



## DATES FOR P-FIT ACCELERATED 2024 ONLINE SESSIONS & PRACTICE TEACHING BENCHMARKS

The following are the dates for our online sessions and the practice teaching hours you should log before we meet. Please email your logs to [pfrit@pietrafitness.com](mailto:pfrit@pietrafitness.com) on the **Thursdays we do not have sessions: Feb. 8<sup>th</sup>, Feb. 29<sup>th</sup>, March 14<sup>th</sup>, March 28<sup>th</sup>, April 11<sup>th</sup>, and May 9<sup>th</sup> and your final one needs to be sent prior to June 3rd.** These are the *least* amount of hours you should log. Doing more is always beneficial; you will see a huge difference in your confidence and skills as you log more hours.

**Please note the mandatory session dates. If you would need to reschedule, the cost is \$75.00.**

Sessions 2024	Modules & Practice Teaching Benchmarks	Hours
January 18	<b>1 &amp; 2:</b> Before we meet, practice teach pose exposures for Modules 1 & 2 using the wording and cues given in your manual.	0.5
January 25	<b>3:</b> Before we meet, practice teach pose exposures for Module 3 using the wording and cues given in your manual.	0.5
February 1	<b>4:</b> Before we meet, practice teach pose exposures for Modules 4 and breathing using the wording and cues given in your manual.	0.5
February 15	<b>5:</b> Before we meet, practice teach pose exposures for Module 5 using the wording and cues given in your manual. Also, practice teach first half of Gentle St. Peter using the study aid in the portal. Start with just parts of the class and work up to more.	0.5
February 22	<b>6:</b> Before we meet, practice teach second half of Gentle St. Peter using the study aid in the portal. Start with parts of the class and work up to more.	0.5



March 7 <b>(Mandatory)</b>	<b>7 Posture Conference:</b> Before we meet, practice teach postures in Module 7 as you study for the Posture Conference. Try practice teaching 3 or 4 poses in a row using proper transitions. Also, you can optionally continue to teach all or parts of classes.	1
March 21 <b>(Mandatory)</b>	<b>8 Posture Conference:</b> Before we meet, practice teach postures in Module 8 as you study for the Posture Conference. Try practice teaching 3 or 4 poses in a row using proper transitions. Also, you can optionally continue to teach all or parts of classes.	1
April 4 <b>(Mandatory)</b>	<b>9 Posture Conference:</b> Before we meet, practice teach postures in Module 9 as you study for the Posture Conference. Try practice teaching 3 or 4 poses in a row using proper transitions. Also, you can optionally continue to teach all or parts of classes.	1
April 18	<b>10:</b> Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.	1
April 25	<b>11:</b> Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.	1
May 2 <b>(Mandatory)</b>	<b>12 &amp; Exam:</b> Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.	1
<b>TOTAL HOURS</b>		<b>8.5</b>

You will have until **June 3, 2024**, to complete your practice teaching hours. If you do not have your 20 hours, you cannot schedule your practicals. We will announce the classes you will use for your practicals on **June 3**, and you will have until **July 1, 2024**, to prepare for your practicals at which time you can start scheduling your practicals. All practicals need to be completed before **August 30, 2024**.