

## CONVENIENT CLASS SCHEDULE

Classes are held once a week on Saturdays for 12 consecutive weeks in a convenient location in Meredith, NH. Our schedule is designed to accommodate busy professionals working full time. We offer Spring, **Summer** and **Fall** classes.



Download our calendar at our website: [www.apeiportal.com](http://www.apeiportal.com)

## AFFORDABLE PRICING

The average annual tuition of a college is \$37,650 (source: College Data). APEI's all-inclusive Fitness Program tuition is \$3,850.00 which covers hands-on classes, equipment and study material that will prepare you to immediately start your new career in the fitness industry. We offer direct financing and an affordable 10 months payment plan. We also offer discounts for full payments and a referral paid program.

Download our full tuition cost and payment plans catalogue at our website: [www.apeiportal.com](http://www.apeiportal.com)



## LET OUR EXPERIENCE ADD TO YOURS

We know what it takes to get results and we are ready to share it with you. APEI instructors are experts in corrective exercise, functional movement and resistance training. They are licensed and certified to teach. Let us help you prepare for a successful career in fitness.

**Contact APEI today to enroll in our Fitness Training Program.**

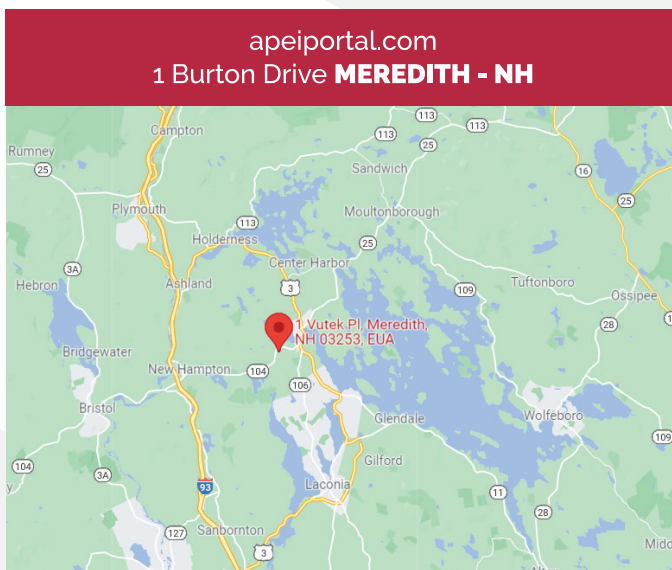
## Occupational Competencies

You will gain proficiency in the following domains:

- Business/SalesMarketing
- Scope of practice and ethical behavior
- Knowledge of the human movement and cardio-respiratory systems
- Client physical assessment
- Exercise program design
- Exercise program evolution
- Strength, functional and corrective exercise techniques
- Basic nutrition concepts



START YOUR  
**NEW FITNESS CAREER**  
AT THE AMERICAN PROFESSIONAL  
EDUCATION INSTITUTE (APEI)



[apeiportal.com](http://apeiportal.com)

1 Burton Drive **MEREDITH - NH**



FITNESS  
**TRAINING**  
**PROGRAM**

[apeiportal.com](http://apeiportal.com)



**You will learn skills to perform fitness assessments and develop safe and effective training programs for clients with different conditioning levels, goals and limitations.**

**You will be** introduced to topics such as anatomy, physiology, biomechanics, exercise prescription, program progression, components of an exercise training plan, including flexibility techniques, cardiorespiratory protocols, exercise selection, correct posture and main resistance exercise techniques for all body segments using different techniques.



**THE OPPORTUNITY IS HERE.  
ARE YOU READY?**



## **APEI TEACHES SUCCESSFUL TRAINING AND COMMUNICATION TECHNIQUES**

Learn to coach personalized resistance, flexibility and cardiovascular programs that will directly benefit your clients beyond toning and weight loss. You will help them discover the science of moving efficiently through exercise while improving their fitness levels and their self-esteem. Our Fitness Training Program will help you land a job, open your own business or work from home on-line. APEI will give you the education and communication skills you need to become a leader in the fitness industry.

## **THE FUTURE OF FITNESS TRAINING**

The United States Department of Labor's Bureau of Labor Statistics estimates that jobs in personal training and fitness instruction will increase by 24% between 2010 and 2020, faster than the average 14% expansion for all occupations (source: NSCA). Almost 21% of personal trainers plan to continue working primarily online — a 300% increase post-pandemic; 62% are going to combine in-person and online training. Around 21% of personal trainers made more money during the pandemic as they had adopted online training techniques (source: Front Office Sports).



### **APEI Fitness Training Program is an unique educational experience**

You will learn the science behind training programs and be able to work it effectively into coaching.



### **Learn about safety**

Our Fitness Program teaches you how to keep clients safe and injury free while increasing their performance and improving their esthetics.



### **Learn about business**

Our marketing and sales classes will teach you how to create a healthy and sustainable business as a professional fitness trainer.