



สถาบันฝึกอบรมบุคลากรด้านการสอนออกกำลังกายมาตรฐานสากล  
Training World-Class Fitness Professionals

- Certification Training
- Seminars & Workshops
- Personal Training, Yoga, Pilates, Group Fitness and Sport Conditioning




2021 CERTIFICATION COURSES	DAYS & TIMES	TIME	CLASS HOURS	STARTS	ENDS	COURSE PRICE	Special discounts before
Certified Personal Trainer - Thai (PT Group 9)	Mon & Thu	9 am - 4 pm	96	19-Apr-21	21-Jun-21	39,950	5-Apr-21
Certified Personal Trainer - Thai (PT Group 10)	MWF	9 am - 12 pm	96	26-Apr-21	14-Jul-21	39,950	12-Apr-21
Certified Personal Trainer - Thai (PT Group 11)	MWF	1 - 4 pm	96	10-May-21	30-Jul-21	39,950	26-Apr-21
Certified Personal Trainer - English (EPT Group 2)	TT	9 am - 12 pm	96	11-May-21	9-Sep-21	39,950	27-Apr-21
Certified Personal Trainer - Thai (PT Group 8)	Sat	9 am - 4 pm	96	20-Mar-21	31-Jul-21	39,950	6-Mar-21
Certified Personal Trainer - Thai Intensive	Mon-Fri	9 am - 4 pm	78	7-Jun-21	25-Jun-21	38,900	24-May-21
Certified Personal Trainer - Thai (PT Group 12)	SUN	9 am - 4 pm	96	23-May-21	19-Sep-21	39,950	9-May-21
Certified Strength and Conditioning Specialist-Thai in Chiangmai (Includes NSCA-CSCS textbook) English Exam	Fri-Sun	9 am - 4 pm	75	28-May-21	11-Jul-21	39,200	28-Apr-21
Certified Personal Trainer - Thai (PT Group 13)	SAT	9 am - 4 pm	96	3-Jul-21	6-Nov-21	39,950	16-Jun-21
Certified Personal Trainer - Thai (PT Group 14)	SAT	9 am - 4 pm	96	7-Aug-21	18-Dec-21	39,950	24-Jul-21
Certified Health and Wellness Coaching - Thai (Include ACE text book)	Tue & Fri	9 am - 12 pm	45	23-Mar-21	25-May-21	27,200	9-Mar-21
Certified Health and Wellness Coaching - English (Include ACE text book)	Mon & Wed	1 - 4 pm	45	5-May-21	28-Jun-21	27,200	21-Apr-21
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat & Sun	8.30 am - 5 pm	200	6-Mar-21	10-Jul-21	95,000	20-Feb-21
Balanced Body Movement Principle - Thai by Apittiya	Sat & Sun	9 am - 4 pm	16+2	5-Jun	12-Jun	15,500	22-May-21
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	10-Jun	24-Jun	15,500	27-May-21
Balanced Body Mat Pilates Instructor Training - Thai by Sugulaya (prerequisite = Movement Principle)	Thu	9 am - 4 pm	48+6	1-Jul	2-Sep	49,900	17-Jun-21
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	64+8	10-Jun	2-Sep	65,400	27-May-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Sat & Sun	9 am - 4 pm	48+24	13-Jun	31-Jul	80,200	31-May-21
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Sat & Sun	9 am - 4 pm	38+10	4-Sep	26-Sep	63,200	21-Aug-21
Balanced Body Pilates Apparatus Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	38+10	28-Oct	16-Dec	63,200	14-Oct-21

2021 CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discounts before
<b>March</b>							
Balanced Body® Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed-Fri	9 am - 4 pm	1.6	24-Mar	26-Mar	18,000	10-Mar-21
Barbell Basics - Thai by Wongsatom *at Thai Weightlifting Federation,Sathom*	Sat	9 am - 12 pm	0.3	27-Mar	27-Mar	3,900	13-Mar-21
Fit® Fitness Nutrition Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	27-Mar	28-Mar	8,900	13-Mar-21
<b>April</b>							


ASIA FITNESS CONFERENCE 2021 Online Live ! ( All 30+ sessions are NEW for 2021 from 30+ World-Class Fitness Presenters )							
Option A: 2-Day Online AFC Live !	Sat - Sun	8.30 am - 4.30 pm	1.2	3-Apr	4-Apr	4,300	31-Mar-21
Option B: 2-Day Online AFC Live ! PLUS ACCESS	Sat - Sun	8.30 am - 4.30 pm	1.2	3-Apr	4-Apr	5,300	31-Mar-21

ASIA FITNESS CONFERENCE 2021 Online Live ! : Post Conference Sessions							
Jump Sport: Virtual Boot Camp Course - SGT Ken	Mon	9 am - 5 pm	0.8	5-Apr	5-Apr	4,470	14-Feb-21
Physique Transformation Online Speciality Certificate - Benjamin Siong	Mon	12 pm - 2.30 pm	NASM 0.7	5-Apr	5-Apr	5,970	14-Feb-21
Personalised Health and Epigenetics Coaching ph360 - Cameron McDonald and Kyle	Mon	9 am - 5 pm	1.9	5-Apr	5-Apr	4,410	31-Mar-21
Dance GLAM Certificate - Tony Stone	Mon	12 pm - 5 pm	0	5-Apr	5-Apr	3,570	14-Feb-21
Fit® Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	21-Apr	21-Apr	4,900	21-Apr-21
Fit® Weight Loss Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	24-Apr	25-Apr	8,900	10-Apr-21
Fit® Advanced Muscle & Strength Development - Thai by Noppadol	Mon & Wed	9 am - 4 pm	1.2	26-Apr	28-Apr	8,900	12-Apr-21
Balanced Body® MOTR Comprehensive - Thai by Sugulaya	Fri-Sun	9 am - 4 pm	1.6	23-Apr	25-Apr	25,200	9-Apr-21
Golf Fitness Workshop - Thai by Vatin	Tue - Wed	9 am - 4 pm	0	27-Apr	28-Apr	7,900	13-Apr-21
Functional Movement Training Basic(FMT Basic)	Fri	9 am - 5 pm	0	30-Apr	30-Apr	7,500	16-Apr-21
<b>May</b>							
Functional Movement Training Performance (FMT Performance)	Fri	9 am - 5 pm	0	14-May	14-May	7,500	30-Apr-21

WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
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>	Sun	9 am - 4 pm	6	TBD	TBD	3,900	TBD
Healthy Eating Essentials - English by Suzanne <i>"For General Public only"</i>	Wed	9 am - 4 pm	6	TBD	TBD	3,900	TBD
<b>BASIC LIFE SUPPORT (CPR, AED, Choking)</b>							
MORNING sessions: 4, 20, 25 Apr, 27 May, 10 Jul (Thai) 19 Apr (Eng)	1 Day	9am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 17, 29 Mar, 19 Apr, 12 Jun, 31 Jul	1 Day	1pm - 4pm	3			2,600	2 weeks before



[www.asiafitconference.com](http://www.asiafitconference.com)  
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**EARLY BIRD REGISTRATION** ( Now - 31 March )

36+  
All sessions are NEW for 2021

30+  
international presenters

7  
education topic areas

4  
post conference sessions



**BUILDING BRIDGES TO CREATE COMMUNITIES: IT'S ALL ABOUT US!**  
3-4 April 2021  
ONLINE VIA ZOOM

Organised by: 

Supported by: 