PERSONAL TRAINING

This instructor course is offered to students who are interested in becoming a personal trainer at the Wellness and Recreation Center. This ten-week, intensive class covers exercise physiology, anatomy, biomechanics, hands-on practical training, exercise programming, motivation, and coaching techniques. Must commit to two semesters after completing the training program to personal train at UNI Recreation Services. Open to the public without commitment to work at UNI.

Fee: $150
Informational meeting Friday, September 10th, 3pm–4pm in WRC 155. Training starts September 17th, and ends November 19th. Meets Monday’s and Wednesday’s, and Friday’s 3pm–4pm in WRC 155.

GROUP X (GROUP FITNESS INSTRUCTING)

This course is designed to provide theoretical knowledge and practical skills in group fitness instruction. Topics include guidelines for instructing safe, effective, and exercise, the principles of motivation and communication for adherence in the group fitness setting. Practical training will cover kickboxing, cycling, interval training, strength based classes. Must commit to two semesters after completing the training program to teach at UNI Recreation Services. Open to the public without commitment to work at UNI.

Fee: $120
Informational meeting Friday, September 10th, 2pm in WRC 104. Training starts September 17th, and ends December 3rd. Meets on Friday’s 2pm–4:30pm in WRC 85.

YOGA INSTRUCTOR

This informative workshop gives you the tools to teach vinyasa yoga classes. Manual with over 70 pose breakdowns, physical execution, practical training and safety techniques. Open to the public.

Fee: $200
Training on Saturday, October 16th, 9am–4pm and Sunday, October 17th, 9am-1pm in WRC 85.

QUESTIONS?

All courses are national certification prep courses through American Council on Exercise.

Dana Foster, Fitness Coordinator
(319) 273-5859
dana.foster@uni.edu
recreation.uni.edu/fitness_classes