

AFAA Military Fitness Specialist Certification

Cost: \$342

Date: September 24-26, 2010 (Friday, Saturday, Sunday)

Time: 8am to 5pm

Location: Grafenwoehr Physical Fitness Center, Bldg. 170

Registration Deadline: 10 Sep 2010. Space are limited; so sign up now!

Prerequisites: Early registration and pre-study are suggested. Group exercise and/or personal training experience is recommended. Personal Fitness Training: Theory & Practice (\$69 plus tax and shipping)

Fitness: Theory & Practice (\$69 plus tax and shipping) are the required textbooks for this workshop and are not included in the course price (if both textbooks are purchased together, a 20% discount will apply). To order the textbooks, contact Felix Rojas at 800-225-2322 x277 or felix@afaa.com. Please order at least 6 weeks prior to course.

This courses is also posted on the AFAA website and international and military calendars.

If you have any questions, please contact the Chief, Sports & Fitness Operation Branch F&MWR, US Army Garrison Grafenwoehr mil: 475-8207, civ:09641-838207.

Email: serge.kearse@us.army.mil

"Commitment to Excellence"