

VALID FROM 1ST JUL- 15TH JUL 2020

Applicable to selected courses published at FITM website

CONDITIONAL SPECIAL RELIEF DISCOUNTS



LIVE COURSES

-20%

MINI VIRTUAL

-30%

PRICE & SCHEDULE

***SPECIAL RELIEF DISCOUNT**
SCHEDULE FOR VIRTUAL (ONLINE) COURSES

*We are offering Special Relief Discount from 15 April 2020 until 30 June 2020, for all the published FEA courses on FITM platform. All transactions are to be made in Ringgit Malaysia (RM) only.

Mini Workshop

FEA Mini Workshop 4: Grow Your Bootyful ASSet: Why & How	11-Jul	Sat	2pm - 3.30pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 1: The Ultimate-10 Body Transformation Strategies	18-Jul	Sat	12.15pm - 1.45pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 2: The 10-Step System to Help Clients with Fat Loss Goals	19-Jul	Sun	12.15pm - 1.45pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 3: New Training Model to Work with Your Everyday Client	25-Jul	Sat	12.15pm - 1.45pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
Mini Workshop: Fitness Games For Clients	25-Jul	Sat	10am - 11.30am	NP: RM 120 CSRSD: RM 84.90*	N/A
Mini Workshop: Exercise Guidelines for Diabetes Mellitus MANDARIN	26-Jul	Sun	10am - 11.30am	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 1: The Ultimate-10 Body Transformation Strategies	15-Aug	Sat	2.00pm - 3.30pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 2: The 10-Step System to Help Clients with Fat Loss Goals	16-Aug	Sun	2.00pm - 3.30pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 3: New Training Model to Work with Your Everyday Client	22-Aug	Sat	2.00pm - 3.30pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 1: The Ultimate-10 Body Transformation Strategies	26-Sep	Sat	12.15pm - 1.45pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 2: The 10-Step System to Help Clients with Fat Loss Goals	27-Sep	Sun	12.15pm - 1.45pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 3: New Training Model to Work with Your Everyday Client	03-Oct	Sat	12.15pm - 1.45pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 1: The Ultimate-10 Body Transformation Strategies	30-Oct	Fri	7.00pm - 8.30pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 2: The 10-Step System to Help Clients with Fat Loss Goals	31-Oct	Sat	2.00pm - 3.30pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1
FEA Mini Workshop 3: New Training Model to Work with Your Everyday Client	01-Nov	Sun	2.00pm - 3.30pm	NP: RM 120 CSRSD: RM 84.90*	ACE 0.1

Specialty Workshop

Rehab Express (1 year access to Recorded Videos + 1x Zoom Streaming Class)	09-Aug	Sun	11.30am - 1.00pm	NP: RM 590 CSRSD: RM 510*	ACE 0.7 NASM 0.7
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Specialty Workshop

FEA Health & Fitness Nutrition (Level 1 of Sports and Fitness Nutrition Specialist - SFNS) MANDARIN	11 & 12 Jul 18 & 19 Jul	Sat & Sun	9am - 12pm	NP: RM 390.90	ACE 1.2 NASM 1.2
FEA Health & Fitness Nutrition (Level 1 of Sports and Fitness Nutrition Specialist - SFNS)	28 & 29 Jul 4 & 5 Aug	Tue & Wed	7pm - 10pm	NP: RM 390.90	ACE 1.2 NASM 1.2
FEA HIIT Instructor Training	18 & 19 Jul	Sat & Sun	2pm - 5pm	NP: RM 230.90	ACE 0.6 NASM 0.6

1. Modification fee of RM 100 is applicable for any rescheduling of intakes/classes/courses
2. Late registration fee of RM 100 is applicable for any registrations that occur within 15 days before the course
3. Information may change without prior notice. Courses are only confirmed 15 days prior to course date
4. Payment(s) made are non-refundable, non-transferable, and non-exchangeable for cash
5. Please send in all enquiries to learn@fit.com.my
6. *Conditional Special Relief Discount valid from 1st Jul 2020 - 15th Jul 2020

PRICE & SCHEDULE

***SPECIAL RELIEF DISCOUNT**
SCHEDULE FOR LIVE (FACE-TO-FACE) COURSES

*We are offering Special Relief Discount from 15 April 2020 until 30 June 2020, for all the published FEA courses on FITM platform. All transactions are to be made in Ringgit Malaysia (RM) only.

