



**Is this the year you Go For
The Gold?
Get ACSM Certified**



Brooks Family YMCA
Jacksonville, FL

ACSM Certified Personal TrainerSM Three-Day Workshop

Prepare for Certification

This is the exclusive workshop of the American College of Sports Medicine (ACSM), and is delivered by Fitness Education Network for participants who are interested in attaining the highly respected ACSM Certified Personal TrainerSM credential. FitnessEedNet will help you attain the “gold standard” in Personal Trainer Certification, as well as the practical knowledge and skill needed to be a top-notch trainer in today’s evolving fitness industry. This workshop provides state-of-the-art information in the exercise sciences, including updated ACSM and industry guidelines as well as behavioral objectives, dimensions of wellness and more. This is the ultimate hands-on preparation. Let FitnessEedNet help you put the power of the ACSM Certified Personal TrainerSM credential behind your name. Save \$30 on the ACSM Certified Personal TrainerSM exam when you register through FitnessEedNet. *20.75 CEC’s ACSM, 15 CEC’s AFAA*

Weekend Workshop

2/19/2010 - 2/21/2010

Fri. 1:00 pm-9:30 pm ❖ Sat. 8:00 am-5:30pm ❖ Sun. 9:00 am-4:00 pm
Cost: \$375

ACSM Certified Personal TrainerSM One-Day Workshop

Certification Review

This program is designed for currently and previously certified personal trainers who feel confident in their basic knowledge of Exercise Physiology, Anatomy and Kinesiology. This program will provide the specific knowledge necessary to be successful in attaining the ACSM Certified Personal TrainerSM credential. The program will give you updated ACSM and other pertinent industry guidelines as well as provide you with the opportunity to review, practice and prepare to put the power of the new ACSM Certified Personal TrainerSM credential behind your name. *7.5 CEC’s ACSM, 6 CEC’s AFAA*

Sunday Workshop

2/21/2010

9:00 am – 4:00 pm
Cost: \$129



ACSM recommends 3 textbooks, which can be purchased at a discount at www.FitnessEdNet.com. Buy all 3 books and save.

**To Register for this workshop go to: www.acsm.org or call 800-486-5643
For more information on this workshop go to: www.FitnessEdNet.com**