



ecit

east coast instructor training

414 East Beech Street
Long Beach, NY 11561
516.432.6877

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PERSONAL fitness trainer | GROUP exercise instructor | QUALITY job placement



ecit

east coast instructor training

AN ECA MEMBER SERVICE PROGRAM

.....
Setting the standards for excellence
in fitness education



eca
world fitness

AN ECA MEMBER SERVICE PROGRAM

212.279.1320 - 888.811.TRAIN - 516.432.6877

www.ecaworldfitness.com

There are so many programs... why choose ECIT?

With a choice of so many certifications, education must fit the student's goals. ECIT is your choice because:

- Academic education coupled with hands on practical skills, provide you with the ability to apply your knowledge.
- ECIT provides professional support and continuing education opportunities after you graduate. Our relationship doesn't end at graduation. In fact, it's just the beginning!!!

What exactly does the Practical Skills training involve?

Practical Skills training will take place throughout the program. You will actually perform the steps of Health Screening and Fitness Testing, role playing with instructors and students. You will participate in Flexibility and Conditioning workshops, learn choreography, music selection and planning for group exercise classes.

When you learn about exercise selection, alignment, spotting and communication, you will be on a real gym floor learning the difference between various equipment and proper training techniques.

Practical aspects of personal training and group exercise is unique to our program. This training will give you an advantage when seeking employment over graduates from other programs.

Am I too young or old to become a fitness professional; and what should my personal fitness level be?

ECIT is proud to have successful graduates from all age groups, 18 years and older. Remember, there are clients from every age group looking for trainers and instructors. **ALL FITNESS LEVELS ARE WELCOME.** The program is not physically strenuous. With all that you learn, YOU will become your most important client and you will reach your personal fitness goals in addition to your professional goals.

What other extras are involved?

Each student will receive a workbook on the first day but, is responsible to get their own textbook

ACE Personal Trainer Manual or ACE Group Fitness Manual 800-825-3636 or www.acefitness.org

Many students also go on to take the ACE national certification exam as this course is an EXCELLENT preparation program

The only other requirement which should be completed before graduation is current CPR.

Will I really be able to get a job after taking your program?

Yes! many students get hired before the session even ends. Clubs know the value of our students compared to those just taking one day or weekend or on line programs. Our graduates are some of the most sought after and successful in the industry.

TESTIMONIALS

Since I first started hiring graduates from your program back in 1996, I have had great success. Your graduates are knowledgeable, serious about personal training as a profession and eager to build and maintain a client base. My business offers only one-on-one personal training services, therefore I need to have the best staff possible at all times in order to properly serve our clients. Your program has been an excellent source of quality trainers. I look forward to continue using ECIT graduates as potential employees.

Sincerely,
Paul Bruni, Personal Training Studio

I'm There! Thank You so much for teaching me 600 pages of fitness industry material. WHOA! You've got a wonderful program going on there. All the instructors took what is the most intimidating book I believe I've ever held, much less read, and broke it all down into an informative & manageable way of learning everything. Not only that, you all made it fun. I really enjoyed everyone's lectures and you guys have such great attitudes, it certainly shows that you love what you do, very inspiring.

Kendra Madigan Student

"Just wanted to say thank you again for a great series of classes where I learned more interesting information than in four years in a liberal arts college..."

Amanda Cizek Student

http://www.ecaworldfitness.com/edu3_testimonials.html

student information

First Name _____
Last Name _____
Address _____
Apt# _____
City _____
State _____ Zip _____
Home Ph# _____
Work Ph# _____
Fax # _____
e-mail _____
Current Occupation _____
How did you hear about ECITS? _____

Tuition Payment Information

- Check/Money Order enclosed and payable to: ECITS
 Visa MC #

Card Number _____
Exp. _____
Cardholder Signature _____
Social Security # _____

Send to East Coast Instructor Training
414 East Beech Street
Long Beach, NY 11561

Session Confirmation and agenda

will be sent 1 week prior to semester or call to confirm.

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student registration form

- Personal Trainer\$799
 Group Fitness Instructor.....\$799
 Dual Programs (both PT & GF)\$968

Programs include academic and practical skills training, ECIT Workbook, Written and Practical Exams, and upon successfully passing exams, Certificate of Completion and wallet ID card, Job Placement Assistance, and a one year membership renewal to ECA World Fitness.

CHOOSE YOUR SESSION & LOCATION

WINTER 2012

- Long Island: Jan 3 - Mar 6
Tues and Thrs nites 7:30pm-10:30pm
(2 weekday nights)

SPRING 2012

- NEW YORK CITY: Apr 21 - May 13
Sat & Sun 9am-5pm (weekends)

SUMMER 2012

- Long Island: July 5 - Aug 30
Tues and Thrs nites 7:30pm-10:30pm
(2 weekday nights)

FALL 2012

- NEW YORK CITY: Oct 6 - Oct 28
Sat & Sun 9am-5pm (weekends)

