



Sample SHiNE™ Certification Training Agenda

- 8:30 - 9:00 Registration/Open House
- 9:00 - 10:00 Master Class
- 10:00 - 10:15 Break
- 10:15 -11:15 SHiNE Dance Fitness™ History (Chapter 1)
Origins and Benefits of Dance (Chapter 2)
Fundamental SHiNE™ Moves (Chapter 3)
- 11:15 - 12:15 Structure of a Playlist (Chapter 4)
Pre-Class Guidelines and Instructor Checklist (Chapter 5)
- 12:15 - 1:00 Lunch on your own (register for SHiNE™ Instructor Membership)
- 1:00 - 2:00 Understanding the SHiNE™ Warm Up (Chapter 6)
Understanding the SHiNE™ Cool Down (Chapter 7)
- 2:00 - 3:00 Qualities of a Successful SHiNE™ Instructor (Chapter 8)
Safety First (Chapter 9)
- 3:00 - 3:15 Break
- 3:15 - 5:15 Practical Application of SHiNE™ Playlists (Chapter 10)
- 5:15 - 5:30 Break
- 5:30 - 7:00 What's Next (Chapter 11)
Closing (Chapter 12)

Don't Be a Stranger! Get Connected!

Instagram: [ShineDanceFitness](#)

Facebook: [Shine Dance Fitness](#)

YouTube: [SHiNE DANCE FITNESS](#)

Website: www.shinedancefitness.com

Twitter: [SHiNE DANCE FIT](#)

Contact Melanie at 208.283.5078 or smwebb2@msn.com with questions.



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