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This course follows the guidelines in the ACE (American Council on Exercise) Group Fitness Instructor Manual to prepare you to take the test and become a certified Group Fitness Instructor. Students who successfully complete this course will have the opportunity to audition to become a Group Fitness Instructor for Florida Atlantic University.

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My recommendation is the latest edition of the ACE Group Fitness Instructor Manual and the ACE Essentials of Exercise Science for Fitness Professionals. One of their kits comes with the Master the Manual Study Guide, but it's not really necessary if you are pretty good at studying. Also, get 1 or 2 of the practice tests.

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This course follows the guidelines in the ACE (American Council on Exercise) Group Fitness Instructor Manual to prepare you to take the test and become a certified instructor. Students who successfully complete this course will have the opportunity to audition to become a Group Fitness Instructor for Florida Atlantic University.

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