



"Wonderful energy!" ~Laura S.

"I have been instructing Zumba® classes for 3 years and after this workshop I have had students that have been taking classes from me for all 3 years tell me that my instructor skills have improved dramatically." ~Gina A.

"I've always been a good dancer, but I would have never known the correct way to cue, mirror & breakdown choreography without this training. A must for all new instructors!" ~Sara B.

make it a party!

Instructor Workshop- Saturday, April 3, 2010, 9 AM - 4 PM

Workshop Description:

- This is a 6 hour workshop in which you will learn how to make your dance-fitness sessions more fun and enjoyable- more like a party than exercise! You will learn how to powerfully, confidently and most effectively lead this type of class, by focusing on specific techniques for cueing, mirroring, choreography creation and breakdown, and tips for getting your participants to want more. You will be able to apply what you learn to many different class formats, and both you *and your participants* will see a difference! **3.75 AFAA CEUS!**

Who should attend:

- New group fitness instructors
- Group fitness instructors who want to develop or improve their skills for dance based classes
- Dancers who want to develop or improve their skills for teaching group fitness classes
- Personal Trainers
- Fitness enthusiasts & lovers of dance

When and Where:

- Saturday, April 3, 2010, 9 AM - 4 PM
- Cramerton Recreation Center, 1 Julian St., Cramerton, NC- [Map It!](#)

Cost:

\$85/person until Mar. 20, \$115 after Mar. 20. (10% discount for organizations with 3 or more registrants) Includes *Make It a Party* manual & Lunch, 3.75 AFAA Credits

Instructor Bio:

Angie Acosta has been teaching group fitness classes for over 12 years, and has taught a variety of different class formats. Her love for dance and fitness has led her to specialize in dance-inspired fitness, and her love for teaching has lead her to train other instructors on how to most effectively lead a dance-inspired cardio workout. Angie currently heads a prestigious team of dance-inspired fitness instructors with her company Queen City Dancing Queen.



Registration Form

make it a party!

Instructor Workshop with Angie Acosta

*****QCDQ will begin another exclusive QCDQ Instructor Training Program this spring. Applicants for the Training Program are eligible to take the *Make it a Party!* workshop at a reduced rate. [Click here for details.](#)*****

First & Last Name of Individual or Name of Organization (if registering for 3 or more participants) _____
 Street Address _____
 City, State, Zip _____
 Email _____
 Cell Phone _____ Home Phone _____

List fitness certifications if applicable (ACE, AFAA, ASCM) _____

Questions/Concerns?
 Call: 704-999-4071
 Email: info@queencitydancingqueen.com

Make Check Payable to: Queen City Dancing Queen
 732 E 3rd Ave, Gastonia, NC 28054
Or Register Online:
www.QueenCityDancingQueen.com

Price/person: _____
 # persons: X
 Subtotal: _____
 Group Discount (3 or more persons) —
 Total: _____