



"OUR STUDENTS CHANGE LIVES"



**Exercise to
Experience**

Group Fitness Experience Specialist

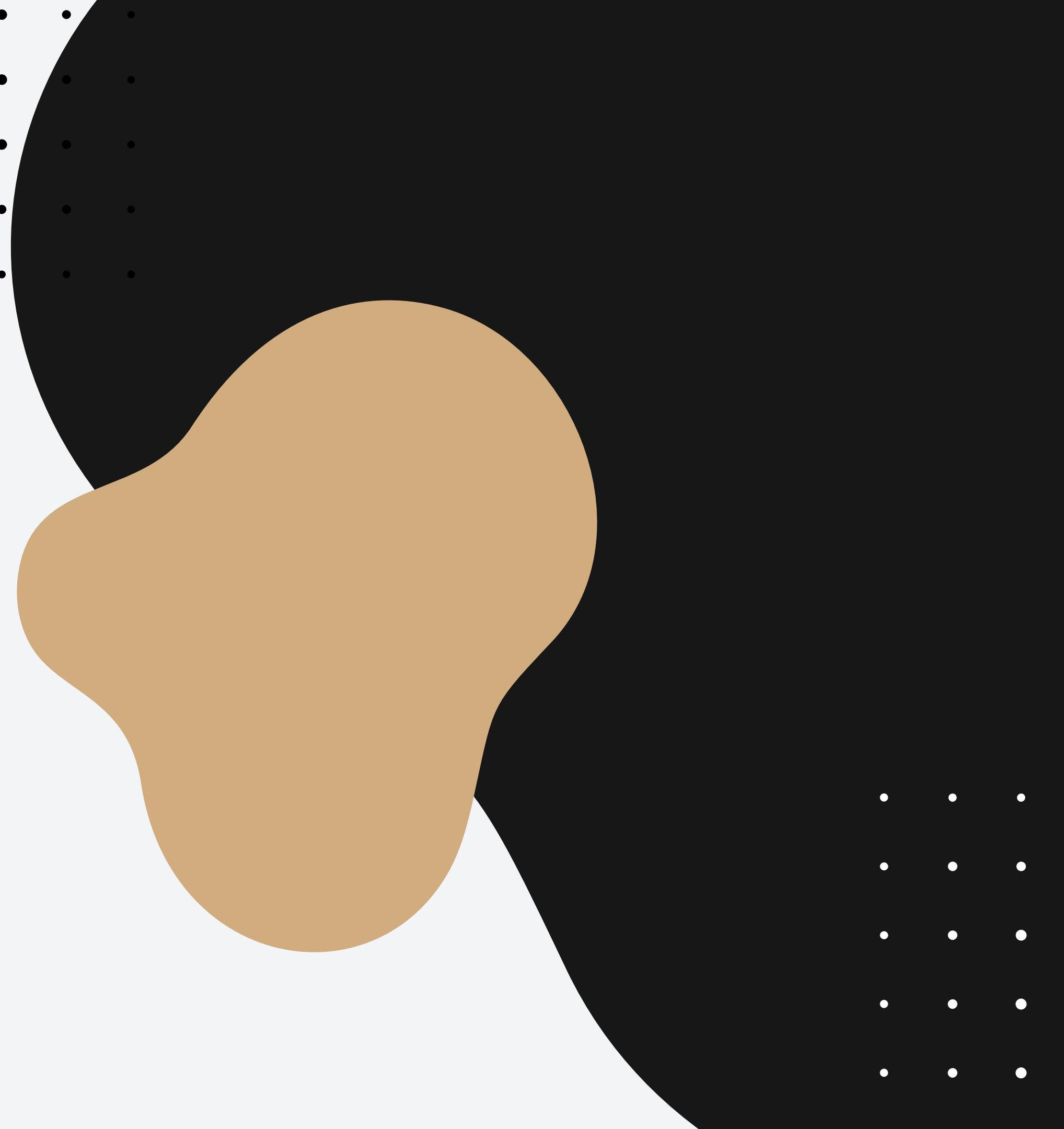


▶ Exercise to Experience

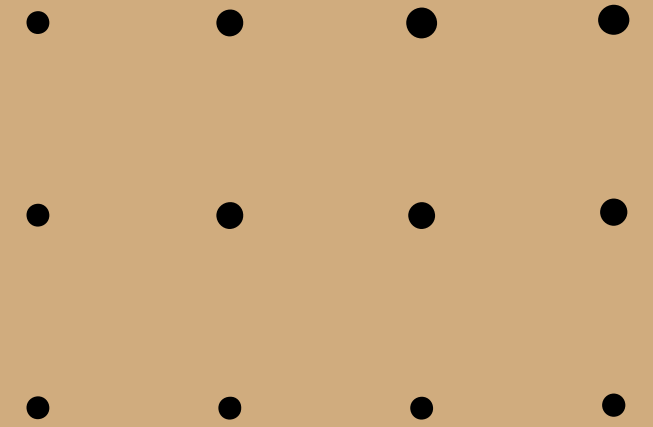
Our Philosophy

With a collective 20+ years teaching, managing, consulting and internationally presenting & educating group exercise, we realised with the fitness industry changing as rapidly as it is, we needed to provide education for the innovative, experience based instructor to ensure they are staying relevant in today's AND tomorrow's group fitness world!

