

How to PASS the ACSM Personal Trainer Certification Exam and Become a Certified Personal Trainer

Choose from A Live Workshop or a Teleclass

Live Workshop Schedule

January 22-24, 2010

June 25-27, 2010

September 24-26, 2010

All live workshops are Fridays, 6-9:30 p.m.; Saturdays and Sundays, 9 a.m.-5 p.m.

In Columbus, Ohio

2010 Teleclass Schedule

January 4, 7, 11, 14, 18, 21

March 1, 4, 8, 11, 15, 18

July 12, 15, 19, 22, 26, 29

All teleclasses are on Monday and Thursday evenings from 7-8:30 p.m. ET

Cost:

LIVE workshop

\$297

\$277 (if you are a former **SMB review class** student)

TELECLASS

\$197

REGISTER/PAY at www.personaltrainingworkshops.com

(With credit card, PayPal or check **OR** go to the second page of this document and complete the registration form and SEND it to me with your check.)

Instructor: Kim Fischer, Ph.D., ACSM cPT, cHFS

This workshop is provided for those individuals who are interested in promoting their own health and fitness and/or who are interested in becoming a personal trainer. A "personal" trainer is just that – someone who works with individuals in a personal, one-to-one manner. It doesn't require working out of a gym, with free weights, or machine weights. It does require someone who desires to improve the health and fitness of a person in one or all ways. A PERSONAL trainer could focus on the flexibility or the aerobic fitness or the strength of an individual OR could focus on improvements in all of these health and fitness dimensions. What is vital, is to hold the person accountable by cooperatively working on physical improvements.

For the massage therapist, certification as a personal trainer gives the credential that allows the therapist to “lawfully” suggest basic nutritional advice and to prescribe flexibility exercises for clients.

For a person desiring to switch careers, get an additional income stream, wanting out of a “desk” job, or wanting to improve personal health and fitness, this workshop will provide you with the knowledge base to pass a certification exam so you can have the BEST credential available in the health and fitness field. Not all persons taking this workshop have been interested in getting certified and this is NOT a requirement. Everyone can become more educated about being a more healthy and fit person. This workshop will help with this.

There is no prerequisite for this workshop although those that have had an anatomy and physiology course should find the concepts presented in the workshop easier to grasp. There will be no examination as part of this workshop although there will be opportunities to practice skills learned under the watchful and helpful “eye” of the instructor. Case studies and other worksheet assignments will be available for student learning. Each student will leave with a study guide to support them in studying for the certification exam.

Don't delay!!! Take Action Now!

.....
**REGISTRATION FORM
FOR ACSM cPT WORKSHOP/TELECLASS**

Name _____

Address _____

City, State, Zip _____

Phone #(____) _____

Email _____

How did you learn about this opportunity? _____

Are you interested in receiving a **FREE monthly ezine** from Empowered By Learning, LLC? Yes No (Please circle)

Check the workshop or teleclass you are registering for below.

Live Workshop Schedule

- _____ January 22-24, 2010
- _____ June 25-27, 2010
- _____ September 24-26, 2010

2010 Teleclass Schedule

- _____ January 4, 7, 11, 14, 18, 21
- _____ March 1, 4, 8, 11, 15, 18
- _____ July 12, 15, 19, 22, 26, 29

Live workshop price \$297 (discount below)

Subtract \$20 from your total if you **EVER ATTENDED** one of my state medical board review classes AND you are attending the LIVE WORKSHOP (only offered for this).

Teleclass series price \$197 (no discount)

TOTAL\$ _____

Send **YOUR** registration with PERSONAL check or MONEY ORDER made **payable** to Empowered by Learning, LLC
c/o Kim Fischer, 896 S. Cassingham Rd., Bexley, OH 43209, USA.
If you have questions, call me at 614-975-8547 or email me at kim@personaltrainingworkshops.com
You'll receive a confirmation of receipt within a week.

Cancellation Policy – Please Read!

If you choose to cancel your registration for this teleclass/class/workshop 7 days prior to its start, you have several options:

1. You may apply the funds paid for a one-time transfer option to another class/workshop but assume the cost difference of the transfer (if any).
2. Receive a refund of monies paid minus a 10% (of the purchase price) processing fee.

If you choose to cancel your registration for this class/workshop any time after 7 days prior to its start, you have several options:

1. You may apply the funds paid for a one-time transfer option to another class/workshop but assume the cost difference of the transfer (if any).
2. Receive a refund of monies paid minus a 25% (of the purchase price) processing fee.

10-09