

BARRE *Club*

TEACHER TRAINING PROGRAM

Certified by



**INTEGRITY.
EXCELLENCE.
LEADERSHIP.**

BARRE CLUB TEACHER TRAINING PROGRAM: ELEVATE YOUR BARRE CAREER

INTRODUCTION

Welcome to the Barre Club Teacher Training Program— a premier opportunity to become an internationally certified barre instructor through the esteemed International Ballet Barre Fitness Association (IBBFA). As Austria's first globally recognized Barre Teacher Training Program, we offer a comprehensive education designed to empower you with the skills to lead effective and engaging barre classes.

IBBFA Certification is renowned worldwide for its thorough approach, offering online and in-person training that has successfully prepared thousands of barre instructors globally. With our program, you'll gain the knowledge and certification to teach barre classes that your clients will love and benefit from.



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BARRE Club

Certification and Recognition

Upon successful completion, instructors will be certified by the IBBFA, and will be listed in the IBBFA Database. This certification allows instructors to work worldwide, offering them global career opportunities.



BARRE CLUB TEACHER
TRAINING PROGRAM



BARRE Club

Teacher Training Program Overview

BARRE LEVEL 1: FOUNDATIONS OF BARRE INSTRUCTION

- Barre Essentials
- Barre Level 1 Program
- Basic Anatomy
- Communication Skills
- 20 Teaching Hours at Barre Club
- Written and Practical Exams under IBBFA supervision

BARRE LEVEL 2: ADVANCED BARRE INSTRUCTION

- Barre Level 2 Program
- Pre/Post Natal Program
- Training for Special Populations

Prerequisite: Completion of Barre Level 1 or a comparable program.

CERTIFICATION AND RECOGNITION

Upon successful completion, you will be certified by IBBFA and listed in the IBBFA Database, allowing you to teach globally and access exciting career opportunities.



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WHY CHOOSE OUR PROGRAM?

Embark on a transformative journey with our Barre Trainer Program and position yourself as a sought-after expert in the barre community. Secure your spot today and take the first step towards an extraordinary career in barre instruction!

Expert Instructors:

Learn from top industry professionals with extensive experience in barre training.

Comprehensive Curriculum:

Master all aspects of barre instruction, from foundational techniques to advanced programming.

Hands-On Experience:

Participate in interactive sessions and practical applications to solidify your skills.

Global Certification:

Receive IBBFA certification, opening doors to worldwide teaching opportunities.

Meet Your Coaches



Nicky Gerzabek:
**IBBFA Barre Master
Instructor**

Background:

Actress, performing artist and fitness professional with over 10 years of experience.

Specialty:

Advanced barre techniques and holistic fitness approaches.

Passion:

Creating a welcoming and inspiring space for fitness.



**Erwin Rucker: Basic
Anatomy Expert**

Background:

Physiotherapist with extensive training in manual therapy, osteopathy, and sports physiotherapy.

Specialty:

Integrating psycho-emotional factors with movement and nutrition.

Experience:

Managing successful practices and inspiring clients.



Peter Windhofer:
**Communication and
Stage Secrets
Specialist**

Background:

Actor and director with expertise in authentic communication.

Specialty:

Mastering voice projection, stage presence, and impactful communication.

Approach: Helping you

connect deeply with your audience and express your true self.

BARRE TRAINER PROGRAM

TRANSFORM YOUR PASSION INTO EXPERTISE

- 1. The ABC of Barre:** Foundations for Success, start your journey by mastering the essentials of barre. Gain a solid understanding of barre fundamentals, including basic movements, terminology, and the core principles that set the stage for effective instruction.
- 2. Barre Essentials:** Build Your Expertise Dive deeper into the core techniques and methodologies that define great barre training. Learn the intricacies of barre exercises, proper form, and how to craft dynamic, results-driven classes.
- 3. Barre Level 1:** Elevate Your Skills Take your instruction to the next level with advanced techniques and programming. This level focuses on refining your skills, perfecting your teaching style, and creating engaging, effective barre sessions.
- 4. Barre Level 2:** Mastery and Innovation Push the boundaries of your barre expertise with innovative approaches and complex routines. Learn to design challenging workouts that keep clients motivated and achieve outstanding results.
- 5. Pre- / Post-Natal Barre:** Specialized Care Expand your skills to support expectant and new mothers. Discover the best practices for designing safe and effective barre routines tailored to pre- and post-natal clients, ensuring they stay fit and healthy throughout their journey.
- 6. Barre for Special Populations:** Inclusive Training Learn how to adapt barre workouts for diverse populations with unique needs. From injury rehabilitation to senior fitness, this module equips you with the knowledge to offer inclusive, effective barre classes for everyone.

Your Instructors

IBBFA BARRE MASTER INSTRUCTOR AND FOUNDER OF BARRE CLUB

NICKY GERZABEK

As an actress with a background in musical performance, barre has always been a cornerstone of Nicky's fitness routine. With over 10 years of teaching experience in the fitness and dance industry, she brings passion, creativity, and expertise to every class. Clients around the world love her holistic approach to creating a healthy, sustainable fitness routine. A graduate of the prestigious IBBFA Master Program (International Ballet Barre Fitness Association), Nicky is skilled in advanced barre techniques and teaching methods. For over 3 years, she has helped clients at Barre Club achieve their fitness goals in a balanced and lasting way.



