



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 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 17)	Mon & Tue	9 am - 4 pm	90	23-Sep-19	2-Dec-19	39,300	9-Sep-19
Certified Health and Wellness Coaching - English (Include ACE text book)	Tue&Thu	1 - 4 pm	36	29-Oct-19	12-Dec-19	27,200	15-Oct-19
Certified Personal Trainer - Thai (PT Group 1)	Mon & Thu	9 am -12 pm	90	6-Jan-20	30-Apr-20	39,300	15-Dec-19
Certified Personal Trainer - Thai (PT Group 2)	Mon Wed Fri	9 am -12 pm	90	8-Jan-20	20-Mar-20	39,300	15-Dec-19
Certified Personal Trainer - English (EPT Group 1)	Tue&Thu	9 am -12 pm	90	14-Jan-20	30-Apr-20	39,300	15-Dec-19
Certified Personal Trainer - Thai (PT Group 6)	Tue&Thu	1 - 4 pm	90	21-Jan-20	7-May-20	39,300	15-Dec-19
Certified Personal Trainer - Thai (PT Group 8)	Sat	9 am - 4 pm	90	25-Jan-20	30-May-20	39,300	15-Dec-19
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Mon Wed Fri	1 - 4 pm	200	24-Feb-20	24-Jul-20	95,000	20-Dec-19
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat	8.30 am - 5 pm	200	29-Feb-20	12-Sep-20	95,000	20-Dec-19
Balanced Body Pilates Reformer Instructor Training - Thai by Apittiya	Sat	9 am - 6 pm	48	26-Oct-19	30-Nov-19	64,200	12-Oct-19
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya NEW	Tue & Thu	1.30 - 5.30 PM	38	31-Oct-19	3-Dec-19	56,500	17-Oct-19
Balanced Body Pilates Mat Instructor Training - Thai by Sugulaya NEW	Tue & Thu	9 am - 1 pm	64	5-Nov-19	21-Jan-20	65,400	22-Oct-19
CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE 2019	Early bird discount 10% until
SEPTEMBER							
TRX Suspension Training Course (STC)-Thai by Noppadol	Mon	9 am - 5 pm	0.7	23-Sep	23-Sep	11,650	9-Sep-19
Balanced Body® ARC - Thai by Apittiya NEW	Tue & Thu	2 - 5 pm	0.3	24-Sep	26-Sep	6,600	10-Sep-19
Training Pregnant and Post-Partum Clients - Thai by Sugulaya	Tue-Thu	1 - 4 pm	0.9	24-Sep	26-Sep	6,200	FULL!
Fitness Nutrition Specialist - Thai by Wiradech	Fri & Sat	9 am - 4 pm	1.2	27-Sep	28-Sep	8,900	FULL!
OCTOBER							
Balanced Body® Anatomy in 3D - Thai by Apittiya (Manual fee + 2,600 THB)	Tue-Thu	9 am - 4 pm	1.6	1-Oct	3-Oct	18,000	17-Sep-19
Weight Loss Specialist - Thai by Wiradech	Fri & Sat	9 am - 4 pm	1.2	4-Oct	5-Oct	8,900	FULL!
Metafit - Eng & Thai	Tue	9 am - 4 pm	0.6	15-Oct	15-Oct	7,950	1-Oct-19
MetaPRO - Eng & Thai	Wed	9 am - 4 pm	0.6	16-Oct	16-Oct	7,950	2-Oct-19
Fitness Nutrition Specialist - Thai by Wiradech @ JUSTFIT Phuket	Sat&Sun	9 am - 4 pm	1.2	19-Oct	20-Oct	8,900	5-Oct-19
Fitness Nutrition Specialist - Thai by Wiradech	Fri & Sat	9 am - 4 pm	1.2	25-Oct	26-Oct	8,900	11-Oct-19
Training Pregnant and Post-Partum Clients - Thai by Sugulaya	Wed-Fri	1 - 4 pm	0.9	30-Oct	1-Nov	6,200	16-Oct-19
OCTOBER (AFC Pre & Post Conference)							
