

**Free course**

# GET INTO PERSONAL TRAINING

13th January to  
17th February

Tuesdays

12:00 - 16:00



Three Trees Community Centre

Develop the knowledge and practical skills needed to begin your journey into personal training. This course combines theory and hands-on experience to build your understanding of fitness, anatomy, and effective training methods. You'll also explore pathways into further study and careers in the fitness and wellbeing industry.

## **Free course for residents living in North Solihull**

Kingshurst, Chelmsley Wood, Fordbridge and Smith's Wood

Complete the form on the QR code or email us to  
sign up [community.projects@solihull.ac.uk](mailto:community.projects@solihull.ac.uk)



**Solihull College  
& University Centre**