

PERSONAL TRAINER CERTIFICATION PROGRAM

A 2-day certification workshop including lectures, practical demonstrations, written & practical exams.

Curriculum includes:

Anatomy & kinesiology
Fitness assessment testing procedures
Nutrition & weight management
Health screening
Exercise design
Business guidelines



Cost: Workshop fee is \$349

This includes:

2 day certification workshop
Study guide
AAPT certified personal trainer certificate & ID card (upon successful completion of both written & practical exams, a CPR certification required before certificate is issued)
Possible internship at local health club or at one of my clubs

Who is it for?

Aspiring or experienced fitness professionals working one-on-one with exercise clients.

Location:

Perinton Medical Buildig
800 Ayrault Rd. Suite 140
Fairport, NY 14450

AdvancedAcademicPersonalTraining.com

When?

Pick any two consecutive days:
One 5-hour lecture & one 5-hour practical required to complete the certification program.

Schedule:

Lecture: Mon, Wed, Sat, 9am-2pm or 3pm-8pm
(you need 1 lecture)
Practical: Tue, Thur, Sun, 9am-2pm or 3pm-8pm
(you need 1 practical)

Registration: To reserve a seat, call (585) 469-5832