With Barre Club, Nicky has fulfilled her dream of creating a welcoming, inspiring space — a haven for anyone seeking to improve their wellbeing, just like the place she'd love to go herself.

BASIC ANATOMY FOR BARRE TEACHERS

UNLOCK THE SECRETS OF ANATOMY FOR BARRE TRAINING:

This comprehensive Basic Anatomy Course transform your understanding of the human body in relation to barre training. Here's what you'll discover:

Master Anatomical Structures: Learn to identify, name, and understand the anatomical structures of the upper body, lower body, and core. See how muscles and other structures work together to enhance barre training effectiveness.

Biomechanics & Movement: Gain insights into movement planes, anatomical positions, and the biomechanics critical to barre training. Understand how these elements impact performance and technique.

Movement Types & Chains: Explore the fundamental types of movement, necessary stability, mobility, and activation. Discover how movement chains function and their role in barre exercises.

Intensity & Nutrition: Understand different movement intensities, energy substrates, and how nutrition impacts your training goals. Learn how to tailor your workouts for specific outcomes and the role of diet in achieving them.

Adjusting Exercises: Learn how to simplify or intensify exercises without altering their objectives. Adapt exercises to suit individual needs and preferences while maintaining their effectiveness.

Pain Management: Discover strategies to modify or substitute exercises for clients experiencing pain, ensuring they can still achieve their goals without discomfort.

Enhanced Sensation: Explore techniques to make exercises more perceptible and understandable, including imaginative cues, isolated or exaggerated demonstrations, and tactical aids.

Elevate your barre training expertise and make every session more effective and engaging.

Your Instructors

OSTEOPATH, SPORTPHYSIOTHERAPEUT

ERWIN RUCKER

After completing his studies at the Academy of Physiotherapy at AKH Vienna, Erwin Rucker (*1982) trained as a sports physiotherapist, followed by 2 ½ years of further education in manual therapy and seminars in clinical psycho-neuro-immunology (kPNI). He then studied osteopathy for five years at the International Academy of Osteopathy (IAO) and continues to attend postgraduate courses.

His most valuable learning has come from working with a wide range of patients, providing him with priceless experience.

He recognizes the importance of psycho-emotional factors alongside movement and nutrition in assessing the body's functionality, which greatly enhances his work.

Since 2009, Erwin has worked independently as a physiotherapist, specializing in sports physiotherapy due to his own diverse sports background (ranging from basketball to bodybuilding at a world championship level). His training keeps him both physically and performance-fit.



His osteopathic studies shifted his focus to a holistic approach, enabling him to treat a wide variety of patients with increasing success. From young athletes to less active individuals, he places great emphasis on patient compliance.

Erwin also manages two successful practices in Vienna with doctors and therapists but prefers hands-on work with clients. His passion for his profession and his ability to explain concepts clearly allow him to inspire and motivate others. He regularly teaches in medical and sports fields and is deeply committed to sharing his knowledge.

COMMUNICATION SKILLS AND STAGE SECRETS:

Elevate your training game with the power of confident communication. We've discovered that even the most skilled trainers often face challenges with voice projection, which can affect how their message lands with clients. The connection between self-confidence, self-worth, and voice is vital for impactful training.

Imagine commanding the room with your voice, captivating your audience, and transforming every session into an inspiring experience. Learn to project with authority, master stage secrets, and make every interaction resonate.

Step into your spotlight and amplify your confidence. Be heard, be authentic, and connect deeply with your clients. Embrace your uniqueness and humanity to become a Communication Superhero. It's not just about sharing information—it's about forging genuine connections and inspiring others through your truth.

Discover the art of impactful communication and watch your influence soar. Transform into a trainer who not only informs but truly inspires.

YOUR COACH: PETER WINDHOFER

After studying communications and philosophy, Peter explored the art of acting and directing, eventually bringing his rich experiences into a unique teaching role. Known for his roles in numerous films and TV shows, Peter combines his background as an actor, writer, and director to offer profound insights into the art of authentic communication.

With a deep understanding of the challenges of performing in front of an audience, Peter helps you master the art of connecting people and ideas. His diverse experiences as an actor, host, voice talent, and communication teacher merge to showcase his genuine, impactful approach.



Peter is dedicated to helping you discover and express your true self, enhancing your ability to engage and inspire your audience. Uncover the power of authentic communication and elevate your presence with a coach who knows what it takes to shine in the spotlight.



PROGRAM DATES

Level 1:

- Februar 22/23, 2025
- März 8/9, 2025
- März 22/23, 2025

Level 2:

- tba

Location:

@Barre Club,
Schönbrunnerstraße 83,
1050 Vienna



PRICING STRATEGY

Level 1:

Original Price: €2.500

Special Offer

(Until 01.02.25): **€1.590**



Level 2:

Original Price: €1.390

Special Offer

€990

Combined Offer:

Special Offer (Both Levels):

€2.200

Save €380 when you commit to both levels!



Additional Pricing Ideas:

Payment Plans: Make the program more accessible.

Group Discounts: For studios certifying multiple instructors.



BARRE CLUB TEACHER TRAINING PROGRAM

Transform Your Passion into Expertise

Join our **Barre Teacher Training Program** and discover the full spectrum of barre instruction. Gain the **skills, confidence, and certification** to become a leader in the barre community. Don't miss this opportunity to enhance your career and inspire your clients.

Secure your spot today and start your journey towards becoming a top-tier barre instructor!

FOR MORE INFO AND REGISTRATION:

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www.barreclub.at