



BECOME A PERSONAL TRAINER

Learn how to become a personal trainer using the material from the National Academy of Sports Medicine (NASM®). You'll learn the concepts to design customized workouts and gain skills to guide clients through a training program. This prep-course, along with the online resources, will prepare you for the national examination.

**Register NOW in
the Rec Services
Admin office**

INCLUDED

- ✓ NASM® Online student portal
- ✓ Exam & retest voucher
- ✓ 10+ hours of in-person applicable hands-on activities
- ✓ Shadowing opportunities
- ✓ Virtual option available



Course Dates: Sept 26 - Nov 14
Scheduled meeting times: Fridays 5-6:30 PM
(online & in person opportunities)
Student Rate: \$584
*Payment plans available