

The European Fitness Association has set and has been providing education sticking to the **highest standards in Europe**

A professional instructor to get a European level of education need to achieve a complete course and test his knowledges passing different exams.

Here are the standards set as a basis for European level:

- Personal Trainer

- Fitness & Body Building Instructor

- [Fitness Group Instructor](#)
- [Functional Training Instructor](#)
- [Pilates Matwork Instructor](#)

**ONLY EFA - EUROPEAN FITNESS ASSOCIATION - CAN RELEASE EFA CERTIFICATION.
EFA CERTIFICATION ARE ONLY VALID FEATURING THE CERTIFICATION ID.**

ALL ACCREDITED EFA INSTRUCTORS FEATURE ON THE EFA DIRECTORY.