Building Better Minds
Diploma in Personal Training

“NPTI gave me the tools and motivation to start my new career successfully!”
- Brian Wiley, NPTI Graduate

Chicago & Lisle, IL Campuses

nationalpti.edu
US 1.800.960.6294
NPTI Objective

Our objective is to provide our students with the knowledge and confidence that every personal trainer needs and deserves. We hereby stand by our word to provide you with an innovative, intense and comprehensive personal training program.

STATE approved & Accredited

The National Personal Training Institute is a unique program, offering a Diploma in personal training. Our school met all necessary state requirements and have been granted approval to train students for rewarding careers in the field of personal training. NPTI is approved by the Illinois Board of Higher Education and is accredited by the Accrediting Commission of Career Schools and Colleges (ACCSC).

PUSH yourself

Have you ever dreamed about getting into the best shape of your life while earning an education?

Then join us at the National Personal Training Institute (hereafter sometimes referred to as “NPTI”) and take the first step toward an exciting and profitable future. The demand for qualified personal trainers is high and growing every year. According to the Bureau of Labor Statistics, the fitness industry has more than doubled in the past 10 years, and it continues to boom. Now is the time for you to take your place among the top professionals profiting from the extraordinary growth.

The National Personal Training Institute is a unique school offering a diploma in personal training. Thousands of NPTI graduates have gained the skills and confidence to command top salaries working at health clubs, vacation resorts, spas and in their own personal training studios. Call us for your interview and tour of our school.

Isn’t it time you took the next step?

New classes forming today.
Call now (800) 960-6294 ext. 307
EMail: maureen@nptifitness.com
GRADUATE credentials

1) Students who successfully complete our 600-hour personal training program are awarded an Accredited Diploma in Personal Training, and CPR First Aid certification.

2) ACE-CPT Certification (American Council on Exercise). The National Personal Training Institute is ACE’s largest academic partner in North America. The ACE Certification combined with a State Diploma will prepare you to be one of the most qualified personal trainers in the industry.

ACE educates, certifies and represents more than 58,000 fitness professionals, health coaches, and other allied health professionals every day. Getting a Fitness Certification and becoming a part of our team means gaining an advocate on your behalf, a nonprofit leader working to help highly qualified professionals contribute to the national solution to physical inactivity and obesity.

ON-GOING support

All of our graduates have the ongoing, continued support of dedicated fitness experts. If you ever need help or have a question, we’re just a phone call or E-mail away.

PLACEMENT assistance

You’ve chosen a career in one of the fastest growing industries in the nation. The need for qualified personal trainers increases each year. Not only do our graduates have the edge when it comes to skills and training, they also benefit from nationwide job placement assistance.

RESIDENTIAL program

Accelerate your training by taking part in our residential program. Currently offered at our Orlando area (Winter Park, FL) school, the residential program allows you to graduate in just four months while living in one of the world’s most popular vacation destinations. You will live in a comfortable, fully-furnished apartment conveniently located near the school. On weekends and after hours, you’ll be free to enjoy the exciting nightlife, theme parks and nearby beaches.

Credential List:

- DIPLOMA - IL Department of Education & ACCSC
- ACE CERTIFICATION - National Commission of Certifying Agencies
- CPR/FIRST AID - American Red Cross

NPTI offers housing assistance and is not affiliated with the apartment complex. NPTI assumes no responsibility for the actions taken by the apartment complex.
COURSE outline
Our innovative and comprehensive program has been designed to give you the skills you need to become a successful personal trainer. In addition to the 350 hours of classroom instruction, you’ll experience 250 hours of supervised, hands-on gym time. You’ll gain new knowledge while getting in the best shape of your life.

50 hours Latest
Top fitness trends and education involving Didactic Learning

100 hours Anatomy & Physiology
- Cells and tissues
- Muscle structure
- Kinesiology

100 hours Theory
- Legal guidelines
- Starting your own business
- Business management
- Client evaluation
- Program design
- Writing a business plan
- Insurance requirements

100 hours Nutrition
- Food fads and myths
- Habits and beliefs
- Energy systems
- Vitamins and mineral
- Carbohydrates, proteins, fats

250 hours of Practical Experience
- Introduction to fitness centers, program design, fitness classes and equipment.
- Didactic and latest learning
- Spotting techniques
- Lifting techniques
- Monitor and record results of classmates

Affirmative Action
The National Personal Training Institute does not discriminate against any applicant on the basis of race, gender, age or disability in accordance with federal and state guidelines.

Graduation Requirements
Just like your workouts in the gym, hard work gets results, you’ll be expected to maintain 70% on written exams and attend all classes. Since attendance in class is an important part of your learning, you will be required to make up any missed classes. The effort you put in now will pay off with big results later.

Admission Requirements
You must be at least 18 years of age with a high school diploma or equivalent to enroll in our personal training diploma program.

Tuition & Fees
Includes all registration fees, textbooks and gym membership. Flexible payment plans are available.
* 0% interest monthly payment plans available for all.
Tuition assistance available to those who qualify.
Call for Price

Military Benefits
NPTI is approved to receive military benefits in many locations, including MYCAA. Please inquire within to see if you are eligible.
OPEN Letter

Hello Prospective Student,

The National Personal Training Institute is an investment in your future as a personal trainer. NPTI will increase your maximum earning potential and allow you to have 250 hours of hands-on knowledge, which will further distinguish you from other trainers seeking employment.

If this is a career choice or just for fun, NPTI will train you to be the best trainer you can be. This is not an online certification you can receive in a weekend. NPTI will have you training others and others training you everyday in class. Our approach to learning embraces both the physical and scientific aspects of personal training. NPTI also prepares you to retain clients and eventually own your own business. This is why NPTI is different and is the largest personal training school in the world--because we care about our students.

Feel free to give me a call so I can answer any questions you may have or to setup an appointment for a tour or free class.

In Health,

Maureen Pinkerton
Illinois Admissions Representative
an online application is available at nptiftness.com

Reference
Name ________________________________
Address ______________________________________
Phone ______________________________________

Emergency contact
Name ________________________________
Address ______________________________________
Phone ________________________________ Relation to student ________________
School location preferred ________________________________

Class schedule preferred
○ Day: (6 months) Mon thru Thur, 9:30 a.m. to 2:30 p.m.
○ Night: (1 year) Mon and Wed, 5:30 p.m. to 10:30 p.m.
○ Night: (6 months) M/W 5:30 p.m. to 10:30 p.m. and Sat. 10 a.m. to 6 p.m.
○ Saturday: (1 year) 9 a.m. to 6 p.m.
*Every schedule requires students to come in for 6 Sundays from 8:00 a.m. to 4:30 p.m.

How soon would you like to start - year/month/day?

Financial schedule preferred:

○ Full payment
○ Half payments
○ Monthly payments

Please include your registration fee of $75 with this application.

Check Cash Visa Mastercard Discover American Express

Credit card number ______________________ Expiration date ______________________

Cardholder’s signature ______________________ CID# ______________________

I have completed this application to the best of my ability and confirm the information is true.

Applicant’s signature ______________________ Date ______________________

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Refund policy: Students should notify the director in writing of the intention to withdraw from the program. Refund terms vary by state and the interested party should contact the school in his/her area for details of the refund policy. The $75 registration fee is refundable prior to the start of class.