

Group Fitness Instructor Certificate (GFIC)

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The Group Fitness Instructor Certificate prepares students for job activities such as designing safe classes for traditional and/or step aerobic exercises, scheduling classes, setting goals, and motivating participants.

Graduates are prepared to take a national certification examination to become a Certified Group Fitness Instructor. Graduates may work in health clubs, corporate fitness centers, aerobic studios, or recreation programs.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit the Admissions (<http://www.cincinnati-state.edu/academics/admission/>) section of the College website.

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Program Prerequisites: Meet with Program Chair.

Semester 1		Lec	Lab	Credits
EMS 100	CPR and First Aid for the Health Care Professional	1	0	1
EXS 122	Group Fitness Instructor	3	2	4
Total		4	2	5
Credits:				

Faculty

Program Chair/Advisor

Melinda (Mindy) Piles, MEd, ACSM EP-C, CPT
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Health and Public Safety Division Advising

Call (513) 569-1670 or Text (513) 569-1600