



HOPKINS
O'CONNOR RECREATION CENTER

PERSONAL TRAINING PREP COURSE

This course is designed to give students the knowledge and understanding necessary to prepare for the American Council on Exercise (ACE) Personal Trainer Certification Exam. This course includes both theoretical and practical components to prepare you to become a successful personal trainer.

**Class will meet in the Ralph S. O'Connor Recreation Center during the
Intersession from January 8th to the 27th, 2019**

**Tuesday - Thursdays - 6 to 8PM
Sundays - 8 to 10AM**

* Exceptions to the schedule above: No class on Thursday, 1/24. Class on 1/27 is 8AM - 12PM.

Students and Rec Members: \$250 | Non-Rec Members: \$330

For Questions, or to register for class, please contact:
Jackie Lebeau, Assistant Director – Fitness at Jackie.Lebeau@jhu.edu