



PERSONAL TRAINER ACE Certification Preparatory Course

Jim White, ACSM Certified Personal Trainer and Registered Dietitian, and Carmine Greico, MS Exercise Science, ACE Certified Personal Trainer are pleased to offer the most comprehensive personal trainer preparatory course available in the Hampton Roads area.

ABOUT US Jim, the owner of Jim White Fitness Studios and Carmine have been involved in the fitness industry for many years. Jim has a Bachelors degree in Nutrition, has had numerous articles published, acts as the lead consulting Dietitian for Farm Fresh Supermarkets, and is the nutrition advisor for the Tidewater Association of Fitness Professionals. Carmine has his masters degree in Exercise Science, is an avid fitness writer, certified personal trainer and yoga instructor.

ABOUT THE COURSE This 20-hour prep course includes educational and practical information on Anatomy, Physiology, Strength Training, Cardiovascular Fitness, Nutrition, Injury Prevention, Special Populations, Equipment Use, Program Design, and much more. The course will teach you everything you need to know as it relates to health and fitness. Course also includes specialty subjects such as how to start your own fitness business, making top-dollar as a personal trainer, and other secrets of the pros—information you can't find in a textbook.

WHO'S ELIGIBLE: Anyone interested in becoming an American Council on Exercise (ACE) Nationally Certified Personal Trainer to start or further their career is eligible. ACE is the most widely recognized and accepted certification provider in the world. Also many people have taken our class just to learn more about health and fitness.

DATE October 4, 11, 18 & 25 (4-week course)

TIME 8am - 1pm

LOCATION Jim White Fitness Studios (*located in the Pinboys Family Shopping Center*)
1577 Laskin Rd, Suite 105
Virginia Beach, VA 23451

COST \$320 — includes all materials (ACE manual, practice test and workbook) plus 5 hours internship with one of the top trainers in the industry.

ACE exams can now be taken online. Ask us how!
Our course will lead right into this great opportunity.

REGISTER EARLY! Class size is limited. We can accept cash, checks (*made payable to Jim White Fitness Studios*) or major credit cards. Registration is complete with payment. Call to register or mail in registration with payment. You may also fax back the form, but will need to make arrangements for payment.

Name _____

Address _____

Phone Number _____