Fundamental Courses

FEA Certified Fitness Practitioner Level 1 & 2: NP: RM2,680 CSRD: RM 2,144*	Personal Trainer Development Programme: NP: RM3,980 CSRD: RM 3,184*
Sep (MANDARIN) Intake: 1 Sep - 6 Sep Sep FT Intake: 8 Sep - 24 Sep Oct PT Intake: 3 Oct - 24 Oct Oct FT Intake: 6 Oct - 15 Oct Nov PT Intake: 1 Nov - 28 Nov Nov FT Intake: 10 Nov - 19 Nov Dec FT Intake: 1 Dec - 17 Dec Dec (MANDARIN) Intake: 4 Dec - 10 Dec	Sep (MANDARIN) Intake: 1 Sep - 10 Sep Sep FT Intake: 8 Sep - 1 Oct Oct PT Intake: 3 Oct - 1 Nov Oct PT: 6 Oct - 1 Nov Nov PT Intake: 1 Nov - 20 Dec Nov FT Intake: 10 Nov - 26 Nov Dec FT Intake: 1 Dec - 20 Dec Dec (MANDARIN) Intake: 4 Dec - 13 Dec

Specialty Workshop

Bundle: FEA Muaythai Kickboxing for Personal Trainers Level 1 & 2	11 & 12 Jul	Sat & Sun	9am - 6pm	NP: RM 1280 CSRD: RM 1024*	ACE 1.5 NASM 1.6
FEA Strength Training for Fat Loss (MANDARIN)	25 & 26 Jul	Sat & Sun	9am - 6pm	NP: RM 880 CSRD: RM 704*	ACE 1.6
FEA Body Transformation Specialist Level 1 & 2	7 - 9 Aug	Fri - Sun	9am - 4pm	NP: RM 1280 CSRD: RM 1024*	ACE 2.0 NASM 1.8
FEA Bump & Beyond: Training Pregnant & Postpartum Clients	8 & 9 Aug	Sat & Sun	9am - 4pm	NP: RM 880 CSRD: RM 704*	ACE 1.2 NASM 1.2
FEA HIIT Instructor Training	15-Aug	Sun	9am - 4pm	NP: RM 480 CSRD: RM 384*	ACE 0.6 NASM 0.6
FEA Managing Clients with Fat Loss Goal (Health Coaching Level 1)	28 - 30 Aug	Fri - Sun	9am - 4pm	NP: RM 1280 CSRD: RM 1024*	ACE 1.8 NASM 1.8
FEA Body Transformation Specialist Level 3	19 & 20 Sep	Sat & Sun	9am - 6pm	NP: RM 880 CSRD: RM 704*	ACE 1.6 NASM 1.6
MetaPWR Coach	25-Sep	Fri	9.30am - 5pm	^RM750 RM890	ACE 0.7
Metafit Coach	26-Sep	Sat	9am - 4pm	^RM750 RM890	ACE 0.6
MetaPRO Coach	27-Sep	Sun	9am - 1pm	^RM550 RM690	ACE 0.8
FEA Health & Fitness Nutrition (Level 1 of Sports and Fitness Nutrition Specialist - SFNS)	26 & 27 Sep	Sat & Sun	9am - 4pm	NP: RM 880 CSRD: RM 704*	ACE 1.2 NASM 1.2
FEA Strength Training for Fat Loss	10 & 11 Oct	Sat & Sun	9am - 6pm	NP: RM 880 CSRD: RM 704*	ACE 1.6
FEA Suspended Functional Training	10-Oct	Sat	9am - 1pm	NP: RM 280 SRD: RM 224*	ACE 0.4
Rehab Essentials	23 - 25 Oct	Fri - Sun	9am - 6pm	^^RM2,750 ^RM2,850 RM2,950	ACE 2.8
Rehab Masterclass	27 - 28 Oct	Tue & Wed	9am - 6pm	^^RM2,060 ^RM2,140 RM2,210	-
FEA Bump & Beyond: Training Pregnant & Postpartum Clients	7 & 8 Nov	Sat & Sun	9am - 4pm	NP: RM 880 CSRD: RM 704*	ACE 1.2 NASM 1.2
FEA Small Group Personal Training	31 Oct - 1 Nov	Sat & Sun	9am - 4pm	NP: RM 880 CSRD: RM 704*	TBC
Bundle: FEA Muaythai Kickboxing for Personal Trainers Level 1 & 2	21 & 22 Nov	Sat & Sun	9am - 6pm	NP: RM 1280 CSRD: RM 1024*	ACE 1.5 NASM 1.6
FEA Kettlebell Performance Training	12-Dec	Sat	2pm - 6pm	NP: RM 280 CSRD: RM 224*	ACE 0.7
FEA Managing Clients with Fat Loss Goal (Health Coaching Level 1)	18 - 20 Dec	Fri - Sun	9am - 4pm	NP: RM 1280 CSRD: RM 1024*	ACE 1.8 NASM 1.8
CPR					
CPR - Basic Life Support	25-Jul	Sat	1pm - 4pm	NP: RM 200 CSRD: RM 160*	ACE 0.2
CPR - Basic Life Support (Refresher)	22-Aug	Sat	9.30am - 11am	NP: RM 100 CSRD: RM 80*	ACE 0.2
CPR - Basic Life Support	22-Aug	Sat	1pm - 4pm	NP: RM 200 CSRD: RM 160*	ACE 0.2
CPR - Basic Life Support	24-Oct	Sat	1pm - 4pm	NP: RM 200 CSRD: RM 160*	ACE 0.2
CPR - Basic Life Support (Refresher)	29-Nov	Sun	9.30am - 11am	NP: RM 100 CSRD: RM 80*	ACE 0.2
CPR - Basic Life Support	29-Nov	Sun	1pm - 4pm	NP: RM 200 SRD: RM 160*	ACE 0.2
CER GAS Clinic					
Exercising Right: A Medical Practitioner's Perspective (Part 1) by Dr Arvin Raj	23-Aug	Sun	1pm - 2.30pm	RM45	-
Exercising Right: A Medical Practitioner's Perspective (Part 2) by Dr Arvin Raj	23-Aug	Sun	2.30pm - 4pm	RM45	-

