



สถาบันฝึกอบรมบุคลากรด้านการสอนออกกำลังกายมาตรฐานสากล
Training World-Class Fitness Professionals
 • Certification Training
 • Seminars & Workshops
 • Personal Training, Yoga, Pilates, Group Fitness and Sport Conditioning



CERTIFICATION COURSES	DAYS & TIMES	TIME	CLASS HOURS	STARTS	ENDS	COURSE PRICE 2018	EARLY BIRD RATE (Expired date)
Certified Personal Trainer - Thai	Wed Fri	9 am - 12 pm	90	29-Aug-18	14-Dec-18	37,300	2 spaces
Certified Personal Trainer - Thai	Tue Thu	9 am - 12 pm	90	30-Aug-18	18-Dec-18	37,300	2 spaces
Certified Personal Trainer - Eng	Mon Wed Fri	9 am - 12 pm	90	17-Sep-18	3-Dec-18	37,300	3-Sep-18
Certified Personal Trainer - Eng Intensive 3 weeks	Mon - Fri	9 am - 4 pm	72	14-Aug-18	31-Aug-18	34,200	Full
Certified Personal Trainer - Thai Intensive 3 weeks	Mon - Fri	9 am - 4 pm	72	3-Sep-18	21-Sep-18	34,200	Full
Health Coach (includes ACE textbook) - ACE English Exam	Tue Thu	1 - 5 pm	30	4-Sep-18	27-Sep-18	25,900	21-Aug-18
International Yoga Teacher Training (Yoga Alliance®)	Mon Wed Fri	1 - 4 pm	200	5-Mar-18	16-Jul-18	95,000	Started
International Yoga Teacher Training (Yoga Alliance®)	Sat	9 am - 5 pm	200	3-Mar-18	22-Sep-18	95,000	Started
Balanced Body Pilates Mat Instructor Training (Thai)	Sat	9 am - 4.30 pm	47	1-Sep-18	3-Nov-18	42,400	18-Aug-18
Balanced Body CoreAlign Instructor Training (Eng-Thai)	Sunday	9 am - 4.30 pm	36	16-Sep-18	4-Nov-18	42,500	2-Sep-18
Balanced Body Pilates Mat Instructor Training (Thai)	Tue Thu	1.30-5.30pm	47	30-Oct-18	6-Dec-18	42,400	6 spaces
Balanced Body Pilates Reformer Instructor Training (Thai)	Tue Thu	1.30-5.30pm	48	28-Aug-18	18-Oct-18	64,200	4 spaces
Balanced Body Pilates Apparatus Instructor Training (Thai)	Sat	9 am - 4.30 pm	38	10-Nov-18	15-Dec-18	56,500	27-Oct-18
CONTINUING EDUCATION COURSES (Short Courses)							
DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	EARLY BIRD RATE (Expired date)	
AUGUST							
Basic Life Support (CPR&AED) Eng	Wed	9 am - 12 pm	0	22-Aug	22-Aug	2,600	8-Aug-18
Training Pregnant and Post-Partum Clients (Thai)	Wed - Fri	1 pm - 4 pm	0.9	22-Aug	24-Aug	5,900	Full
MetaPRO (Eng-Thai) (Only Metafit certified trainer)	Thu	10 am - 5 pm	0.7	23-Aug	23-Aug	7,600	9-Aug-18
Fitness Nutrition Specialist (Thai)	Sat & Sun	9 am - 4 pm	1.2	25-Aug	26-Aug	8,500	Full
SEPTEMBER							
Basic Life Support (CPR&AED) Thai	Wed	9 am - 12 pm	0	5-Sep	5-Sep	2,600	Full
Metafit (Thai)	Thu	10 am - 5 pm	0.6	13-Sep	13-Sep	7,600	30-Aug-18
Basic Life Support (CPR&AED) Thai	Tue	1 pm - 4 pm	0	18-Sep	18-Sep	2,600	4-Sep-18
