



Agenda

Personal Trainer Certification

Sept 29th – Oct 2nd, 2026 – Hinckley, Minnesota

***Note - Participants must attend the complete event to receive the Personal Trainer Certificate!**

Day 1

8:00 - 8:15 Registration
8:15 - 8:30 Introduction
8:30 - 10:00 Posture
10:00 - 10:15 Break
10:15 - 12:00 Body Mechanics
12:00 - 1:00 Lunch
1:00 - 2:30 Balance Exercise
2:30 - 2:45 Break
2:45 - 4:15 Stabilization Training
4:15 - 4:30 Questions & Answers

Day 2

8:00 - 8:30 Introductions & Warm-up
8:30 - 10:00 Flexibility Training
10:00 - 10:15 Break
10:15 - 12:00 Resistance Training Lecture
12:00 - 1:00 Lunch
1:00 - 2:30 Resistance Training Lower Body - Hands On
2:30 - 2:45 Break
2:45 - 4:15 Resistance Training Core - Hands On
4:15 - 4:30 Questions & Answers

Day 3

8:00 - 8:30 Warm-up
8:30 - 10:00 Resistance Training Upper Body - Hands On
10:00 - 10:15 Break
10:15 - 12:00 Resistance Training Upper Body - Hands On (continued)
12:00 - 1:00 Lunch
1:00 - 2:30 Functional Training
2:30 - 2:45 Break
2:45 - 4:15 Professional Standards & Documentation
4:15 - 4:30 Questions & Answers

Day 4

8:00 - 8:30 Warm-up
8:30 - 10:00 Endurance Training Lecture
10:00 - 10:15 Break
10:15 - 12:00 Endurance Training - Testing
12:00 - 1:00 Lunch
1:00 - 2:45 Endurance Training - Hands On
2:45 - 3:00 Break
3:00 - 4:15 Program Design
4:15 - 4:30 Awarding of Certificates

Topic/Times Subject to Change



Travel Information
Personal Trainer Certification
Sept 29th – Oct 2nd, 2026 – Hinckley, Minnesota

Participants must attend the complete event to receive the Certificate so plan travel accordingly!

Training Site

Meshakwad Community Center 1-320-336-0220
38043 Hinckley Road
Hinckley, MN 55037

The Meshakwad Community Center is a half mile walk from the Grand Casino Hinckley Hotel.

Official Hotel

Grand Casino Hinckley Hotel 1-800-472-6321
777 Lady Luck Drive
Hinckley, MN 55037

A block of rooms, single/double occupancy with 2 queen beds, have been designated for event attendees for 4 nights Sept 28th – Oct 1st. (Check in Monday Sept 28th, Check Out Friday Oct 2nd) Room rates are \$99+ per night. Available rooms are limited & reservations should be made by Sept 21st to receive the above rates. Reserve rooms by calling Grand Casino Hinckley Hotel at **1-800-468-3517** or by booking online with the Group Code **PTC928H**. [Grand Casino Hinckley](#)

Local Airport

Minneapolis - Saint Paul International Airport (airport code MSP)

Ground Transport

Rental car provides the best option to get from the airport to the Grand Casino Hinckley Hotel.

The suggested shuttle transportation from MSP Airport to Hinckley, MN is Groome Transportation. The cost is about \$47.00 one way when booked online. [Groome Transportation](#) The drop off point in Hinckley, MN is Tobie's Station which is about 1.7 miles from the casino hotel.

Plan ahead of time to get a taxi, Uber or Lyft from Tobie's Station to the Grand Casino Hinckley Hotel as these services are limited!

Meals on Your Own

Light snacks and beverages will be provided in the morning. Meals are on your own.

Hands On Learning

NAFC teaches through hands on exercise. The movements are fun and many are non strenuous. Wear appropriate workout clothing (jacket for outdoors) & gym shoes. Plan to participate at your own comfort & safety level as approved by your physician!