



AAAI/ISMA SOUTHEAST CALENDAR FALL 2007



AMERICAN AEROBICS ASSOCIATION INTERNATIONAL/INTERNATIONAL SPORTS MEDICINE ASSOCIATION

Primary Aerobic Instructor Certification Saturday, September 15, 2007

Location: **Western Carolina University** Instructor: Jennifer Miller
 Reid Gym Cost: \$100 pre-registered (postmarked by Aug 31) or \$140 at the door
 Cullowhee, NC Time: 8:30 a.m. – 5:00 p.m.
 (828)227-7069 CECs: 8 AAAI/ISMA Continuing Education Credits

Required Text: Studies in Exercise Science (\$20)
 Primary Aerobic Instructor Certification: basic teaching skills for all group fitness formats: counting music, choreographing movement, becoming a motivator, anatomy, physiology, and exercise safety. Appropriate for new instructors.

Personal Fitness Trainer Certification Fri and Sat, September 28 & 29, 2007

Location: **The Rush Fitness Complex** Instructor: Susie Gorman Green
 10708 Kingston Pike (Farragut) Cost: \$100 pre-registered (postmarked by Sept 14) or \$140 at the door
 Knoxville, TN Time: Friday 4:15-4:45 p.m. Registration 5:00-10:00 p.m. Lecture
 (865)671-0781 Saturday 7:30 a.m. – Noon Exam

Required Text: Studies in Exercise Science (\$20) CECs: 8 AAAI/ISMA Continuing Education Credits
 and the AAAI/ISMA Personal Fitness Trainer Supplement (\$15)

Personal Trainer Certification: introduction to personal training: exercise safety, anatomy, physiology, and program design.

Pilates Instructor Certification Saturday, September 29, 2007

Location: **The University of TN TREC** Instructor: Karen Smith
 2111 Volunteer Blvd Cost: \$100 pre-register (postmarked by Sept 14) or \$140 at the door
 Knoxville, TN Time: 10:00 a.m. – 6:00 p.m.
 (865)974-5165 CECs: 8 AAAI/ISMA Continuing Education Credits

Required Text: The Pilates Body (\$15)
Pilates Instructor Certification: Mat work pilates exercises for posture, core strength, and flexibility.

Cycle Instructor Certification Saturday, October 13, 2007

Location: **The RUSH Fitness Complex** Instructor: Karen Smith
 6933 Lee Highway Cost: \$100 pre-register (postmarked by Sept 28) or \$140 at the door
 Chattanooga, TN Time: 8:30 a.m. – 5:00 p.m.
 (423)308-7874 CECs: 8 AAAI/ISMA Continuing Education Credits

Required Text: Studies in Exercise Science (\$20) and the AAAI/ISMA Cycle Supplement (\$15)
Cycle Instructor Certification: beginning certification for indoor cycling: bike set up, class format, and exercise safety.

Primary Aerobic Instructor Certification Saturday, October 13, 2007

Location: **National Fitness Center** Instructor: Jennifer Miller
 3030 Tazewell Pike Cost: \$100 pre-registered (postmarked by Sept 28) or \$140 at the door
 Knoxville, TN Time: 8:30 a.m. – 5:00 p.m.
 (865)687-6066 CECs: 8 AAAI/ISMA Continuing Education Credits

Required Text: Studies in Exercise Science (\$20)
Primary Aerobic Instructor Certification: basic teaching skills for all group fitness formats: counting music, choreographing movement, becoming a motivator, anatomy, physiology, and exercise safety. Appropriate for new instructors.

Aqua Instructor Phase II Certification Saturday, October 27, 2007

Location: **Blount Memorial Wellness** Instructor: Yvonne Cook Rose
 220 Associates Blvd Cost: \$100 pre-registered (postmarked by Oct 12) or \$140 at the door
 Alcoa, TN Time: 8:30 a.m. – 5:00 p.m.
 (865)980-7122 CECs: 8 AAAI/ISMA Continuing Education Credits

Required Text: The AAAI/ISMA Aqua Supplement (\$15)
Aqua Instructor Phase II: advanced aquatics instructor certification. Pre-requisite: Aqua Instructor Phase I certification or one year teaching experience.

