



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 Hybrid Group 3)	Sun (Online/Onsite)	9 am - 4 pm	96	16-May-21	8-Aug-21	39,950	2-May-21
Certified Personal Trainer - Thai (PT Group 9)	Mon & Thu	9 am - 4 pm	96	7-Jun-21	5-Aug-21	39,950	24-May-21
Certified Personal Trainer - Thai (PT Group 10) (Zoom 6 sessions + Face to face 26 sessions)	MWF	9 am - 12 pm	96	17-May-21	6-Aug-21	39,950	Full
Certified Personal Trainer - Thai (PT Group 11)	MWF	1 - 4 pm	96	2-Jun-21	20-Aug-21	39,950	19-May-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	6-Jun-21	3-Oct-21	39,950	Full
Certified Personal Trainer - Thai (PT Group 14)	SAT	9 am - 4 pm	96	3-Jul-21	29-Nov-21	39,950	16-Jun-21
Certified Personal Trainer - Thai (PT Group 15)	SAT	9 am - 4 pm	96	21-Aug-21	15-Jan-22	39,950	7-Aug-21
Certified Strength and Conditioning Specialist-Thai Chiangmai (Includes NSCA-CSCS textbook) English Exam	Fri-Sun	9 am - 4 pm	75	28-May-21	11-Jul-21	39,200	Hybrid
Certified Personal Trainer - Thai Intensive	Mon-Fri	9 am - 4 pm	78	16-Aug-21	4-Sep-21	38,900	2-Aug-21
Certified Strength and Conditioning Specialist-Thai (Includes NSCA-CSCS textbook) English Exam	Fri	9 am - 4 pm	75	3-Sep-21	3-Dec-21	39,200	20-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	4-Jul-21	11-Jul-21	15,500	20-Jun-21
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	15-Jul-21	29-Jul-21	15,500	1-Jul-21
Balanced Body Mat Pilates Instructor Training - Thai by Sugulaya (prerequisite = Movement Principle)	Thu	9 am - 4 pm	48+6	5-Aug-21	7-Oct-21	49,900	22-Jul-21
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	64+8	15-Jul-21	7-Oct-21	65,400	1-Jul-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Sat & Sun	9 am - 4 pm	48+24	17-Jul-21	12-Sep-21	80,200	3-Jul-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Tue	9 am - 4 pm	48+24	29-Jun-21	28-Sep-21	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
ONLINE or HYBRID Courses							
Fit® Fitness Nutrition Specialist - English by Suzanne "LIVE ! ONLINE via Zoom "	Mon,Wed,Fri	10 am - 12 pm	1.2	17-May	28-May	5,900	Bundle Deal 9,900 THB
Fit® Weight Loss Specialist - English by Suzanne "LIVE ! ONLINE via Zoom "	Mon,Wed,Fri	1 - 3 pm	1.2	2-Jun	14-Jun	5,900	Bundle Deal 9,900 THB
Certified Personal Trainer - Thai (PT Hybrid Group 3) "ONLINE via Teachable "	Sun (Online/Onsite)	9 am - 4 pm	96	16-May-21	22-Aug-21	39,950	2-May-21
2-Day Online AFC 2021 Recorded Sessions	" 35 hours ONLINE via Zoom "					2,000	
Intro to Health Coaching (English Programme)	" 3 hours ONLINE via Teachable "					919	
Intro to Health Coaching (Thai Programme)	" 3 hours ONLINE via Teachable "					919	
June							
Fit® Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	9-Jun	9-Jun	4,900	26-May-21
Barbell Basics - Thai by Wongsatorn *at Thai Powerlifting Federation, Sathorn*	Sat	9 am - 12 pm	0.3	12-Jun	12-Jun	3,900	29-May-21
Fit® Fitness Nutrition Specialist - Thai by Wiradech	Sun	9 am - 4 pm	1.2	13-Jun	20-Jun	8,900	30-May-21
Golf Fitness Workshop - Thai by Vatin	Thu & Fri	9 am - 5 pm	0	17-Jun	18-Jun	7,900	3-Jun-21
Fit® Weight Loss Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	26-Jun	27-Jun	8,900	12-Jun-21
July							
Functional Movement Training Basic(FMT Basic)	Fri	9 am - 5 pm	0	2-Jul	2-Jul	7,500	18-Jun-21
Fit® Senior Fitness Specialist - Thai by Atikarn	Mon&Tue	9 am - 4 pm	1.2	5-Jul	6-Jul	8,900	21-Jun-21
Fit® Advanced Muscle & Strength Development - Thai by Noppadol	Tue & Wed	9 am - 4 pm	1.2	6-Jul	7-Jul	8,900	22-Jun-21
BOSU® Next Generation Balance Training - Thai by Thanakorn	Wed	9 am - 4 pm	0.4	7-Jul	7-Jul	4,800	23-Jun-21
FTI Functional Mobility Course -Thai by Kamonchai	Tue	9 am - 5 pm	0	13-Jul	13-Jul	9,100	29-Jun-21
Balanced Body® Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed - Fri	9 am - 4 pm	1.6	14-Jul	16-Jul	18,000	30-Jun-21
Functional Movement Training Performance (FMT Performance)	Fri	9 am - 5 pm	0	16-Jul	16-Jul	7,500	2-Jul-21
August							
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya	Mon - Wed	1 pm - 4 pm	0.9	2-Aug	4-Aug	6,200	19-Jul-21

WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
Running Fundamental - Thai by Atikarn & Thanakorn	TBD	9 am - 4 pm	12	TBD	TBD	5,900	TBD
Effective Exercise Essentials - Thai by Kamonchai <i>"For General Public only" Call to apply</i>	TBD	9 am - 12 pm	24	TBD	TBD	15,600	TBD
Healthy Eating Essentials - Thai by Atikarn <i>NEW "For General Public only"</i>	TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
Healthy Eating Essentials - English by Suzanne <i>"For General Public only"</i>	TBD	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:	1 Day	9am - 12pm	3	TBD	TBD	2,600	2 weeks before
AFTERNOON sessions:	1 Day	1pm - 4pm	3	TBD	TBD	2,600	2 weeks before



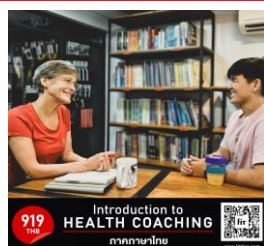
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919 THB Introduction to HEALTH COACHING English Programme



919 THB Introduction to HEALTH COACHING Thai Programme



19,000 THB NSCA® Certified Personal Trainer Exam Preparation Course



Hybrid Course 6,919 THB FMT Performance Functional Movement Training



Hybrid Course 6,919 THB FMT Basic Functional Movement Training