

Become A Personal Trainer or Just Train Like One!

Take the NSPA Certified Personal Trainer (CPT) Course!!



Join our CPT Course at
The Arena Club

on

April 26/27 from 8am-6pm

2304 Churchville Road, Bel Air, MD 21015
for directions only call 410-734-7300

Early Bird - \$450 thru April 19 - After 4/19- \$505
Use Code dis2 for 15% discount -first 6 registrants.

Register Online

at www.nspainc.com

Or for more information call

800-494-6772

Certified Personal Trainer Course Highlights

- *Programming for H.I.T. (High Intensity Training)*
 - *Muscle Function and Awareness/Basic Physiology*
 - *Reaching Your potential as a Personal Trainer*
 - *Physical Assessments: Lecture and Application*
- *Principles of Training/Developing a Fitness Program*
 - *Aerobic Exercise Prescription*
- *Strength Training/Proper Technique & Spotting*
- *Flexibility Techniques and Nutritional Guidelines*



NBFE
National Board of Fitness Examiners

