

## Ace Group Fitness Instructor Manual Study Guide

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hen preparing for an ACE certification exam, be aware that the material presented in the ACE Group Fitness Instructor Handbook, or any other text or educational materials, may become outdated due to the evolving nature of the fitness and healthcare industries, as well as new developments in current and ongoing research.

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\*The fee for this course includes the ACE Group Fitness Instructor Manual, Study companion, online practice test, and 20% off the price of the ACE Group Fitness Instructor exam. The course fee also includes the American Red Cross Professional Rescuer CPR, AED, and First Aid Certification. Recreation Center.

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### **Certification Candidate Handbook**

ACE (American Council on Exercise) As a long-time leader in the fitness credentialing industry, all of ACE's core certifications are accredited by the NCCA - including Group Fitness Instructor. It is considered by many to be the "gold standard" in group fitness certifications.

### **Top 5 Group Fitness Instructor Certifications**

The ACE Group Fitness Instructor Training Program follows the guidelines in the ACE (American Council on Exercise) Group Fitness Instructor Manual to prepare participants to take the test and become a certified instructor. This program is a 10 week commitment that includes both lecture and practical training components.

### **Program Details - UNC Campus Recreation Portal**

ACE Group Fitness Instructor Handbook: The Professional's Guide to Creating Memorable Movement Experiences ACE Group Fitness Instructor Handbook by American Council on Exercise , Jessica Mathews (Editor)

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