fitnessnb.ca



Hello All,

Happy Valentines Day!

I hope you are all having a great start to February.

fitnessnb.ca

CONDITIONNEMENT PHYSIQUE NOUVEAU BRUNSW

For 3 days only! We are having a sale on ALL of our workshops - both online and in person. We have a lot to choose from. Our workshop offerings include: Functional Fitness for Well-being and Longevity - using portable equipment, Introduction to Barre, Kettlebell Essentials, Barbell Basics, and our brand new Introduction to FNB-AQX Aqua Fitness Leadership workshop.

As you may have already noticed, we have recently launched our FNB-AQX Aqua Fitness Leadership Course. Early bird pricing is available exclusively to FNB members and AQX subscribers. We are excited to add this course as part of Fitness NB's (course) offerings and see more aqua fitness leaders in the industry and more use of pools in our communities :)

If you have any questions, please don't hesitate to ask.

Yours in Health, Shelley Kadatz Bonjour à tous,

Joyeuse journée de la Saint-Valentin ! J'espère que vous commencez bien le mois de février.

Pour 3 jours seulement ! Nous faisons une vente sur TOUS nos ateliers - en ligne et en personne. Nous avons beaucoup de choix. Nos ateliers comprennent: Remise en forme fonctionnelle pour le bien-être et la longévité - l'Utilisation d'équipement portable, Introduction à la barre, Les essentiels de Kettlebell, La base des haltères, et notre tout nouvel atelier Introduction au leadership en aquaforme FNB-AQX Aqua.

Comme vous l'avez peut-être déjà remarqué, nous avons récemment lancé notre cours FNB-AQX Aqua Fitness Leadership. Les membres de la FNB et les abonnés de l'AQX peuvent bénéficier d'un tarif préférentiel. Nous sommes ravis d'ajouter ce cours à la gamme de cours offerts par Conditionnement physique NB et de voir plus de chefs de file en aquaforme dans l'industrie et plus d'utilisation des piscines dans nos communautés :)

Si vous avez des questions, n'hésitez pas à les poser.

Je vous souhaite une bonne santé, Shelley Kadatz





Register Here

CONTINUING EDUCATION CREDITS (CEC'S)*

The fitness industry is continually changing and evolving. Continuing education is an essential part of ensuring that you, as a fitness leader, stay up to date with the most current information and trends. 18 CEC's are required for Personal Trainers and 12 CECs are required for Group Fitness Leaders every two years.

Starting next year, we will be asking members to input their CEC's through our membership portal Wild Apricot. This link will explain how CEC's are assessed it includes and how to input your CEC's. The document also includes the link to our qualifying CEC providers. Link to FNB CEC Approval Process.

Contact us at membershipservices@fitnessnb.ca if:

- You would like verification if a course will be accepted as CECs.
- How many credits your training course is worth.
- You are a course instructor and want to know how many CECs your course is worth.
- You are a course instructor and want to have your course posted with FNB.

EARN YOUR CREDITS:

FNB Courses & Workshops

Gain knowledge and skills through our courses and workshops with Fitness NB will help acquire CEC credits. Click here to register for one these.

FNB SUMMIT Attend the Fitness NB Summit and obtain CECs! Stay tuned for the 2024 date.

AFFILIATE COURSES

Members can also earn CECs and online education through our partners at MedeXN, Bellyfit, GMP Fitness and FHP Education.

AFFILIATE COURSES:

Human Kinetics

Our partnership with Human Kinetics Canada provides you with hundreds of new Health and Fitness resources and online education course options. Check out FNB's page at Human Kinetics Canada. Approved CECs credits are listed for each course.



MedeXN

Learn about working with clients with diabetes, cancer, or learn to guide clients through stress management. Please use code FNB25 to receive a 25% discount on MedeXN courses. Exclusive to FNB Members.



FHP

Exercise Theory Online: Ideal for a refresh in anatomy and physiology Click here for more information on this course.





Bellyfit

Dance into fitness and love how you feel with Bellyfit Education. Click here to find out more about Bellyfit and there courses.

GMP Fitness

Our partnership with GMP Fitness provides you with many online course options. Check out the list of pre-approved GMP CEC options here. Use the promo code GMPFNB10 to get 10% off.

FNB Students get 50% off these CEC Certification Courses. Earn up to 18 CEC's on these courses. Use code GMPFNB50 Agility, Balance, and Coordination Fitness Training Specialist Balance and Fall Prevention Specialist Core Fit Corrective Exercise Specialist Balance and Fall Prevention Specialist Flexibility Injury Prevention Specialist Muscular Performance Self-Therapy Specialist

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