

Personal  
Training

Instructor  
Course

Spring 2009

WHEN:

Wednesdays 5-7pm

Fridays (every 2 weeks) 1-3pm

**Cost:** \$75- payments can be made in  
Administrative Office at the Ambler  
Student Recreation Fitness Center

LEARN:

- Basic scientific background for exercise, program design, and fitness assessments
- Hands-on tools and techniques
- Prepare to take certification exam from accredited organization

IF INTERESTED,  
contact Hollie Swindler  
[ptsrfc@ku.edu](mailto:ptsrfc@ku.edu) or 785.864.1387