

Become a Personal  
Fitness Trainer and get  
in shape while going to  
school!

*"They gave me the tools and  
motivation to start my new  
career successfully!"*

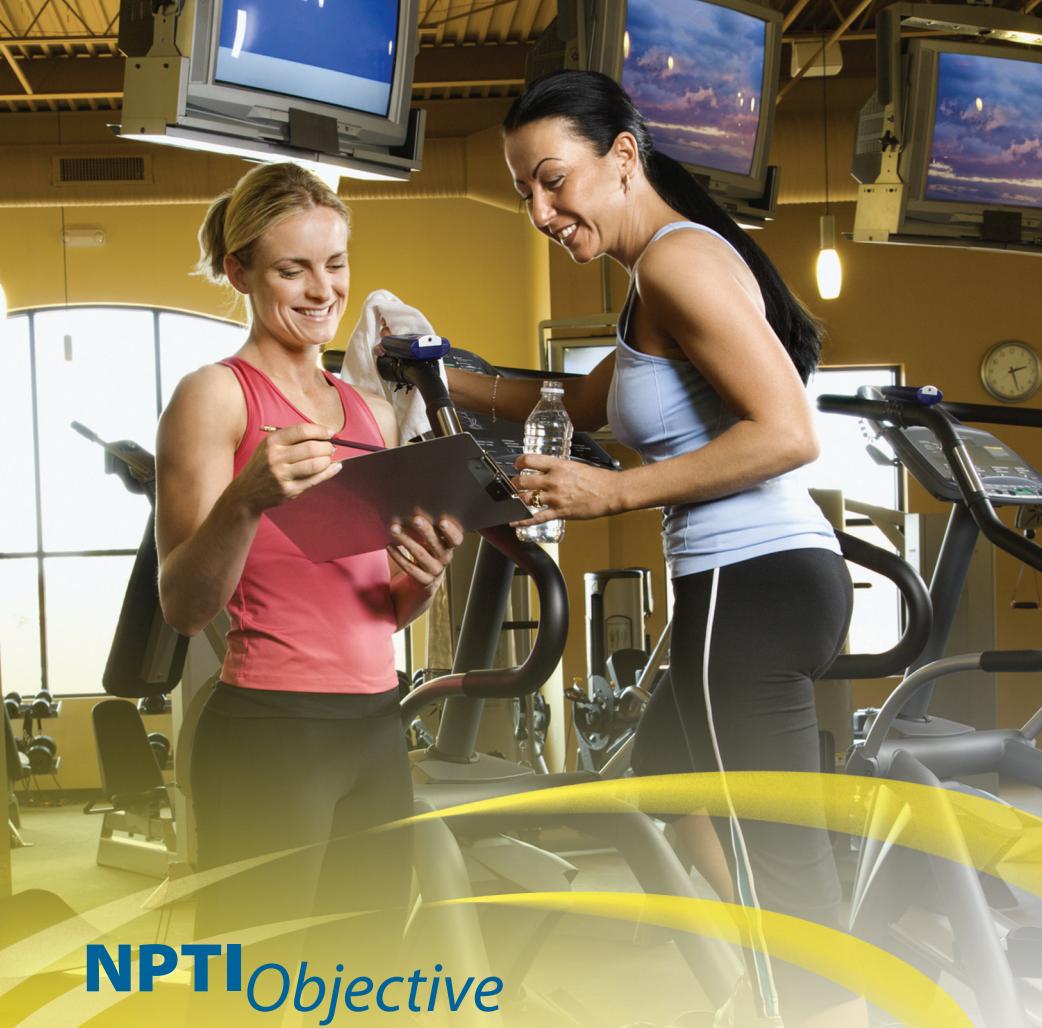
- Brian Wiley,  
NPTI Graduate

# National Personal Training Institute

*Don't delay. Register Today!*

**We take your success personally!**

(800) 960-6294 • [www.nptifitness.com](http://www.nptifitness.com)



## NPTI *Objective*

Our objective is to provide our students with the knowledge and confidence that every personal trainer needs and deserves. We hereby stand by our word to provide you with an innovative, intense and comprehensive personal training program.

## STATE *Approved*

The National Personal Training Institute is a unique program, offering a diploma in personal training. Our schools have met all necessary state requirements and have been granted approval to train students for rewarding careers in the field of personal training.

