



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 - Thai (PT Group 7)                                       | Mon Wed Fri  | 1 - 4 pm       | 90          | 22-Apr-19 | 5-Jul-19  | 39,300            | FULL                          |
| Certified Personal Trainer - Thai (PT Group 11)                                      | Tue&Thu      | 9 am -12 pm    | 90          | 9-May-19  | 27-Aug-19 | 39,300            | FULL                          |
| Certified Personal Trainer - Thai (PT Group 12)                                      | Wed&Fri      | 9 am -12 pm    | 90          | 15-May-19 | 28-Aug-19 | 39,300            | FULL                          |
| Certified Personal Trainer - Thai (PT Group 13)                                      | Tue&Thu      | 1 - 4 pm       | 90          | 16-May-19 | 3-Sep-19  | 39,300            | FULL                          |
| Certified Personal Trainer - Eng (EPT Group 2)                                       | Mon Wed Fri  | 9 am -12 pm    | 90          | 22-May-19 | 2-Aug-19  | 39,300            | 8-May-19                      |
| Certified Personal Trainer - Thai (PT Group 8)                                       | Mon & Thu    | 9 am -12 pm    | 90          | 27-May-19 | 16-Sep-19 | 39,300            | 13-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 16)                                      | Tue&Thu      | 9 am -12 pm    | 90          | 13-Aug-19 | 28-Nov-19 | 39,300            | 30-Jul-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 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                     |
| Certified Strength and Conditioning Specialist -Eng (including NSCA-CSCS text)       | Sat          | 9 am - 4 pm    | 75          | 11-May-19 | 3-Aug-19  | 39,300            | Postponed                     |
| 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          | 25-Jun-19 | 6-Aug-19  | 64,200            | 11-Jun-19                     |
| Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya               | Tue,Thu      | 9 am - 5 pm    | 38          | 4-Jun-19  | 20-Jun-19 | 56,500            | 21-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 |
| <b>MAY</b>   |              |                |             |           |           |                   |                               |
| Balanced Body® Anatomy in Three Dimensions™ by Apittiya                              | Thu-Sat      | 9 am - 4 pm    | 1.6         | 23-May    | 25-May    | 18,000            | 9-May-19                      |
| 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 ) <b>NEW</b>                   | 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                     |
| <b>JUNE</b>  |              |                |             |           |           |                   |                               |
| Advanced Muscle and Strength Development - Thai                                      | Thu&Fri      | 9 am - 4 pm    | 1.2         | 13-Jun    | 14-Jun    | 8,900             | 30-May-19                     |
| Functional Training with Resistance Band - Eng/Thai ( by Tarek from FTI ) <b>NEW</b> | 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                      |
| Women's Fitness Essentials - Thai  | Wed          | 9 am - 4 pm    | 0.6         | 26-Jun    | 26-Jun    | 4,900             | FULL                          |
| <b>JULY</b>  |              |                |             |           |           |                   |                               |
| Balanced Body® MOTR Instructor Training Fundamental by Apittiya                      | Sat          | 9 am - 6 pm    | 0.8         | 13-Jul    | 13-Jul    | 13,000            | 29-Jun-19                     |
| <b>AUGUST</b>  |              |                |             |           |           |                   |                               |
| 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                     |
| WORKSHOPS for General Public   |              |                |             |           |           |                   |                               |
|  | DAYS & TIMES | TIME           | Class Hours | STARTS    | ENDS      | COURSE PRICE 2019 | Early bird discount 10% until |
| <b>JULY</b>  |              |                |             |           |           |                   |                               |
| Healthy Eating Essentials - Thai <b>NEW *For General Public only*</b>                | Tue          | 9 am - 4 pm    | 6           | 2-Jul     | 2-Jul     | 3,900             | 18-Jun-19                     |
| Basic Exercise Essentials - Thai <b>NEW *For General Public only*</b>                | TBD          |                | 30          | TBD       | TBD       |                   | TBD                           |

FITNESS INNOVATIONS (THAILAND) LIMITED: BTS Ploenchit Station (Exit 2) Bangkok. Call us 02 650 9242

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