Personal Trainer Certification Saturday February 6, 2016

8 AAAI/ISMA CECs or 8 AFAA CECs

Location: Western Carolina University
Campus Recreation Center
379 Memorial Dr.
Cullowhee, NC 28723

Faculty Trainer: Laurie Maddox (lauriemmaddox@gmail.com)

Cost: $99 pre-registered (postmarked by Jan 22) or $140 at the door
Time: 8:45 a.m. – 5:30 p.m.

Recommended Reading: Studies in Exercise Science ($20 available from AAAI/ISMA), the AAAI/ISMA Personal Trainer Supplement ($15 available from AAAI/ISMA), Anatomy of Strength and Conditioning (Holli Liebman available in bookstores), Big Book of Exercises (Men’s Health available in bookstores)

Directions: wcu.edu/student-life/division-of-student-affairs/departments/campus-recreation-wellness

Personal Fitness Trainer Certification: intro to personal training: exercise safety, anatomy, physiology, program design.

Aqua Instructor Certification Saturday February 6, 2016

8 AAAI/ISMA CECs or 6 AFAA CECs

Location: Haywood Fitness Center
75 Leroy George Dr.
Clyde, NC 28721

Faculty Trainer: Yvonne Cook Rose (yrose3599@bryan.edu)

Cost: $99 pre-registered (postmarked by Jan 22) or $140 at the door
Time: 8:45 a.m. – 5:30 p.m.

Recommended Reading: AAAI/ISMA Aqua Supplement ($15).

Directions: haymed.org/locations/haywood-regional-health-fitness-center

Aqua Instructor Certification: fundamentals of teaching aquatic exercise. Bring a swim suit and a towel to this certification.

Primary Aerobic / Group Fitness Instructor Certification Saturday February 13, 2016

8 AAAI/ISMA CECs or 8 AFAA CECs

Location: The University of Tennessee
TRECS Student Fitness Center
2111 Volunteer Blvd.
Knoxville, TN 37996

Faculty Trainer: Jennifer Miller (fitnessmiller@yahoo.com)

Cost: $99 pre-registered (postmarked by Jan 29) or $140 at the door
Time: 8:45 a.m. – 5:30 p.m.

Recommended Reading: Studies in Exercise Science ($20)

Directions: www.recsports.utk.edu
Study Guide: Please e-mail fitnessmiller@yahoo.com for the study guide.

Primary Aerobic Instructor Certification: basic teaching skills for all group fitness formats: counting music, choreographing movement, becoming a motivator, anatomy, physiology, and exercise safety. Appropriate for new group fitness instructors.

Cycle Instructor Certification Saturday February 20, 2016

8 AAAI/ISMA CECs or 6 AFAA CECs

Location: The University of TN(Chattanooga)Faculty Trainer: Nani Weber (fitnani1@gmail.com)
Aquatic and Rec Center
601 E 5th St.
Chattanooga TN 37403

Cost: $99 pre-registered (postmarked by Feb 5) or $140 at the door
Time: 8:45 a.m. – 5:30 p.m.

Recommended Reading: AAAI/ISMA Cycle Supplement ($15)

Directions: utc.edu/campus-recreation

Cycle Instructor: fundamentals of teaching stationary cycle class. Space is limited, please pre-register to get a bike.

For more information, visit www.aaai-ismafitness.com.
Knoxville Fitness FEST!!
February 20 & 21, 2016

Pre/Postnatal Exercise Certification Saturday, February 20, 2016
8 AAAI/ISMA CECs or 8 AFAA CECs
Location: National Fitness Center
3030 Tazewell Pike
Knoxville, TN 37918
Faculty Trainer: Yvonne Cook Rose
Time: 8:45 a.m. – 5:30 p.m.
Directions: nfc1.com
Recommended Reading: AAAI/ISMA Pre/postnatal Supplement ($15)
Pre/Postnatal Exercise Certification: Safety guidelines and exercise options for women who are pregnant.

