### Domestic Workshops
- Atlanta, GA
- Austin, TX
- Charlotte, NC
- Columbus, OH
- Denver, CO
- Detroit, MI
- Houston, TX
- Jacksonville, FL
- Long Island, NY
- Los Angeles, CA
- Memphis, TN
- Milwaukee, WI
- New York, NY
- Northern California
- Philadelphia, PA
- Phoenix, AZ
- Pittsburgh, PA
- San Diego, CA
- St. Louis, MO
- Stamford/Hartford, CT
- Tampa, FL

### International Workshops

#### APEX Korea September 2015
- Yongsan Army Garrison
- September 5-7 and September 26-28, 2015
- Contact: Chad Jimison
- Email: chad.jimison@gmail.com

#### APEX England September 2015
- Lakenheath Air Force Base
- September 18-20, 2015
- Contact: Lorraine Botwright
- Email: lorraine.botwright.3.gb@us.af.mil

#### APEX Philippines
- Cebu - October 2-4
- Tagum - October 16-18
- Muntinlupa - October 23-25
- Contact: Dan August Cabiling
- Email: darcdance@hotmail.com

#### APEX Germany September 2015
- Spangdahlem Air Force Base - September 25-27, 2015
- Contact: Juergen Stockemer
- Email: juergen.stockemer.de@us.af.mil

#### APEX Japan September 2015
- Yokosuka Naval Base - September 25-27, 2015
- Contact: Michael Motohashi
- Email: michael.motohashi@fe.navy.mil

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**Register NOW!**

800-446-2322

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**“Early Bird Discount” per program, per day, special discounted rate, no other discounts apply. For a full description of special APEX pricing, see page 4.**

**Not all workshops will be offered in each city. Locations subject to change.**

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**The upcoming September APEX 2015 is your latest opportunity to take advantage of the world’s most credible and respected fitness certifications and specialty workshops.**

---

### CERTIFICATIONS*
- Primary Group Exercise Certification
- Personal Trainer Certification
- KickBoxing Certification
- Primary Group Exercise Certification
- Personal Trainer Certification

### 1-DAY CEU ON SITE WORKSHOPS*
- Golden Hearts™: Senior Fitness Training
- Fighting Obesity: A Practical Approach
- Practical Yoga Instructor Training
- Group Exercise: The Practical Way®
- FuzeCraze™: Dance Drills & Skills
- Group Resistance Training
- G.E.A.R.: Indoor Cycling
- Practical Pilates™

### 1-DAY CEU LIVE ONLINE WORKSHOPS
- Golden Hearts™: Senior Fitness Training
- Fighting Obesity: A Practical Approach
- Yoga and Pilates on the Ball Training
- Group Exercise: The Practical Way®
- Practical Yoga Instructor Training

Visit AfaaApex.com for more workshops!

### 1-DAY CEU ON DEMAND ONLINE WORKSHOPS
- Midlife Fitness for Women
- G.E.A.R.: Indoor Cycling
- Practical Pilates™
- Prehab vs Rehab
- Perinatal Fitness
- Sunrise Yoga

Visit AfaaApex.com for more workshops!

### AFAA DISTANCE EDUCATION CENTER
- Group Exercise Essentials: Knowledge, Skills & Abilities
  - ONLINE Course
- Personal Fitness Trainer
  - ONLINE Prep. Course
- Telexercise® Resistance Training
  - ONLINE Course

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FAX (800) 990-5468  |  www.afaa.com
Facebook.com/afaa.fit  |  Twitter.com/afaa_fit  |  Pinterest.com/afaa
05.01.2015 2:50pm

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Jillian Michaels BODYSHRED™ Certification
As the world’s largest fitness and TeleFitness™ educator, the Aerobics and Fitness Association of America (AFAA) is the “one-stop” source for state-of-the-art education services for fitness professionals.

AFAA offers the latest training, testing, certification, and continuing education, including workshops and classes, written and practical exams, online courses, and a wide range of reference works and publications.

And now you can take advantage of AFAA’s value-priced APEX workshops no matter where you are! If an APEX workshop isn’t coming to your city, simply join in online from the convenience of your own home and discover AFAA’s next generation of online educational opportunities, offered on demand or live featuring our new LQA System™ (Live Question and Answer System).

During September APEX 2015, we are excited once again to offer Jillian Michaels BODYSHRED™ Instructor Certification! Offered in select markets—check AfaaApex.com for availability.

