LOOKING FOR A CAREER IN PERSONAL TRAINING OR GROUP FITNESS?

FIT
Meeting Room A/B
Thursdays 4:30 – 7:30pm
Feb. 1 – Apr. 12 (no class: Mar. 15)
$150: includes books and training materials
FIT is Fitness Instructor Training. This class will teach you the fundamental skills of fitness instruction in a variety of modalities including, kickboxing, step, and strength. You will be prepared for the American Council on Exercise (ACE) national certification exam and certify you for Indoor Cycling classes.

PFT
Meeting Room A/B
Monday/Wednesday 5:30 – 7pm
Feb. 5 – Apr. 18 (no class: Mar. 12 & 14)
$189: includes books and training materials
Get the training you need to become a certified personal trainer. Learn the skills necessary to help clients lose weight, improve their flexibility, build strength, and feel better about themselves. You will also prepare for the American Council on Exercise (ACE) national certification exam.

FIT & PFT
instructional courses

Registration opens Jan. 16
Sign up at the Service Center or online for this course and kickstart your career in fitness class instruction!

For more information visit: https://csurec.colostate.edu/programs/fitness/become-an-instructor-trainer/