Jennifer Miller Fitness (formerly Plain Jane Fitness) Presents
STEP TRAINING FOR 2016: A new look at an old standard. Steps are one of the most versatile pieces of equipment in your fitness studio. Learn options for athletic training drills, bodyweight exercises, and core strength to use in your small group training, Bootcamp, or High Intensity Interval Training (H.I.I.T.) class formats. Presented by Jennifer Miller. NASM, AFAA, ACE and AAAI/ISMA CECs. $50. Saturday February 20, 2016 10:00-1:00 at National Fitness Center.
Register for Jennifer Miller Fitness workshops at jennifermillerfitness.com

Hardbody Yoga: The Fusion of Yoga and Functional Fitness. Functional fitness develops strength for the activities of everyday life and keeps our bodies active and moving as we age. Functional fitness exercises integrate whole body strength rather than isolate one muscle or muscle group. Hardbody Yoga will explore strength-based yoga postures to develop greater overall muscle tone, more core control, and perfect posture. Experience the fusion of yoga and functional fitness and take home innovative yoga posture sequences to use with your clients or classes. Presented by Jennifer Miller. NASM, AFAA, ACE and AAAI/ISMA CECs. $50. Saturday February 20, 2016 2:00-5:00 at National Fitness Center.
Register for Jennifer Miller Fitness workshops at jennifermillerfitness.com

THE 20 BEST BODY WEIGHT EXERCISES YOU SHOULD BE TEACHING YOUR CLASSES: Body weight exercises for all-over strength and endurance that can be done anywhere anytime without equipment. These exercises are ideal for small group training, Bootcamp classes, or personal training sessions. Learn to teach these exercises effectively and safely in a group setting or one-on-one. Presented by Jennifer Miller. NASM, AFAA, ACE and AAAI/ISMA CECs. $50. Sunday February 21, 2016 10:00-1:00 at National Fitness Center.
Attend 2 workshops above for $90 or all 3 for only $120! Register for Jennifer Miller Fitness workshops at jennifermillerfitness.com

Kids and Teens Fitness Certification Sunday February 21, 2016
8 AAAI/ISMA CECs or 8 AFAA CECs
Location: National Fitness Center
3030 Tazewell Pike
Knoxville, TN 37918
Faculty Trainer: Nani Weber (fitnani1@gmail.com)
Time: 8:45 a.m. – 5:30 p.m.
Directions: nfc1.com
Recommended Reading: AAAI/ISMA Kids & Teens Supplement($15)
Kids and Teens Fitness Certification: age-specific guidelines and exercise programs for kids and teens.

Older Adult Exercise Certification Sunday February 21, 2016
8 AAAI/ISMA CECs or 6 AFAA CECs
Location: National Fitness Center
3030 Tazewell Pike
Knoxville, TN 37918
Faculty Trainer: Yvonne Cook Rose (yrose3599@bryan.edu)
Time: 8:45 a.m. – 5:30 p.m.
Directions: nfc1.com
Recommended Reading: AAAI/ISMA Older Adult Fitness ($15)
Older Adult Fitness: fitness options for seniors including exercise safety and program and class design.

For more information, visit www.aaai-ismafitness.com
Primary Aerobic / Group Fitness Instructor Certification

Saturday March 5, 2016
8 AAAI/ISMA CECs or 8 AFAA CECs

Location: The University of TN (Chattanooga) Faculty Trainer: Jennifer Miller (fitnessmiller@yahoo.com)
Aquatic and Rec Center 601 E 5th St. Chattanooga TN 37403
Cost: $99 pre-registered (postmarked by Feb 19) or $140 at the door
Time: 8:45 a.m. – 5:30 p.m.
Recommended Reading: Studies in Exercise Science ($20)

Primary Aerobic Instructor Certification: basic teaching skills for all group fitness formats: counting music, choreographing movement, becoming a motivator, anatomy, physiology, and exercise safety. Appropriate for new group fitness instructors.

