

Equinox Academy

New York City

2010 NYC Courses	Class Weekends	Exam Weekend	Registration Deadline
February 6	Feb 6-7 / Feb 20-21 / Feb 27-28 / Mar 6-7 / Mar 13-14 / Mar 20-21	March 27-28	Tuesday, January 26
April 17	Apr 17-18 / Apr 24-25 / May 1-2 / May 15-16 / May 22-23 / Jun 5-6	June 12-13	Tuesday, April 6
June 26	Jun 26-27 / Jul 10-11 / Jul 17-18 / Jul 24-25 / Jul 31-Aug 1 / Aug 7-8	August 14-15	Tuesday, June 15
August 21	Aug 21-22 / Aug 28-29 / Sept 11-12 / Sept 25-26 / Oct 2-3 / Oct 16-17	October 23-24	Tuesday, August 10
October 30	Oct 30-31 / Nov 6-7 / Nov 13-14 / Nov 20-21 / Dec 4-5 / Dec 11-12	December 18-19	Tuesday, October 19

Frequently Asked Questions

What is the purpose of this program?

This program is designed to teach people who are passionate about fitness and wish to become personal trainers, the knowledge, skills and abilities that they will need to succeed in the field.

Who is this program designed for?

This program is designed for both career changers and novice trainers who may (or may not) have completed a national certification, but have had no formal training or education in the field. There are no prerequisites.

When are classes held?

The classes are held over the course of 7 weekends on Saturdays and Sundays from 10AM-5 PM with approximately one hour for lunch break. The 7th weekend includes the final exam.

Where will the classes be held?

In New York City, classes are held at **Equinox 43rd St** (521 Fifth Avenue, 43rd and 5th), 2 blocks west of Grand Central Station. The club is opened on the weekend especially for this program. Please **DO NOT CALL THE CLUB FOR INFORMATION ON THE PROGRAM.**

Equinox Academy is also offered in Los Angeles. Please look for the LA FAQ and registration materials in the same place you found this document. Or request it via EAinfo@equinox.com.

Is this program a certification?

No, Equinox Academy is a **training program, not a certification**. It is designed to give you the theoretical knowledge and practical skills that you will need to get started as a personal trainer. You will, however, receive a certificate of completion at the conclusion of the course.

Interested Equinox Academy graduates will have the opportunity to take the NCSF certification exam at a discounted cost (\$175). This exam is NOT included in the EA tuition fee; it is simply a benefit for our graduates since the NCSF textbook is used as a resource.

Will this program help me pass a national certification?

Yes. The program can help the trainer prepare for many national certifications such as NSCA, NASM, ACE, and NCSF. The program will help clarify many of the concepts found in the study guides by providing a strong foundation in the basics of anatomy, kinesiology, biomechanics, exercise physiology, fitness testing, program design, and more.

What are the specific topics covered in the program?

Week 1 – Exercise Physiology

Week 2 – Anatomy & Kinesiology

Week 3 – Biomechanics

Week 4 – Fitness Assessment

Week 5 – Exercise Techniques and Progressions

Week 6 – Program Design

Week 7 – Case Studies, Review, Final Exam

All classes include a mix of lecture and practical application. However, some material requires more of a presentation format and some allows for more hands-on learning.

Does this program guarantee me a job with Equinox?

No. This is a stand-alone training program designed to help career changers and novice trainers with the fundamental tools that they need to succeed in the business. The training acquired in this program would help a trainer start a career with Equinox or elsewhere. This training will also be useful for those studying for most national certifications.

Can I apply to work for Equinox upon completion of the program?

Yes. We welcome and encourage the top talent of the program to apply to be part of our team. We frequently hire 75-85% of EA graduates who often go on to become some of our most successful personal trainers.

What benefits would I receive if I were hired by Equinox as a graduate of this program?

Besides the advantage of working for what Fitness Magazine calls “The Best Gym in America”, as a graduate of the program hired by Equinox you would have the following advantages:

- 1) You will have already completed the first level of our in-house education (which normally takes several months to enroll in and complete). As long as you pass the EA final exam within two attempts, you will be exempt from the majority of first level classes.
- 2) You will have already done the coursework necessary to go from Tier I to Tier II, which would mean an increase to the next trainer pay level. You would be eligible for promotion to Tier II assuming the following criteria:
 - a. You are nationally certified
 - b. You’ve successfully completed a Tier II case study and manager-shadowed session
 - c. You have manager-approved programs for all clients
 - d. You have current CPR
 - e. You have a clean file (no disciplinary actions)
- 3) If you remain in our employ for one (1) full year from date of hire you will be eligible for **full tuition reimbursement**, assuming the following criteria:
 - a. You are a full-time employee
 - b. You have completed all of our in-house education and are a Tier III trainer
 - c. You have a recognized national certification
 - d. You have current CPR
 - e. You have a clean file (no disciplinary actions)

What is the tuition fee?

