

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	Repeat Content from Online day 1-2 Music practice etc.... Preparing a strength class no equipment, review of the strength classes, Practice strength training, MASTERCLASS Toning with Equipment	IFAA	Conference Room
12:15 - 13:30	<b>LUNCH</b>		
13:30 – 18:00	Theory & Practice how to create an Aerobics sequence, Short Example of Aerobic Freestyle Plan an Aerobic class, Review of the Aerobic classes	IFAA	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	<b>DINNER</b>		
20:00 - 22:00	Practicing teaching Aerobics in Groups and with partners	IFAA	Conference Room

Sunday 12<sup>th</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	MASTERCLASS Core 3D, Concept of Core 3D and how to plan a class, Preparing a Core 3D class, Review of the Core 3D lasses	IFAA	Conference Room
12:15 - 13:30	<b>LUNCH</b>		
13:30 – 18:00	General guidelines for a healthy back class Theory: motivation & corrections in group training & practicing that, Practise: teaching Core 3D exercise and healthy back Theory & Practice: Cool Down & Stretch, Preparing a stretch part, review of the stretch part	IFAA	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	<b>DINNER</b>		
20:00 - 22:00	Practicing teaching Core 3D / Healthy back Practicing teaching Stretching	IFAA	Conference Room

Monday 13<sup>th</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	MASTERCLASS: Functional Bodyworkout Theory: basics of a bodyworkout class and disining it  Pracitce: create a Functional Bodyworkout class Review of the class  Theory: Circuit Training & H.I.I.T.	IFAA	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	Step Training STEP MASTERCLASS Basic steps and how to set up an easy cardio part in Step training	IFAA	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice: create your Step class & practice teaching it	IFAA	Conference Room

Tuesday 14<sup>th</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	Review and Practice: Workout (with & without equipment), Core 3D/ Healthy Back Full class for every topic and practical preparation for the exam	IFAA	Conference Room
12:15 - 13:30	<b>LUNCH</b>		
13:30 – 18:00	Review and Practice: Aerobics, Step, Circuit Training, Full class for every topic and practical preparation for the exam	IFAA	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	<b>DINNER</b>		
20:00 - 22:00	Exam preparation & possible catch-up topic	IFAA	Conference Room

Wednesday  
15<sup>th</sup> March  
2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	Practical exam and personal feedback	IFAA	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	Practical exam and personal feedback	IFAA	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	IFAA	Conference Room

Thursday 16<sup>th</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	Functional Training - What is Functional Training and what is the difference MASTERCLASS FUNCTIONAL TRAINING - Fundamental Moves and the exercises behind it - Functional Training in Group Fitness - Typical Functional Equipment and Equipment knowledge & usage	IFAA	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	Class design for Functional class Theory: Coaching skills, Safety skills, Class timing etc. Preparing a Functional Tr. Class, Review of the Functional Tr. classes	IFAA	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		

Friday 17<sup>th</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Practice	Own Practice	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Practice	Own Practice	Conference Room
12:15 - 13:30	LUNCH		
13:30 - 15:00	Practice	Own Practice	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Practice	Own Practice	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Practice	Own Practice	Conference Room
18:00 - 18:30	Practice	Own Practice	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room

Saturday 18<sup>th</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Aqua Practical	Concept Trainer	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Aqua Pool	Concept Trainer	Indoor Pool
12:15 - 13:30	LUNCH		
13:30 - 15:00	Aqua Practical	Concept Trainer	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Aqua Delivery	Concept Trainer	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Recap & Review	ALL	Conference Room
18:00 - 18:30	Stretch & Relax / Yoga – Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room

Sunday 19<sup>th</sup>  
March 2023



# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Aqua Practical	Concept Trainer	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Aqua Pool	Concept Trainer	Indoor Pool
12:15 - 13:30	LUNCH		
13:30 - 15:00	Aqua Practical	Concept Trainer	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Aqua Delivery	Concept Trainer	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Recap & Review	ALL	Conference Room
18:00 - 18:30	Stretch & Relax / Yoga – Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room

Monday 20<sup>th</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Yoga	Concept Trainers	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Yoga Delivery	Concept Trainers	Conference Room
12:15 - 13:30	LUNCH		
13:30 - 15:00	Pilates	Concept Trainers	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Pilates	Concept Trainers	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Recap & Review	ALL	Conference Room
18:00 - 18:30	Stretch & Relax / Yoga – Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room

