

fitness new brunswick

Group Fitness



Become a

Certified Fitness Professional

The Leader in Fitness Education
in New Brunswick!

NATIONALLY RECOGNIZED
through the National Fitness
Leadership Alliance



Course Content



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

Pre-requisite: Successful completion of Basic Fitness Theory (BFT).

Content Includes:

- Goals of the Course
- Various Types of Group Fitness Classes
- Pre-class Preparation
- Warm-Up
- Cardiovascular Conditioning
- Muscular Conditioning
- Final Cool Down
- Practical Sessions on Floor
- Stretching Discussion
- High/Low Class Participation and Discussion
- Cueing - Verbal and Visual
- Types of Choreography
- Block Building Do's and Don't's
- Formations
- Use of Music
- Musical Definitions
- How to Identify the 32 Count
- Music Selection
- Music Resources
- Muscular Conditioning Class Participation
- Teaching Drills
- Step
- Proper Stepping Technique
- Step Class Design
- Tips for Building Step Choreography
- Safety Considerations

Benefits of hiring a certified fitness leader (for facilities):

- Reassures consumers that Fitness NB leaders have met national (NFLA) standards.
- Increases credibility and marketability of the fitness industry.
- Promotes professionalism of the facility.
- Reduces liability risk for the facility.

Benefits of requesting a certified fitness leader (for the public):

- Reassurance that leaders have met national (NFLA) standards.
- All Fitness NB certified leaders are trained to conduct safe and effective practices.
- All Fitness NB certified leaders are standardized and are consistent with their practices.
- Reassurance that Fitness NB certified leaders are professionals that are kept up to date with the latest fitness practices.

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Contact Us

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

Fitness New Brunswick

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Fitness New Brunswick is a member of the National Fitness Leadership Alliance (NFLA).

Mission Statement

Fitness New Brunswick is a not-for-profit organization that develops and promotes certification in fitness while being an advocate for active living and physical activity.



Certification Process

Stage One: Basic Fitness Theory

- Full attendance at the Basic Fitness Theory (BFT) Course.
- Successful completion of the BFT 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, Fitness NB is an unbiased source of fitness education and certification.
- A 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 (NFLA) 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.

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