



FIT Launch, Inc. Presents:

USFIT Personal Training

Practical Foundations Series The Art of Personal Training

Location: FIT Launch Studio- Snohomish WA

Dates: Weekend dates March - May

Saturday's ⇨ March 19, April 9, April 23, and May 14

Time: 1:00 – 5:00 pm

Fee: \$295 per person for series.

(includes manual and certificate)

-OR- \$80 per person per individual workshop.



Training Description:



Explore the practical foundations of personal training with our USFIT (United States Fitness Instructor Training) **16- hour, hands-on, progressive program.**

Learn the Art of Personal Training (March 19), The Art of Movement- Kinesiology (April 9), The Art of Fitness Assessment, Screening and Evaluation (April 23) & Beyond the Assessment- Program Design and Development for the healthy adult (May 14). All sessions will include theory and practical skills, case studies and take home exercises and activities.

Sign up for an individual weekend workshops or join us for the full series. Come dust off your current skills or build your personal training toolbox **-DON'T MISS OUT!!**

Instructor: AMY BOMAR, BS, CPT, President, FIT Launch Amy has been an active fitness presenter, educator and trainer for over 15 years and specializes in the fundamentals of personal training, group exercise, human movement, strength & core conditioning, and mind-body training. For complete bio visit www.fitlaunch.com

REGISTER EARLY – SPACE IS LIMITED



Up to 1.6 ACE CEC's

360.568.7448



Registration Information PT Practical Foundations

1. Make checks payable to **FIT Launch**. Registration online is available at www.fitlaunch.com
2. **Workshop participant number is limited due to space constraints – register early**

Please Print

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Daytime Phone _____ Cell _____

Select the full series or individual workshops

_____ \$295 – USFIT “Art of Personal Training” Series (workshops, CEC's, manual, & certificate)

_____ \$80 – Art of Personal Training 3/19

_____ \$80 – Art of Movement 4/9

_____ \$80 – Art of Fitness Assessment 4/23

_____ \$80 – Art of Program Design 5/14

~Workshops alone include course notes and CEC's only~

Method of payment:

_____ Check

_____ Credit Card (circle one)

MC VISA AMX

Credit Card Number _____

Expiration Date _____ Name on Card _____

Signature _____

FIT Launch Contact Information:

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