



ONBOARDING CERTIFICATION TRAINING

The Curves Onboarding Certification Training has been approved for 1.9 continuing education credits from the National Academy of Sports Medicine.

Course Overview

- **Week 1:** Welcome and System Overview
- **Week 2:** Who is Curves?
- **Week 3:** Service On the Circuit
- **Week 4:** Service Off the Circuit
- **Week 5:** Sales
- **Week 6:** Guest Production & Policies and Procedures
- **Week 7 (optional):** Management

Online Course Work Hours Completed (est):	25 hours
Offline Course Work – Multiple Tasks (est):	25 hours
<u>Live Classroom Sessions:</u>	<u>6 hours</u>
TOTAL HOURS	56 hours

Questions?

Questions about NASM continuing education credits should be directed to NASM nasmcares@nasm.org