

CERTIFICATION FAQ

FAQs

How do I become a VXN instructor?

The first step is to sign-up for our Phase 1 Vixen Workout Instructor Certification, complete the online home study-guide and attend our live 8-hour training. To view the dates and locations of upcoming Vixen Workout Certifications, visit our Instructor Trainings link on our website. If you demonstrate the ability to recreate the Vixen Workout Experience and lead a Vixen Workout class, you will be awarded a Vixen Workout Instructor Certification.

Are there Prerequisites?

Any woman 18 years or older may attend a Vixen Workout Instructor Certification. There are no prerequisites for taking the Phase 1 Vixen Workout Instructor Certification. However, it helps if you've already taken a Vixen Workout class before or if you have previous experience in dance or teaching group exercise classes.

What if I don't have experience? No worries, many of our successful Vixen Workout Instructors were former clients who did not have any teaching experience.

Never taken a Vixen Workout? It's okay! You just need to make sure you study your at home guide and come prepared knowing the routines listed in the online university.

What is Vixen Phase 1?

The Vixen Workout Phase 1 Instructor Training prepares you with the foundation and content you need to teach a Vixen Workout Class. With a Phase 1 Certification, you may teach a Phase 1 Vixen Workout, 90-minute calorie burn and Vixen 101 class. After completing your at home-study guide, you should have knowledge of our brand, the science behind the Vixen Workout, the mission, Vixen technique, basic moves, and routines.

During your live training you will learn additional routines that are taught in our Phase 1 classes, along with movement styling, teaching methods, dialogues, and tools on how to emulate the choreography provided. There will also be a discussion on marketing and how to run a Vixen Workout business in your city.



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When do I receive access to the Vixen Workout University?

After submitting your registration, you will gain access instantly. You will also receive an email one week prior with any logistical details such as parking, lunch, schedule, etc.

Does everyone receive a Vixen Workout Instructor Certification after completing the training?

No, not everyone who attends will receive a certification to teach. It is important for us to have the same Vixen Workout experience everywhere it is taught. We will need to see that you can execute Vixen Workout moves clearly and represent the brand effectively in your city. If you do show potential to becoming a Vixen Workout Instructor you may receive a Pass Pending status, this is a second opportunity to becoming certified. You would be required to submit a video with specific requirements to our certifications manager within 2 weeks after the date of your certification for resubmission.

What if I attended the training and did not receive a certification? Do I get a refund?

The fee covers your online university, the live 8hr training, and cert materials. If you do not receive a certification, there are no refunds.

What if I am a fitness professional and just want to attend a training to attain AFAA or ACE CEU'S?

Our Phase 1 Vixen Workout is an approved provider for AFAA & ACE. Fitness professionals can receive 8CEUS for AFAA & .7 for ACE

What if I paid for certification and I need to cancel?

If you are unable to attend an Instructor Training, you can do a ONE time transfer to another Instructor Training. Please keep in mind that a transfer fee of \$15 USD will be applied. You must also notify our certifications department two weeks prior to your training date if you're unable to attend.

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If I attend a training where can I teach?

The Vixen workout has a couple of areas that are off limits at this time: South Florida (Miami-Dade County) and New York borough of Manhattan are off limits. Only Vixen Workout LLC, employed Master Trainers can teach in these areas. All other areas are open for you to teach.

How do I keep my Certification Active?

In order to hold an active Vixen Workout Instructor Certification, you will need to be an active member of our Instructor Portal, the BASE for \$29.99 a month. You can freeze your BASE membership for 3 months before your certification goes inactive. You are also required to continue education with Phase 1 or Phase 2 Vixen Workout Certification Training every TWO (2) years. As with any reputable occupation, a professional is expected to keep up-to-date on industry knowledge and stay fresh with their industry skills. Vixen Workout wants it's certified instructors to be the best in the industry and maintain a high level of expertise and proficiency.

How do I renew my certificate? 1. Sign up for the Vixen Workout Phase 2 Instructor Training. If you attend a Vixen Phase 2 Instructor Training before your 24-month expiration period, you will receive a certificate that will extend your certification to teach Vixen Workout classes for another year. 2. Retake the Vixen Phase 1 Instructor Training: Every Vixen Workout Master Trainer provides a new and different insight into the Vixen experience. By retaking the Vixen Workout Phase 1 training, you'll not only renew your certificate, you'll get a fresh perspective on teaching Vixen classes.

What is a rank?

The Vixen Workout uses a ranking system for all our Certified Vixen Workout Instructors. Ranking is determined based on the exhibition of knowledge and experience of Vixen technique and choreography. Vixen Workout provides numerous opportunities for continuing education to help you move up in ranks. What can I do to maintain and move up in rank? We offer multiple Vixen Workout Phase 1 Certifications all over the United States allowing you to obtain and move up in rank. As well as Phase 2.



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Why is the Base mandatory?

Along with your Vixen Workout Certification, you are required to have an active Base membership. If the Base is not active you are not allowed to teach a Vixen Workout Class. This is important for us in order to ensure that the Vixen Workout experience is the same in all areas. It is also important to us, that you are successful and are representing the brand to the best of your ability. In the Base you will have access to your routine library, you will receive new choreography every month, and receive materials for marketing, branding, etc. Remember, your success is our success.

After receiving a certificate, when can I start teaching?

After completing the Vixen Workout Certification Training, you can begin teaching whenever you feel comfortable and ready with the Vixen Workout Phase 1 combinations. Every instructor is an independent contractor, which gives you the freedom to set your own schedule, rates, terms, agreements, etc. at any facility you choose.

On the Vixen Workout BASE, you will have access to all of the Phase 1 combination instructional videos as well as other supplemental videos on teaching technique. Some fitness facilities require their instructors to have a general group exercise certification. The Vixen Workout Certification program is considered a specialty certificate, just like pilates or yoga. Ask your local fitness facility what their requirements are in order for you to teach at their facility. You can always obtain a Vixen Workout certificate first and then obtain a general certification. Some facilities may allow you to start teaching Vixen Workout classes as long as you have a Vixen Workout certificate and evidence that you are working to obtain a general certification. Two highly recognized certifications are ACE and AFAA. For details, go to acefitness.org or afaa.com.