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## TAKING WERQ | WERQAHOLICS

### What is WERQ?

WERQ is the wildly addictive cardio dance class based on trending pop and hip hop music. WERQ is a prechoreographed workout with new routines made available weekly. With over 500 choreography videos, WERQ Instructors have the power to create unique playlists based on routines designed by high caliber WERQ choreographers.

### What kind of music is played during WERQ classes?

WERQ dance fitness routines are choreographed to the hottest pop and hip hop music, so many of the songs are recognizable.

### Where can I try a class?

WERQ is offered at a variety of facilities across the United States: gyms, fitness studios, dance studios, park districts, health clubs, recreation centers, college campuses and more. Visit <http://www.WERQfitness.com/Find-A-Class> to find a class near you.

### What time are WERQ classes offered?

Visit [www.WERQfitness.com/Find-A-Class](http://www.WERQfitness.com/Find-A-Class) and put in your zip code to find classes near you. Filter by day of the week. Then select the class to find out more details about the class time, where the class is offered, and more.

### How much does it cost to take a WERQ class?

The amount of each class is determined by the facility offering the class. WERQ is offered at thousands of gyms in 36+ states. Contact the gym listed regarding their rates, drop in policies, and class times. Some facilities are members-only.

### How do I register for a WERQ class?

WERQ Dance Fitness classes are offered in thousands of gyms across the United States. Contact the gym offering the class to ask about the sign up process. Some facilities offer drop-ins. Some facilities require membership to attend. Many class times and locations

are listed on [www.WERQfitness.com/Find-A-Class](http://www.WERQfitness.com/Find-A-Class). However, the facility offering the class can answer any questions you have about registration.

**What should I expect at my first WERQ Dance Fitness Class?**

WERQ is a nonstop cardio dance class with repetitive routines to match each song that comes on. Unlike traditional dance classes, WERQ routines are built to learn while doing and following the instructor's cues. The moves repeat many times, so that you get a chance to do them again and again without having to stop and break down any moves. WERQ Instructors use a unique cueing method to direct you seamlessly into the next move. WERQ is rapid-fire class to get a high calorie burn, so expect to move a lot while following the instructor's cues. Many people report that after the third class, they catch on more quickly and get an even better WERQout.

**What should I wear to class?**

Wear sweat-wicking clothing that allows you to move easily. Supportive athletic shoes are recommended as many of the routines include athletic moves.

**Where can I buy WERQ apparel?**

All official WERQ apparel is available at [www.shop.WERQfitness.com](http://www.shop.WERQfitness.com). Sign up for our newsletter to get a discount.

**What kind of shoes should I wear to class? Do I need dance shoes?**

Because your feet are unique, shoe performance is very much based on the individual. Supportive athletic shoes are recommended as many routines include athletic moves. Generally, a lightweight trainer shoe will best allow for 360 movement.

**Do I need to bring anything to WERQ class?** Some class locations require you to show an ID and sign a waiver before attending class. Consider bringing a water bottle and sweat towel to stay comfortable.

**Do men take WERQ Dance Fitness?**

Yes. Men and women are welcome to take WERQ Dance Fitness classes. Some class locations are women-only.

**Do I need to be a dancer to take classes? Is it easy to catch on?**

All fitness and dance levels are welcome to take WERQ Dance Fitness classes and to focus on moving, sweating and having fun. WERQ can be as physically intense as you'd like. The routines are built to scale up or down and meet your workout needs. Expect your brain to work a bit as you learn new moves. By the third time attending classes, many people pick up patterns quickly and are able to get a more intense WERQout.

## INSTRUCTING WERQ | INSTRUCTORS

### **Do I need to be a dancer to instruct classes? Is it easy to catch on?**

All fitness and dance levels are welcome to register and attend the WERQ Dance Fit Pro Certification. However, the most successful WERQ Instructors have rhythm, can feel the beat naturally, and move well. The choreography is repetitive, but most instructors find the cueing method takes a bit of practice and experience before mastering.

### **How do I become a WERQ Instructor?**

There are three steps to become a WERQ Instructor.

1. Attend a one-day WERQ Dance Fit Pro Certification.
2. Join the WERQforce.
3. Audition with a facility to secure an instructing position.

### **What is the WERQforce?**

The WERQforce is the network of licensed WERQ Instructors. Membership to the WERQforce includes\*:

1. Your license to teach branded WERQ classes
2. Access to over 500 choreographed songs
3. Choreography notes
4. Marketing materials
5. Membership to the WERQforce Community Page on Facebook
6. Discounts on WERQ apparel

*\*Music not included.*

### **How much is the WERQforce membership?**

There are two WERQforce membership options: annual and monthly. The annual membership costs \$175. The monthly membership costs \$18. You may cancel your month-to-month at any time.

### **Are there any requirements to meet before registering for a WERQ Dance Fitness Pro Certification?**

Being able to keep the beat is the only necessary element to attend a WERQ Certification. Many gyms will also require an additional Primary Group Fitness Certification (AFAA or ACE) and CPR training, but this depends on the facility. Dance experience is a plus for those teaching WERQ, although not a prerequisite.