---

**Special price offer is valid when you enroll between May 7th through September 17th, 2015.**

**For a full description of special APEX pricing, see page 4.**

---

**1-DAY CEU ONSITE WORKSHOPS**

**(To register, call 800-446-2322 or visit AfaaApex.com)**

**GOLDEN HEARTS™: SENIOR FITNESS TRAINING**

APEX Price: $99 (a $129 value)  **Worth: 5 CEUs**

**PRACTICAL YOGA INSTRUCTOR TRAINING**

APEX Price: $99 (a $129 value)  **Worth: 5 CEUs**

**G.E.A.R.: INDOOR CYCLING**

APEX Price: $99 (a $129 value)  **Worth: 5 CEUs**

And many more! Visit AfaaApex.com for additional Onsite Workshops

---

**1-DAY CEU LIVE ONLINE WORKSHOPS**

**(To register, call 800-446-2322 or visit AfaaApex.com)**

**GROUP EXERCISE: THE PRACTICAL WAY®**

DATE: September 8th  **TIME: 9 a.m. – 3 p.m. (PDT)**

APEX Price: $99 (a $129 value)  **Worth: 7 CEUs**

**FIGHTING OBESITY: A PRACTICAL APPROACH**

DATE: September 10th  **TIME: 9 a.m. – 3 p.m. (PDT)**

APEX Price: $99 (a $129 value)  **Worth: 7 CEUs**

**PREHAB VS REHAB**

DATE: September 3rd  **TIME: 9 a.m. – 3 p.m. (PDT)**

APEX Price: $99 (a $129 value)  **Worth: 7 CEUs**

And many more! Visit AfaaApex.com for additional Live Online Workshops

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**DISTANCE EDUCATION CENTER**

**(To enroll, call 800-446-2322 or visit AfaaDistanceEducation.com)**

**GROUP EXERCISE ESSENTIALS: KNOWLEDGE, SKILLS, & ABILITIES**

**ONLINE**  **APEX Price: $99 (a $149 value)**

The Group Exercise Essentials: Knowledge, Skills, and Abilities online course will cover theoretical and practical concepts and provide you with the tools necessary to create and implement programs for group exercise.  **18 AFAA Study Units**

**TELEXERCISE® RESISTANCE TRAINING ONLINE COURSE**

**ONLINE**  **APEX Price: $99 (a $149 value)**

Telexercise® is a dynamic online video course for fitness professionals. It includes a review of strength training theory. The video clip narratives (over 180) cover the proper set-up, execution, cueing and spotting, as well as offering modifications and progressions for each exercise. In addition, it addresses the application principles required specifically for fitness instructors to safely and effectively instruct and safeguard their healthy adult clients.  **18 AFAA Study Units**

**PERSONAL FITNESS TRAINER ONLINE PREPARATORY COURSE**

**ONLINE**  **APEX Price: $99 (a $149 value)**

This course streamlines the latest information on the theory and practice of personal fitness training. This course is appropriate for all personal trainers (either currently certified or not) having a four-year degree in health or fitness, plan on taking the NBFE Exam for personal fitness trainers, or simply need study units for recertification.  **18 AFAA Study Units**

**SUNRISE YOGA**

**ONLINE**  **APEX Price: $99 (a $129 value)  **Worth: 5 CEUs**

**PRACTICAL PILATES™**

**ONLINE**  **APEX Price: $99 (a $129 value)  **Worth: 5 CEUs**

**MIDLIFE FITNESS FOR WOMEN**

**ONLINE**  **APEX Price: $99 (a $129 value)  **Worth: 5 CEUs**

And many more! Visit AfaaApex.com for additional Online Workshops

---

**CERTIFICATION WORKSHOPS**

**(To register, call 800-446-2322 or visit AfaaApex.com)**

**PERSONAL TRAINER CERTIFICATION**

**ONSITE**  **APEX Price: $297 (a $499 value) - $329 Starting August 1st, 2015**

A three-day onsite certification workshop including lectures, practical demonstrations and written and practical exams for aspiring and experienced fitness professional working one-on-one with exercising clients. Recommended study: Personal Fitness Training: Theory & Practice textbook, Practice Test, Fitness Assessments DVD, Personal Fitness Trainer Online Preparatory Course and Telexercise® Resistance Training Online Course (see details below). Weight room/weight training experience is strongly recommended.  **15 CEUs**

