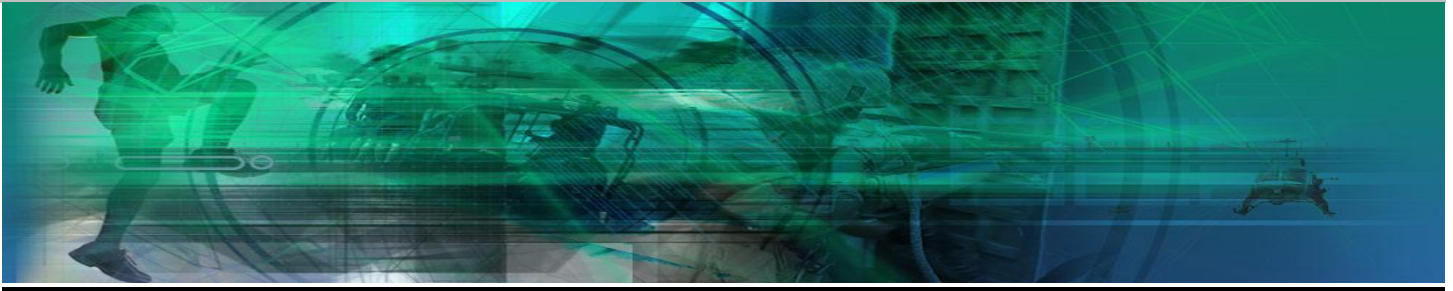


# TRAINING ANNOUNCEMENT

## Fitness Instructor Certification



### Fit-To-Enforce Fitness Instructor

32-hr Course

**DATE:** February 27 through March 1, 2012

**FIT-TO-ENFORCE.COM**

**TIMES:** 8:00 a.m. - 5:00 p.m.

**LOCATION:** Miami Beach Police Department, Training Room 1  
1100 Washington Avenue  
Miami Beach, FL 33139

**CURRICULUM:** This course is designed to provide information on all basic aspects of fitness training and instruction including: learning the components of fitness, how to lead exercise in a group setting, proper execution of exercises and administration of fitness tests to produce accurate training and testing results. The course curriculum includes daily physical training, lectures on: physical fitness, basic and sports nutrition, injury prevention and fitness testing.

**ATTIRE:** Conservative fitness attire is required.

**REQUIREMENT:** Conservative exercise attire is required everyday with a towel and change of clothes for classroom instruction. A water bottle, pen and paper are also required. A final exam will be administered at the end of class and an 80% passing grade is required for certification. Liability waivers must be signed prior to any participation in the course.

**COST:** Register online in January for \$489.00, register after 1/31 for \$589.00

**ENROLLMENT:** Applicants must register online at [www.Fit-to-Enforce.Com](http://www.Fit-to-Enforce.Com). Payment can be made through PayPal or at the door with a deposit to hold the registration.

**INSTRUCTOR:** Kelly Kennedy, PhD one of the nation's leading experts in fitness training for police. In the last 13 years, she has worked with over 1,700 police recruits and officers, is certified with ACSM as a HF/I, NSCA as a CSCS, CISSN, Defensive Tactics Instructor, USA/W Sport Performance Coach and earned a PhD in Educational Leadership from Lynn University. Contact Kelly Kennedy PhD at (305) 389-5399 or e-mail at [kennedy@Fit-to-Enforce.Com](mailto:kennedy@Fit-to-Enforce.Com) for further information.

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**POLICE**

Hosted by the Miami Beach Police Department

Accommodation for participants with special needs:



To ensure that we can accommodate persons with disabilities who wish to attend our courses, please be sure to identify the accommodation needed when you register, or if applicable, at the time you register by phone.