

## **Certifications:**

ACTION Personal Trainer Certification

Aerobics and Fitness Association of America (AFAA) Group Exercise Instructor

Aerobics and Fitness Association of America (AFAA) KickBoxing

Aerobics and Fitness Association of America (AFAA) Personal Trainer

Aerobics and Fitness Association of America (AFAA) Step

Aerobics and Fitness Association of America (AFAA) Weightroom Resistance?

Aerobics and Fitness Association of America (AFAA) Fitness Counselor?

American College of Sports Medicine (ACSM) Certified Exercise Physiologist

American College of Sports Medicine (ACSM) Certified Health and Fitness Specialist

American College of Sports Medicine (ACSM) Certified Personal Trainer

American Council on Exercise (ACE) Certified Personal Trainer

American Council on Exercise (ACE) Fitness Nutrition Specialist

American Council on Exercise (ACE) Group Fitness Instructor

American Council on Exercise (ACE) Lifestyle & Wellness Consultant

American Council on Exercise (ACE) Sports Conditioning Specialist

American Dietetic Association Registered Dietitian

American Fitness Professionals & Associates (AFPA) Cycling

American Heart Association Advanced Cardiac Life Support Instructor

Aquatic Exercise Association (AEA) Aquatic Fitness Professional

Arthritis Foundation Aquatic Exercise Instructor

Atletica

Balletone

Baptiste Institute 200 Hour Certified Baptiste Teacher

BollyX Instructor

The Center Health.Yoga.Arts

Certified Athletic Trainer (ACT)

Note: To become a Certified Athletic Trainer (ATC) one must graduate from a bachelors or masters degree program accredited by the Commission on Accreditation of Athletic Training Education (CAATE) via the Joint Review Committee-Athletic Training (JRC-AT)

CPR/AED

CrossFit Level 1

Cycle Reebok (no longer exists)

Egoscue University Postural Alignment Specialist (PAS)

Emotional Brain Training Provider Certification

FIT4MOM Stroller Strides Instructor

Functional Movement Screen (FMS) Certified

Heart Zones Certified Cycle Instructor

Hip Hop Hustle

House Party Fitness

INSANITY

Integrative Nutrition Health Coach

Interactive Fitness Trainers of America (IFTA) Kickboxing

International Sports Conditioning Association (ISCA) Certified Pilates Instructor

(Looks like the ISCA no longer exists.)

International Sports Sciences Association (ISSA) Kickboxing Instructor

Johnny G Spinning

Keiser Cycling Instructor

Kettlebell Concepts

Laban Bartenieff Institute of Movement Studies Certified Movement Analyst

Les Mills BODYATTACK

Les Mills BODYCOMBAT

Les Mills BODYFLOW

Les Mills BODYJAM

Les Mills BODYPUMP

Les Mills BODYSTEP

Les Mills BORN TO MOVE

Les Mills CXWORX

Les Mills GRIT

Mad Dogg Athletics Certified Spinning Instructor

MovNat Level 1, Level 2, Level 3, Combatives, Aquatics

Mr. Stuart's Martial Arts Power Karate

National Academy of Sports Medicine (NASM) Certified Personal Trainer

National Academy of Sports Medicine (NASM) Corrective Exercise Specialist

National Academy of Sports Medicine (NASM) Performance Enhancement Specialist

National Athletic Trainer Board of Certification (NATABOC) Athletic Trainer

National Athletic Trainers Association (NATA) Certified Athletic Trainer

National Athletic Trainers Association (NATA) Functional Movement Screen (FMS)

National Strength and Conditioning Association (NSCA) Certified Personal Trainer

National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist

National Strength Professionals Association (NSPA) Cycling Instructor

National Strength Professionals Association (NSPA) Personal Trainer

Nia White Belt

Powerstrike

Power Yoga Works Vinyasa Flow

Precision Nutrition Level 1

PT on the Net CEC Exam, Special Populations

Red Cross Instructor in First Aid/AED/CPR

Red Cross Lifeguarding Instructor

Red Cross Water Safety Instructor (swim lessons)

Schwinn Fitness (different levels)

SCW Aqua Exercise

Seva Power Yoga

Spinning

Spinning SpinPOWER

STOTT PILATES Certified Instructor

STOTT PILATES Instructor Trainer

TRX Suspension Training Instructor

Ugi

Wellcoaches Certified Health & Wellness Coach

World Paddle Association (WPA) Level 1 Certified Instructor

Yoga Alliance 200-Hour Registered Yoga Teacher

Yoga Alliance 500-Hour Experienced Registered Yoga Teacher

YogaFit Level 1

YogaLife Institute 500-Hour Yoga Teacher

Zumba Basic

Zumba Basic 2

## **Memberships:**

IDEA Health & Fitness Association