

Ace Group Fitness Instructor Manual 3rd Edition

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By Ace Ace Group Fitness Instructor Manual: A Guide for Fitness Professional (3rd Edition) Jan 16, 1900. Paperback Only 2 left in stock - order soon. Ace Group Fitness Instructor Manual: A Guide for Fitness Professionals: Book and DVD by American Council on Exercise (March 1, 2007) Paperback 2. Jan 1, 1780 ...  
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ACE Group Fitness Instructor Handbook  
- Christy D., ACE Certified Group Fitness Instructor An unparalleled learning experience to prepare you to get certified. With all ACE Certification Study Programs, you can count on learning the latest instructional techniques, coaching skills and leadership strategies for teaching safe, effective and enjoyable group fitness classes.

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The all-new ACE Group Fitness Instructor Manual, 3rd Edition, prepares fitness professionals to design effective group fitness programs and both safely and successfully lead a wide range of class formats and participants.

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ACE (American Council on Exercise) As a long-time leader in the fitness credentialing industry, all of ACE ' s core certifications are accredited by the NCCA – including Group Fitness Instructor. It is considered by many to be the “ gold standard ” in group fitness certifications.

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The primary manual is the “ resources for the group exercise instructor. ” This textbook can be purchased from the ACSM website for \$72.99. The smaller second book is called “ the guidelines for exercise testing and prescription. ” This textbook can also be purchased from the ACSM website for \$41.99.

5 Group Fitness Certifications - Which one is the best in ...

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