Tuition is \$1249 for the entire program and is payable in full upon registration. Fees may be paid by credit card (Visa, Master Card or American Express) or by check.

Current Equinox employees (front desk, member advisors, etc.) receive a \$200 discount on the program for a tuition fee of \$1049. This can be paid in (5) five payroll deductions of \$209.80 each. Please use the email below to inquire.

Are there any additional costs?

You will receive an NCSF textbook and an Equinox Academy CD manual (including all presentations) as part of your tuition cost. However, we also require the purchase of ***Anatomy for Strength and Fitness Training***, by Mark Vella. This should be purchased in advance of the class from Amazon.com or in most major bookstores (Retail Price: \$19.95, Amazon Price: \$13.57 at press time).

Where can I get additional information?

To request further information about the program, please contact:

[**EAinfo@equinox.com**](mailto:EAinfo@equinox.com)

How do I register?

Register for Equinox Academy using the forms included in this PDF (on the following pages).

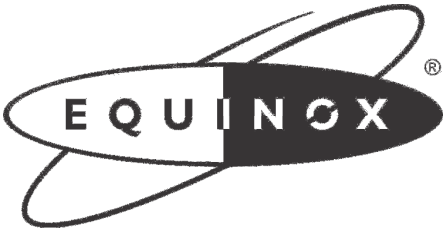
- Check the registration deadline for your selected course.
- Space is limited. Enrollment is provided on a first come, first served basis.
- Tuition is non-refundable.
- You will receive a confirmation email within 72 business hours for faxed registration. For mailed registration, please email EAinfo@equinox.com to confirm receipt if you do not receive a confirmation email within 72 business hours of expected arrival.
- **If paying by credit card**, please fill out the credit card authorization (last page) and mail registration (to the address above) or fax to the attention of:

Beth Giersch
Manager, EFTI
Equinox Academy
Fax: 212.937.3710*

* This fax number delivers all content directly to a private email inbox, where your personal information is kept strictly confidential.

- **If paying by check or money order**, please make your check payable to “EFTI,” enclose payment in full with this completed form, and mail to:

Beth Giersch
Manager, EFTI
Equinox Academy Registration
895 Broadway, 3rd Fl
New York, NY 10003



Equinox Academy Registration

Which session are you registering for? Please check one:

<input checked="" type="checkbox"/>	2010 NYC Course Dates	Registration Deadline
<input type="checkbox"/>	February 6	Tuesday, January 26
<input type="checkbox"/>	April 17	Tuesday, April 6
<input type="checkbox"/>	June 26	Tuesday, June 15
<input type="checkbox"/>	August 21	Tuesday, August 10
<input type="checkbox"/>	October 30	Tuesday, October 19

PLEASE PRINT NEATLY

Last Name _____

First Name _____

Middle Initial _____

Street Address _____

City _____ State _____ Zip _____

Telephone: Home (____) _____ Cell (____) _____

Work (____) _____

Email address _____

Date of Birth _____

Sex: Male () / Female ()

Equinox Academy Registration (page 2)

What is the highest level of education that you have achieved (please check one)?

- High school diploma/GED
- Some college
- Undergraduate degree – Major _____
- Masters degree – Major _____
- Graduate degree – Major _____

Are you currently a student? **Y** () **N** (), full or part-time _____

Are you currently employed? **Y** () **N** (), full or part-time _____

Do you currently hold a national certification as a personal trainer? **Y** () **N** ()

If so, which one(s)? _____

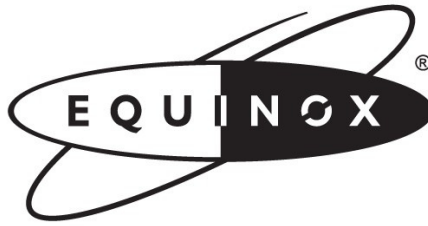
Why do you want to attend this program? Please check as many as apply:

- Personal interest
- Education
- Career change
- Possible employment opportunities
- Other, please specify _____

Are you interested in pursuing a career as a personal trainer with Equinox upon completion of the program?

How did you hear about the program?

What (if anything) do you know about Equinox?



Credit Card Authorization Form

I _____ hereby authorize Equinox Fitness Clubs to charge
(please print name)

my credit card # _____ /_____/_____
(credit card #) (expiration date)

in the amount of \$1249.00 for the tuition fee for EFTI's Equinox Academy program.

I understand that this fee is non-refundable.

_____/_____/_____
(Signature) (Date)

(Phone number)

Please fax your registration materials to the attention of:

Beth Giersch
Manager, EFTI
Equinox Academy Registration
Fax: 212.937.3710*

* This fax number delivers all content directly to a private email inbox, where your personal information is kept strictly confidential.