# **PUSH** Yourself

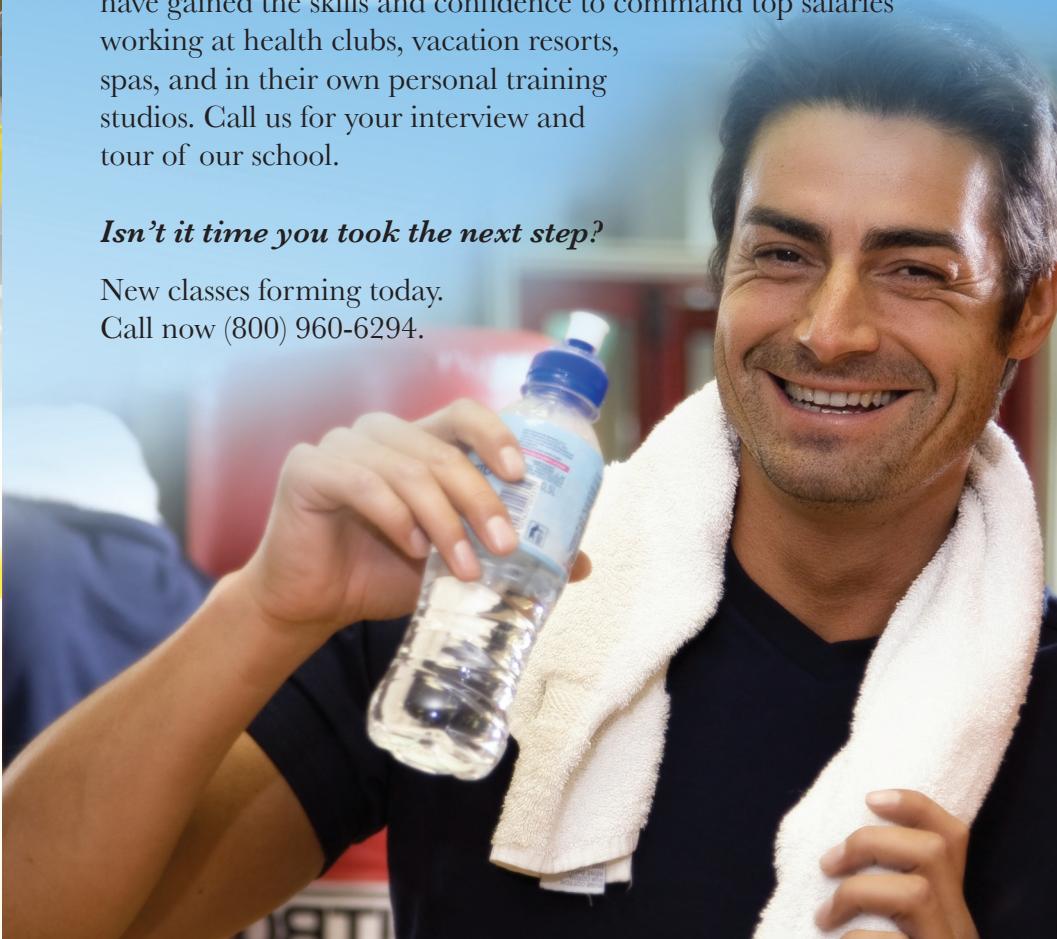
*Have you ever dreamed about getting into the best shape of your life while earning a first-class education?*

Then join us at the National Personal Training Institute (hereafter sometimes referred to as “NPTI”) and take the first step toward an exciting and profitable future. The demand for qualified personal trainers is high and growing every year. According to the Bureau of Labor Statistics, the fitness industry has more than doubled in the past 10 years, and it continues to boom. Now is the time for you to take your place among the top professionals profiting from the extraordinary growth.

The National Personal Training Institute is a unique school offering a diploma in personal training. Thousands of NPTI graduates have gained the skills and confidence to command top salaries working at health clubs, vacation resorts, spas, and in their own personal training studios. Call us for your interview and tour of our school.

***Isn't it time you took the next step?***

New classes forming today.  
Call now (800) 960-6294.



# **GRADUATE** Certificate

Students who successfully complete our 500-hour personal training program are awarded a diploma in Personal Training, and CPR / First Aid/AED certification.

**\*\* In the State of Arizona it is called a “Certificate of Completion.”**

**New NCCA accredited certification exam now available from TW-CC!**

An announcement was made that the Advanced Certified Personal Trainer (A-CPT) exam was accredited by NCCA. This exam is the next step in raising the standards of personal training. Graduates of NPTI are eligible to sit for this exam and take your education to a new level!

Qualifications are:

- 500 Hour State Board of Education Approved Training Program; OR
  - A Bachelor's Degree in a health-related field from a regionally accredited college or university; AND
  - Minimum of 200 hours of practical experience
  - Current Adult CPR & AED certifications that has a practical skills examination component (such as the American Heart Association or the American Red Cross)
- E-mail [info@acptcertification.com](mailto:info@acptcertification.com) or call 215-914-2003 for more information

A photograph of a man and a woman in a gym. The man, with curly hair, is smiling and looking at the woman. The woman, with blonde hair, is also smiling and looking at the man. They appear to be working out together. In the background, there are gym equipment like weight racks and dumbbells.

