



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 2019	Early bird discount 10% until
Certified Personal Trainer - Eng (EPT Group 17)	Mon Tue	9 am -12 pm	90	22-May-19	2-Aug-19	39,300	8-May-19
Certified Personal Trainer - Intensive - English (IEPT Group 2)	Mon-Fri	9 am - 4 pm	72	3-Jun-19	21-Jun-19	35,900	17-May-19
Certified Personal Trainer - Thai (PT Group 22)	Wed & Fri	1 - 4 pm	90	31-Jul-19	4-Dec-19	39,300	17-Jul-19
Certified Personal Trainer - Thai (PT Group 20)	Mon&Wed	9 am -12 pm	90	5-Aug-19	11-Dec-19	39,300	22-Jul-19
Certified Personal Trainer - Thai (PT Group 21)	Tue&Thu	1 - 4 pm	90	6-Aug-19	3-Dec-19	39,300	23-Jul-19
Certified Personal Trainer - Thai (PT Group 16)	Tue&Thu	9 am -12 pm	90	13-Aug-19	28-Nov-19	39,300	30-Jul-19
Certified Personal Trainer - Thai (PT Group 18)	Mon Wed Fri	9 am - 12 pm	90	28-Aug-19	28-Nov-19	39,300	14-Aug-19
Certified Personal Trainer - Intensive -Thai (IPT Group 3)	Mon-Fri	9 am - 4 pm	72	2-Sep-19	21-Sep-19	35,900	19-Aug-19
Certified Personal Trainer - Eng (EPT Group 3)	Mon Wed Fri	9 am -12 pm	90	16-Sep-19	2-Dec-19	39,300	2-Sep-19
Certified Personal Trainer - Thai (PT Group 19)	Mon Wed Fri	1 - 4 pm	90	18-Sep-19	16-Dec-19	39,300	4-Sep-19
Certified Personal Trainer - Thai (PT Group 8)	Mon & Thu	9 am -4 pm	90	23-Sep-19	2-Dec-19	39,300	9-Sep-19
Certified Health Coach - English (Include ACE Health Coach text book)	Tue&Thu	1 - 4 pm	30	29-Oct-19	28-Nov-19	27,200	15-Oct-19
International Yoga Teacher Training (Yoga Alliance®)	Mon Wed Fri	1 - 4 pm	200	TBD	TBD	95,000	N/A
International Yoga Teacher Training (Yoga Alliance®)	Sat	8.30 am - 5 pm	200	TBD	TBD	95,000	N/A
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Tue Thu	9 am - 1 pm	48	4-Jun-19	11-Jul-19	64,200	14-May-19
Balanced Body Movement Principle - Thai by Apittiya	Sat	9 am - 6 pm	16	8-Jun-19	15-Jun-19	15,500	25-May-19
Balanced Body Pilates Mat Instructor Training -Thai by Apittiya	Sat	9 am - 6 pm	72	8-Jun-19	7-Sep-19	65,400	25-May-19
CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE 2019	Early bird discount 10% until
MAY							
Complete Ball Training - Thai	Sat	9 am - 5 pm	0.9	25-May	25-May	6,200	11-May-19
FEA® Physique Specialist Level 1 & 2 (English & Thai) NEW	Tue - Thu	9 am - 4 pm	2.0	28-May	30-May	14,700	14-May-19
Senior Fitness Specialist - English	Tue & Thu	9 am - 4 pm	1.2	28-May	30-May	8,900	14-May-19
Metafit - Thai	Wed	9 am - 4 pm	0.6	29-May	29-May	7,950	15-May-19
JUNE							
Balanced Body® Anatomy in Three Dimensions™ by Apittiya	Thu-Sat	9 am - 4 pm	1.6	19-Jun	21-Jun	18,000	5-Jun-19
Functional Training with Resistance Band - Eng/Thai (by Tarek from FTI) NEW	Thu	9 am - 5 pm	0.7	20-Jun	20-Jun	9,100	6-Jun-19
FTI Functional Mobility-English (by Tarek from FTI)	Fri	9 am - 5 pm	0.6	21-Jun	21-Jun	9,100	7-Jun-19
Advanced Muscle and Strength Development - Thai	Tue & Thu	9 am - 4 pm	1.2	25-Jun	27-Jun	8,900	11-Jun-19
