What is the time commitment?
If accepted into the BuckeyeFIT program, you should expect to commit approximately 10 hours per week to training during the fall. As a group, you will meet every Sunday for 3–4 hours and once during the week for 1–2 hours. In addition to group trainings, you will have to attend up to 3 group fitness classes a week, spend time reviewing materials and prepare for your weekly teach-backs. If you pass your final teach-back at the end of the semester, you will then mentor in at least one live group fitness class a week during the spring semester.

What class format(s) will the BuckeyeFIT program teach me to instruct?
BuckeyeFIT will teach all students the basics of group fitness instruction. Once you have demonstrated an understanding of that knowledge and skills, you will then learn how to instruct one of the following formats: cycle, strength, dance, yoga or Pilates/barre. Once you have mastered that format and are hired to teach for Rec Sports, the group fitness program will continue to provide you with opportunities to learn how to teach other formats or specialty classes.

Who can apply?
Any full-time Ohio State student who can commit to at least 4 semesters with our program. No prior experience teaching group fitness is required.

What happens after I submit my online application?
Once the online application closes, you will be notified within 48 hours as to whether you have been selected to participate in the group fitness audition. At that time, you will receive more information regarding your audition time slot and what to expect.

How many people are accepted into the program?
The number of students accepted to be a part of BuckeyeFIT varies each year and depends heavily on current staffing needs and the format you want to learn how to teach.

What if you are already certified to teach group fitness?
If you hold a nationally recognized group fitness certification and have at least 1 year of experience teaching, you will be asked to provide that information on the online application and will participate in a separate group audition. During your group audition, you will be asked to teach a 10–15 minute demo of the format(s) you have experience teaching. If you make it through the audition process, the Group Fitness Coordinator will determine your training timeline and expectations on a case-by-case basis.
If you hold a nationally recognized group fitness certification but do not have any experience teaching group fitness classes, you will still indicate that on your online application, but will participate in the general group audition. If you make it through the audition process, you will still be required to go through the entire BuckeyeFIT program.