Jennifer Miller Fitness (formerly Plain Jane Fitness)

Presents

STEP TRAINING FOR 2016: A new look at an old standard. Steps are one of the most versatile pieces of equipment in your fitness studio. Learn options for athletic training drills, bodyweight exercises, and core strength to use in your small group training, Bootcamp, or High Intensity Interval Training (H.I.I.T.) class formats. Presented by Jennifer Miller. NASM, AFAA, ACE, and AAAI/ISMA CECs. $50. Sunday March 6, 2016 9:00-11:30 at the University of TN (Chattanooga) Aquatic and Rec Center.

Attend both workshops above for only $90! Register for Jennifer Miller Fitness workshops at jennifermillerfitness.com

Hardbody Yoga: The Fusion of Yoga and Functional Fitness. Functional fitness develops strength for the activities of everyday life and keeps our bodies active and moving as we age. Functional fitness exercises integrate whole body strength rather than isolate one muscle or muscle group. Hardbody Yoga will explore strength-based yoga postures to develop greater overall muscle tone, more core control, and perfect posture. Experience the fusion of yoga and functional fitness and take home innovative yoga posture sequences to use with your clients or classes. Presented by Jennifer Miller. NASM, AFAA, ACE, and AAAI/ISMA CECs. $50. Sunday March 6, 2016 Noon-3:00 at the University of TN (Chattanooga) Aquatic and Rec Center.

For more information, visit www.aaai-ismafitness.com

Aqua Instructor Certification Saturday March 12, 2016
8 AAAI/ISMA CECs or 6 AFAA CECs

Location: Wytheville Community Center 333 Community Center Blvd. Wytheville, VA 24382
Facility Trainer: Yvonne Cook Rose (yrose3599@bryan.edu)
Cost: $99 pre-registered (postmarked by Feb 26) or $140 at the door
Time: 8:45 a.m. – 5:30 p.m.
Recommended Reading: AAAI/ISMA Aqua Supplement ($15).

Aqua Instructor Phase I Certification: fundamentals of teaching aquatic exercise. Please bring a swim suit and a towel to this certification.

For more information, visit www.aaai-ismafitness.com
**TRAINING BY SUSIE G PRESENTS**

**CROSS CORE TRAINING SERIES**

Pilates Basics & Biomechanics on a REFORMER

**TAKE CHARGE FITNESS CENTER – CLINTON, TN**

5:00-8:30 P.M. THURSDAY MARCH 31, 2016

4 AAAI/ISMA CECs

$80 ($65 for early registration) Register by March 25. Space is limited!

To register contact Susie G at susiegorman@msn.com

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**Personal Trainer Certification Friday and Saturday April 1 & 2, 2016**

8 AAAI/ISMA CECs or 8 AFAA CECs

**Location:** The University of TN  
HPER Building  Room 243  
1914 Andy Holt Ave.  
Knoxville, TN 37996

**Faculty Trainer:** Susie Gorman Green (susiegorman@msn.com)

**Cost:** $99 pre-registered (postmarked by March 18) or $140 at the door

**Time:**  
Friday: 4:00 p.m. check in 5:00-10:00 p.m. Lecture  
Saturday: 8:00-Noon: Training Applications, Lecture, Exams

**Directions:** physicalactivity.utk.edu/

**Recommended Reading:** AAAI/ISMA Personal Trainer Manual / Supplement ($35)

**Personal Fitness Trainer Certification:** intro to personal training: exercise safety, anatomy, physiology, program design.

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**Yoga Instructor Certification Saturday & Sunday April 23 & 24, 2016**

8 AAAI/ISMA CECs or 8 AFAA CECs

**Location:** Coomes Rec Center  
300 Stanley Dr.  
Abingdon, VA 24210

**Faculty Trainer:** Jennifer Miller (fitnessmiller@yahoo.com)

**Cost:** $150 pre-registered (postmarked by April 8) or $200 at the door

**Time:**  
8:45 a.m. – 5:30 p.m. both days

**Directions:** coomescenter.com

**Recommended Reading:** Yoga Anatomy ($20)

**Study Guide:** Please e-mail fitnessmiller@yahoo.com for the study guide.

**Yoga Instructor Certification:** Yoga fundamentals for fitness instructors: in depth training on basic yoga postures, practical applications for the fitness format, modifications and safety concerns. Attend Saturday only for $99 and receive 8 continuing education credits (CECs) to renew your existing certification. Excellent for new yoga instructors. Please bring a yoga mat to this certification.

