



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	9-Aug-21	TBD	39,950	start via zoom
Certified Personal Trainer - Thai (PT Group 11)	MWF	1 - 4 pm	96	16-Aug-21	3-Nov-21	39,950	start via zoom
Certified Personal Trainer - Thai (PT Group 14)	SAT	9 am - 4 pm	96	21-Aug-21	15-Jan-22	39,950	start via zoom
Certified Personal Trainer - Thai (PT Group Hybrid Chiangmai)	Fri-Sun	9 am - 4 pm	90	10-Sep-21	14-Nov-21	39,950	27-Aug-21
Certified Personal Trainer - Thai (PT Group 15) *new start date*	SAT	9 am - 4 pm	96	13-Nov-21	2-Apr-22	39,950	30-Oct-21
Certified Personal Trainer - Thai (PT Group 17) *new start date*	SUN	9 am - 4 pm	96	7-Nov-21	27-Mar-22	39,950	24-Oct-21
Certified Personal Trainer - English (EPT Group 3)	TT	9 am - 12 pm	96	14-Sep-21	20-Jan-22	39,950	31-Aug-21
Certified Personal Trainer - Thai Intensive *new start date*	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) *new start date*	Tue & Thu	1 - 4 pm	45	21-Sep-21	9-Nov-21	27,200	7-Sep-21
Certified Health and Wellness Coaching - Thai (Include ACE text book)	Mon & Wed	1 - 4 pm	45	20-Sep-21	10-Nov-21	27,200	postponed
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat & Sun	8.30 am - 5 pm	200	6-Mar-21	TBD	95,000	Started

All new start date as of opening face to face on 4th October 2021

Balanced Body Movement Principle - Thai by Apittiya	Sun	9 am - 4 pm	16+2	10-Oct-21	24-Oct-21	15,500	26-Sep-21
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	11-Nov-21	25-Nov-21	15,500	28-Oct-21
Balanced Body Mat Pilates Instructor Training - Thai by Sugulaya (prerequisite = Movement Principle)	Thu	9 am - 4 pm	48+6	2-Dec-21	17-Feb-22	49,900	18-Nov-21
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	64+8	11-Nov-21	17-Feb-22	65,400	28-Oct-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Sun	9 am - 4 pm	48+24	7-Nov-21	27-Feb-22	80,200	24-Oct-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Tue	9 am - 4 pm	48+24	26-Oct-21	8-Feb-22	80,200	Full
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Sat	9 am - 4 pm	38+10	11-Nov-21	17-Feb-21	63,200	28-Oct-21
Balanced Body Pilates Apparatus Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	38+10	3-Mar-22	5-May-22	63,200	17-Feb-22

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 "	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 "LIVE ! ONLINE via Zoom "	Sat & Sun	10 am - 1 pm	1.2	11-Sep	19-Sep	5,900	
Improve Your Sleep - English by Suzanne "LIVE ! ONLINE via Zoom "	Sat	10 am - 12 pm		21-Aug-21	21-Aug-21	699	Bundle Deal 1,760 THB
Develop Resilience to Stress "LIVE ! ONLINE via Zoom "	Sat	10 am - 12 pm		28-Aug-21	28-Aug-21	699	
Boost Your Energy Levels "LIVE ! ONLINE via Zoom "	Sat	10 am - 12 pm		4-Sep-21	4-Sep-21	699	
2-Day Online AFC 2021 Recorded Sessions	" 35 hours ONLINE via Zoom "					2,000	
Anatomy 101 (Thai Programme)	" 3 hours ONLINE via Teachable "					959	
Rocktape Introduction of Basic Taping (Thai Programme)	" 3 hours ONLINE via Giantmovement "			20-Aug	20-Sep	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	TBD	TBD	6,200	postponed
Fit® Senior Fitness Specialist - Thai by Atikarn	Mon&Tue	9 am - 4 pm	1.2	TBD	TBD	8,900	postponed
Fit® Pre & Post Rehab Training - Thai by Sompot	Tue & Wed	1 pm - 4 pm	0.6	TBD	TBD	4,900	postponed
Fit® Advanced Muscle & Strength Development - Thai by Noppadol	Wed & Fri	9 am - 4 pm	1.2	TBD	TBD	8,900	postponed
Fit® Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	TBD	TBD	4,900	postponed
Functional Movement Training Basic(FMT Basic)	Fri	9 am - 5 pm	0	TBD	TBD	7,500	postponed
Barbell Basics - Thai by Wongsatorn *at Thai Powerlifting Federation, Sathorn*	Sat	9 am - 12 pm	0.3	TBD	TBD	3,900	postponed
Fit® Weight Loss Specialist - Thai by Wiradech	Tue & Fri	9 am - 4 pm	1.2	TBD	TBD	8,900	postponed
Golf Fitness Workshop - Thai by Vatin	Wed & Thu	9 am - 5 pm	0	TBD	TBD	7,900	postponed
Functional Movement Training Performance (FMT Performance)	Fri	9 am - 5 pm	0	TBD	TBD	7,500	postponed
September							
Balanced Body® Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed - Fri	9 am - 4 pm	1.6	1-Sep	3-Sep	18,000	postponed
BOSU® Next Generation Balance Training - Thai by Thanakorn	Fri	9 am - 4 pm	0.4	3-Sep	3-Sep	4,800	postponed
FTI Functional Mobility Course -Thai by Kamonchai	Tue	9 am - 5 pm	0	6-Sep	6-Sep	9,100	postponed

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
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	2 weeks before
AFTERNOON sessions:	1 Day	1pm - 4pm	3	TBD	2 weeks before

SPECIAL OFFER EXTENDING

12%

ALL CERTIFICATION COURSES

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