Group fitness instructor standards are at an all time high with the rise of boutique fitness, small group training and online offerings. We are seeing far too many instructors fall behind, not being up to the experience based standards that are now become an industry minimum standard. So we have created education to ensure you meet these high industry expectations. We NEVER stop learning, and this education is essential to any instructor or small group PT wanting to ensure they are at the top of their game!



Meet Our Founders



Emma Masters
Founder

Emma is an international fitness presenter and educator who lives to connect and inspire. Having worked across a multitude of senior roles including Group Exercise Manager for Virgin Active Australia and UK, Stages Indoor Cycle Master Educator and Fitness Activities Coordinator for Gwinganna Health Retreat, Emma now operates as a freelance boutique fitness specialist through her company Experience Age Consultancy, offering extensive experience in product development, training, member experience and people management.

With continued on the ground experience, she is a sought-after host and contributor to industry panels, fitness conferences and podcasts.



Vanessa Leone
Founder

Vanessa has been a life-long mover and learner. Her qualifications include; Bachelor of Exercise Science, & over 25 specialist courses of further education. She passes on her knowledge & passion through training clients & trainers all over the world

As well as presenting at International Fitness Conferences Vanessa is consulting for brands and fitness professionals in maximising their businesses in all aspects of training & experience. She is known for her effervescence, precision and passion for betterment for all.

The Group Fitness Experience Specialist Course

Why this course?

- Dive into the art and science of creating, implementing and instructing group exercise.
- Have an edge over all other fitness professional by focusing on how to connect with people and learn the skills in creating everlasting, excellent group exercise experiences for everyone involved.
- Become equipped with techniques that will build the confidence you need to succeed as a group exercise leader
- Enhance your knowledge by adding new strategies to strengthen your instructing ability as well as being able to influence and lead rooms of people



The Group Fitness Experience Specialist Course

What's involved?

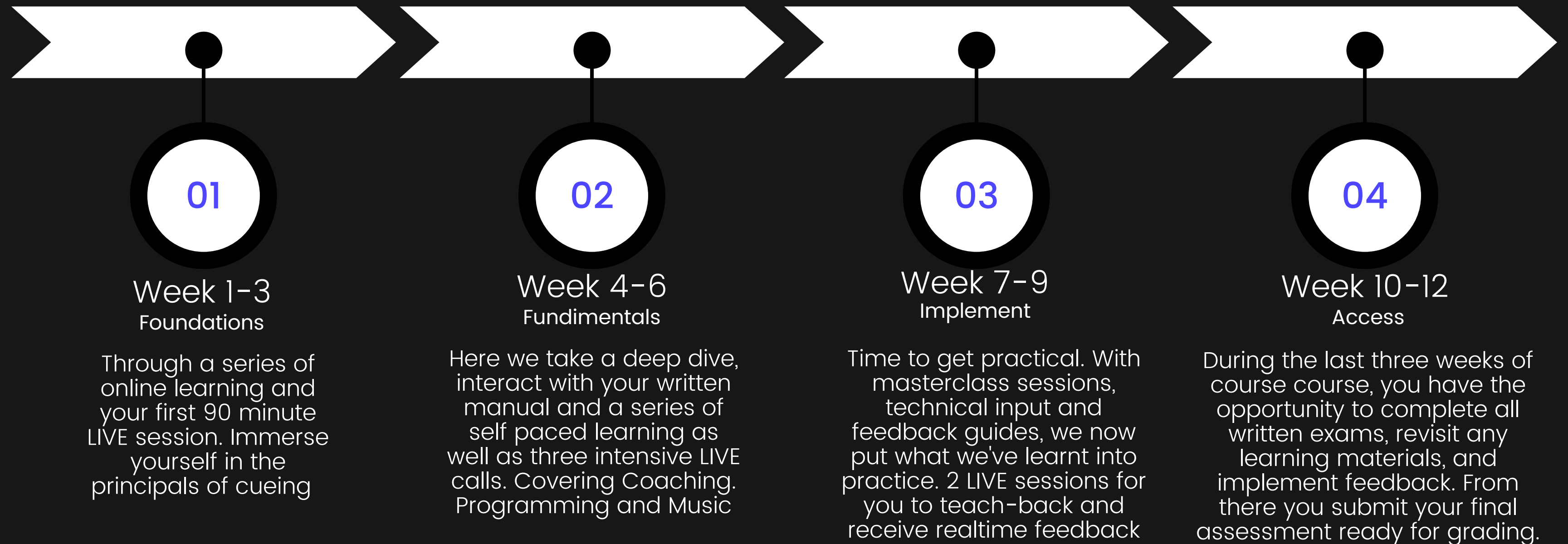
Four Major Modules to Equip you with the tools you need for Group Fitness Experience Success

- Cueing
- Coaching
- Programming
- Music + Experience



Course Roadmap

Your 12 week learning guide



Learn more

Website

TBC - FTI link

Email

TBC - FRI sales

Instagram

@exercisetoexperience

