



## Application Form

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Group Fitness Certifications (please attached or scan and email copies): \_\_\_\_\_

\_\_\_\_\_

Tell us about yourself (teaching experience, why you want to be a HIGH instructor, etc.): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Reference

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**\*\*Please include a current headshot with your application\*\***

## Video Submission

Please submit your video application based on the following criteria:

- Maximum of 5 minutes in total length
- Introduction: who you are, your strengths, your passions, why you want to be part of the HIGH team, etc.!
- Class footage: Some footage of you teaching a class ~ a choreographed format or a class set to music would be ideal however any format will do; we want to get a sense of musicality, cueing, form/technique, presentation, etc.
- Please make sure the video is clear in both video and sound quality
- We really want to see you so relax and let your personality shine!!

Videos to be uploaded and via Google Drive, Drop Box or a similar drive share. Please do not email full raw video files (they are too large!!).

Application, headshot and link to drive share can be sent to [melissa@highfitness.com](mailto:melissa@highfitness.com).

They will be reviewed and you will be notified within two weeks or less whether or not you have been approved for the program.

For any questions, concerns or clarification please contact [melissa@highfitness.com](mailto:melissa@highfitness.com) any time!

[Type here]