### **How much is the certification?**

The one-day certification costs \$229-\$299. Students pay only \$99. If you are a student, email: [kati@WERQfitness.com](mailto:kati@WERQfitness.com) for verification.

### **How do I register for a WERQ Dance Fitness Pro Certification?**

Visit <http://www.werqfitness.com/teach> to view a list of all the upcoming certification courses available. If you do not see one in your area, email [info@WERQfitness.com](mailto:info@WERQfitness.com) to host or request a certification.

**I registered for a certification, but need to attend on a different day. How do I transfer my certification date?**

Go to [shop.werqfitness.com](http://shop.werqfitness.com) and search for WERQ Certification Date Transfer Fee. After purchasing the item email [Kati@WERQfitness.com](mailto:Kati@WERQfitness.com) and let us know the date/location you plan on attending to be added to that day's roster.

**How many continuing education credits are awarded for the WERQ Dance Fit Pro Certification?**

AFAA CECs: 7.0

NASM CECs: 0.7

ACE CECs: 0.8

**How should I prepare for the certification day?**

After registering for a certification, you will receive a muscle study guide and three choreography videos. Memorize the major muscles, as you will be quizzed. Memorize the choreography, as you will practice teaching these songs during the certification. If WERQ classes are offered near you, attend as many classes as possible to familiarize yourself with the format.

**Do I need to bring anything on certification day?**

Some facilities require you to show an ID and sign a waiver before attending the certification. Bring a water bottle, snacks, a set of dry clothes, sweatshirt (in case you take a chill post cardio), and a pen to take notes.

**Do I have to retake the certification each year?**

No. As long as you are an active member of the WERQforce, you do not need to retake the certification. However, every two years the WERQ Certification is updated and offered at a discount to current WERQforce members. We recommend brushing up on your skills by retaking the course every few years.

**I don't see any WERQ Certifications nearby. How can I get WERQ in my city/health club?**

Email [info@WERQfitness.com](mailto:info@WERQfitness.com) with your name, city, state, and health club location along with the health club contact, so we can help set up a WERQ Dance Fit Pro Certification near you.

**Once I complete the one-day certification, can I teach WERQ?**

The next step after the certification is to join the WERQforce to access choreography and be officially licensed. You may teach WERQ anywhere in the world. We do

recommend you seek a Primary Group Fitness Certification (AFAA or ACE) to round out your skills.

**Do I need a music license?**

WERQ creates routines to popular pop and hip hop music. Most gym and fitness studios will need their own license for any and all music played within the facility. Ask your facility if they hold the appropriate licenses and for more information on you individual use call BMI or ASCAP.

**Do I need liability insurance to teach WERQ?**

Some facilities require each instructor to carry liability insurance. We strongly recommend you seek liability insurance in the event someone is injured in your classes.

**Is there a fee that gyms must pay to offer WERQ classes?**

No. There are no fees for facilities to add WERQ classes.

**Do men teach WERQ?**

Yes. Men and women are welcome to teach WERQ Dance Fitness classes. Some class locations are women-only.

**If I cancel my membership, can I rejoin?**

You may rejoin at any time for a reinstatement fee of \$45. To rejoin, purchase the reinstatement fee at [www.shop.werqfitness.com](http://www.shop.werqfitness.com). Note: This product is only available to former members of the WERQforce. You will receive instructions on how to rejoin after purchasing the reinstatement fee.

## OFFERING WERQ | FACILITIES

**What are the requirement for hosting a WERQ Dance Fit Pro Instructor Certification?**

There are no fees or costs associated with hosting a WERQ Certification. However, you must have an available studio for a 9-hour block of times on a Saturday or Sunday. In addition, hosting facilities must meet several requirements based on the size of the facility, how many people are on staff, how close the facility is to the nearest major airport etc. If you are interested in hosting, request an application from [info@WERQfitness.com](mailto:info@WERQfitness.com).

**What are the perks for hosting a WERQ Certification?**

1. You will receive 2 complimentary registrations (\$598 value).
2. All other staff members will be eligible for the host discount which makes the certification only \$99 (\$130 off the early bird price).
3. You will get a live WERQ Class with a Master Trainer for your members, if space allows.

**What is the minimum number of registrants to hold a WERQ Dance Fit Pro Certification?**

We recommend that you have at least 5 staff members registering for the certification and interested in teaching WERQ, so that you can successfully launch and sustain WERQ classes. There must be a minimum of 10 total people registered two weeks prior to the certification or the training *may* be rescheduled. WERQ Fitness will be marketing the course to our database in order to help make the minimum.

**Is there any cost to my facility to host or to offer WERQ classes?**

There are no fees or costs associated with hosting a WERQ Dance Fit Pro Certification? There are no licensing fees for facilities that offer WERQ classes.

**CONTACTING WERQ**

For more questions, contact:

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IG: @WERQfitness

Twitter: @WERQfitness

Youtube: [www.youtube.com/werqfitness](http://www.youtube.com/werqfitness)

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