



ON-SITE CONTINUING EDUCATION

On-site workshops and training programs are developed and conducted by ESA STAR America trainers, who operate training programs independent of the Exercise Safety Association. Teachers are accredited by the ESA STAR AMERICA program, an ESA affiliate program, and are qualified to offer continuing education credits and prepare candidates for certification.

LOCATION:

Inspired Fitness & Health,
211 N. Perkins Rd, Stillwater, OK 73075

QUESTIONS, DETAILS, REGISTRATION

CONTACT: Marsha Sobonya 425-891-1293

Saturday, April 26, 2014 - Muscle Matters 10:00am - 1:00pm (.3 CEC)

Saturday, April 26, 2014 - Stabilization & Core Training 2:00pm - 4:30pm (.3 CEC)

Saturday, April 26, 2014 - Kickboxing Cardio & Strength 5:00pm - 7:00pm (.2 CEC)

Sunday, April 27, 2014 - Muscle & Motion with Yoga 1:00pm - 3:00pm (.2 CEC)

.6 Continuing Education Credits are issued after completion of an ESA certification training program either attended on-site or as a home study training course.

Home study training courses can be ordered from the Exercise Safety Association or an accredited STAR AMERICA trainer.