

CERTIFIED FITNESS TRAINER

Employment Outlook

Opportunities include: Group Fitness Instructor, Individual Fitness Trainer, and Specialty Fitness Instructor

Average Hourly Rate: \$20-\$25

Growth Rate: 44%

An informational workshop to learn about Certified Personal Fitness Trainer careers is scheduled for Saturday, May 9 from 10-11 AM at Center Campus H214. Call 586.498.4000 or email continuing@macomb.edu to reserve a space.

Certified Fitness Trainer

FTNS-9000

Get the information you need to become a Certified Personal Fitness Trainer. Lectures include information on exercise, physiology, nutrition, musculoskeletal injuries and more. Includes practical testing and the written exam for WITS certification. Proof of CPR is required for certification to be issued. 30 hour internship required - details will be covered in class. Must be at least 18 years old. Cost of exam (\$150) is included in the fee. Text required - see page 51. (6 or 12 sessions)



65161TTH5/19-6/256-9 PM\$675SOU F114WITS
65162S7/11-8/159 AM-4 PM\$675SOU C121WITS

Standard First Aid, CPR plus AED

HLTH-8054

Become certified in Adult CPR plus AED – Automated External Defibrillator – and basic first aid. You must arrive on time in order to take the exam. Bring a brown-bag lunch. Presented by the American Red Cross. (1 or 2 sessions)

65163W6/17-6/246-9:30 PM\$95SOU C121ARC
65164S8/159 AM-4:30 PM\$95CTR H215ARC