1. Courses held in any location outside of FITM will incur an additional cost of RM 100
2. Modification fee of RM 100 is applicable for any rescheduling of intakes/classes/courses
3. Late registration fee of RM 100 is applicable for any registrations that occur within 15 days before the course
4. Information may change without prior notice. Courses are only confirmed 15 days prior to course date
5. Payment(s) made are non-refundable, non-transferable, and non-exchangeable for cash
6. All courses/workshops' default location is at FITM, Petaling Jaya unless stated otherwise
7. Personal Trainer Development Program (PTDP) fee does not include ACE Certified Personal Trainer exam (RM 1350) & ACE e-book fee (RM 550), kindly enquire if needed.
8. Exam Preparation Workshop for NSCA CSCS (Practical Component) fees include manual fee and does not include the NSCA CSCS exam or membership fee
9. Please send in all enquiries to learn@fit.com.my
10. *Special Relief Discount valid from 15th April 2020 - 30th June 2020.



Upcoming Intakes

PERSONAL TRAINER DEVELOPMENT PROGRAM (PTDP)

(Sep - Dec 2020)

updated as of 1/07/2020

*If you cannot meet the planned schedule within the intake, please contact us

Intake		Certified Fitness Practitioner Level 1 (Exercise Coaching)	Certified Fitness Practitioner Level 2 (Personal Trainer in Practice)	ACE PT Exam Review Course
01-Sep	Full Time MANDARIN	1 - 3 Sep	4 - 6 Sep	8 - 10 Sep
08-Sep	Weekday (Tue - Thu)	8 - 10 Sep	22 - 24 Sep	29 - 30 Sep 1 Oct
06-Oct	Weekday (Tue - Thu)	6 - 8 Oct	13 - 15 Oct	25 Oct 31 Oct - 1 Nov
03-Oct	Weekend (Sat & Sun)	3 - 4 Oct 10 Oct	17 - 18 Oct 24 Oct	25 Oct 31 Oct - 1 Nov
01-Nov	Part Time (Sat & Sun)	1 Nov 7 - 8 Nov	21 - 22 Nov 28 Nov	18 - 20 Dec (Fri - Sun)
10-Nov	Full Time (Tue - Thu)	10 - 12 Nov	17 - 19 Nov	24 - 26 Nov
01-Dec	Full Time (Tue - Thu)	1 - 3 Dec	15 - 17 Dec	18 - 20 Dec (Fri - Sun)
04-Dec	MANDARIN	4 - 6 Dec	8 - 10 Dec	11 - 13 Dec