**Fitness and Weight Management School Clinic**  
**A simple and affordable way to fitness and weight control using personalized nutrition and exercise programs to get the body you've always wanted**



## **ON-GOING** Support

All of our graduates have the ongoing, continued support of dedicated fitness experts. If you ever need help or have a question, we're just a phone call or E-mail away.

## **PLACEMENT** Assistance

You've chosen a career in one of the fastest growing industries in the nation. The need for qualified personal trainers increases each year. Not only do our graduates have the edge when it comes to skills and training, they also benefit from nationwide job placement assistance. We don't just train you. We help put you to work!

## **RESIDENTIAL** Program

Accelerate your training by taking part in our residential program. Currently offered at our Longwood, Florida (Orlando area) school, the residential program allows you to graduate in just four months while living in one of the world's most popular vacation destinations. You can choose between private or shared accommodations in comfortable, fully-furnished apartments conveniently located near the school. On weekends and after hours, you'll be free to enjoy the exciting nightlife, theme parks and nearby beaches of sunny Central Florida.

*NPTI offers housing assistance and is not affiliated with the apartment complex.  
NPTI assumes no responsibility for the actions taken by the apartment complex.*

# **COURSE** Outline

Our innovative and comprehensive program has been designed to give you the skills you need to become a successful personal trainer. In addition to the 300 hours of classroom instruction, you'll experience 200 hours of supervised, hands-on gym time. You'll gain new knowledge while getting in the best shape of your life.

## **100 hours** of theory

- Legal guidelines
- Starting your own business
- Business management
- Client evaluation
- Program design
- Writing a business plan
- Insurance requirements

## **100 hours** of nutrition

- Food fads and myths
- Habits and beliefs
- Energy systems
- Vitamins and mineral
- Carbohydrates, proteins, fats

## **100 hours** of anatomy & physiology

- Cells and tissues
- Muscle structure
- Kinesiology
- Skeletal, muscular, lymphatic, nervous and cardiovascular systems

## **200 hours** of practical experience

- Introduction to fitness centers, program design, fitness classes, and equipment
- Spotting techniques
- Lifting techniques
- Monitor and record results of an actual client



## **AFFIRMATIVE**Action

The National Personal Training Institute does not discriminate against any applicant on the basis of race, gender, age or disability in accordance with federal and state guidelines.

## **ADMISSION** Requirements

You must be at least 18 years of age with a high school diploma or equivalent to enroll in our personal training diploma program.

## **MASSAGE** Therapy

We are now offering a 500 hour massage therapy program in both Chicago, IL and Longwood, FL (Orlando area) in luxury health facilities. A residential program is offered in our Orlando, FL area location and we have beautiful, affordable apartments available for your convenience while attending our program.

## **GRADUATION** Requirements

Just like your workouts in the gym, hard work gets results, you'll be expected to maintain a minimum of 70% on written exams and attend all classes. Since attendance in class is an important part of your learning, you will be required to make up any missed classes. The effort you put in now will pay off with big results later.

## **TUITION & Fees**

\$6300.00

Includes all registration fees, textbooks and gym membership. Flexible payment plans are available. Financial assistance and student loans are also available to qualified applicants.



# SCHOOL Locations

AZ	1920 S. Alma School Road (at Mountainside Fitness) Chandler, Arizona 85248	IL	200 E. Randolph, Lower Level (at The Aon Building) Chicago, Illinois 60601
CA	140 E. 17th Street (Club Z) Costa Mesa, CA 92627	MA	249 Lexington Street (at Waltham Athletic Club) Waltham, Massachusetts 02452
	44419 Town Center Way #4 Suite B (World Gym Fitness Center) Palm Desert, CA 92260	MI	278 East Auburn (at Powerhouse Gym) Rochester Hills, Michigan 48307
	2949 Garnet Avenue (at World Gym) San Diego, CA 92109	MN	7970 Brooklyn Boulevard (at Gold's Gym , Northwind Plaza) Brooklyn Park, Minnesota 55445
	2164 Market Street San Francisco, California 94114	NJ	525 Riverside Avenue (at King's Court) Lyndhurst, NJ 07071
	1233 Third Street Promenade (at Easton Gym) Santa Monica, California 90401	NC	8424 Old Statesville Road (Harris Professional Building) Unit 140 Charlotte, NC 28269
	West Sacramento Recreation Center 2801 Jefferson Blvd. West Sacramento, CA 95691		Rapid Fitness 7101 Glenwood Avenue Raleigh, NC 27612
	23873 Clinton Keith Road Suite 109 (next to Fitness 19) Wildomar/Murrietta, CA 92525	OH	3496 Snouffer Road, Suite 100 Columbus, OH 43235
CT	27 Lois Street (at Achieve Rehabilitation and Fitness) Norwalk, Connecticut 06851		5241 Wilson Mills Road, Suite 30 Richmond Heights, OH 44143 (Reg. 05-01-1749T)
FL	1665 E.E. Williamson Road (Orlando area) Longwood, FL 32779	OR	2831 SW Barbur Blvd., (at All Star Fitness) Portland, OR 97201
	4320 West Gandy Blvd. (at Caltas Fitness) Tampa, FL 33611	TX	5645 Beechnut Street (at Sound Fitness) Houston, TX 77096
GA	4040 Old Milton Parkway, Suite 210 Alpharetta, Georgia 30005	VA	8500 Leesburg Pike, #205 Vienna, Virginia 22182
	1090 Regency Plaza Boulevard (at Gold's Gym) McDonough, Georgia 30252	WA	1419 3rd Street (at EpiCenter Fitness) Seattle, WA 98101
IL	550 Warrenville Road, Lower Level (at The Corporatum) Lisle, Illinois 60532		

**More locations coming soon! Dallas, TX - Las Vegas, NV - Toronto, Canada**



**National Personal Training Institute**  
**2727 Philmont Avenue, Suite 109**  
**Huntingdon Valley, PA 19006**  
**(800) 960-6294 • [www.nptifitness.com](http://www.nptifitness.com)**

**School locations approved for the GI Bill for Veterans:**  
Orlando, FL - Chicago, IL - Vienna, VA - Richmond Heights, OH  
Hoboken, NJ - Norwalk, CT - Philadelphia, PA - Rochester Hills, MI  
Massachusetts - Seattle, WA

# ENROLLMENT application

Please complete and send to  
National Personal Training Institute  
2727 Philmont Avenue, Suite 109  
Huntingdon Valley, PA 19006

**Name** \_\_\_\_\_

Last

First

Middle

**Address** \_\_\_\_\_

Street

City

State

Zip

**Home Phone** \_\_\_\_\_

**Alternate phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Birth date** \_\_\_\_\_ **Social Security #** \_\_\_\_\_

**Occupation** \_\_\_\_\_

**Employer** \_\_\_\_\_ **Employer Phone** \_\_\_\_\_

**Employer Address** \_\_\_\_\_

**Work experience** \_\_\_\_\_  
\_\_\_\_\_

**How did you hear about our program? (Please be specific.)** \_\_\_\_\_  
\_\_\_\_\_

**Have you had any contagious diseases in the past two years?** \_\_\_\_\_

**If yes please explain.** \_\_\_\_\_

**Do you take any medications?** \_\_\_\_\_

**If yes, please list.** \_\_\_\_\_

**Are there any health-related issues we should know about?** \_\_\_\_\_

**If yes, please explain.** \_\_\_\_\_

**Have you ever been convicted of a felony?** \_\_\_\_\_

**If yes, please explain.** \_\_\_\_\_

**Reference**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

**Emergency contact**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Relation to student \_\_\_\_\_

School location preferred \_\_\_\_\_

**Class schedule preferred**

- Day: (6 months) Mon through Thur, 9:30 a.m. to 2:30 p.m.
- Night: (1 year) Mon & Wed, 5:30 to 10:30 p.m., April and October
- Night: (1 year) Tues & Thur, 5:30 to 10:30 p.m., January and July
- Night: (6 months): M/W or T/Th, 5:30 to 10:30 p.m. and Sat, 10 a.m. to 6 p.m.
- Saturday: (1 year) 10 a.m. to 6 p.m., plus one Sunday per month
- Residential: (4 months) Orlando, FL

Day and Night students: choose your preferred class start date

- January
- April
- July
- October

Residential students: choose your preferred class start date

- January
- May
- September

**Hoboken, NJ only:** Day: (4 months) - Mon through Fri, 9:30 a.m. to 2:30 p.m.

Choose your preferred class start date

- February
- April
- June
- August
- October
- December

For exact start dates, please call admissions at 1-800-960-6294

**Financial schedule preferred**

- Full payment
- Half payments
- Monthly payments
- Student loan

Please include your registration fee of \$75 with this application.

- Check
- Cash
- VISA
- Discover
- MasterCard
- American Express

Credit card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Card holder's signature \_\_\_\_\_ /CID# \_\_\_\_\_

I have completed this application to the best of my ability and confirm the information is true. \_\_\_\_\_

Applicant's signature \_\_\_\_\_ Date \_\_\_\_\_

The National Personal Training Institute does not discriminate against any applicant on the basis of race, gender, age or disability in accordance with federal and state guidelines.

**Refund policy:** Students should notify the director in writing of the intention to withdraw from the program. Refund terms vary by state and the interested party should contact the school in his/her area for details of the refund policy. **The \$75 registration fee is refundable prior to the start of class.**

National Personal  
Training Institute

Corporate Headquarters  
2727 Philmont Avenue, Suite 109  
Huntingdon Valley, PA 19006

