

A sampling of nationally recognized fitness instructor certifications

Certifying Organization	Name of Certification	Exam Cost ¹	Length of Training ²	Recertification Required?	Prerequisites	Notes
ACE American Council on Exercise http://www.acefitness.org/	Group Fitness Instructor Personal Trainer	\$249	Self-paced	Yes - 2.0 CECs every 2 years \$69 renewal fee	<ul style="list-style-type: none"> ▪ CPR 	<ul style="list-style-type: none"> ▪ ACE is a nonprofit organization committed to enriching the quality of life through safe and effective physical activity. ▪ 100 hours of practical experience is highly recommended before taking the exam. ▪ Fee does not include study materials. ▪ Exams are available in two formats: computer-based and paper & pencil. ▪ Exam retakes cost \$135.
ACSM American College of Sports Medicine http://www.acsm.org/	Health/Fitness Instructor	\$279	Self-paced	Yes - 80 credits every 3 years \$60 renewal fee	<ul style="list-style-type: none"> ▪ Associate or Bachelor's degree in a health-related field ▪ CPR 	<ul style="list-style-type: none"> ▪ The ACSM advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. ▪ 2-day workshop (\$250, not including study materials) is recommended before taking exam. ▪ Fee does not include study materials. ▪ Exam is available in only one format: computer-based. ▪ Exam retakes cost \$150.

¹ Exam Cost: This is the cost of the exam only. Some certifying organizations provide workshops that include the exam cost.

² Length of Training: If the length of training is self-paced, you can study for the exam on your own and take the exam when you are ready. If you are taking a workshop, generally an exam is included at the end of the workshop.

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ACSM (continued) American College of Sports Medicine http://www.acsm.org/	Personal Trainer	\$279	Self-paced	Yes - every 3 years	<ul style="list-style-type: none"> ▪ CPR 	<ul style="list-style-type: none"> ▪ 1- and 3-day workshops (up to \$375, not including study materials) is recommended before taking exam. ▪ Fee does not include study materials. ▪ Exam is available in only one format: computer-based. ▪ Exam retakes cost \$150.
AFAA Aerobics and Fitness Association of America http://www.afa.com	Primary Group Exercise	\$299	1-day workshop	Yes - 15 CEUs every 2 years	<ul style="list-style-type: none"> ▪ Self-study before workshop ▪ Group exercise teaching experience ▪ CPR 	<ul style="list-style-type: none"> ▪ Fee includes workshop and exam but not all study materials (additional manual required, \$44).
AFPA American Fitness Professionals and Associates http://www.afpafitness.com	Group Fitness Instructor	\$335	Self-paced	Yes - 16 CECs every 2 years	<ul style="list-style-type: none"> ▪ Basic familiarity with group fitness classes 	<ul style="list-style-type: none"> ▪ Fee includes study materials and exam. ▪ You must complete a demonstration of a group fitness class.

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AFPA (continued) American Fitness Professionals and Associates http://www.afpafitness.com	Senior Fitness Specialist	\$335	Self-paced	Yes - 16 CECs every 2 years	<ul style="list-style-type: none"> ▪ Personal trainer or group fitness certificate from a nationally recognized organization is strongly recommended. ▪ Basic understanding of human anatomy and physiology. ▪ Basic familiarity with resistance/ cardiovascular training. 	<ul style="list-style-type: none"> ▪ Fee includes study materials and exam. ▪ You must complete a demonstration of a group fitness class.
FiTOUR http://www.fitour.com/	Primary Group Exercise	\$299	Self-paced or 1-day workshop	Yes - renewal exam every 2 years \$25 renewal fee	<ul style="list-style-type: none"> ▪ None 	<ul style="list-style-type: none"> ▪ Fee includes study materials.
NASM National Academy of Sports Medicine http://www.nasm.org	Personal Trainer	\$549	Self-paced	Yes - 2.0 CEUs every 2 years \$99 renewal fee	<ul style="list-style-type: none"> ▪ CPR 	<ul style="list-style-type: none"> ▪ The NASM is dedicated to revolutionizing the health and fitness industry through its commitment to deliver innovative education and evidence-based solutions and tools. ▪ 2-day workshop (\$679, including study materials and exam) is recommended before taking the exam.

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NETA National Exercise Trainers Association http://www.ndeita.com	Group Exercise	\$149	Self-study	Yes - 20 CECs every 2 years	<ul style="list-style-type: none"> Self-study before workshop 	<ul style="list-style-type: none"> 1-day workshop (\$249, not including study materials) is recommended before taking exam.
SFA American Senior Fitness Association http://www.seniorfitness.net/	Senior Fitness Instructor (Professional)	\$349	Self-paced	Yes - 2.0 CEUs every 2 years \$35 renewal fee	<ul style="list-style-type: none"> CPR Basic First Aid 	<ul style="list-style-type: none"> Fee includes study materials and exam.
YMCA Contact your local YMCA or http://www.ymca.net	Foundations of Group Exercise	varies	1-day workshop	Yes – 15 CECs every 3 years	<ul style="list-style-type: none"> Healthy Lifestyle Principles CPR 	<ul style="list-style-type: none"> The YMCA is the largest nonprofit community service organization in America, working to meet the health and social service needs of 18.9 million men, women, and children in 10,000 communities across the United States. Fee includes workshop and exam but not study materials.

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YMCA Project Enhance http://www.projectenhance.org	Active Older Adult (AOA) Exercise Leader	\$75	1-day workshop	No	<ul style="list-style-type: none"> ▪ Healthy Lifestyle Principles ▪ EnhanceFitness New Instructor Training ▪ CPR 	<ul style="list-style-type: none"> ▪ An EnhanceFitness Master Trainer who is also a qualified YMCA Trainer can certify AOA Exercise Leaders with Healthy Lifestyle Principles (\$50, 4 hours) as a prerequisite followed by the EnhanceFitness New Instructor Training (12 hours). The three trainings together comprise the fitness certification. Click here for a flowchart of the YMCA certification track. ▪ Fee includes workshop and exam but not study materials.

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