



Learn how to become a
• **Personal Trainer**
• **Group Fitness Instructor**



Contact our Fitness Coordinator
stacy.gartner@fe.navy.mil

Certified Personal Trainer Requirements:

Step #1: Complete a Nationally Accredited Certification

- [American Council on Exercise](#) (ACE)
- [American College of Sports Medicine](#) (ACSM)
- [National Academy of Sports Medicine](#) (NASM)
- [International Sports Sciences Association](#) (ISSA)
- [National Exercise & Sports Trainers Association](#) (NESTA)

Step #2: Complete CPR Certification

NAF Atsugi American Red Cross
DSN 264-6794 / Commercial 0467-63-6794
Email: atsugi@redcross.org

Group Fitness Instructor Certification:

Step #1: Complete a Nationally Accredited Certification

- [American Council on Exercise](#) (ACE)
- [American College of Sports Medicine](#) (ACSM)
- [International Sports Sciences Association](#) (ISSA)

Step #2: Complete CPR Certification

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Already Certified?

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