Fitness Instructor Training Guide

Cheryl L Hyde; American Association for Active Lifestyles and Fitness

William & Mary - Group Fitness Instructor Training Course Our Group Fitness Certification will give you the knowledge to teach any fitness. for any instructor, the ACE Group Fitness Instructor Manual offers valuable information on exercise prescription, safety, and leadership skills. The ACE Group Fitness Instructor Training Program is designed to meet the personal training needs of all fitness professionals. This program is ideal for someone who is interested in becoming a certified personal trainer. 

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