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# GET CERTIFIED!

Aerobic & Fitness Association of America

## AFAA CLASSES

at SPANGDAHLEM AIR BASE, GERMANY

**Personal Fitness Trainer Certification**  
23-25 September, \$342 (\$69 for Book)

**Practical Skills & Choreography Workshop**  
23 September, \$114

**Primary Group Exercise Certification**  
24 September, \$114 (\$69 for Book)

**Indoor Cycling Instructor Training**  
25 September, \$114

Prerequisites:  
PRESTUDY for:  
Personal Trainer & Primary Group  
Exercise Course  
Group Exercise Certification for  
Indoor Cycling Instructor  
Training  
CPR Certification for all courses.

For detailed information please  
contact: Mr. Juergen Stockemer  
at the Skelton Memorial Fitness  
Center in Spangdahlem.  
COM 06565-61-6634  
DSN 452-6634



Fitness Center  
DSN 452-6634  
Comm 06565-61-6634

**EIFEL Fitness Centers**  
ONE GOAL, MANY CHOICES: Meet the new standards with the Eifel Fitness Centers.



Find us at:  
52D FSS Skelton  
Memorial Fitness  
Center



# Aerobics and Fitness Association of America

Skelton Memorial Fitness Center  
Unit 3670, Box 170  
APO AE 09126  
Spangdahlem Air Base, Germany

## **Personal Fitness Trainer Certification**

*September 23-25, 2011*  
*(Friday, Saturday and Sunday 8am to 6pm)*

**\$342**

### Course Content

A three-day certification workshop including lectures, practical demonstration and written and practical exams. The curriculum includes anatomy and kinesiology, fitness assessment testing procedures, nutrition fundamentals and weight management, special populations and medical considerations, wellness programming and screening guidelines, and exercise programming in the weight room. Current CPR required before certificate is issued. 15 CEUs for AFAA certified professionals. This certification is valid for a period of two years. Prerequisites: Early registration and pre-study is required. Weight room or weight training experience is strongly recommended. Course Includes: Study guide, workshop including lectures and practical demonstrations, written and practical exams, one-year AFAA membership, and a subscription to American Fitness magazine (does not include postage to addresses outside the U.S.). Study Materials: Personal Fitness Training: Theory and Practice textbook and study guide. For CEU credit only (not for certification), \$210. Receive 15 CEUs.

Fee does not include the required textbook, Personal Fitness Training: Theory and Practice (\$69, plus shipping fees). To order the textbook, contact Felix Rojas at 800-225-2322 x277 or felix@afaa.com. . Please order the textbooks with study guides (incl. in course fee) at least 6 weeks prior to course.

**Registered participants unable to attend the course shall receive a credit with AFAA. Credits may be used up to one year from date of course.**

For more information or to register contact Juergen Stockemer at  
[juergen.stockemer@spangdahlem.af.mil](mailto:juergen.stockemer@spangdahlem.af.mil)



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Unit 3670, Box 170

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## **Primary Group Exercise Certification**

*September 24, 2011 (Saturday)*

*9am to 6pm*

***\$ 114***

### Course Content

A review of AFAA's Basic Exercise Standards and Guidelines, exercise science and exam criteria, followed by written and practical exams. Prerequisites: Early registration, self-study before program, and group exercise teaching experience. Current CPR required before certificate is issued. This course offers 5 CEUs for AFAA certified professionals. Certification is valid for a period of two years. For CEU credit only (not for certification), \$73. Receive 5 CEUs.

### Course Includes

Study Guide, review, written and practical exams, one-year AFAA membership and one-year subscription to the American Fitness magazine (overseas shipping not included.)

Fee does not include the required textbook, Fitness: Theory and Practice (\$69, plus shipping fees). To order the textbook, contact Felix Rojas at 800-225-2322 x277 or felix@afaa.com. Please order the textbooks with study guides (incl. in course fee) at least 6 weeks prior to course.

**Registered participants unable to attend the course shall receive a credit with AFAA. Credits may be used up to one year from date of course.**

**For more information or to register contact Juergen Stockemer at  
[juergen.stockemer@spangdahlem.af.mil](mailto:juergen.stockemer@spangdahlem.af.mil)**



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## **Indoor Cycling Instructor Training**

*September 25, 2011 (Sunday)*  
*9am to 5pm*

***\$114***

### Course Content

This workshop is designed for current indoor cycling instructors and those interested in instructing group indoor cycling classes. Course focuses on "how to create a dynamic, high-energy indoor cycling class for all-level students." Learn safe cycling practices, correct technique, proper alignment, and effective training principles to ensure sound training decisions. Training methods include cardiorespiratory endurance, muscular strength and endurance, body composition, and flexibility. Course offers 5 CEUs for AFAA certified professionals. Water bottles, towels and heart rate monitors are recommended.

Course Includes: Training manual, two workouts, Certificate of Completion, one-year AFAA membership and one year subscription to the American Fitness magazine (overseas shipping not included).

Recommended Prerequisite: AFAA Primary Group Exercise Certification

**Registered participants unable to attend the course shall receive a credit with AFAA. Credits may be used up to one year from date of course.**

**For more information or to register contact Juergen Stockemer at  
[juergen.stockemer@spangdahlem.af.mil](mailto:juergen.stockemer@spangdahlem.af.mil)**



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**Practical Skills & Choreography Workshop**

*September 23, 2011 (Friday)*

*9am to 6pm*

***\$ 114***

Course Content

This workshop covers class format, successful cueing, smooth transitions, creative choreography and effective music utilization. This course is often scheduled the day before the Primary Group Exercise Certification to provide the convenience of practical training and preparation for the Primary Group Exercise Certification. Course offers 5 AFAA CEUs.

Course Includes

Study Guide, Certificate of Completion, one-year AFAA membership and one-year subscription to the American Fitness magazine (overseas shipping not included.)

**Registered participants unable to attend the course shall receive a credit with AFAA. Credits may be used up to one year from date of course.**

**For more information or to register contact Juergen Stockemer at  
[juergen.stockemer@spangdahlem.af.mil](mailto:juergen.stockemer@spangdahlem.af.mil)**



## APEX Spangdahlem, Germany Host-Site Registration Form

Name of registrant:

Address:

City:

State:

Zip:

Phone number:

Email Address:

Course(s): 1.

2.

3.

Date(s) of Course: 1.

2.

3.

**Total Fee(s):**

### *Method of Payment*

Account # or Check #:

Credit card number:

(Only VISA & Mastercard)

3digit sec code (    )

Expiration date:

Cardholder's name:

**Registered participants unable to attend the course shall receive a credit with AFAA. Credits may be used up to one year from date of course.**