

KNOW BEFORE YOU GO

2023 BBB INSTRUCTOR TRAINING

We're excited to have you join us for this year's Better Bones & Balance® New Instructor Training! Below is some important information to help you prepare for the in-person session.

Date & Location

August 26, 2023

LBCC Benton Center
757 NW Polk Avenue
Corvallis, OR 97330

Parking

Please park in the main parking lot directly north of the Benton Center. Do **NOT** park in any of the Samaritan Hospital parking lots as your vehicle will likely be towed.



Check-In & Agenda

Check-in will begin at 7:30am in the Benton Center lobby. The training will begin at 8:00am and last until approximately 5:00pm. A full training agenda can be found at <https://beav.es/is5>.

Attire

Recall that the majority of this in-person training session involves practical application of the knowledge you have learned thus far. Please **wear clothing that you are comfortable exercising in** and that is appropriate for teaching fitness classes. Make sure to wear athletic footwear as no soft-soled shoes are allowed in the gym.

Online Learning Materials

All online learning materials, the most important of which being the Certification Exam, **must** be complete prior to the in-person session. The background knowledge that the online materials provide is a crucial piece of the training and informs the entirety of the practical session. If you have any concerns about completing the course on time, please reach out to our team.

Food & Snacks

Box lunches will be catered by University Catering. You will receive the lunch option that you selected when registering for this training. Your lunch will be labeled with your name and your selected choice so you can easily find it!

In addition to lunch being served, there will be a variety of snacks and beverages available throughout the training, including coffee.

BBB Store

We have created an online Better Bones & Balance® store specifically for new instructor trainees that includes BBB-branded t-shirts, BBB Instructional DVD's, and weighted vests. **Order your items by August 24th** to ensure they they are bagged up and ready to go for you when you check-in at the training! Quantities and sizes are limited, so order early to ensure the best selection. To browse the store, please visit the following link: <https://beav.es/iE7>.

We will also have products available for purchase via **cash or check** in-person at the Benton Center on the day of the training, though we recommend placing your order ahead of time.



We are excited to help you finish the journey to becoming a Better Bones & Balance® Instructor. If you have any questions, please reach out to a member of our team via the contact information below. See you soon!