

## **Virtual Training & Your Business: A 3-Hour Webinar Series**

[Includes 3 recordings and 3 – 1 CEC quizzes]

Please click on the link below get registered for the webinar series. A confirmed e-mail invite that is good only for you will follow for the online webinar.

<https://attendee.gotowebinar.com/register/8216982859852216590>

### **Sat, Feb 27, 2021 12:15 PM - 1:15 PM EST**

Part One – A Discussion on Virtual Training

Virtual fitness training can take many forms:

- Streaming videos that are pre-recorded or live
- Training is delivered through a platform or app
- Hybrid versions occur where coaching is both in-person and online activities
- A consult of personal exercise program design
- Actual coaching / fitness instruction-demonstration
- A consult on other elements like nutrition, stress relief, sports performance

### **Sat, Mar 6, 2021 12:15 PM - 1:15 PM EST**

Topics for Part Two:

- Fitness Instructor Preparation
- Video Consideration
- Streaming Platforms
- Class Location Considerations

### **Sat, Mar 13, 2021 12:15 PM - 1:15 PM EST**

Topics for Part Three:

- Class Design Considerations
- Fitness Instructor Education
- Client Education
- Client Recruitment Strategies

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