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Certifications and Courses | AFAA

In 2018, Cheryl began pursuing her dream to make a difference in the fitness and wellness world. She obtained

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Personal Trainer *NASM Fitness Nutrition
Specialist
Fitness Association Of America
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**Amanda Elliott - Freelance NASM
Certified Personal Trainer ...**

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Perinatal Fitness | AFAA

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Lisa is an ACE Certified Personal Trainer and Advanced Health and Fitness specialist as well as an AFAA certified Group Exercise Instructor and Balanced Habits Food Coach. Her specialties include: Post-rehab, Balance and Strength programming, Older Adult

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Debra L. Hufnagel, AFAA, is a Certified Personal Fitness Trainer with over 15 years experience in physical fitness training and equipment. Prior to and

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concurrently with joining the firm, Ms.
Hufnagel is the owner of Fit For Life, a
personal fitness training company where
she works with individuals and classes in
physical fitness.

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- NASM, ISSA) • CPR and AED Certified •
- Knowledge of fitness, cardiovascular training, nutrition and program design •
- Ability to perform an aerobic activity for the duration of a class and be able to bend, stand, reach, climb and lift up to 50 pounds

Position Summary Personal Trainers

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are... - HiTone Fitness ...

1996: Master Specialist in Personal
Training Certification, Cooper Institute,
Dallas, TX 1997 to Present: Continuing
Education Training at Aerobics and
Fitness Association of America (AFAA)
1998 to 2003: Personal Trainer, Jewish
Community Center of Greater Rochester

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AFAA stands for the Aerobics and Fitness Association of America. AFAA is one of the most well-established certifications for personal trainers. The test is not considered easy, but there is a bounty of resources available to help you. The important thing is to not take

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