

CORPORATE AND CONTINUING EDUCATION

Maximize your success as a Certified Personal Trainer with Corporate and Continuing Education courses.

Nutrition for Fitness Professionals Workshop (WIT7010-01)

Set up a game plan for your client's health..learn how to look and feel better through careful analysis of food labels and eating patterns. Receive 6 CEC's from World Instructor Training Schools.

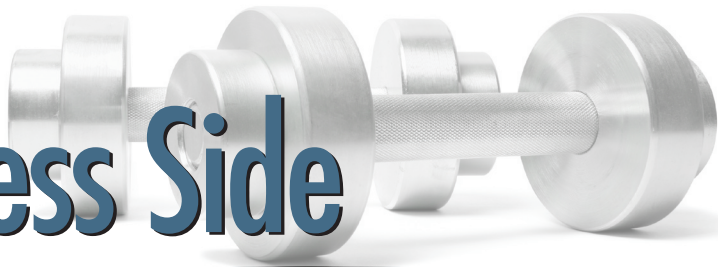
Class meets Sunday, November 11, from 9:00 a.m.–4:00 p.m.

Functional Training for Fitness Professionals Workshop (WIT7020-01)

Expand your athletic, rehabilitation and sports-oriented client base with specific exercise regimens. Better utilize stability balls, free weights, and weight bearing machines for improved functional fitness. Receive 3 CEC's from World Instructor Training Schools.

Class meets Sunday, December 2, from 9:00 a.m.–12:00 p.m.

Strength Training for the **Business Side**



For more information, go to www.cpcc.edu
To register, call 704.330.4223



Get There.

CENTRAL PIEDMONT COMMUNITY COLLEGE