



# WORLD INSTRUCTOR TRAINING SCHOOLS

"Educational Excellence For Fitness Professionals"™

**#1 Choice of Colleges for Fitness Certifications!**  
**888.330.WITS(9487) | www.witseducation.com**



*"U.S. Labor Department predicts 28% shortage of Personal Trainers by 2012"*

## **Personal Fitness Trainer National Certification Course\***

*Offered by Thomas Nelson Community College Workforce Development*



**WORKFORCE DEVELOPMENT**  
Thomas Nelson  
COMMUNITY COLLEGE

To register, call  
757-825-2987 or  
757-258-6591

**Saturdays**

9 a.m. – 4 p.m.

**September 19 - October 24, 2009**

**Historic Triangle campus**

4601 Opportunity Way, Williamsburg

**October 31 - December 12, 2009**

**Hampton campus**

525 Butler Farm Road

### *Special Note*

This certification course is eligible for Workforce Investment Act Funding and Veteran's Educational Benefits in many states. Please check with the college listed, your local Workforce Investment Board or Veteran's Administration offices for details.

### **What Can You Expect to Learn in 6 Weeks?**

Lectures (15 hrs.) • Exercise Physiology • Fundamentals of Anatomy • Biomechanics & Applied Kinesiology  
• Muscular Strength & Endurance

### **Practical Hands on Labs**

Show, Tell & Do (15 hrs.) • Fitness Assessment  
• Client Rapport • Equipment Usage • Weight Training Techniques • Flexibility

**Course Cost: \$625 (textbook required not included in cost)**

**\*30- hour internship & adult CPR & AED required prior to issuance of national certification**

[www.tncc.edu/wtce](http://www.tncc.edu/wtce)

For course details contact WITS at 888-330-9487 or visit [www.witseducation.com](http://www.witseducation.com)



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