



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License Online Training



| CET | Topic | Trainer |
|-------------|--|----------------------|
| 09:00-13:00 | Welcome and introduction & Discussion of this education & content Job profile - Group Fitness nowadays Music Theory & Music training I MASTERCLASS Toning Bodyweight | Dominika Toppmoeller |
| 13:00-14:00 | Lunch | |
| 14:00-18:00 | Discussion masterclass Toning & structure of different courses Being a role model & professional behavior Content & Structure of a Warm up Basic Aerobic movements & technique training Warm up : read and practice videos pages: D: 37ff E: 40ff Cueing in theory & practice | Dominika Toppmoeller |
| 18:00-19:30 | Dinner | |
| 19:30-21:00 | Cueing (visual & verbal), read & watch videos pages: D: 28-34 E: 29-34 Practicing cueing & Music on your own or with partner online | Dominika Toppmoeller |

13.04.2022



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| 09:00-13:00 | Music training II Theory & practice: bodyalignment & posture, Theory & practice: Warm up & basic Aerobic movements , Preparing a Warm up, review of the Warm ups in Groups with Feedback | Dominika Toppmoeller |
| 13:00-14:00 | Lunch | |
| 14:00-18:00 | Theory: exercises for different muscle groups in group training without & with equipment, Preparing a strength class no Equipment, review of the strength classes MASTERCLASS: Easy Aerobic | Dominika Toppmoeller |
| 18:00-19:30 | Dinner | |
| 19:30-21:00 | Practising teaching exercises of your strength class, Aerobic: read and practice videos pages: D: 4-13 E: 4-13 | Dominika Toppmoeller |

14.04.2022