

Campus Recreation

Want to be a Personal Trainer for the Recplex?

Here are the steps you need to take to become a certified trainer for the RecPlex:

1. Interview with Clare Glaser and other certified personal trainers.
2. Complete ten hours of shadowing a certified trainer. Make sure you and the certified trainer sign and date each hour you shadow.
3. Become certified by a nationally recognized organization for personal training and Red Cross CPR/AED/First Aid.

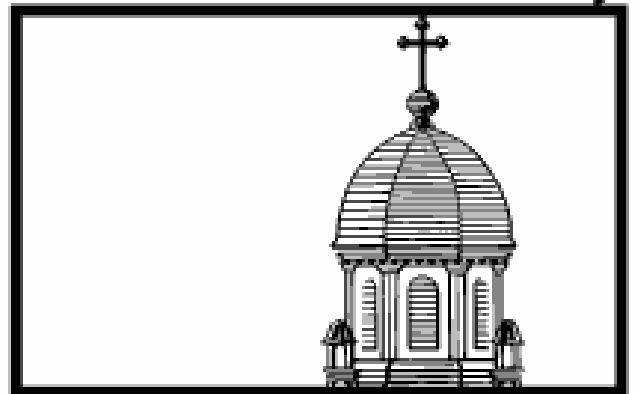
University of Dayton

Questions, comments, or concerns?

Contact Clare Glaser:

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937-229-2705

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