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

*Fee: $150*

*Informational Meeting:* Friday, February 11th, 3pm in WRC 155

*Training:* Meets on Mondays, Wednesdays, and Fridays, February 14th – April 22nd, at 3pm – 4:30pm, in WRC 155

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

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**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:* Friday, February 11th, 2pm in WRC 104

*Training:* Meets on Mondays, February 14th – April 25th, at 2pm – 4:30pm, in WRC 176

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**QUESTIONS?**

- Group Fitness
  - Madi Young
  - youngmav@uni.edu

- Personal Training
  - Nolan Meyer
  - meyernah@uni.edu