



พินิจ อินต๊ะอ่อน 884,886

Fitness Innovations (Thailand) Limited  
Fitness Innovations (Asia) Limited

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	Special discount 10% until
Certified Personal Trainer - Thai (Intensive)	Mon-Fri	9 am - 4 pm	72	7-Sep-20	26-Sep-20	35,900	24-Aug-20
Certified Personal Trainer - Thai (PT Group 14)	Mon Wed Fri	9 am -12 pm	90	14-Sep-20	25-Nov-20	39,300	31-Aug-20
Certified Personal Trainer - Thai (PT Group 15)	Tue& Thu	1 -4 pm	90	4-Aug-20	19-Nov-20	39,300	Full
Certified Personal Trainer - Thai (PT Group 16)	Tue& Thu	9 am -12 pm	90	25-Aug-20	15-Dec-20	39,300	11-Aug-20
Certified Personal Trainer - English (EPT2)	Tue& Thu	9 am -12 pm	90	25-Aug-20	15-Dec-20	35,900	11-Aug-20
Certified Personal Trainer - Thai (PT Group Hua Hin)	Fri,Sat,Sun	9 am - 4 pm	90	4-Sep-20	4-Oct-20	39,300	21-Aug-20
Certified Personal Trainer - Thai (PT Group Chiangmai)	Thu, Fri,Sat	9 am - 4 pm	90	1-Oct-20	7-Nov-20	39,300	17-Sep-20
NSCA® Certified Strength and Conditioning Specialist (CSCS) - English	Sun	9 am - 5 pm	66	21-Jun-20	30-Aug-20	39,200	Started
NSCA® Certified Strength and Conditioning Specialist (CSCS) - Thai	Wed&Thu	1 - 4 pm	75	17-Jun-20	10-Sep-20	39,200	Started
Certified Health and Wellness Coaching - Thai (Include ACE text book)			36	NOV	NOV	29,200	
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat	8.30 am - 5 pm	200	29-Feb-20	14-Nov-20	95,000	Started
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Tue & thu	9 am - 1 pm	48	4-Aug-20	10-Sep-20	64,200	Full
Balanced Body Movement Principle - Thai by Apittiya	Sun	9 am - 4 pm	16+2	9-Aug-20	23-Aug-20	15,500	26-Jul-20
Balanced Body Anatomy in 3D-Thai by Apittiya (exclude manual fee)	Wed - Fri	9 am - 4 pm	18	26-Aug-20	28-Aug-20	18,000	Full
Balanced Body Anatomy in 3D-Thai by Apittiya (exclude manual fee)	Wed - Fri	9 am - 4 pm	18	16-Sep-20	18-Sep-20	18,000	2-Sep-20
Balanced Body CoreAlign® 1 - Thai by Apittiya	Sun	9 Am - 4 pm	16	6-Sep-20	20-Sep-20	21,250	23-Aug-20
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Sat	9 am - 4 pm	38+4	10-Oct-20	28-Nov-20	56,500	26-Sep-20
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Sat	9 am - 4 pm	48	21-Nov-20	30-Jan-21	64,200	7-Nov-20
CONTINUING EDUCATION COURSES for Fitness Professionals							
DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discount 10% until	
<b>August</b>							
Twist Functional Training 101 - Thai by Farn Sritrairatana	Sat & Sun	9 am - 4 pm	0.8	15-Aug	16-Aug	9,100	1-Aug-20
Fitness Nutrition Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	22-Aug	23-Aug	8,900	Full
Weight Loss Specialist - Thai by Wiradech	Sun & Sun	9 am - 4 pm	1.2	30-Aug	6-Sep	8,900	16-Aug-20
Functional Movement Training Basic (FMT Basic) by Kriyot	Sat	9 am - 4 pm	0.8	29-Aug	29-Aug	7,500	15-Aug-20
Functional Movement Training Performance (FMT Performance) by Kriyot	Sun	9 am - 4 pm	0.8	30-Aug	30-Aug	7,500	16-Aug-20
