

CERTIFICATION COURSES	Level	Duration	Price (RM)	CEC
<b>Personal Trainer &amp; Fitness Instructor</b>				
Exercise Instructor & CPR - Basic Life Support (Bilingual)	0	8 hours (1 day)	880	-
FITM Certified Fitness Instructor	1	24 hours (4 days)	2,780	-
FITM Certified Personal Trainer (ACE)	3	40 hours (6 days)	5,480	-
Personal Trainer Programme (PTP) - Mandarin	1 & 3	64 hours (10 days)	6,180	5,880
Personal Trainer Development Programme (PTDP)	1,2, 3	80 hours (12 days)	6,980	6,680
<b>Group Exercise &amp; Aerobic Instructor</b>				
Certified Group Fitness Instructor (GFIT)	1	14 hours (2 days)	1,080	1.7
<b>Nutrition &amp; Weight Management</b>				
FIT Health Coach (Advance Certification)	5	18 hours (3 days)	3,980	-
<b>Sports, Strength &amp; Conditioning</b>				
Exam Preparation Workshop for NSCA Certified Strength & Conditioning Specialist (Advance Certification)	5	36 hours (6 days)	4,980	-
<b>Medical Exercise</b>				
FITM Medical Exercise Specialist (Advance Certification)	5	18 hours (3 days)	3,980	-
CONTINUING EDUCATION COURSES (CEC)	Level	Duration	Price (RM)	CEC
<b>Sports, Strength &amp; Conditioning</b>				
Weightlifting Foundations	2	6 hours (1 day)	980	0.6
<b>Nutrition &amp; Weight Management</b>				
Nutrition for Health and Fitness	2	6 hours (1 day)	680	0.5
Fat Loss Coach	4	12 hours (2 days)	1,080	1.2
Fitness Nutrition Specialist	4	12 hours (2 days)	1,080	1.2
Nutrition for Active Pregnant Mums	2	4 hours (1 day)	380	TBC
Sports Nutrition - Fueling Performance	4	6 hours (1 day)	680	0.9
<b>Practical Training Techniques &amp; Equipment Education</b>				
Suspended Functional Training	2	4 hours (1 day)	380	0.4
HIIT Instructor Training	2	6 hours (1 day)	680	0.6
Kettlebell Performance Training	2	4 hours (1 day)	380	0.7
Functional Fusion Training	2	8 hours (1 day)	680	0.9
Muay Thai Kickboxing for Personal Trainers Level 1	2	7 hours (1 day)	880	0.8
Muay Thai Kickboxing for Personal Trainers Level 2	2	7 hours (1 day)	880	0.7
Measuring Body Composition for General Health and Fitness	2	4 hours (1 day)	480	TBC
<b>Physique Transformation</b>				
Physique Specialist Level 1 & 2	2 & 4	18 hours (3 days)	1,380	2.0
<b>Women</b>				
Bump & Beyond : Training Pregnant and Postpartum Clients	4	12 hours (2 days)	1,080	1.2
Women Fitness Specialist	4	6 hours (1 day)	680	0.6
<b>Youth &amp; Seniors</b>				
Senior Fitness Specialist	4	6 hours (1 day)	680	0.6
Youth Exercise Specialist	4	6 hours (1 day)	680	0.6
<b>Small Group Personal Training</b>				
Bootcamp Instructor Essentials	2	6 hours (1 day)	680	0.4
<b>Group Exercise &amp; Aerobic Instructor</b>				
Pump fx (Subscription for 1 month)	2	7 hours (1 day)	980	0.7
blast fx (Subscription for 1 month)	2	7 hours (1 day)	980	0.7
Stomp fx (Subscription for 1 month)	2	7 hours (1 day)	980	0.7
Groove fx (Subscription for 1 month)	2	7 hours (1 day)	980	0.7
Fight fx (Subscription for 1 month)	2	7 hours (1 day)	980	0.8
<b>Corrective Exercise &amp; Injury Prevention</b>				
Coaching Movement	4	7 hours (1 day)	680	0.7
<b>Medical Exercise</b>				
Training Clients with Lower Back Pain	4	4 hours (1 day)	380	0.6
Training Clients with Hypertension	4	4 hours (1 day)	380	0.3
Training Clients with Diabetes Mellitus	4	4 hours (1 day)	380	0.3
Training Clients with Coronary Artery Disease	4	4 hours (1 day)	380	0.3
<b>Other Fitness Related Courses</b>				
CPR Basic Life Support	0	3 hours (1 day)	200	0.2
Fitness Centre Management	0	21 hours (3 days)	2,480	2.0
CPR Refresher	0	1.5 hours (1 day)	100	0.2

^ Please contact us for Early Bird Prices

Provided and hosted by: