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## **FOR IMMEDIATE RELEASE**

### **Greenville Fitness and AFAA to Offer Personal Training Certification**

Greenville, Pa. (April 17, 2009) – Greenville Fitness and the Aerobics and Fitness Association of America (AFAA) will offer the three-day Personal Fitness Trainer Certification at Greenville Fitness, 12 North Diamond Street on May 1-3.

The three-day certification workshop is designed for both the aspiring and experienced fitness professional wishing to work one-on-one with exercise clients.

The workshop includes lecture, practical demonstrations and written and practice exams, with specific curriculum including: anatomy and kinesiology; fitness assessment testing procedures; nutritional fundamentals and weight management; special populations and associated medical considerations; listening, leadership and motivational skills; exercise programming in the weight room and wellness programming and screening guidelines.

A workshop fee includes: three (3) day certification workshop; Personal Fitness Trainer Certification Study Guide; one-year membership or membership extension to current AFAA members and a subscription to *American Fitness* magazine; AFAA Certified Personal Fitness Trainer certificate and I.D. card (upon successful completion of both written and practical exams).

The textbook Personal Fitness Training: Theory and Practice is required for this workshop and is not included in the registration fee. Current CPR certification is required before certification is issued. Weight training/weight room experience is recommended. Early registration and pre-study is suggested.

For more information, and to register, visit [www.afa.com](http://www.afa.com) or call 1-800-446-2322 ext. 235. For additional questions, contact Monica Ferguson, owner of Greenville Fitness, at 724-588-4199 or 724-813-0826.

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