



RAMAPO COLLEGE OF NEW JERSEY
Office of Marketing and Communications
Press Release
February 22, 2017

Contact: Angela Daidone
201-684-7477
adaidon1@ramapo.edu

Integrating Pilates into Your Personal Training Class for Certified Personal Trainers Hosted at Ramapo College

MAHWAH, N.J. –Ramapo College is hosting the Personal Training Institute of America (PTIA) for its class, “Integrating Pilates into Your Personal Training.” The class for certified personal trainers who wish to add Pilates to their personal training is scheduled on Friday, March 31 from 9 a.m.-2 p.m. in Ramapo College’s Bill Bradley Sports and Recreation Center. Registration is online at www.ramapo.edu/cipl/ptia

In today’s fitness culture, it is well understood that physical fitness has a strong impact on an individual’s long-term health, and the need for fitness trainers who have the ability to safely instruct others in personal training, Pilates and other fitness options continues to grow. Certified fitness professionals are hired to conduct personal training in a gym, health club or home setting, as well as on cruise ships, spas/resorts, and in the corporate sector.

Registration is requested no less than one week prior to the class. Tuition is \$179.

For more information, please visit www.ramapo.edu/cipl/ptia or contact the Ramapo College Center for Innovative and Professional Learning at cipl@ramapo.edu or 201-684-7370.

###

Ranked by *U.S. News & World Report* as one of the top in the Best Regional Public Universities North category, Ramapo College of New Jersey is sometimes mistaken for a private college. This is, in part, due to its unique interdisciplinary academic structure, its size of approximately 6,000 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

Established in 1969, Ramapo College offers bachelor's degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include nursing and social work. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The College also offers eight graduate programs as well as articulated programs with Rutgers, The State University of New Jersey, New York Chiropractic College, New York University College of Dentistry, SUNY State College of Optometry and New York College of Podiatric Medicine.