



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 - English (EPT Group 2)	MWF	9 am - 12 pm	96	2-Jul-21	20-Sep-21	39,950	started via zoom
Certified Personal Trainer - Thai (PT Group 12)	SUN	9 am - 4 pm	96	4-Jul-21	7-Nov-21	39,950	started via zoom
Certified Personal Trainer - Thai (PT Group 13)	TT	9 am - 4 pm	96	6-Jul-21	16-Sep-21	39,950	started via zoom
Certified Personal Trainer - Thai (PT Group 14) <b>*new start date*</b>	SAT	9 am - 4 pm	96	21-Aug-21	15-Jan-22	39,950	17-Jul-21
Certified Personal Trainer - Thai (PT Group 9)	Mon & Thu	9 am - 4 pm	96	2-Aug-21	30-Sep-21	39,950	19-Jul-21
Certified Personal Trainer - Thai (PT Group 11)	MWF	1 - 4 pm	96	16-Aug-21	3-Nov-21	39,950	2-Aug-21
Certified Personal Trainer - Thai (PT Group 16)	TT	9 am - 12 pm	96	17-Aug-21	7-Dec-21	39,950	3-Aug-21
Certified Personal Trainer - Thai (PT Group 15) <b>*new start date*</b>	SAT	9 am - 4 pm	96	18-Sep-21	5-Feb-22	39,950	7-Aug-21
Certified Personal Trainer - Thai (PT Group 17) <b>*new start date*</b>	SUN	9 am - 4 pm	96	12-Sep-21	6-Feb-22	39,950	25-Aug-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 Intensive <b>*new start date*</b>	Mon-Fri	9 am - 4 pm	78	1-Nov-21	20-Nov-21	38,900	18-Oct-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	New date in 2022		39,200	TBD
Certified Health and Wellness Coaching - English (Include ACE text book)	Tue & Thu	1 - 4 pm	45	7-Sep-21	26-Oct-21	27,200	24-Aug-21
Balanced Body Movement Principle - Thai by Apittiya	Sun	9 am - 4 pm	16+2	8-Aug-21	22-Aug-21	15,500	25-Jul-21
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	16-Sep-21	30-Sep-21	15,500	2-Sep-21
Balanced Body Mat Pilates Instructor Training - Thai by Sugulaya (prerequisite = Movement Principle)	Thu	9 am - 4 pm	48+6	7-Oct-21	2-Dec-21	49,900	23-Sep-21
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	64+8	16-Sep-21	2-Dec-21	65,400	2-Sep-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Sat & Sun	9 am - 4 pm	48+24	29-Aug-21	10-Oct-21	80,200	15-Aug-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Tue	9 am - 4 pm	48+24	31-Aug-21	16-Nov-21	80,200	Full
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Wed	9 am - 4 pm	48+24	8-Sep-21	1-Dec-21	80,200	25-Aug-21
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Sat & Sun	9 am - 4 pm	38+10	6-Nov-21	28-Nov-21	63,200	23-Oct-21
Balanced Body Pilates Apparatus Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	38+10	9-Dec-21	17-Feb-22	63,200	25-Nov-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 <b>" LIVE ! ONLINE via Zoom "</b>	Tue,Thu	9 am - 12 pm	1.2	27-Jul	5-Aug	5,900	Bundle Deal 9,900 THB
Fit® Weight Loss Specialist - English by Suzanne <b>" LIVE ! ONLINE via Zoom "</b>	Tue,Thu	9 am - 12 pm	1.2	17-Aug	26-Aug	5,900	
2-Day Online AFC 2021 Recorded Sessions	" 35 hours ONLINE via Zoom "					2,000	
Rocktape Introduction of Basic Taping (Thai Programme)	" 3 hours ONLINE via Giantmovement "			15-Jul	15-Aug	999	
Intro to Health Coaching (English Programme)	" 3 hours ONLINE via Teachable "					919	
Intro to Health Coaching (Thai Programme)	" 3 hours ONLINE via Teachable "					919	
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
Fit® Senior Fitness Specialist - Thai by Atikarn	Mon&Tue	9 am - 4 pm	1.2	5-Aug	6-Aug	8,900	22-Jul-21
Fit® Pre & Post Rehab Training - Thai by Sompot	Tue & Wed	1 pm - 4 pm	0.6	10-Aug	11-Aug	4,900	27-Jul-21
Fit® Advanced Muscle & Strength Development - Thai by Noppadol	Wed & Fri	9 am - 4 pm	1.2	11-Aug	13-Aug	8,900	28-Jul-21
Fit® Weight Loss Specialist - Thai by Wiradech	Sat & Sun	9 am - 12 pm	1.2	14-Aug	15-Aug	8,900	31-Jul-21
Fit® Women Fitness Essentials - Thai by Atikarn	Mon	9 am - 4 pm	0.6	16-Aug	16-Aug	4,900	2-Aug-21
Fit® Fitness Nutrition Specialist - Thai by Wiradech	Tue & Fri	9 am - 4 pm	1.2	17-Aug	20-Aug	8,900	3-Aug-21
Fit® Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	18-Aug	18-Aug	4,900	4-Aug-21
Functional Movement Training Basic(FMT Basic)	Fri	9 am - 5 pm	0	20-Aug	20-Aug	7,500	6-Aug-21
Barbell Basics - Thai by Wongsatorn *at Thai Powerlifting Federation, Sathorn*	Sat	9 am - 12 pm	0.3	21-Aug	21-Aug	3,900	7-Aug-21
Fit® Weight Loss Specialist - Thai by Wiradech	Tue & Fri	9 am - 4 pm	1.2	24-Aug	27-Aug	8,900	10-Aug-21
Golf Fitness Workshop - Thai by Vatn	Wed & Thu	9 am - 5 pm	0	25-Aug	26-Aug	7,900	11-Aug-21
Functional Movement Training Performance (FMT Performance)	Fri	9 am - 5 pm	0	27-Aug	27-Aug	7,500	13-Aug-21
September							
Balanced Body® Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed - Fri	9 am - 4 pm	1.6	1-Sep	3-Sep	18,000	18-Aug-21
BOSU® Next Generation Balance Training - Thai by Thanakorn	Fri	9 am - 4 pm	0.4	3-Sep	3-Sep	4,800	20-Aug-21
FTI Functional Mobility Course -Thai by Kamonchai	Tue	9 am - 5 pm	0	6-Sep	6-Sep	9,100	23-Aug-21
WORKSHOPS for General Public							
Running Fundamental - Thai by Atikarn & Thanakorn	TBD	9 am - 4 pm	12	TBD	TBD	5,900	TBD
Healthy Eating Essentials - Thai by Atikarn <b>NEW *For General Public only*</b>	TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
Healthy Eating Essentials - English by Suzanne <b>*For General Public only*</b>	TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
BASIC LIFE SUPPORT (CPR, AED, Choking)							
MORNING sessions: 13 Sep (Eng) / 2 Aug / 14 , 30 Sep / 7 , 25 Nov (Thai)	1 Day	9am - 12pm	3	TBD	TBD	2,600	2 weeks before
AFTERNOON sessions: 7 Sep / 27 Oct (Thai)	1 Day	1pm - 4pm	3	TBD	TBD	2,600	2 weeks before



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