

## CONVENIENT CLASS SCHEDULE

Classes are held online for 12 consecutive weeks. Our schedule is designed to accommodate busy professionals working full time and to fit within school summer vacation, not interfering with your next academic year.



[Download our calendar here](#)

## AFFORDABLE PRICING

The average annual tuition of a college is \$36,436 (Source: Best Colleges). Link's all-inclusive Fitness Program tuition is \$3,900.00. This covers online classes with renowned instructors and study material that will prepare you to start your new career in the fitness industry. We offer direct financing and affordable payment plans. We also offer discounts for full payments and a paid referral program.

Access the link in the QR-code to register and learn about payment methods



## LET OUR EXPERIENCE ADD TO YOURS

We know what it takes to get results and we are ready to share it with you. Link's instructors are experts in corrective exercise, functional movement and resistance training. They are licensed and certified to teach. Let us help you prepare for a successful career in fitness.

**Contact Link Education today to enroll in our Certified Fitness Training Program.**

## Occupational Competencies

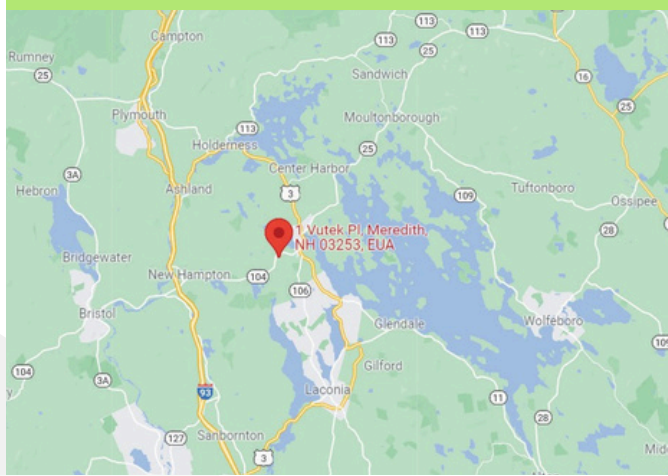
Learn to demonstrate proficiency in the following performance domains:

- Business/Sales/Marketing
- Scope of practice and ethical behavior
- Knowledge of the human movement and cardiorespiratory systems
- Client Fitness Assessment
- Exercise Program Design
- Exercise Program Progression
- Strength, functional and corrective training



START YOUR  
**NEW FITNESS CAREER**  
AT LINK EDUCATION USA

+1 (603) 418-6274 [mylinkusa.com](http://mylinkusa.com)  
1 Burton Drive **Meredith - NH**



FITNESS  
**TRAINING**  
**PROGRAM**

[mylinkusa.com](http://mylinkusa.com)

**You will learn skills to perform fitness assessments and develop safe and effective training programs for clients with different conditioning levels, goals and limitations.**

**You will be** introduced to topics such as anatomy, physiology, biomechanics, exercise prescription, program progression, components of an exercise training plan such as flexibility techniques, cardiorespiratory protocols with emphasis on exercise selection, correct posture and main training techniques for all body segments.



## LINK TEACHES SUCCESSFUL TRAINING AND COMMUNICATION TECHNIQUES

Learn to coach personalized resistance, flexibility and cardiovascular programs that will directly benefit your clients beyond toning and weight loss. You will help them discover the science of moving efficiently through exercise while improving their fitness levels and their self-esteem. Our Fitness Training Program will help you land a job, open your own business or work from home online. Link will equip you with the education and communication skills necessary to become a leader in the fitness industry.

## THE FUTURE OF FITNESS TRAINING

The United States Department of Labor - Bureau of Labor Statistics estimates that the median annual wage of fitness trainers in the United States was \$ 46,480 in 2023. In addition, employers prefer to hire those with a certificate. The US Bureau of Labor Statistics also estimates that employment of fitness trainers and instructors is projected to grow 14% from 2022 to 2032, much faster than the average for other occupations. About 65,500 openings for fitness trainers and instructors are projected each year, on average, over the decade.



### Link's Fitness Training Program is a unique educational experience

You will learn the science behind training programs and be able to effectively work this into coaching.



### More than a course

Hands-on classes will teach the skills and credentials you need to build a professional reputation that will carry you far into the future.



### Learn about safety

Our Fitness Program teaches you how to keep clients safe and injury-free while increasing their performance and improving their health and aesthetics.



### Learn about business

Our marketing and sales classes will teach you how to create a healthy and sustainable business as a professional fitness trainer.

**THE OPPORTUNITY IS HERE.  
ARE YOU READY?**