



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

**AFAA-CGFI APPROVED REFERENCES**

1. AFAA Fitness: Theory and Practice- A Comprehensive Resource for Group Fitness Instructors, 5<sup>th</sup> Edition
2. NASM Essentials Personal Fitness Training, 5<sup>th</sup> Edition
3. ACE Group Fitness Instructor Handbook ISBN: 9781890720599