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Group Fitness Instructor Certification Programs

	No Experience Required Entry Level Certification Recommend for Beginners		Little to Some Experience Required Most Common Certification Recommend for Beginners		Experience required Recommended for those in Health/Fitness Field
CERTIFICATION PROGRAM	FRA	NETA	ACE	AFAA	ACSM
NAME	Fitness Resource Associates	National Exercise Trainers Association	American Council on Exercise	Aerobics and Fitness Association of America	American College of Sports Medicine
CERTIFICATION	Group Fitness Instructor	Group Exercise Certification	Group Fitness Instructor	Primary Group Exercise Certification	ACSM Health/Fitness Instructor
SKILL LEVEL	No experience needed	No experience needed	No experience needed; recommended	Recommended prior experience or to take their Practical Skills Workshop	Require work related experience in field and schooling
WEBSITE	www.frausa.com	www.ndeita.com	www.acefitness.org	www.afa.com	www.acsm.org
COST	\$598	\$279	\$200 Written Exam & \$249 Computer Exam	\$299 Written exam	\$279 Computer Based Exam www.pearsonvue.com/acsm
TEST TIME	Two day workshop (8-6PM): includes music & movement training, circuit, interval, and cardio training w/ equipment & aqua exercise	One day workshop (lecture, demonstrations, & practical skill training) - concludes with a written exam (hours 8-4:30PM)	3 hour exam	One day Review (9-6PM); Concludes with practical & written exam	N/A
REGISTER	Online	Online	Online, fax, or mail-in	Online	Online
STUDY MATERIALS	Required textbook	Required material: NETA fitness professional's manual (\$45) Rec'd: Group exercise instructor study guide & practice exam (\$25) & Practical skills for group exercise (\$25)	They offer packages from \$60 to \$370 that include only a manual to study guide, to sample test, to anatomy book, to DVD study guide, etc	Workshop includes: Study Guide, One day certification review & exam, one year AFAA membership, AFAA certified instructor certificate & ID card (no additional cost)	Guidelines, Certification Review, and Resource Manual - total group \$116 (separate costs for each)
STUDY HOURS	Two day workshop (prior study is recommended but not required)	Two day workshop (prior study is recommended but not required)	Recommended 3 months study time prior to test	N/A	N/A
PRE-REQUISITES	Must have CPR certification at time of exam.	Must have CPR certification at time of exam.	Must have CPR certification at time of exam. Recommended to have a minimum level (approx. 100 hours) of practical experience in health field	Must have CPR certification at time of exam. Some group exercise experience.	Must have CPR certification at time of exam. Associates or Bachelor's degree in a health-related field
TEST DATES	April 25-27 May 10-11 Boston area Oak Sq. YMCA	Lowell 1/26 Worcester 2/02 Attleboro 2/23	Multiple dates in Boston area - Next dates for live exam 2/9, 5/3	Multiple dates in Boston area - next dates 1/26, 2/8	Multiple dates in Boston area Microsoft Tech, ABLE Institute, Somerville, Dorchester, Waltham

* Information posted as of 1/10/08. Please refer to each website for the most updated information.