

# Be a Leader

## Take our YMCA Fitness Leader Certification Course

The course consists of three components that must be completed in order.

### Stage 1

#### **Basic Theory**

Covers all the basic information to get you started. Topics covered are basic physiology, anatomy, movement mechanics and nutrition. We will use fun and effective methods to help you learn.

### Stage 2

#### **Group Fitness or Individual Conditioning**

This portion of the course is more specific to your needs. The information learned in Basic Theory is reviewed and then applied to either group fitness or individual conditioning.

### Stage 3

#### **Apprenticeship and Certification**

At this point you will be using all the information you have learned and applying it, while working directly with a certified instructor. Once you have completed and successfully passed your practical assessment you will be a certified fitness leader.

### **Upcoming dates:**

#### ***Basic Theory***

Thursdays, 6:30-9:00 pm, starting November 19<sup>th</sup>, 2009

Members: FREE + cost of textbook (Volunteer commitment required)

Non-members: \$120.00 + cost of textbook

***Group Fitness and Individual Conditioning:*** TBA



YMCA

We build strong kids,  
strong families, strong communities.

For more information contact Alicia Strong, Program Director,  
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