

Fitness Certification Programs



Become a

Certified Fitness Professional

The Leader in Fitness Education
in New Brunswick!

NATIONALLY RECOGNIZED
through the National Fitness
Leadership Alliance



Fitness NB Certifications



Fitness Theory (FT)

Gaining an understanding in the basics of fitness is an important step in taking responsibility for a healthy, active lifestyle. This 24 hour course is designed to stand on it's own (for those interested in personal education) or be combined with one of the specialty courses (for leaders seeking certification). The FT is a prerequisite for all specialty courses.

Group Fitness Leadership (GFL)

Participating in fitness classes is as popular as ever and today's consumer expects quality in leadership. This 26 hour course provides participants with the skills required to lead a safe, effective and motivating class.

Resistance Training Leadership (RTL)

Resistance training appeals to a wide range of participants. This 28 hour course will provide you with the basic principles involved in strength training. This course is not intended to certify individuals as personal trainers.

Aquafitness Leadership (AFL)

Many people are turning to the pool to enjoy the unique benefits of the water. This 24 hour course will provide participants with the knowledge and practical skills required to lead safe, effective and motivating classes in the pool in a variety of formats.

Older Adult Fitness Leadership (OAFL)

Regular, physical activity makes sense for everyone, particularly older adults wishing to maintain independent and active lifestyles. This 20 hour course sensitizes leaders to the special considerations involved in older adult fitness and provides them with the skills to lead older adult fitness classes.

Personal Fitness Trainer (PFT)

Please note: Resistance Training Leadership is also a prerequisite to the Personal Fitness Trainer course. The purpose of this 32 hour course and certification is to recognize individuals as Personal Fitness Trainers (PFT). PFT's are health/fitness professionals who, using an individualized approach, assess, design, implement, educate and motivate clients regarding their health and fitness needs. They design safe and effective exercise programs, and provide the guidance to help clients achieve their personal fitness goals. Recognizing their area of expertise, Personal Fitness Trainers refer clients to other health care professionals when appropriate.



Contact Us

For more information on upcoming courses, workshops, or membership please contact:

Fitness New Brunswick

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Mission Statement

Fitness New Brunswick is a not-for-profit organization dedicated to educating the community and certifying leaders by upholding excellence in training and professional standards.



Certification Process

Stage One: Fitness Theory

- Full attendance at the Fitness Theory (FT) Course.
- Successful completion of the FT Exam (80% or higher).

Stage Two: Specialty Course

- Full attendance at a Specialty Course. (Group Fitness Leadership, Resistance Training Leadership, Aquafitness Leadership, Older Adult Fitness Leadership, Personal Fitness Trainer.)
- Successful completion of the Specialty Exam (80% or higher.)

Stage Three: Apprenticeship

- Recommended 8 hours of practical experience in a formal setting.

Stage Four: Evaluation

- Current Adult 1 person CPR. (Please note: Personal Fitness Trainers must also hold a current First Aid Certificate.)
- Practical Evaluation.

Stage Five: Certification

- Successful completion of stages 1-4.
- Payment of annual Fitness NB Professional Association Fee.
- Certification requirements must be completed within 6 months.

Call Fitness NB to find out more about Examination Challenges!



About Fitness NB

Top professionals are certified with Fitness New Brunswick for the following reasons:

- Fitness NB is a not-for-profit organization recognized as **THE** provincial certifying agency for fitness professionals in New Brunswick.
- As a not-for-profit organization, the Fitness NB is an unbiased source of fitness education and certification.
- An Fitness NB certification is recognized Nationally and transferable to any province/territory in Canada.
- A Fitness NB certification elevates the credibility and marketability of the fitness professional since the consumer is reassured that minimal national standards (FNB) have been met.
- Fitness NB promotes professionalism in the fitness industry.
- Fitness NB certifications reduce liability risk for the leader and facility.
- Fitness NB training provides standardization and consistency of leadership.
- Fitness NB creates public awareness and recognition of safe and effective practices for fitness professionals.

The Fitness NB offers certifications in: Group Fitness, Resistance Training, Older Adult, Aquafitness, Personal Fitness Training, and more!