

## **GROUP FITNESS LEADER LOG**

Please print and complete the following logging sheet then scan and upload using our Document Upload page or e-mail to education@cptn.com for proof of 15 hours or more leading a fitness class.

DATE OF CLASS	NUMBER OF HOURS	SUPERVISOR OR CLIENT PHONE NUMBER	DESCRIPTION OF CLASS SESSION	SUPERVISOR OR CLIENT INITIALS
01/30/2022	1 Hour	John Doe 123-456-7890	Yoga Warm-Up Stretching Dance Aerobics Cardio Kickboxing Yoga Cool-Down Meditation	J.D

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