

SPRING 2023

PERSONAL TRAINING

PREP COURSE

Learn the skills necessary to become a certified personal trainer! This course is designed to prepare attendees to take the ACE nationally recognized personal training certification exam.



February 7th - April 13th, 2023



Tuesdays & Thursdays 3:30pm-5:30pm



\$100 STUDENTS | \$120 MEMBERS | \$150 NONMEMBERS



Registration for the Spring Semester begins:

January 6th, 2023

Limited space available.

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UNC

CAMPUS RECREATION