

SILVER&FIT[®] INSTRUCTOR DISTANCE LEARNING

Do you have a passion for fitness and enjoy working with the older adult population? If so, we have an opportunity for you!

American Specialty Health Fitness, Inc. (ASH Fitness) is excited to announce the launch of our online Silver&Fit Signature Series Classes[®] Instructor Distance Learning Program, available now.



Benefits of taking this course:

- Online distance learning program that allows coursework flexibility for busy schedules
- Earn continuing education credits*
- Learn how to teach 3 different levels of older adult classes
 - **Silver&Fit Explore**—Entry-level class designed for deconditioned or older adults who are just starting an exercise routine (30-minute class)
 - **Silver&Fit Experience**—Moderate-level class that provides a well-balanced exercise routine (45-minute class)
 - **Silver&Fit Excel**—Advance-level class to challenge the active, athletic older adult (60-minute class)
- Increase your personal education and confidence level for leading safe, effective, fun, and engaging older adult classes
- Add innovative older adult programming to meet the growing demand of the aging population and baby boomer generation

Upon successful course completion, apply for the ASH Fitness ActiveOptions[™] or fitness network that offers increased promotional and revenue opportunities for your classes or business.

>> Interested in learning more?

Contact the Silver&Fit Distance Learning Team at SFIInstructors@ashn.com for more information or to register.

*Continuing education credit is subject to recognition of the program by your licensing agency for credit.