

SPRING 2023

FITNESS CERTIFICATION

COURSE
DATES

PERSONAL TRAINING

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

Fee: \$150

Informational Meeting: *Friday, January 20th, at 3pm in WRC 246*

Training: *Meets on Mondays, Wednesdays, and Fridays, January 23rd – March 31st, at 3pm – 4pm, in WRC 246*

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

GROUP FITNESS

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. Open to the public without commitment to work at UNI.

Fee: \$120

Informational Meeting: *Thursday, February 2nd, at 3pm in WRC 104*

Training: *Meets on Mondays, March 6th – May 1st, at 3pm – 4:30pm, in WRC 104*

QUESTIONS?

Group Fitness
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Personal Training
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