



Active Delivery

16 Teaching Hours

Certified instructors must lead a minimum of 16 CCAA senior fitness classes (min 50 min in length) throughout the two years prior to recertification. Actively delivering SFIC model classes is important for the maintenance of skills learned throughout the SFIC training.

Active Delivery Tracking Table

	Time Period	# of Classes Taught	Supervisor Email (if applicable)
Year 1	Jan – June		
	July – Dec		
Year 2	Jan – June		
	July – Dec		
Total # of Classes			