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**Cycle Instructor Certification Saturday April 30, 2016**

8 AAAI/ISMA CECs or 6 AFAA CECs

**Location:** Wytheville Community Center  
333 Community Center Blvd.  
Wytheville, VA 24382

**Faculty Trainer:** Nani Weber (fitnani1@gmail.com)

**Cost:** $99 pre-registered (postmarked by April 15) or $140 at the door

**Time:** 8:45 a.m. – 5:30 p.m.

**Directions:** rec.wytheville.org

**Recommended Reading:** AAAI/ISMA Cycle Supplement ($15)

**Cycle Instructor:** fundamentals of teaching stationary cycle class. Space is limited, please pre-register to get a bike.

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For more information, visit www.aaai-ismafitness.com
AAAI/ISMA REGISTRATION FORM

Name: ____________________________________________
E-mail: __________________________________________
Address: __________________________________________
Phone: ____________________________________________

Please send registration and payment to:
AAAI/ISMA
PO Box 663
New Hope, PA 18938
Register by phone at (609)397-2139
Fax registration form to: (609)397-7683

Please indicate which certification you are registering for:

___ $99 Personal Trainer Feb 6 – Cullowhee, NC
___ $99 Aqua Instructor Feb 6 – Clyde, NC
___ $99 Primary Aerobic / Group Fitness Feb 13 – Knoxville, TN
___ $99 Pre/postnatal Exercise Feb 20 – Knoxville, TN
___ $99 Cycle Instructor Feb 20 – Chattanooga, TN
___ $99 Kids and Teens Fitness Feb 21 – Knoxville, TN
___ $99 Older Adult Exercise Feb 21 – Knoxville, TN
___ $99 Primary Aerobic / Group Fitness March 5 – Chattanooga, TN
___ $99 Aqua Instructor March 12 – Wytheville, VA
___ $99 Personal Trainer April 1 & 2 – Knoxville, TN
___ $150 Yoga Instructor April 23 & 24 – Abingdon, VA
___ $99 Cycle Instructor April 30 – Wytheville, VA

STUDY MATERIALS

___ $20 Studies in Exercise Science
___ $15 Personal Trainer Supplement
___ $15 Kids and Teens Supplement
___ $20 Yoga Anatomy
___ $15 Cycle Supplement
___ $15 Aqua Supplement
___ $15 Pre/postnatal Supplement
___ $15 Older Adult Supplement

$9.00 Shipping / Handling

___ Total Amount Enclosed

PLEASE MAKE CHECKS PAYABLE TO AAAI/ISMA

Or, pay by credit card: _____ Visa _____ Master Card
Name on Card: ____________________________
Credit Card #: ____________________________
Date: ____________________________
Signature: ____________________________

PLEASE REGISTER 3 WEEKS PRIOR TO CERTIFICATION TO ENSURE DELIVERY OF STUDY MATERIALS.

AAAI/ISMA certifications require the student to order study materials and study in advance. Your certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching / training skills. At the end of your certification, you will complete a written and practical exam to demonstrate skills and knowledge. You may attend the lecture portion of any AAAI/ISMA certification (no exam!) and receive 8 CECs to renew your existing certification. If you have questions regarding certifications, contact Jennifer Miller at fitnessmiller@yahoo.com or 540-557-7075 or visit AAAI/ISMA online at www.aaai-ismafitness.com. NO REFUNDS! If you are unable to attend the certification you register for, you will be given partial credit toward another AAAI/ISMA certification. There is a $20 rescheduling fee. Register online at www.aaai-ismafitness.com.