Women's Fitness Essentials - Thai	Wed	9 am - 4 pm	0.6	26-Jun	26-Jun	4,900	FULL
JULY							
Balanced Body Movement Principle - Thai by Apittiya	Tue,Thu	1.30-5.30	16	2-Jul-19	11-Jul-19	15,500	18-Jun-19
Balanced Body® MOTR Instructor Training Fundamental by Apittiya	Sat	9 am - 6 pm	0.8	13-Jul	13-Jul	13,000	29-Jun-19
Balanced Body Pilates Mat 3 Instructor Training -Thai by Apittiya	Tue,Thu	1.30-5.30	16	23-Jul-19	1-Aug-19	16,000	9-Jul-19
AUGUST							
Twist Functional Training 101	Fri & sat	9 am - 4 pm	0.8	9-Aug	10-Aug	9,100	26-Jul-19
Training Pregnant and Post-Partum Clients - Thai	Tue-Thu	9 am - 12 pm	0.9	13-Aug	15-Aug	6,200	30-Jul-19
Balanced Body® Mat & Ball by Sugulaya	Tue & Thu	9 am - 12 pm	0.3	20-Aug	22-Aug	6,600	6-Aug-19
REVO2LUTION RUNNING Certification (Thai)	Fri & Sat	9 am - 5 pm	2.0	30-Aug	31-Aug	329 USD	15-Mar-19
OCTOBER (AFC Pre & Post Conference)							
001 : Physique Transformation Specialty Certificate with Benjamin Siong	Thu	9 am - 5 pm		10-Oct		9,400	10,750
002 : NASM® Corrective Exercise Specialty Certificate with Rick Richey	Thu	9 am - 4 pm		10-Oct		7,200	8,000
003 : Quadrupedal Movement with Dan Edwardes	Thu	9 am - 5 pm		10-Oct		7,970	8,500
004 : Fighting Monkey® with Jozef Fucek	Thu	9 am - 5 pm		10-Oct		9,450	10,400
005 : YogaFit® for Prenatal and Postpartum Clients with Claudia Micco	Thu	9 am - 5 pm	0.8	10-Oct		8,000	8,800
006 : Meditation Practice for Fitness Professionals with Yury Rockit	Thu	9 am - 3 pm	0.4	10-Oct		6,370	7,200
007 : One Day to Wellness with Mindy Mylrea and Bruce Mylrea	Thu	9 am - 5 pm	0.9	10-Oct		6,370	7,350
401 : Fitness Leadership Specialty Certificate with Bobby Cappuccio	Mon	9 am - 5 pm	N/A	14-Oct		8,000	9,280
402 : ASSA Running Coach Specialty Certificate with Ranell Hobson	Mon	9 am - 5 pm	1.6	14-Oct		8,160	9,280
403 : The Future of Personalised Health Specialty Certificate with Kyle Riley	Mon	9 am - 5 pm	N/A	14-Oct		9,450	11,000
404 : STRONG by Zumba® with Prince Paltu Ob	Mon	9 am - 5 pm	0.8	14-Oct		7,200	8,000
405 : AFAA® Group Fitness Instructor Workshop with Lisa Hamlin	Mon	9 am - 5 pm	0.8	14-Oct		4,450	6,350
406 : SPIDERFITkids® Youth Athletic Performance Specialist with Brett Klika	Mon	9 am - 5 pm		14-Oct		6,370	7,970
407 : Fixing Chronic Neck and Lower Back Pain with Dr. Joone Lee	Mon	9 am - 5 pm		14-Oct		6,370	11,200
408 : Introduction to ISSN Sport Nutrition Specialist with Douglas Kalman	Mon	9 am - 5 pm	N/A	14-Oct		8,300	9,100
WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE 2019	Early bird discount 10% until
JULY							
Healthy Eating Essentials - Thai NEW *For General Public only*	Tue	9 am - 4 pm	6	2-Jul	2-Jul	3,900	18-Jun-19
Basic Exercise Essentials - Thai NEW *For General Public only*	TBD		30	TBD	TBD		TBD

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