**PRIMARY GROUP EXERCISE CERTIFICATION**

**ONSITE**  **APEX Price: $99 (a $299 value) - $129 Starting August 1st, 2015**

AFAA’s revised one-day onsite certification workshop includes a review of AFAA’s Basic Exercise Standards and Guidelines, anatomy, exercise science, exercise evaluation and exam criteria. The day concludes with the practical and written exams. This workshop is for aspiring group exercise instructors whose training and educational background has prepared them to take the AFAA Primary Group Exercise Certification exam. Recommended study: Fitness: Theory & Practice (2010) textbook, Exercise Standards & Guidelines (2010), Practice Test for Primary Certification (2010), The Practical Way (DVD), Group Exercise. The Practical Way® Live Online Workshop, Group Exercise Essentials: Knowledge, Skills, & Abilities.  **15 CEUs**

**KICKBOXING CERTIFICATION**

**ONSITE**  **APEX Price: $99 (a $239 value) - $109 Starting August 1st, 2015**

AFAA’s revised one-day onsite workshop brings standards and guidelines to one of today’s hottest workouts. Learn the safe and effective way to lead dynamic KickBoxing classes. Recommended study: KickBoxing: A Manual for Instructors (2010), Practice Test for KickBoxing Certification (2010), KickBoxing Certification Study Guide.  **5 CEUs**

**PERSONAL TRAINER CERTIFICATION**

**ONLINE**  **APEX Price: $297 (a $499 value) - $329 Starting August 1st, 2015**

Primary Trainer Certification Online is AFAA’s premier eAFAA course, combining the industry leading personal trainer certification standards with the convenience of independent self-study, and the security of third-party monitoring and authenticating systems. Composed of a series of 14 video lectures, the course meets the rigorous criteria established by the National Board of Fitness Examiners (NBFE), and is the industry’s first fully online secure, credible and convenient course for personal trainer certification. The course includes an online, third-party monitored multiple-choice exam, as well as an online practical exam, given by an AFAA presenter utilizing AFAA’s proprietary, secure Multitraining Live® web-conferencing system.  **15 CEUs**

**PRIMARY GROUP EXERCISE CERTIFICATION**

**ONLINE**  **APEX Price: $199 (a $299 value) - $229 Starting August 1st, 2015**

Primary Group Exercise Certification Online is AFAA’s premiere eAFAA course, combining the fitness industry’s leading group exercise certification standards with the convenience of independent self-study, and the security of third-party monitoring and authenticating systems. Learn at your own pace with 14 dynamic streaming video lectures, a downloadable study guide, and sample multiple-choice questions. The course includes an online, third-party monitored multiple-choice exam, as well as an online practical exam, given by an AFAA instructor utilizing AFAA’s proprietary, secure Multitraining Live® web-conferencing system.  **15 CEUs**
<table>
<thead>
<tr>
<th>City/State</th>
<th>Facility Name</th>
<th>Address</th>
<th>Certification</th>
<th>Date</th>
<th>Start Time</th>
<th>End Time</th>
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<tbody>
<tr>
<td>ATLANTA, GA</td>
<td>Emory University/Woodruff P.E. Center</td>
<td>Atlanta, GA</td>
<td>D1305194</td>
<td>Saturday, Sept. 19th, 9am - 5pm</td>
<td>Saturday, Sept. 19th, 9am - 5pm</td>
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<td>Power Shack Fitness Center</td>
<td>310 Merrick Rd, Hilliard</td>
<td>D1305194</td>
<td>Saturday, Sept. 19th, 9am - 5pm</td>
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<td>Detroit MI</td>
<td>Birmingham Family YMCA</td>
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<td></td>
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<td>Dowd YMCA</td>
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<td></td>
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<td>Lake Norman YMCA</td>
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<td>Saturday, Sept. 19th, 9am - 5pm</td>
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<td></td>
<td>Denver, CO</td>
<td>Downtown YMCA</td>
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<td>Saturday, Sept. 19th, 9am - 5pm</td>
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<td></td>
<td>Los Angeles, CA</td>
<td>CSU - Student Recreation Center</td>
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<td>Saturday, Sept. 19th, 9am - 5pm</td>
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<td>San Diego, CA</td>
<td>San Diego State University - Artz Recreation Center</td>
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<td></td>
<td>St. Louis, MO</td>
<td>Gold's Gym</td>
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<td>Saturday, Sept. 19th, 9am - 5pm</td>
<td></td>
</tr>
</tbody>
</table>
**STUDY MATERIALS ONSITE WORKSHOPS**

All certification workshop fees include a corresponding study guide, which will be mailed at the time of registration. Additional resources for each course are described below. Prices do not include sales tax or shipping charges.

<table>
<thead>
<tr>
<th>Certification</th>
<th>Fees</th>
</tr>
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<tbody>
<tr>
<td>Primary Group Exercise Certification</td>
<td>$99, $199 (recommended)</td>
</tr>
<tr>
<td>Personal Trainer Certification</td>
<td>$99, $20 (recommended)</td>
</tr>
<tr>
<td>Personal Fitness Training: Theory &amp; Practice textbook</td>
<td>$69, $20 (recommended)</td>
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<tr>
<td>Practice Test for Primary Certification</td>
<td>$20 (recommended)</td>
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<tr>
<td>Practice Test for Personal Trainer</td>
<td>$20 (recommended)</td>
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<tr>
<td>The Practical Way DVD</td>
<td>$20 (recommended)</td>
</tr>
<tr>
<td>Group Exercise: The Practical Way ® Live Online Workshop</td>
<td>$20 (recommended)</td>
</tr>
</tbody>
</table>

**STUDY MATERIALS ONLINE WORKSHOPS**

All online certification workshop fees include a corresponding study guide that can be downloaded once enrolled and logged in. Additional resources for each course are described below. Prices do not include sales tax or shipping charges.

<table>
<thead>
<tr>
<th>Certification</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>Personal Trainer Certification</td>
<td>$99, $20 (recommended)</td>
</tr>
<tr>
<td>Personal Fitness Training: Theory &amp; Practice textbook</td>
<td>$69, $20 (recommended)</td>
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<tr>
<td>Practice Test for Personal Trainer</td>
<td>$20 (recommended)</td>
</tr>
<tr>
<td>Fitness Assessments DVD</td>
<td>$20 (recommended)</td>
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</table>

1-Day CEU Live Online Workshops

Participants will receive a workshop outline in advance. There are no study materials to order.

<table>
<thead>
<tr>
<th>Certification</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>KickBoxing Certification</td>
<td>$99, $20 (recommended)</td>
</tr>
<tr>
<td>Practice Test for KickBoxing Certification</td>
<td>$20 (recommended)</td>
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</tbody>
</table>

**STUDY GROUPS**


As you look forward to your AFAA certification, do you find yourself wanting to go beyond the study guide, dig deeper and prepare earlier? We’re here to help! AFAA offers live online group study sessions where you can meet others studying for the same certification! Schedule a seat in an AFAA Study Group for FREE (for a limited time) so you can collaborate, educate, and get your questions answered before taking your certification exam.

**APEX PRICING**

**Early Bird Discounts Effective May 7th 2015 – July 31st 2015**

<table>
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<th>Certification</th>
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<td>KICKBOXING CERTIFICATION</td>
<td>$99</td>
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<td>1-DAY CEU WORKSHOPS</td>
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<td>DEC COURSES</td>
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**Effective August 1st 2015 – September 17th 2015**

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</tbody>
</table>

(To register, call 800-446-2322 or visit AfaaApex.com)

AFAA reserves the right to limit, postpone or cancel any of its events and programs due to any and all circumstances beyond its control. You assume the risk of any such changes, and you are responsible for checking our status line before departing for the venues where such events and programs are scheduled to take place. Call 1-800-225-2322. When you hear the recorded greeting, enter 888 for a 24-hour recorded message with workshop change information. APEX registration subject to availability.

**Important Information**

- If you have a disability and require special accommodations please call 800-225-2322 ext. 213 in advance.
- If you cannot attend a workshop, a credit will be issued valid for 1 year for the amount paid less a $40 fee. All program dates and times subject to change.
- To verify there have been no changes to your workshop schedule or location, especially in the event of inclement weather, call AFAA’s hotline at 1-800-225-2322. When you hear the recorded greeting, enter 888 for a 24-hour recorded message with workshop change information.

**Contact Information**

PHONE 818-905-0040  
800-225-2322  
FAX 818-990-5468  
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15250 Ventura Blvd., Suite 200  
Sherman Oaks, CA 91403-3297  
www.afaa.com