



Personal Fitness Training/National Academy of Sports Medicine (NASM) Guidelines

The NASM certified Training (CPT) is one of the most recognized certifications in the nation.

Fall 2016

KIN V85 70387

Leslie Folkes

lfolkes@vcccd.edu

If you are looking at becoming a personal trainer, strength coach. health coach, sports coach or need to make good money as you continue your education this is the class for you!

