



Physical Fitness Trainer Course

32 hours

CWL- 0255 FDLE-1189

Instructor:

Dr. Lisa Grossman

Date(s):

October 20 – 23, 2025

Mon.-Thurs.

Time: 0800 - 1700

Location:

St. Augustine Campus

2990 College Dr.

St. Augustine, FL 32084

Building J

Cost: No cost to officers in
Region V.

Class Limit: 24 students

Dress Code:

Workout Clothes

NO Flip Flops, Shorts, Jeans,
Tank tops, or T-shirts unless
specified.

**All questions should be
directed to:**

Jo-Ann Beal Assistant
(904) 808-7491

joannbeal@sjrstate.edu

Brian Harrington –
Instructor/Coordinator for
Career Development
(904) 808-7494

BrianHarrington@sjrstate.edu

This course will provide student instructors with basic knowledge and a general understanding of the necessary components and information to develop a physical fitness training program and facilitate and implement the program in a safe and effective manner.

Students must pass the end of the course written exam with a score of 80% or better.

Deadline for Registration: September 22, 2025

Officer's Name: _____

DOB _____ - _____ - _____ SS# last 4 _____

Officer's Email Address:

Agency _____ Agency's Phone # _____ - _____ - _____

**The section below must be completed by the agency's
authorized training personnel.**

Authorization Signature _____

Printed Authorization Name: _____

Authorizing Person's Email:

Sworn LEO _____

Salary Incentive: _____

Sworn Corrections _____

Mandatory _____

Civilian Employee _____

Print Clearly or Type