



BECOME A GROUP FITNESS INSTRUCTOR



Learn to become a group fitness instructor using the material from Athletics and Fitness Association of America (AFAA®). Learn practical skills to lead a group fitness class and provide an experience to help motivate participants to move while having fun. A variety of formats will be presented: yoga, HIIT, dance cardio, indoor cycling and strength. This prep-course, along with the online resources, will prepare you for the national examination.

**Register NOW in the Rec Services Admin office
through June 7**

INCLUDED

- ✓ AFAA® Online student portal
- ✓ 15+ hours of in-person applicable hands-on activities
- ✓ Shadowing and practice-teach opportunities
- ✓ Exam & retest voucher



Course Dates: June 10 - 26, 2024
Scheduled meeting times: Mon & Wed 2:00 - 4:00 pm
Rec Complex, Studio 2
Student: \$299
*Payment plans available

For more information contact Assistant Director - Fitness, Mitzie Rojas: mitzie@ksu.edu



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
through June 7

INCLUDED

- ✓ NASM® Online student portal
- ✓ 15+ hours of in-person applicable hands-on activities
- ✓ Shadowing and fitness assessment opportunities
- ✓ Exam & retest voucher



Course Dates: June 11 - 27, 2024
Scheduled meeting times: Tues & Thurs 2:00 - 4:00 pm
Rec Complex, PT Studio
Student: \$574
*Payment plans available

For more information contact Assistant Director - Fitness, Mitzie Rojas: mitzie@ksu.edu