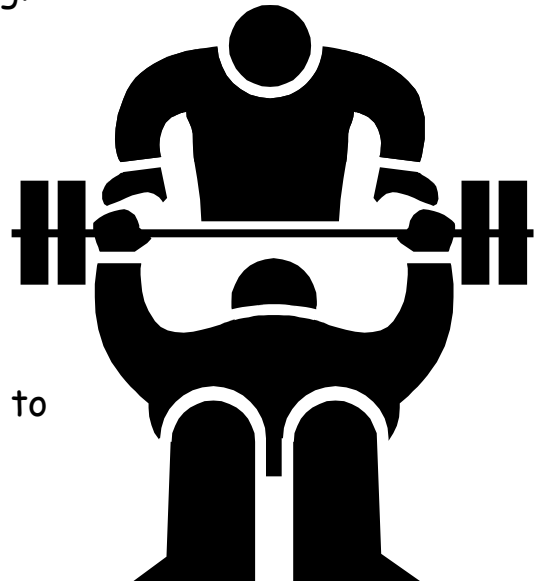


Become a Personal Trainer

Interested in becoming a Personal Trainer? Come and participate in the 8-week Personal Trainer Course offered by the Cooper/Glimmerglass Fitness Centers.

- Learn all about fitness and healthy living.
- Learn how to prepare and teach a safe, healthy exercise program.
- Great precursor for National Personal Trainer Certifications.
- All materials are provided.
- Minimal time requirement of 3 hours a week for 8 weeks.
- Successful completion of class can lead to Fitness Center employment as Personal Trainer.
- The class is FREE (no credit).
- No previous weight room experience necessary.



If at all interested, please attend the INFORMATIONAL SESSION
Tuesday, January 31 in Lanigan 103 @ 5:30 pm.

Cooper & 
Glimmerglass
fitness centers

If you have any questions or cannot make it, please call Brian at 312-3963 or
e-mail fitness@oswego.edu