

## What to Expect

Preparing to Attend a FitClasses.com Workshop? Here's what to expect.



FitClasses.com workshops follow the same basic timeline and format. If you register for a 4 hour land workshop here's what to expect:

### **Timeline:**

First hour and a half \* - arrive, get acquainted, do a master class, have a water break (location: Studio)

Next hour - practical discussion (location: lounge or classroom if available)

Next hour - hands on application of materials (location: studio)

Last 1/2 hour - wrap up, discussion of 'Principals of excellent instruction' as they relate to the workshop material

### **Please bring with you:**

Work out clothes and shoes

Dry clothes - you will be sweaty after the master class and you may want to change clothes

Video camera - you will want to tape the master class to refer back to later on

Snack\*\*

Water

A pen

A GREAT attitude

**After the workshop** - You will get an email the week after the workshop that will contain:

- An electronic copy of the materials you received in your notebook at the workshop, including an electronic version of the choreography template
- Signed PDF version of your CEU/CEC Certificate
- A link to an anonymous survey so you can give feedback

\*Aqua workshops will follow a slightly different timeline, using the last hour for the master class rather than the first.

\*\*If you have registered for 2 back to back sessions (ex: morning and afternoon) you will want to bring either a bag lunch, or lunch money. We will take an hour break between sessions.