



BARRE INTENSITY

ONLINE ESSENTIALS INSTRUCTOR TRAINING

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

Prerequisites

This course was created for barre trained instructors or experienced group fitness instructors who have participated in many barre fitness classes and therefore are familiar with the basic barre exercises. This course does not cover the barre exercise repertoire which is why it is important to have a barre foundation prior to participating. If your experience does not fall in line with our prerequisites, please consider our [Comprehensive Online Instructor Training](#).

If you have already completed a Barre Intensity Comprehensive live (One / Two Day) or online training, please understand some of this information will be a repeat; however, much of the information will be new or presented in a more detailed manner. We do offer a discount for previously trained Barre Intensity instructors. Please send an email to info@barreintensity.com to receive your special offer.

Expectations

In order to learn the information presented in the most optimal way, we ask that you take notes within your Essentials Instructor Manual (mailed to all participants), stand up and move along with us during the mini exercise series and complete the four assignments provided throughout the course.



Pricing & Included Items

- The online Essentials Instructor Training costs \$199.00 USD which includes your Instructor Training Manual, 8.5 hours of course material broken down into 60 video modules and these incredible added items:
 - [Online Barre Anatomy Workshop](#): good for additional CEs once completed
 - [Choreography Transitions Workshop](#)
 - Exercise Refinement Clips
 - Two full length classes
 - These are optional items for your continued learning and not required to complete the Essentials course.
- 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 and all bonus material for life.
- There are no required fees following your training

Essentials Course Syllabus

- Why Barre Intensity: with so many barre fitness options to choose from, why Barre Intensity
- Barre Intensity ten class principles
- Importance of music: beat matching and using music to bring energy
- Proper alignment for safe and effective teaching
 - Spine, hips & shoulders, rib cage, knees, pelvis
 - All principles utilize barre exercise positions to showcase proper (and improper) alignment
- Defining intensity and tactics for creating an intense yet low impact class
 - Layer and build: Why we love it and how to choreograph with this tactic in mind
 - Exercise grouping: anatomy overview of key muscles groups, how they function and how to strategically plan choreography to target the muscles most effectively
 - Active transitions: defining our 5 choreography transition tactics
 - Each section incorporates mini barre choreography series to compliment the topics discussed
- Cueing: Understanding the four verbal cueing categories (set up & clarity, alignment, motivation, modification) and how to organize the cues in a cueing hierarchy.
 - Specific alignment, motivation and modification cues provided
- Barre Intensity master class



Continuing Education Credits & Certified Status

Once completion of all video modules has taken place, you must take the online quiz. The quiz is 50 questions long and a passing score of 42/50 or higher must be received. All those that receive a passing score will be emailed their certificate of completion. You can take the quiz as many times as needed in order to pass. The quiz is not timed.

Your certificate of completion is proof of you completing the Barre Intensity Online Essentials 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.

You will receive 8 AFAA CEU's, .7 ACE CEC's and 7 ACSM CEC's once your certificate of completion is received.

Your certificate of completion is separate from your certified status. To become a certified Barre Intensity Instructor and listed on our website, one of the following must take place:

1. Record yourself teaching a full length (50 – 60 minute) Barre Intensity class to at least one participant and submit for our review. There is a \$45 fee associated. Benefit to taking this approach is direct feedback on your teaching from a Barre Intensity Master Trainer.
2. Record yourself presenting two of the "Assignments" noted during the Essentials course. Each assignment video should be 3-6 minutes in length. There is a \$25 fee associated with this. Benefit to taking this option is you do not have to be teaching to a participant, studio space is not required and technology is easier to manage.
 - a. With option #2 you are required to provide Barre Intensity with some form of proof of your prior barre fitness training.

To learn more about our test out process visit: www.barreintensity.com/test-out



About Your Presenter – Stephanie Lyons



Stephanie Lyons is the President of Barre Intensity as well as a Master Trainer. Prior to her career in the fitness industry, Stephanie spent 9 years in the digital advertising space as a Project Manager and Account Director. Although her professional background started in business marketing, Stephanie is no stranger to the art of movement. Combining her years as a dance student and professional dancer, Stephanie has 20 years of dance experience and 11 years as a barre fitness instructor.

Stephanie completed her STOTT Pilates mat and reformer training, is a certified Knocked-Up Fitness prenatal and postnatal exercise specialist, ACE & AFAA group fitness certified and educated through W.I.T.S for personal training. Stephanie stays current with her fitness, movement and anatomy education through attending conferences and workshops on a regular basis.

Stephanie has a bachelor's degree in Business Marketing from Michigan State University. When she isn't working, Stephanie enjoys attending group fitness classes at local studios in her hometown area of Royal Oak, MI and spending time with her husband Rob and daughters Angelina and Evelyn.

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