001 : Physique Transformation Specialty Certificate with Benjamin Siong @FIT	Thu	9 am - 5 pm		10-Oct	31-Aug	9,400	10,750
002 : NASM® Corrective Exercise Specialty Certificate with Rick Richey	Thu	9 am - 4 pm		10-Oct	31-Aug	7,200	8,000
003 : Quadrupedal Movement with Dan Edwardes	Thu	9 am - 5 pm		10-Oct	31-Aug	7,970	8,500
005 : YogaFit® for Prenatal and Postpartum Clients with Claudia Micco	Thu	9 am - 5 pm	0.8	10-Oct	31-Aug	8,000	8,800
006 : Meditation Practice for Fitness Professionals with Yury Rockit	Thu	9 am - 3 pm	0.4	10-Oct	31-Aug	6,370	7,200
007 : One Day to Wellness with Mindy Mylrea and Bruce Mylrea	Thu	9 am - 5 pm	0.9	10-Oct	31-Aug	6,370	7,350
401 : Fitness Leadership Specialty Certificate with Bobby Cappuccio	Mon	9 am - 5 pm	N/A	14-Oct	31-Aug	8,000	9,280
402 : ASSA Running Coach Specialty Certificate with Ranell Hobson @FIT	Mon	9 am - 5 pm	1.6	14-Oct	31-Aug	8,160	9,280
403 : The Future of Personalised Health Specialty Certificate with Kyle Riley	Mon	9 am - 5 pm	N/A	14-Oct	31-Aug	9,450	11,000
404 : STRONG by Zumba® with Prince Paltu Ob	Mon	9 am - 5 pm	0.8	14-Oct	31-Aug	7,200	8,000
405 : AFAA® Group Fitness Instructor Workshop with Lisa Hamlin	Mon	9 am - 5 pm	0.8	14-Oct	31-Aug	4,450	6,350
406 : SPIDERFITkids® Youth Athletic Performance Specialist with Brett Klika	Mon	9 am - 5 pm		14-Oct	31-Aug	6,370	7,970
407 : Fixing Chronic Neck and Lower Back Pain with Dr. Joone Lee	Mon	9 am - 5 pm		14-Oct	31-Aug	6,370	11,200
408 : Introduction to ISSN Sport Nutrition Specialist with Douglas Kalman	Mon	9 am - 5 pm	N/A	14-Oct	31-Aug	8,300	9,100
November							
Twist Functional Training 101 - Thai by Farn Srirairatana	Fri & Sat	9 am - 4 pm	0.8	1-Nov	2-Nov	9,100	18-Oct-19
FTI Fundamentals of Kettlebells Course Level 1 by Pasun	Sat	9 am - 5 pm	0.8	9-Nov	9-Nov	9,100	26-Oct-19
Weight Loss Specialist - Thai by Wiradech	Fri & Sat	9 am - 4 pm	1.2	15-Nov	16-Nov	8,900	1-Nov-19
FTI Functional Mobility Course by Kamonchai	Fri	9 am - 5 pm	0.7	22-Nov	22-Nov	9,100	8-Nov-19
WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE 2019	Early bird discount 10% until
JULY-AUGUST							
Basic Exercise Essentials - Thai by Atikam "For General Public only" Call to apply	Sat	9 am - 4 pm	24	14-Sep	5-Oct	15,600	31-Aug-19
Healthy Eating Essentials - Thai by FIT Team NEW "For General Public only"	Sat	9 am - 4 pm	6	16-Nov	16-Nov	3,900	2-Nov-19
BASIC LIFE SUPPORT (CPR, AED, Choking)	DAY	TIME	Class Hours			COURSE PRICE 2019	Early bird rate (2 weeks in advance)
MORNING sessions: 7 Nov, 18 Nov, 19 Nov or 25 Nov	1 Day	9am - 12pm	3			2,600	10% discount
AFTERNOON sessions: 8 Nov, 19 Nov, 23 Nov or 27 Nov	1 Day	1pm - 4pm	3			2,600	10% discount

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

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EBR = Early Bird Rate

EBD = Early Bird Deadline