so you can feel what we are teaching.
- The last step will be your online test out. Please do not take and submit the exam until after you have completed all the video content. The exam is 70 questions long and a passing score of 60/70 or higher must be received. All those that receive a passing score on their exam will be emailed their certificate of completion.
- Your certificate of completion is proof of you completing the Barre Intensity Online Instructor Training. You will then be able to submit for your continuing education credits and show as proof to your hiring manager that you completed our training program. Once you receive your certificate of completion you can begin teaching the Barre Intensity technique assuming you have practiced and feel ready to do so.



- Recommended practice hours are 10 practical, 10 observation, and 10 practice teaching. Again, these are recommendations as some will need less and some more.
- You can fulfill your hours through Barre Now, www.barrenow.com, by participating with and observing our 55 minute classes. Our 55 minute classes are a part of our Barre Now subscription purchase separate from the Online Training purchase. Barre Now subscription options and pricing are:
 - Month to month: \$9.99/month
 - 12 months: \$89.99
- You will receive 13 AFAA CEU's, 1.4 ACE CEC's and 14 ACSM CEC's once your certificate of completion is received. If from Canada, you'll also receive 4FIS and 4PTS through canfitpro.
- Your certificate of completion is separate from your certified status. To become a certified Barre Intensity Instructor and listed on our website, you must complete the Test Out process detailed at: <https://www.barreintensity.com/test-out/>.
- There are no required fees following your training to teach the Barre Intensity technique.

We hope you decide to take the next step and become barre trained through Barre Intensity!