



# Turn your love of Exercise into a Career

## *ACE Personal Training Preparation Course*

*This course prepares you to sit for the ACE personal training exam. You will receive all of the information necessary to feel confident to not only become certified at a National level but also to begin hands-on training. An ACSM Health, Fitness Specialist who holds an MS in Ex. Science and has been training*

*January 14<sup>th</sup> – February 11<sup>th</sup>*

**20 hour course 5 Saturdays from 9:30 – 12:30/ plus 5 hrs. of training**

*1776 Princess Anne*

*426-9205*