Become a Personal Trainer and start a career in a field with growth potential.

**PERSONAL TRAINER CERTIFICATION.**

Attend morning lecture at LaGuardia Community College and afternoon practical training at an offsite health club. Learn biomechanics, exercise physiology, fitness testing, equipment usage, and health assessment. In order to earn the World Instructor Training Schools (W.I.T.S.) nationally recognized certificate, you must complete the Personal Trainer Certification course, pass the W.I.T.S. national exam, obtain your CPR/AED certification, and complete a 30-hour internship at a local gym. This course is offered in partnership with W.I.T.S. CPR/AED certification and textbook are not included. ND

**Prerequisite:** High school diploma or G.E.D.
Sat Apr 20 - Jun 1 (6 sessions/42 hours)
9:00 am - 4:00 pm $790 A05CRD013A

**NOTE:** Required textbook $93.97. To order, call (888) 330-9487

To Register, Call (718) 482-7244
LaGuardia Community College
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Career and Professional Programs
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