



# ▶INITI8

YOUR PATHWAY TO LAUNCHING  
YOUR F45 CAREER





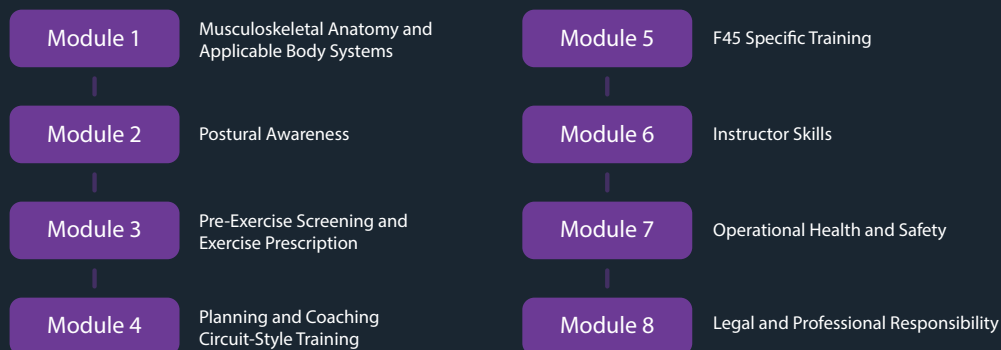
## WELCOME TO INITI8

Onfit Training College is proud to partner with F45 to offer the Initi8 program.



Designed specifically for those wishing to work as an F45 Group Exercise Instructor, Initi8 provides a direct pathway to a career with F45 Training. This custom course teaches the foundational skillset required to run F45 classes.

## COURSE STRUCTURE



These eight modules are the foundation skillset required to provide F45 classes. The estimated time to complete the course is 60 - 80 hours.



## COURSE DETAILS

### Study Method

Initi8 is delivered online, with course access 24/7.

### Assessment

The F45 course contains the following assessments:

- Theory Quiz (instantly marked)  
1 x per module (approx. 15 - 20 questions)
- Final Practical Assessment  
Video assessment (10-15 mins in total)
  - General fitness test
  - F45 class introduction demonstration
  - Key movements exercise instruction

### Completion Requirements

- Achieve the required 100% pass grade on the assessment
- Complete a provide a copy First Aid Certificate (HLTAID011 Provide First Aid)
- Enrolment declaration for intention to complete the SIS32021 Certificate III in Fitness

### Insurance

Onfit Training College (32107) has partnered with AJ Gallagher to provide a bespoke insurance policy, allowing Initi8 graduates to obtain cover to deliver the skillsets needed by the Initi8 partner organisation (F45 Training).



## ENROLMENT ENQUIRIES

For all enrolment enquiries, contact the Onfit team for further information on joining the F45 Initi8 program.



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