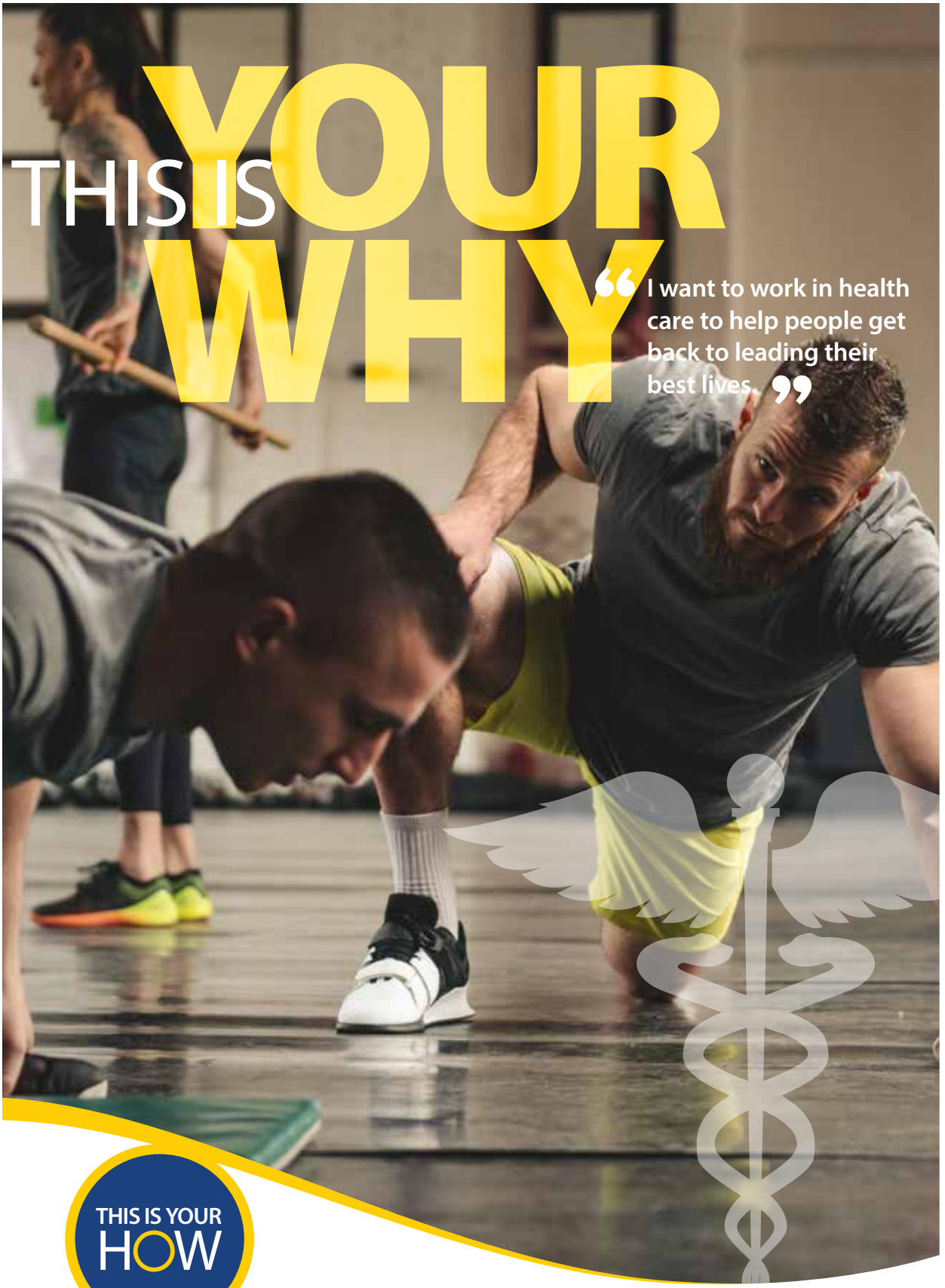


THIS IS YOUR HOW

Personal Trainer

Lakeland COMMUNITY COLLEGE

Become a Personal Trainer

Personal trainers work with their clients to develop cardiovascular workouts (for the heart and blood circulation), strength training and stretching.

Trainers:

- Demonstrate and explain exercises to improve fitness
- Ensure clients use correct technique
- Monitor progress and adapt programs to client needs
- Explain safety in use of exercise equipment
- Give clients information about good nutrition and healthy lifestyles

How long does it take to complete this program and be job-ready?

- Approximately one year to complete.
- Sessions start each spring and fall. Summer session also offered.



Credential

Lakeland's program graduates are eligible to take a national exam to become a certified personal trainer known as a CPT.

How to Start

Contact the program coordinator for details to start in the next session.

Michele Dragas

440.525.7172

MDragas@lakelandcc.edu

Curriculum

lakelandcc.edu/personaltrainer

Apply to Lakeland

lakelandcc.edu/apply

Visit campus

lakelandcc.edu/visit

Financial Aid

lakelandcc.edu/financialaid

Quality Education

Professors at Lakeland are experts in their fields with real-world experience. Lakeland prepares you for a high-demand career or for transfer to a four-year college or university.

Affordable Tuition

Lakeland's tuition is about one-third the cost of most four-year schools. Many students are eligible to receive some form of financial assistance.

Convenience

Lakeland offers convenient day, evening, weekend and online courses.

Focus on Students

Lakeland offers a variety of student services to help you succeed, such as counseling, tutoring, computer labs, careers services, free parking and affordable child care.

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