

FIT PRO PROGRAMMING

Your Group Fitness Schedule Is Only as Strong as the Programming Behind It.

Fit Pro Programming certifies instructors in 8 in-demand group fitness formats – giving your whole team one class blueprint, one standard, so every class on your schedule feels like a consistent part of your brand.

Instructor Certifications & Trainings

Barre
ABOVE

Barre Above blends ballet, Pilates, yoga, and functional training into a **science-driven teaching system rooted in modern exercise science, built for real movement**, and designed to make every class feel intentional.

Barre
ABOVE
PILATES

Barre Above Pilates **gives reformer-trained Pilates instructors a proven framework to integrate barre** into their classes, expanding their offerings into a fresh fusion format without starting from scratch.

Human
REFORMER

Human Reformer Pilates **uses resistance bands to deliver the core strength and precision of reformer Pilates** without the need for expensive equipment, giving your facility a competitive edge by offering one of the most popular formats in fitness today.

Pumped Up
STRENGTH

Pumped Up Strength **turns traditional strength training into a music-driven, full-body workout** that builds muscle, drives results, and delivers an energizing experience participants keep coming back for – all on one done-for-you blueprint your whole team can teach.

Rhythm Road
CYCLING

Rhythm Road elevates group cycling with an **energizing four-quarter format built on rhythm-driven, interval-focused rides**, giving your instructors a purpose-driven framework and your participants a high-energy, results-driven experience every time.

Ever
FLEXED

Ever FLEXED fills the gap most facilities are missing: science-backed, engaging programming **built specifically for ages 45–70+, the fastest-growing demographic in group fitness** that wants to train with intention for longevity.

Balletone

Balletone **fuses ballet-inspired movement with strength, balance, and cardio** into a high-energy, music-driven format that welcomes every fitness level and brings grace and flow to your group fitness schedule.

THE *recovery*
BARRE

The Recovery Barre **pairs a recovery meeting with an all-levels barre and Pilates class for anyone seeking sober community**, giving your facility a purpose-driven program unlike any of your other offerings, supported by The Recovery Barre nonprofit outreach.



INDUSTRY-LEADING VALUE. PROGRAMMING THAT DELIVERS. ZERO COST TO YOUR FACILITY.

Zero Facility Licensing Fees

No hosting fees. No licensing fees. Instructors pay individually. Your cost to add any FPP format is zero.

Zero Renewal Fees

Certify once. No recertification fees. No renewal fees. Your certification doesn't have an expiration date.

Done-for-you Choreography

Done-for-you choreography, fresh monthly releases, and format name and logo rights. \$9.99/month per instructor.

We'll handle the logistics. You enjoy the perks.

Free certification spots For every 10 participants registered, your facility earns a complimentary certification. Free professional development for your team, no strings attached.

Attract and retain top instructors Give your team a reason to stay and new talent a reason to show up. Hosting a training makes your facility a professional development hub.

Classes ready from day one Certified instructors walk away with done-for-you blueprints and everything they need to teach confidently – no reinventing the wheel, no guesswork.

Done-for-you marketing and registration We handle registration and provide polished promo materials. Your facility gets featured across 205K+ social media followers and 25K+ email list.

Pack your schedule with programming that sticks Done-for-you blueprints and monthly choreography releases keep your classes fresh, your participants coming back, and your schedule full.

Minimal lift to host. We provide logistics, registration, and marketing materials – you spread the word to your instructors and open the doors.

What it costs your facility to host a training:

\$0

What it costs your facility to offer FPP formats:

\$0

Instructors pay individually. You provide the space. We do the rest.

"Every certification I have done through Fit Pro Programming is so organized, standardized, and extremely high-quality. **I always walk away feeling like I have a full toolbox of tools to build my own class.**"

– Laura, Verified FPP Instructor



OVER 12,000 TRAINED INSTRUCTORS

Scan to schedule training or connect!



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