

[Fitness Instructor Training Set](#)

January 12, 2010 10:30 AM New Wave staff
newwave@tulane.edu

This spring the Reily Student Recreation Center will be offering a Fitness Instructor Training (F.I.T.) course on Monday nights. It will use American Council on Exercise materials to prepare individuals for the ACE exam.

The ACE exam will be hosted by the Reily Center the morning of April 24.

The F.I.T. course will be taught from 6 until 8 p.m. Feb. 14-April 26 by Sarah Grunblatt, assistant director of fitness and wellness. The fee for Tulane students is \$100 for 20 hours of exam pre-preparation, which usually costs about \$300, according to Grunblatt. The fee for non-students is \$200.

"This program is open to everyone in our Tulane community as well as the New Orleans area," Grunblatt says. "It will be a great opportunity to develop your knowledge and practical abilities regarding instructing a group exercise course as well as to network with like-minded professionals in our area."

For more information contact [Grunblatt](#) at 504-314-2864.