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Weight Trainer Consultant Certification Sat and Sun, October 27 & 28, 2007

Location: The Rush Fitness Complex Instructor: PJ Lindahl
10708 Kingston Pike (Farragut) Cost: \$100 pre-register (postmarked by Oct 12) or \$140 at the door
Knoxville, TN Time: Saturday 2:00-6:00 p.m. and Sunday 10:00 a.m. – 2:00 p.m.
(865)671-0781 CECs: 8 AAAI/ISMA Continuing Education Credits

Required Text: Studies in Exercise Science (\$20)
Weight Trainer Consultant Certification: practical training for personal trainers, equipment use and safety, anatomy, physiology, and program design. Excellent for personal trainers who want to advance their training skills.

Phase I Yoga Instructor Certification Saturday and Sunday, November 3 & 4, 2007

Location: The Rush Fitness Complex Instructor: Jennifer Miller
6933 Lee Highway Cost: \$150 pre-register (postmarked by Oct 19) or \$200 at the door
Chattanooga, TN Time: 8:30 a.m. – 5:00 p.m. Saturday and Sunday
(423)308-7874 CECs: 8 AAAI/ISMA Continuing Education Credits (attend Sat only)

Required Text: The AAAI/ISMA Yoga Supplement (\$15)
Phase I Yoga Instructor Certification: Yoga fundamentals for fitness instructors: in depth training on basic yoga postures, practical applications for the fitness format, modifications and safety concerns, and building a class sequence. Excellent for new yoga instructors. Please bring a yoga mat.

Registration Form for AAAI/ISMA Certifications

Name: _____
Address: _____

E-mail: _____
Phone #: _____

→ Please send registration form and fee for certifications and materials to: AAAI/ISMA
Box 663
New Hope, PA 18938
(609)397-2139
Or, fax registration form to AAAI/ISMA: (609)397-7683

Please indicate which certification you are registering for:

_____ \$100 Primary Aerobic Instructor Certification Saturday, September 15, 2007 – Cullowhee, NC
_____ \$100 Personal Fitness Trainer Certification Friday and Saturday, September 28 & 29, 2007 – Knoxville, TN
_____ \$100 Pilates Instructor Certification Saturday, September 29, 2007 – Knoxville, TN
_____ \$100 Cycle Instructor Certification Saturday, October 13, 2007 – Chattanooga, TN
_____ \$100 Primary Aerobic Instructor Certification Saturday, October 13, 2007 – Knoxville, TN
_____ \$100 Aqua Instructor Phase II Certification Saturday, October 27, 2007 – Alcoa, TN
_____ \$100 Weight Trainer Consultant Certification Saturday and Sunday, October 27 & 28, 2007 – Knoxville, TN
_____ \$150 Phase I Yoga Instructor Certification Saturday and Sunday, November 3 & 4, 2007 – Chattanooga, TN

MATERIALS (Only available through AAAI/ISMA)

_____ \$15 AAAI/ISMA Aqua Supplement
_____ \$15 AAAI/ISMA Cycle Supplement
_____ \$15 AAAI/ISMA Personal Trainer Supplement
_____ \$15 AAAI/ISMA Yoga Supplement
_____ \$15 The Pilates Body
_____ \$20 Studies in Exercise Science

\$7.00 REQUIRED Shipping and Handling
Total Amount Included

MAKE CHECKS PAYABLE TO AAAI/ISMA

Or, pay by credit card: _____ Visa _____ Master Card
Credit Card #: _____
Expiration Date: _____
Signature: _____

NO REFUNDS! If you are unable to attend the certification you register for, you will be given partial credit toward another AAAI/ISMA certification. There is a \$20 rescheduling / retesting fee.

Please register at least 3 weeks prior to certification to ensure delivery of materials.

AAAI/ISMA Certifications require the student to order materials and study in advance. Your certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching/training skills. At the end of your certification, you will complete a written and practical exam to demonstrate skills and knowledge. You may attend any certification lecture (no exam!) for continuing education and receive 8 CECs to renew your existing certification. If you have any questions regarding certifications, contact AAAI/ISMA Southeast Representative Jennifer Miller at fitnessmiller@yahoo.com or 256-452-4337 or visit AAAI/ISMA online at www.aaai-ismafitness.com.