

# ACE-Approved Continuing Education Workshops for 2025



## Communication is Crucial: Cultivating Leadership, Creating Successful Teams, Building Communities

Motivational, clear, charismatic and professional communication engaging diverse populations is critical to individual and business success in fitness. This workshop will engage fitness professionals in a series of discussions and activities that focus on developing best professional communication practices. We will focus on how to embrace your own personality and style to be the best communicator, leader and team builder that you can be. In this workshop:

- personal trainers will explore skills to enhance recruitment and retention of clients with effective coaching and listening skills.
- group fitness instructors will build upon their own style and strengths, while learning new techniques to motivate and encourage participants as they lead effective and safe classes.
- current and aspiring gym, club and wellness center supervisors and coordinators will work together to share experiences to build and inspire staff to function as a cohesive team.

**Date:** September 20, 2025

**Time:** 9:00 a.m. to 2:00 p.m.

**Trainer:** Mindy Fenske, PhD, MA, AFAA CPT, CGFI

**Location:** Health Directions in West Columbia

**Cost:** \$150

**Register:** Email [twpernell@lexhealth.org](mailto:twpernell@lexhealth.org)

**CECs:** 0.5 ACE and 5 HD Continuing Education Credits



## The Turkish Get-Up: A Comprehensive Clinic for Coaches

This clinic is dedicated to the art and science of the Turkish Get Up (TGU), an essential movement that builds strength, mobility, and body control. Participants will practice: technique, progressions, and applications for the TGU in their existing class or small group training. In this workshop, participants will:

- learn the full TGU technique, including common progressions and variations.
- develop a detailed understanding of the points of performance for TGU, focusing on alignment, mobility and control.
- identify and correct common faults in TGU, offering solutions for clients at different skill levels.
- practice peer coaching and give feedback to enhance their teaching and cueing skills for TGU.
- learn how to program classes to include TGU or use TGU as a base for their classes.
- learn how to integrate TGU into kettlebell complexes.

**Date:** June 21 and November 15, 2025

**Time:** 9:00 a.m. to 3:00 p.m.

**Trainer:** Michael Brazell, ACE CGFI

**Location:** Health Directions in West Columbia

**Cost:** \$150

**Register:** Email [twpernell@lexhealth.org](mailto:twpernell@lexhealth.org)

**CECs:** 0.6 ACE and 6 HD Continuing Education Credits



## Kettlebell Clinic: Single KB Technique and Programming Fundamentals

This immersive clinic will help coaches and fitness instructors learn how to incorporate foundational single kettlebell movements into existing classes or program a kettlebell-specific class for their gym or small group. In this workshop, participants will:

- go over safety protocols for leading a kettlebell class or small group training.
- learn and practice points of performance for foundational single kettlebell movements.
- learn common faults and foundational single kettlebell movements.
- practice peer coaching to understand how to coach someone through kettlebell movements.
- learn how to program and structure a basic kettlebell class for their gym and/or small group.

**Date:** October 18, 2025

**Time:** 9:00 a.m. to 3:00 p.m.

**Trainer:** Michael Brazell, ACE CGFI

**Location:** Health Directions in West Columbia

**Cost:** \$150

**Register:** Email [twpernell@lexhealth.org](mailto:twpernell@lexhealth.org)

**CECs:** 0.6 ACE and 6 HD Continuing Education Credits