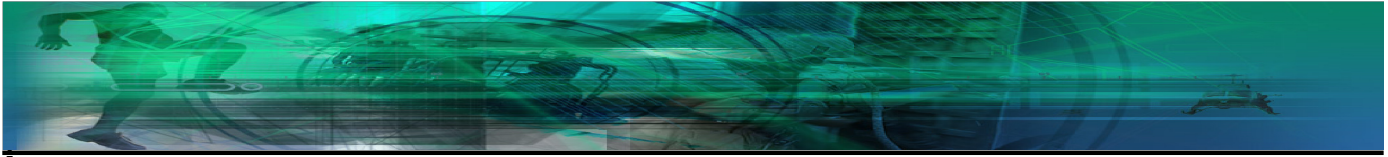


TRAINING ANNOUNCEMENT

Fitness Instructor Course



Fit-To-Enforce Fitness Instructor

40-hr Course



- DATE:** April 28, 2025- May 2, 2025
- TIMES:** 8:00 a.m. - 5:00 p.m.
- LOCATION:** Arkansas Law Enforcement Support Office
#4 State Police Plaza Drive
Little Rock, AR 72209
- 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 with payment early online until March 28, 2025 for all attendees \$1095.00 per person. Register with payment on or after March 29, 2025 for \$1195.00 per person.
- LODGING:** AVAILABLE WITH REGISTRATION BY HOST AGENCY CONTACT
Joe.duboise@dps.arkansas.gov
- ENROLLMENT:** Applicants must register online on the Contact Us page of www.fit-to-enforce.com
Payment can be made through PayPal, Credit Card, Check or at the door with a deposit to hold the registration.
- INSTRUCTOR(S):** Kelly Kennedy, PhD one of the nation's leading experts in fitness training for police. Since 1999, she has worked with over 4,500 police and corrections recruits and officers, is certified with ACSM, NSCA, ISSN, (former) a State Certified EMT, Defensive Tactics Instructor, USA/W Sport Performance Coach and earned a PhD in Global Leadership from Lynn University. Contact Kelly Kennedy PhD at (305) 389-5399 or e-mail at kelly@fit-to-enforce.com for further information.

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.