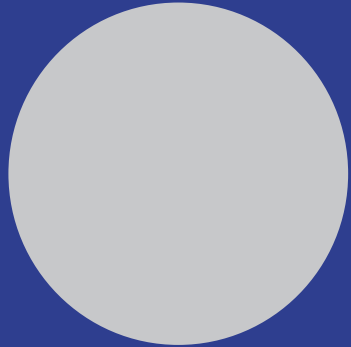




Personal Training

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"I was looking for a career in the sports or fitness industry, I found the Personal Training Certification Program at CCSF and enrolled in several of the classes. The instruction has been excellent and I am excited to complete the program and start my Career."

— Wilson Johnson

About the Personal Training program at CCSF

Build the foundational skills you need to design and implement superior fitness programs aligned with current industry best practices. Learn about basic exercise science, health and wellness, nutrition, fitness testing & health assessment, flexibility, strength development, CPR/AED, and more. You'll work closely with faculty/coaches along the way, leading fitness training sessions, performing fitness assessments, and developing exercise programs.

Why Choose Our Program

Our program offers skill-based instruction that transcends industry standards and provides the best practice

