**West Sacramento Recreation Center**  
**GROUP EXERCISE PROPOSAL FORM**

*Directions: Please complete the following information. Attach resume and copy of required certifications and return to:*

West Sacramento Parks & Recreation  
Group Exercise Course Proposal  
2801 Jefferson Blvd.  
West Sacramento, Ca 95691

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**Proposed Class Title:**  
**AND/OR**  
**Contract Position Applied for:** Group Exercise Instructor

A. Applicant experience/background in proposed program – Include relevant certifications and years of experience:

____________________________________________________________________________________  
____________________________________________________________________________________  
____________________________________________________________________________________

B. Experience in working with the public (include paid and volunteer):

____________________________________________________________________________________  
____________________________________________________________________________________  
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C. References:

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2. **CLASS INFORMATION**

Proposal for ____________________________

(Class name)

A. Detailed Class Description. For additional space, please continue on the back or a separate piece of paper.

__________________________________________________________

__________________________________________________________

__________________________________________________________

B. Please list a one sentence description of your class that will appear in marketing material:

__________________________________________________________

__________________________________________________________

C. Desired days of the week and time to conduct (if applicable):

   1st choice of Day: ______ Time: ______ am or pm to ______ am or pm

   2nd choice of Day: ______ Time: ______ am or pm to ______ am or pm

D. Equipment needed: ________________________________________

**** If your proposal has potential for meeting our programming needs, you will be invited for a demo. If your program is accepted you will be required to attend an orientation and complete all necessary paperwork before the program will be offered through the Department.

   Note: Contractors are required to have current CPR and Standard First Aid Certifications before program begins unless otherwise stated.

Group Exercise instructor pay: $21 per class (45-65 min class) & $10.50 per class (25-30 min class)

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Date Received: ________________________ Reviewed by: ________________________

Comments: ________________________________

**Instructor Acknowledgment**

I acknowledge that I have read, accept and understand the information and conditions that involve me or my company contracting as an Independent Contractor with the West Sacramento Parks & Recreation Department.

_________  __________
Individual’s Signature  Date