Women Fitness Essential (Thai)	Wed	9 am - 4 pm	0.6	19-Sep	19-Sep	4,600	Full
Fitness Nutrition Specialist (Thai)	Mon-Tue	9 am - 4 pm	1.2	24-Sep	25-Sep	8,500	Full
Basic Life Support (CPR&AED) Thai	Wed	1 pm - 4 pm	0	26-Sep	26-Sep	2,600	12-Sep-18
OCTOBER							
Asia Fitness Conference 2018							
401 Metabolic Conditioning Specialty Certificate (Len Kravitz)	Thu	1 pm - 5 pm	n/a	4-Oct	4-Oct	4,000 / 4,800	31-Aug-18
402A Good to Great (Mindy Mylrea)	Thu	9 am - 11 am	0.2	4-Oct	4-Oct	1,300 / 2,100	31-Aug-18
402B Fluid Strength (Mindy Mylrea)	Thu	12 pm - 5 pm	0.4	4-Oct	4-Oct	3,200 / 4,000	31-Aug-18
403 Resilience Works: A life Coaching Intensive (SGT KEN®)	Thu	1 pm - 5 pm	0.4	4-Oct	4-Oct	3,200 / 4,000	31-Aug-18
404 FMS Level 1 (Diane Vives)	Thu	9 am - 5 pm	0.8	4-Oct	4-Oct	9,700 / 11,250	31-Aug-18
405 Sports Nutrition: Optimising Client Performance (Dominique Adair)	Thu	9 am - 5 pm	n/a	4-Oct	4-Oct	4,800 / 5,600	31-Aug-18
406 Transformational Teaching Through Yoga Adjustments (Stacy McCarthy)	Thu	9 am - 5 pm	n/a	4-Oct	4-Oct	5,600 / 6,300	31-Aug-18
407 The Dance Fitness Experience (DFX) Instructor Training (Jenn Hall)	Thu	9 am - 5 pm	n/a	4-Oct	4-Oct	5,200 / 5,800	31-Aug-18
801 SpiderFit® Youth Physical Literacy Specialist (YPLS) Certification (Brett Klika)	Mon	9 am - 5 pm	0.8	8-Oct	8-Oct	8,000 / 9,600	31-Aug-18
802 Personal Trainer of the future (Angela Jenkins & David Liow)	Mon	9 am - 5 pm	n/a	8-Oct	8-Oct	5,600 / 6,400	31-Aug-18
803 Funtensity® - Fitness Through Play (Jonathan Ross)	Mon	9 am - 5 pm	0.6	8-Oct	8-Oct	6,400 / 7,250	31-Aug-18
804 The Business of Fitness (Jen Hall)	Mon	9 am - 5 pm	n/a	8-Oct	8-Oct	5,200 / 5,800	31-Aug-18
805 Cream Rising to AFC2018 (start June 1st end October 8th)	Mon	9 am - 5 pm	n/a	8-Oct	8-Oct	9,700	31-Aug-18
806 ThinkFit® (Portia Page)	Mon	9 am - 5 pm	n/a	8-Oct	8-Oct	5,600 / 6,400	31-Aug-18
Fit® CECs							
Training Pregnant and Post-Partum Clients (Thai)	Tue-Thu	1 - 4 pm	0.9	9-Oct	11-Oct	5,900	25-Sep-18
Weight Loss Specialist (Thai)	Thu & Fri	9 am - 4 pm	1.2	25-Oct	26-Oct	8,500	11-Oct-18
NOVEMBER							
Fitness Nutrition Specialist (Eng)	Thu & Fri	9 am - 4 pm	1.2	1-Nov	2-Nov	8,500	18-Oct-18
MetaPWR (Thai)	Wed	10 am - 5 pm	0.6	14-Nov	14-Nov	9,100	30-Aug-18
Fitness Nutrition Specialist (Thai)	Thu & Fri	9 am - 4 pm	1.2	15-Nov	16-Nov	8,500	1-Nov-18
Twist Functional Training 101	Sat & Sun	9 am - 4 pm	0.8	17-Nov	18-Nov	7,600	3-Nov-18
REVO2LUTION RUNNING Certification (Thai)	Sat & Sun	9 am - 5 pm		24-Nov	25-Nov	10,600	10-Nov-18

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