

GROUP EXERCISE INSTRUCTOR TRAINING WORKSHOP

Date: September 23, September 30, October 7, October 21, October 28, November 6

Time: 5 pm - 7 pm

This is a six week program in which you will learn the fundamentals of exercise science, components of a group fitness class, and receive practical instructions to learn to teach multiple group fitness class formats. This class will be a preparatory course for the AFFA Primary Certification that will be held at ODU on Saturday, November 8.

Registration: Register at the Pro Shop or contact Shannon Speed at sspeed@odu.edu or 757-683-3309

YOGAFIT LEVEL 1 CERTIFICATION

Date: October 4 - 5, 8 am - 6 pm

This informative workshop gives instructors the tools to create inspiring yoga classes that are founded on flow yet grounded in the safety of exercise science. The learning includes physical execution, transitions, and modifications to traditional yoga poses with an emphasis on effectiveness and safety.

Cost: Early Bird Rates:

ODU Student: \$279.30

Member/Community: \$399

Regular Rate:

ODU Student: \$300.30

Member/Community: \$459

Registration: ODU Students & F/S MUST email Shannon Speed at sspeed@odu.edu to register. Member/Community may register on Yogafit.com

AFAA CERTIFICATION WORKSHOP SERIES

Date:

Step Certification:

October 18

ODU student: \$167.30

Member/Community: \$239

Group Exercise Certification:

November 8

ODU Student: \$209.30

Member/Community: \$299

Times: 9 am - 6 pm

Are you looking to become a Certified Personal Trainer or Group Exercise Instructor? Or do you need to obtain some continuing education for your current certifications? This Spring the Fitness & Wellness team of the SRC are offering multiple workshops and certification exams to help you achieve your professional goals! Check out our schedule of workshops and certifications available.

Registration: ODU Students & F/S MUST email Shannon Speed at sspeed@odu.edu to register. Member/Community may register on afaa.com

FITNESS AND WELLNESS

ACSM PERSONAL TRAINING CERTIFICATION PREPARATION WORKSHOP

Date: September 19 - 21

Time: Friday: 1 - 9:30 pm

Saturday: 8 am - 5:30 pm

Sunday: 9 am - 4 pm

Cost: \$375

This is an exclusive workshop of the American College of Sports Medicine (ACSM) for participants interested in attaining the highly respected ACSM Certified Personal Trainer credential. 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.

Registration: Online at www.acsm.org

ACSM CERTIFIED PERSONAL TRAINER ONE DAY WORKSHOP

Date: Sunday, September 21

Time: 9 am - 4 pm

Cost: \$129

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 offers the specific knowledge necessary to be successful in attaining the ACSM Certified Personal Trainer credential.

Registration: Online at www.acsm.org

ACSM CERTIFIED PERSONAL TRAINER EXAM

Cost: Regular Price: \$279

Student Rate: \$249

ACSM Member: \$219

The ACSM CPT exam is separate from the workshop. The exam can be taken at a time that is convenient to you. To find a testing center closest to you, visit the website www.pearsonvue.com

Registration: Online at www.FitnessEdNet.com



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