<b>September</b>							
BOSU® Mindful Movement & Mobility-Thai by Pilartluck	Fri	9 am - 4 pm	0.4	4-Sep	4-Sep	4,800	21-Aug-20
BOSU® Next Generation Balance Training-Thai by Thanakorn(get 1 new BOSU Next Gen)	Fri	9 am - 4 pm	0.4	11-Sep	11-Sep	12,300	special 9,990
Fit® Training Pregnant and Post-Partum Clients - Thai by Sugulaya	Wed-Fri	1 - 4 pm	0.9	23-Sep	25-Sep	6,200	9-Sep-20
Fit® Training Pregnant and Post-Partum Clients - English by Pen	Tue-Wed	9 am - 4 pm/ 9 am -12pm	9	15-Sep	16-Sep	6,200	1-Sep-20
Fit® Senior Fitness Specialist - English by Suzanne	Mon & Wed	9 am - 4 pm	1.2	28-Sep	30-Sep	8,900	14-Sep-20
<b>October</b>							
Balanced Body® Orbit Workshop - Thai by Apittiya	Thu	9 am - 4 pm	0.3	1-Oct	1-Oct	6,600	17-Sep-20
Fit® Small Group Training (Group Personal Training) - Thai by Panuwat	Mon & Wed	9 am - 12 pm	0.6	5-Oct	7-Oct	4,900	21-Sep-20
Balanced Body® Mat & Ring Workshop - Thai by Apittiya	Thu	9 am - 4 pm	0.3	8-Oct	8-Oct	6,600	24-Sep-20
Balanced Body Movement Principle - Thai by Sugulaya	Sat	9 am - 4 pm	16+2	17-Oct	7-Nov	15,500	3-Oct-20
Fit® Fitness Nutrition Specialist - English by Suzanne	Mon & Wed	9 am - 4 pm	1.2	19-Oct	21-Oct	8,900	5-Oct-20
Balanced Body® Mat and Ball Workshop - Thai by Apittiya	Thu	9 am - 4 pm	0.3	29-Oct	29-Oct	6,600	15-Oct-20
Fit® Sports Nutrition - Fueling Performance - Thai by Wiradech	Thu & Fri	9 am - 4 pm/ 9 am -12pm	0.9	29-Oct	30-Oct	6,200	15-Oct-20
<b>November</b>							
Fit® Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	4-Nov	4-Nov	4,900	21-Oct-20
Balanced Body® Mat and Bands Workshop - Thai by Apittiya	Tue	9 am - 4 pm	0.3	5-Nov	5-Nov	6,600	22-Oct-20
Balanced Body® Mat and Roller Workshop - Thai by Apittiya	Tue	9 am - 4 pm	0.3	12-Nov	12-Nov	6,600	29-Oct-20
WORKSHOPS for General Public							
DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discount 10% until	
<b>July-Sep</b>							
Effective Exercise Essentials - Thai by Kamonchai <i>"For General Public only" Call to apply</i>		9 am -12 pm	24	TBD	TBD	15,600	TBD
Healthy Eating Essentials - Thai by Atikarn <i>NEW "For General Public only"</i>	Sat	9 am - 4 pm	6	16-Aug	16-Aug	3,900	2-Aug-20
Healthy Eating Essentials - English by Suzanne <i>"For General Public only"</i>	Wed	9 am - 4 pm	6	TBD	TBD	3,900	TBD
BASIC LIFE SUPPORT (CPR, AED, Choking)							
DAY	TIME	Class Hours	COURSE PRICE	Special discount 10% until			
MORNING sessions: 13 Jul, 17 Jul, 21 Aug, 9 Sep, 16 Sep, 11 Nov, 18 Nov, 24 Nov (Thai)	1 Day	9am - 12pm	3	2,600	2 weeks before		
AFTERNOON sessions: 21 Jul, 27 Jul, 3 Aug, 22 Aug, 5 Sep, 11 Oct, 10 Nov (Thai), 4 Aug (Eng)	1 Day	1pm - 4pm	3	2,600	2 weeks before		

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



**ASIA FITNESS CONFERENCE 2021**  
**BUILDING BRIDGES TO CREATE COMMUNITIES: IT'S ALL ABOUT US!**  
**2-4 April 2021**  
**BITEC, Bangkok Thailand**

Organised by: **fit** Supported by: **TCEB**