



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 (PT Group 14)	Mon Wed Fri	9 am -12 pm	90	14-Sep-20	25-Nov-20	39,300	Full
Certified Personal Trainer - Thai (PT Group 17)	Mon Wed Fri	9 am -12 pm	90	23-Sep-20	9-Dec-20	39,300	Full
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
Certified Personal Trainer - Thai (PT Group 19) <b>"NEW"</b>	Sun	9 am - 4 pm	90	11-Oct-20	14-Mar-21	39,300	27-Sep-20
NSCA® Certified Strength and Conditioning Specialist (CSCS) - Thai <b>"NEW"</b>	Fri	9 am - 4 pm	75	6-Nov-20	19-Feb-21	39,200	23-Oct-20
Certified Health and Wellness Coaching - Thai (Include ACE text book)			36	NOV	NOV	27,200	
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 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	Started
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 Movement Principle - Thai by Sugulaya	Sat	9 am - 4 pm	16+2	17-Oct	7-Nov	15,500	3-Oct-20
Balanced Body Pilates Reformer Instructor Training - Thai by Apittiya	Sun	9 am - 4 pm	48	15-Nov-20	14-Feb-20	64,200	Full
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>September</b>							
Fitness Nutrition Specialist - Thai by Wiradech	Wed & Fri	9 am - 4 pm	1.2	2-Sep	4-Sep	8,900	Started
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	Full
BOSU® Mindful Movement & Mobility-Thai by Pilartluck *New Date*	Sat	9 am - 4 pm	0.4	26-Sep	26-Sep	4,800	Special 3,999
<b>October</b>							
Balanced Body® Orbit Workshop - Thai by Apittiya	Thu	9 am - 4 pm	0.3	1-Oct	1-Oct	6,600	Full
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
Fit® Advanced Muscle and Strength Development - Thai by Noppadol	Mon & Tue	9 am - 4 pm	1.2	19-Oct	20-Oct	8,900	5-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
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
Functional Movement Screen Level 1 - English & Thai by Henrik&Team @STAGE	Fri & Sat	8 am - 5 pm/ 8 am -12pm	1.1	30-Oct	31-Oct	14,900	16-Oct-20
Functional Movement Screen Level 2 - English & Thai by Henrik&Team @STAGE	Sat & Sun	1 - 5 pm/ 8 am - 5pm	1.1	31-Oct	1-Nov	14,900	16-Oct-20
Functional Movement Screen Level 1 & 2 - English & Thai by Henrik&Team @STAGE	Fri - Sun	8 am - 5 pm	2.2	30-Oct	1-Nov	25,900	16-Oct-20
<b>November</b>							
Balanced Body® Mat and Ball Workshop - Thai by Apittiya	Sun	9 am - 4 pm	0.3	1-Nov	1-Nov	6,600	18-Oct-20
Fit® Training Clients with lower Back Pain - Thai by Sompot	Mon & Wed	9 am - 12 pm	0.6	2-Nov	4-Nov	4,900	20-Oct-20
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
Twist Functional Training 101 by Farn	Sat & Sun	9 am - 4 pm	0.8	7-Nov	8-Nov	9,100	24-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
Fit® Senior Fitness Specialist - English by Suzanne *New Date*	Wed & Fri	9 am - 4 pm	1.2	25-Nov	27-Nov	8,900	11-Nov-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 <b>"For General Public only" Call to apply</b>		9 am -12 pm	24	TBD	TBD	15,600	TBD
Healthy Eating Essentials - Thai by Atikarn <b>NEW "For General Public only"</b>	Sun	9 am - 4 pm	6	15-Nov	15-Nov	3,900	1-Nov-20
Healthy Eating Essentials - English by Suzanne <b>"For General Public only"</b>	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: 16 Sep,11 Nov,18 Nov, 24 Nov (Thai)	1 Day	9am - 12pm	3	2,600	2 weeks before
AFTERNOON sessions: 11 Oct,10 Nov(Thai)	1 Day	1pm - 4pm	3	2,600	2 weeks before

**12 Internationally Recognised Education**



**FITNESS INNOVATIONS (THAILAND) LIMITED: BTS Ploenchit Station (Exit 2) Tel. 02 650 9242**

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EBR = Early Bird Rate