



Barre Fitness Alliance Approved Barre Teacher Training Program Guideline Requirements and Application

\* Minimum Requirements:

- 100-hour (approximate) teacher training program (barre certification) must include the following:

▪ History of Barre	
▪ Anatomy	
▪ Exercise Science	
▪ Musicality	
▪ The Exercises (see below)	
▪ How to Put a Class Together	
▪ Modifications/Variations	
▪ Hands-on Adjustments	
▪ Practice Teaching	
▪ Written Exam	
▪ Practical Exam	

- The Exercises (at least 24/27 listed below):

▪ Dynamic Warmup	
▪ Upper Body	
▪ Biceps	
▪ Triceps	
▪ Shoulders	
▪ Chest	
▪ Back	
▪ Push-ups	
▪ Reverse Push-ups/Triceps Dips	
▪ Planks	
▪ Thighs	
▪ Parallel Thigh	
▪ V Thigh	
▪ Chair	
▪ Waterski	
▪ Leg Lifts	
▪ Knee/Thigh Dancing	
▪ Wide Second	
▪ Lunge	
▪ Curtsy	
▪ Gluteals	
▪ Standing Glutes	
▪ Foldover	
▪ Kneeling/All 4s	
▪ Standing Pretzel	
▪ Pretzel	
▪ Back Dancing	
▪ Prone	

▪ Core	
▪ Flat Back	
▪ Round Back	
▪ Curl/C-Curve	
▪ Cool-down/Final Stretch	

\* Subject to supportive feedback and discretionary review from BFA board. Approval is not guaranteed by checking the minimum requirements.

Barre Teacher Training Certification Program Name:

\_\_\_\_\_

Program or Creative Director Name:

\_\_\_\_\_

Is the Director certified by a BFA-approved program? Yes: \_\_\_\_\_ No: \_\_\_\_\_ **Please provide proof of certification**

Name of BFA-approved program:

\_\_\_\_\_

Please provide for review:

• Course syllabus	
• Course manual	
• Video lessons	
• Video example of trainer leading a class	
• Number of trained graduates of program	

All material will be held in the strictest of confidence and will not be shared past our review committee.

Application fee: \$299 (six months to reapply at no additional cost)

First year fee membership dues: \$300 (will be billed upon approval)

Once approved, please provide:

• Link to program registration	
• Discount code for BFA members	
• Logo to be placed on BFA website	

