



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	Full
Certified Personal Trainer - Thai (PT Group 10)	MWF	9 am - 12 pm	96	26-Apr-21	14-Jul-21	39,950	Full
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)	MWF	9 am - 12 pm	96	7-Jun-21	25-Aug-21	39,950	24-May-21
Certified Personal Trainer - English (EPT Group 3)	TT	9 am - 12 pm	96	31-Aug-21	21-Dec-21	39,950	17-Aug-21
Certified Personal Trainer - Thai (PT Group 12)	SUN	9 am - 4 pm	96	23-May-21	19-Sep-21	39,950	Full
Certified Personal Trainer - Thai (PT Group 13)	Tue & Thu	9 am - 4 pm	96	15-Jun-21	17-Aug-21	39,950	1-Jun-21
Certified Personal Trainer - Thai (PT Group 14)	SAT	9 am - 4 pm	96	3-Jul-21	6-Nov-21	39,950	16-Jun-21
Certified Personal Trainer - Thai (PT Group 15)	SAT	9 am - 4 pm	96	7-Aug-21	18-Dec-21	39,950	24-Jul-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 Intensive	Mon-Fri	9 am - 4 pm	78	28-Jun-21	17-Jul-21	38,900	14-Jun-21
Certified Strength and Conditioning Specialist-Thai (Includes NSCA-CSCS textbook) English Exam	Fri	9 am - 4 pm	75	20-Aug-21	19-Nov-21	39,200	6-Aug-21
Certified Strength and Conditioning Specialist-English (Includes NSCA-CSCS textbook) English Exam	Sun	9 am - 4 pm	75	5-Sep-21	19-Dec-21	39,200	22-Aug-21
Certified Health and Wellness Coaching - English (Include ACE text book)	Mon & Wed	1 - 4 pm	45	TBD	TBD	27,200	TBD
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 Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Tue	9 am - 4 pm	48+24	29-Jun	26-Oct	80,200	Full
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Wed	9 am - 4 pm	48+24	20-Oct	9-Feb	80,200	6-Oct-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
April							
Fit® Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	21-Apr	21-Apr	4,900	Postpone
Fit® Weight Loss Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	24-Apr	25-Apr	8,900	
Barbell Basics - Thai by Wongsatom *at Thai Powerlifting Federation, Sathorn*	Sat	9 am - 12 pm	0.3	15-May	15-May	3,900	
Fit® Advanced Muscle & Strength Development - Thai by Noppadol	Mon & Wed	9 am - 4 pm	1.2	26-Apr	28-Apr	8,900	
Golf Fitness Workshop - Thai by Vatin	Tue - Wed	9 am - 5 pm	0	27-Apr	28-Apr	7,900	
Functional Movement Training Basic(FMT Basic)	Fri	9 am - 5 pm	0	30-Apr	30-Apr	7,500	
May							
BOSU® Next Generation Balance Training - Thai by Thanakorn	Wed	9 am - 4 pm	0.4	5-May	5-May	4,800	28-Apr-21
Fit® Senior Fitness Specialist - Thai by Atikarn	Thu-Fri	9 am - 4 pm	1.2	6-May	7-May	8,900	10-Apr-21
Fit® Fitness Nutrition Specialist - English by Suzanne	Wed & Fri	9 am - 4 pm	1.2	19-May	21-May	8,900	5-May-21
Functional Movement Training Performance (FMT Performance)	Fri	9 am - 5 pm	0	14-May	14-May	7,500	30-Apr-21
FTI Functional Mobility Course -Thai by Kamonchai	Mon	9 am - 5 pm	0	17-May	17-May	9,100	3-May-21
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya	Mon - Wed	1 pm - 4 pm	0.9	17-May	19-May	6,200	3-May-21
Fit® Fitness Nutrition Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	29-May	30-May	8,900	15-May-21
June							
Fit® Weight Loss Specialist - English by Suzanne	Wed & Fri	9 am - 4 pm	1.2	2-Jun	4-Jun	8,900	19-May-21
Balanced Body® Anatomy in 3 Dimensions™ - Thai by Apittiya	Tue - Thu	9 am - 4 pm	1.6	22-Jun	24-Jun	18,000	8-Jun-21

WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
Running Fundamental - Thai by Atikarn & Thanakorn	Sat & Sun	9 am - 4 pm	12	26-Jun	27-Jun	5,900	12-Jun-21
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

BASIC LIFE SUPPORT (CPR, AED, Choking)	DAY	TIME	Class Hours	COURSE PRICE	Special discounts before
MORNING sessions: 20, 25 Apr, 27 May, 10 Jul (Thai) 19 Apr (Eng)	1 Day	9am - 12pm	3	2,600	2 weeks before
AFTERNOON sessions: 19 Apr, 12, 21 Jun, 7, 31 Jul (Thai)	1 Day	1pm - 4pm	3	2,600	2 weeks before

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919 THB

Introduction to HEALTH COACHING English Programme

919 THB

Introduction to HEALTH COACHING ภาษาไทย

19,000 THB

NSCA® Certified Personal Trainer Exam Preparation Course

Hybrid Course 6,919 THB

14 WEEKS

FMT Performance Functional Movement Training

Hybrid Course 6,919 THB

30 WEEKS

FMT Basic Functional Movement Training