



# 25 Day - InstruMix Course Outline

## Phase 1

- ❖ Video 1: Foundations of InstruMix - Learn the core values and principles behind the program.
- ❖ Video 2: Choreography - The warm up, and 2 songs with the bells.
- ❖ Video 3: Inside Peak: Assisted Living - Learn how to teach InstruMix at Assisted Living Facility
- ❖ Video 4: Choreo Repetition - Practice the routines a few times, then quiz yourself
- ❖ Video 5: Impact of InstruMix - Learn how the components of InstruMix promote wellness.
- ❖ Video 6: Review Day - Catch up on anything you haven't completed and practice the choreo

## Phase 2

- ❖ Video 7: Optimizing Your Marketing - Download and personalize marketing resources provided.
- ❖ Video 8: Choreography - 2 songs with the maracas and 1 with the scarfs.
- ❖ Video 9: Inside peak: Memory Care - Learn how to lead InstruMix at a Memory Care Facility.
- ❖ Video Day 10: Choreo Repetition - Practice the routines a few times, then quiz yourself
- ❖ Video 11: Teaching Diverse Populations - Tips for teaching a range of physical or mental abilities.
- ❖ Video 12: Modifying choreography - Learn how to adapt your choreography to all ability levels.
- ❖ Video 13: Review Day - Catch up on anything you haven't completed and practice the choreo

## Phase 3

- ❖ Video 14: Getting Yourself Out There - Learn how to approach facilities and book classes.
- ❖ \* Live Phone Calls Bonus - Examples of live marketing calls.
- ❖ Video 15: Choreography - 1 song with the scarfs and 2 with the castanets.
- ❖ Video 16: Inside Peak: Skilled Nursing - Learn how to lead InstruMix at a Skilled Nursing Facility.
- ❖ Video 17: Choreo Repetition - Practice the routines a few times, then quiz yourself.
- ❖ Video 18: How To Choreograph A Song - Learn how to create an engaging choreo.
- ❖ Video 19: Review Day - Catch up on anything you haven't completed and practice the choreo.

## Phase 4

- ❖ Video 20: Business Basics - Learn how to get paid and keep track of your finances.
- ❖ Video 21: Choreography - 2 songs with the sticks and the cool down.
- ❖ Video 22: Inside Peak:Independent - Learn how to lead InstruMix Independent Living Facilities.
- ❖ Video 23: Choreo Repetition - Practice the routines a few times, then quiz yourself.
- ❖ Video 24: Your First Classes - Practical tips for beginning your InstruMix classes.
- ❖ Video 25: Review Day - Catch up on anything you haven't completed and practice the choreo.



## InstruMix Instructor Certification

Throughout this certification program, you will learn how to create an inclusive and supportive environment for your participants. You'll gain valuable insights into:

Facilitating the InstruMix program to groups within various long-term care facilities, including Assisted Living, Memory Care, Skilled Nursing, and Independent Living residences.

Understanding Senior-specific Fitness Principles - Delve into the unique needs and challenges faced by seniors regarding exercise. Including engaging those with physical or mental disabilities.

Mastering Safe and Effective Workouts - Learn fun choreography routines that prioritize safety while maximizing the benefits of music and physical activity.

Enhancing Communication and Empathy - Develop the communication skills and empathy necessary to connect with and motivate your groups.

Implementing Practical Teaching Strategies - Master techniques for leading group classes or working one-on-one, adapting exercises to different fitness and ability levels.

Exploring Effective Marketing Strategies - Gain the knowledge and tools necessary to execute marketing strategies that will help you build your business and fill your schedule with classes.

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### **Steps for Certification and Licensing**

1. Complete all action steps from the training.
2. Submit a video of you performing the entire playlist.
3. Attend at least one live session.