

The National Gym Association, Inc., (NGA)

Personal Fitness Trainer • Master Fitness Trainer Nutrition and Dietary Planning

Compare Our Quality Training...

Why pay more?

"I highly recommend the NGA certification course for those who want to maximize their training, health, and lifestyle. It is a must for all serious trainers."

- Lou Ferrigno, CA

NGA Personal Fitness Trainer Certification Course

Learn ESSENTIAL TRAINING CONCEPTS AND PROCEDURES

Curriculum is concise, easily assimilated, addresses core fitness concepts:

- Nutrition
- Biochemistry
- Biomechanics
- Physiology
- Anatomy
- Ethics / Conduct

8-week Home Study Course Includes:

- Choice of 600 page Illustrated CD or Manual
- Personal ID Carry Card
- 8 ½ x 11 Certificate

Additional courses:

Master Fitness Trainer (MFT)
Nutrition & Dietary Planning (NDP)

NO NEED TO TRAVEL TO A LOCATION TO STUDY

Save time, money AND study at your own pace and convenience!

*** * * FREE BONUS OFFER * * ***

YOUR WEB PAGE in the NGA PERSONAL TRAINERS GALLERY

*** * * Showcase your credentials * * ***

Our website currently receives over 3,500 views per week.

Plus...we post your latest updates on our Facebook page for FREE!

Join the NGA Trainers Gallery...a great way to advertise and market yourself.

TO LEARN MORE: Click on the NGA website menu button "OUR STORE" for all we offer!

CONTACT US: nga@nationalgym.com OR call 1-954-344-8410

The National Gym Association, Inc., (NGA) was established in 1979 and is a non profit 501(c)3 organization. Nationally and internationally recognized as one of the top physical fitness professionals, Andrew Bostinto's experience spans four+ decades in personal fitness training, lecturing, teaching, writing and he is the author of "Become Your Own Personal Mental Fitness Trainer".