

Fitness Forum Proposal 2026 NIRSA Conference

Fitness Forum classes take place in the NIRSA Campus Rec Expo or on the outdoor event lawn (turf surface).

Contact emily.hughes@nirsa.org with questions.

* Indicates required question

Instructor Information

Tell us about the instructor(s).

1. Main Instructor: First & last name *
2. Main Instructor: Title & organization *
3. Main Instructor: Email *
4. Main Instructor: Relevant credentials
5. Additional Instructor (if applicable): First & last name
6. Additional Instructor (if applicable): Title & organization
7. Additional Instructor (if applicable): Email
8. Additional Instructor (if applicable): Relevant credentials
9. Proposal submitter (if different from above): First & last name
10. Proposal submitter (if different from above): Title & organization

11. Proposal submitter (if different from above): Email

Class title, description, and equipment needs

Tell us about the class you want to lead.

12. Class title: Provide a concise and descriptive class title as you would want it to appear in the NIRSA program/event app. *

13. Class summary: Enter a concise summary of your class as you would want it to appear in the NIRSA program/event app. If your proposal is selected, NIRSA reserves the right to edit for alignment with the event's style guide. *

14. Fitness Forum time slots are available in 15-minute durations and will take place in different locations depending on the class length. Select the duration you wish to teach. To be considered for multiple time slots, select all that apply. *

☐ 15 minutes

☐ 30 minutes

☐ 45 minutes

☐ 60 minutes

15. Detailed description: Describe your class and how you plan to organize it for an engaging experience. Please be as detailed as possible (timing, specific description of movements, etc.).
If you selected multiple class durations in the question above, provide a description for each duration. *

16. Tell us why this fitness format would be appealing to NIRSA 2025 attendees. *

17. What makes your class unique among similar fitness formats? *

18. Space and equipment: Fitness Forum classes will take place in multiple locations across the Gaylord Rockies.

For the main classes in the exhibit hall, NIRSA provides: 40x40 space (accommodates up to ~50 people;

may be carpeted or vinyl), 2 headsets, microphone, and sound system compatible with 3.5mm line connector.

For classes on the outdoor event lawn, NIRSA provides a 9,900sqft turf lawn, 2 headsets, microphone, and sound system compatible with 3.5mm line connector.

NIRSA does NOT provide any other equipment nor Internet. Presenters are required to supply, move in, and move out their own equipment and/or coordinate use of exhibitor equipment in advance.

Describe your equipment needs. *

Optional: Additional materials

Tell us anything else we should know about your proposed Fitness Forum class.

19. Provide any additional materials (videos, photos, files, etc.) to help us understand your proposal. Please email materials to emily.hughes@nirsa.org and be clear about how these materials strengthen your proposal.

☐ Additional materials are being emailed to Kelley.

☐ No additional materials are being sent.