



## Personal Fitness Trainer preparatory course

**When:** Tuesdays & Thursdays, February 23-April 26, 2012 (no class 3/13 & 3/15).

**Time:** 4:30-5:30 p.m. in the Student Recreation Center classroom.

**Cost:** Current USA students, faculty, staff, and Rec Center members: \$50. Non-USA, \$75. Cash or check only, no debit/credit cards. The cost includes an American Red Cross Adult CPR/AED certification.

**Register & pay by:** First day of the course, February 23, 2012.

The course is preparation for a nationally accredited certification and does NOT include the exam fee for the [ACE Personal Trainer Exam](#). The participant is responsible for signing up and taking the exam on his/her own time. The course is open to the public; however, in order to work at the USA Recreation Center, the participant must successfully pass the exam and be a current USA student, faculty, or staff.

Name	
Mailing Address	
Phone	
Email	
J# or Rec Center membership number	
Check here if you are not affiliated with USA:	

Mail this portion and payment to: Sarah Schrenk, Fitness Coordinator, USA Student Recreation Center, 51 Stadium Blvd, Mobile, AL 36688.

OR you may drop off at the front desk of the Recreation Center.