



September	October	November	December
All FNB certification courses require successful completion of the FNB Exercise Theory.			
		<p><u>Personal Fitness Training (PFT) Part I</u> Fredericton - Two Weekends Weekend One: Nov. 2 to 4 <i>(Jason Rudy)</i> Pre-Requisite: RTL certification</p>	<p><u>Yoga Fitness Leader (YFL) Part II</u> Fredericton - Two Weekends Weekend Two: Dec. 7 to 9 <i>(Wendy Hamelin)</i></p>
	<p><u>Resistance Training Leader (RTL)</u> Fredericton: Oct. 12 to 14 <i>(Jason Rudy)</i></p>	<p><u>Personal Fitness Training (PFT) Part II</u> Fredericton - Two Weekends Weekend Two: Nov 16 to 18 <i>(Jason Rudy)</i></p>	
	<p><u>Portable Equipment Group Fitness Leader (PEFL)</u> Fredericton, NB Fridays 1:30 to 4:30 - October 5 to November 23, 2018 MP room of The Richard J. Currie Center <i>(Wendy Hamelin)</i></p>		
<p><u>Exercise Theory (ET)</u> Fredericton, NB Sept. 28 to 30 <i>(Wendy Hamelin)</i></p>	<p><u>24th Annual FNB Summit</u> Fredericton, NB October 27th Wu Conference Centre / JB O'Keefe Fitness Centre</p>	<p><u>Indoor Cycling (ICFL)</u> Saint John, NB: Nov 17 & 18 <i>(Maureen O'Hara)</i></p>	
		<p><u>Yoga Fitness Leader (YFL) Part I</u> Fredericton - Two Weekends Weekend One: Nov 23 to 25 <i>(Wendy Hamelin)</i></p>	
<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</p>			