Tuesday 21<sup>st</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Group	Topic	Trainer	Room
08:30 - 09:00	ALL	Welcome		Conference Room
09:00 - 10:30	Group 1	Toning Band	Concept Trainer	Classroom
	Group 2	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 3	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
	Group 4	Pilates	Concept Trainer	Conf. Room (Right Side)
10:30 - 10:45	BREAK			
10:45 - 12:15	Group 1	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 2	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
	Group 3	Pilates	Concept Trainer	Conf. Room (Right Side)
	Group 4	Toning Band	Concept Trainer	Classroom
12:15 - 13:30	LUNCH			
13:30 - 15:00	Group 1	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
	Group 2	Pilates	Concept Trainer	Conf. Room (Right Side)
	Group 3	Toning Band	Concept Trainer	Classroom
	Group 4	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
15:00 - 15:15	BREAK			
15:15 - 16:45	Group 1	Pilates	Concept Trainer	Conf. Room (Right Side)
	Group 2	Toning Band	Concept Trainer	Classroom
	Group 3	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 4	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
16:45 - 17:00	BREAK			
17:00 - 18:00	ALL	Recap & Review	ALL	Conference Room
18:00 - 18:30	ALL	Stretch & Relax / Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER			
20:00 - 22:00	ALL	Practice	Own Practice	Conference Room

Wednesday  
22<sup>nd</sup> March  
2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Group	Topic	Trainer	Room
08:30 - 09:00	ALL	Welcome		Conference Room
09:00 - 10:30	Group 1	Core & Back	Concept Trainer	Classroom
	Group 2	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 3	Boot Camp	Concept Trainer	Outdoors
	Group 4	Relaxation Journey & PMR	Concept Trainer	Conference Room
10:30 - 10:45	BREAK			
10:45 - 12:15	Group 1	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 2	Boot Camp	Concept Trainer	Outdoors
	Group 3	Relaxation Journey & PMR	Concept Trainer	Conference Room
	Group 4	Core & Back	Concept Trainer	Classroom
12:15 - 13:30	LUNCH			
13:30 - 15:00	Group 1	Boot Camp	Concept Trainer	Outdoors
	Group 2	Relaxation Journey & PMR	Concept Trainer	Conference Room
	Group 3	Core & Back	Concept Trainer	Classroom
	Group 4	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
15:00 - 15:15	BREAK			
15:15 - 16:45	Group 1	Relaxation Journey & PMR	Concept Trainer	Conference Room
	Group 2	Core & Back	Concept Trainer	Classroom
	Group 3	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 4	Boot Camp	Concept Trainer	Outdoors
16:45 - 17:00	BREAK			
17:00 - 18:00	ALL	Recap & Review	ALL	Conference Room
18:00 - 18:30	ALL	Stretch & Relax / Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER			
20:00 - 22:00	ALL	Practice	Own Practice	Conference Room

Thursday 23<sup>rd</sup>  
March 2023

# Holiday Villages Fitness Instructor

## Face to Face Training Agenda



CET	Group	Topic	Trainer	Room
08:30 - 09:00	ALL	Welcome		Conference Room
09:00 - 10:30	Group 1	Teaching Day – Yoga	Concept Trainer	Classroom
	Group 2	Teaching Day – Functional Training	Concept Trainers	Football Pitch
	Group 3	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
	Group 4	Teaching Day – Pilates	Concept Trainer	Conference Room
10:30 - 10:45	BREAK			
10:45 - 12:15	Group 1	Teaching Day – Functional Training	Concept Trainers	Football Pitch
	Group 2	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
	Group 3	Teaching Day – Pilates	Concept Trainer	Conference Room
	Group 4	Teaching Day – Yoga	Concept Trainer	Classroom
12:15 - 13:30	LUNCH			
13:30 - 15:00	Group 1	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
	Group 2	Teaching Day – Pilates	Concept Trainer	Conference Room
	Group 3	Teaching Day – Yoga	Concept Trainer	Classroom
	Group 4	Teaching Day – Functional Training	Concept Trainers	Football Pitch
15:00 - 15:15	BREAK			
15:15 - 16:45	Group 1	Teaching Day – Pilates	Concept Trainer	Conference Room
	Group 2	Teaching Day – Yoga	Concept Trainer	Classroom
	Group 3	Teaching Day – Functional Training	Concept Trainers	Football Pitch
	Group 4	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
16:45 - 17:00	BREAK			
17:00 - 18:00	ALL	Q&A – Standards and Expectations	ALL	Conference Room
18:30 - 20:00	GALA DINNER			

Friday 24<sup>th</sup>  
March 2023