



COURSE SCHEDULE: WINTER/SPRING 2018

All FNB certification courses require successful completion of the FNB Exercise Theory.

JANUARY	FEBRUARY	MARCH	APRIL	MAY
			<p><u>OLDER ACTIVE ADULT LEADER (O AFL)</u> Pre-Requisite: Any FNB certification Fredericton, NB April 6-8 (Alina Cress)</p>	<p><u>AQUAFITNESS LEADER (AFL)</u> Saint John, NB May 4-6 (Line Marr)</p>
		<p><u>Invitation to attend a free presentation by Mark Tremblay</u> on: <i>The Canadian 24-Hour Guidelines for the Early Years (0-4 years): An integration of Physical Activity, Sedentary Behaviour, and Sleep.</i> Fredericton – March 15</p>		
<p><u>PERSONAL FITNESS TRAINER (PFT)</u> Pre-Requisite: RTL certification Fredericton, NB Two Weekends (Jason Rudy) Weekend One: <i>January 19 - 21</i></p>	<p><u>EXERCISE THEORY (ET)</u> Fredericton, NB February 23 - 25 (Wendy Hamelin)</p>	<p><u>GROUP FITNESS LEADER: PORTABLE EQUIPMENT (PEFL)</u> Saint John, NB March 23-25 (Maureen O'Hara, Krista Kelter)</p>		
<p><u>PERSONAL FITNESS TRAINER (PFT)</u> Pre-Requisite: RTL certification Fredericton, NB (Jason Rudy) Weekend Two: <i>January 26 - 28</i></p>	<p><u>FNB/CSEP Professional Development Day</u> February 24 Fredericton, NB</p>	<p><u>CPR/AED/SFA Refresher</u> Fredericton March 24</p>		

For more specific information visit [FNB courses](#)

Is there a course you would like to take that is not listed?

Let us know.....Contact our office: 1 (506) 453-1094 or email: membershipservices@fitnessnb.ca

Fitness!...For Fun!...For Life!...Forever! Conditionnement physique pour le plaisir, pour la vie, pour toujours!