



# PHUKET 2025



เปิดลงทะเบียนอบรมหลักสูตรประกาศนียบัตรวิชาชีพ

NEW  
& IMPROVED!

## ผู้ฝึกสอนออกกำลังกายส่วนบุคคลมืออาชีพ

หลักสูตรมาตรฐานสากล รับรองโดยสถาบัน ACE ฉบับปรับปรุงใหม่



17 มกราคม 2568 – 23 กุมภาพันธ์ 2568

วัน เวลา: เรียงวันศุกร์ เสาร์ อาทิตย์ เวลา 9:00 – 16:00 น.

สถานที่อบรม: ALPHA HEALTH CLUB จ.ภูเก็ต

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ลงทะเบียนในราคา EARLY BIRD (ส่วนลด 10%) (เมื่อสมัครก่อนเปิดเรียน 2 สัปดาห์)

HOST SITE BY





# COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น



EDUCATING & EMPOWERING FITNESS PROFESSIONALS

2024 CERTIFICATION COURSES		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
<b>PERSONAL TRAINER CERTIFICATION</b>								
Certified Personal Trainer - Thai (PT Group 1/2025)		Sun	9 am - 4 pm	96	5-Jan-25	25-May-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 2/2025)		Mon,Wed	9 am - 4 pm	96	6-Jan-25	5-Mar-25	44,000	23-Dec-24
Certified Personal Trainer - Thai (PT Group 3/2025)		Tue & Thu	1 pm - 4 pm	96	7-Jan-25	8-May-25	44,000	24-Dec-24
Certified Personal Trainer - Thai (PT Group 4/2025)		Mon,Wed,Fri	9 am - 12 pm	96	13-Jan-25	4-Apr-25	44,000	30-Dec-24
Certified Personal Trainer - Thai (PT Group 1 Phuket/2025) <b>Limited space!</b> at Alpha Health Club , Phuket		Fri, Sat, Sun	9 am - 4 pm	84	17-Jan-25	23-Feb-25	44,000	3-Jan-25
Certified Personal Trainer - Thai (PT Group 5/2025)		Tue & Thu	9 am - 4 pm	96	21-Jan-25	18-Mar-25	44,000	7-Jan-25
Certified Personal Trainer - Thai (PT Group 6/2025)		Sat	9 am - 4 pm	96	25-Jan-25	14-Jun-25	44,000	Full
Certified Personal Trainer - Intensive 3 weeks - Eng (EPT Group 1/2025)		Mon-Fri	9 am - 4 pm	78+6	10-Feb-25	28-Feb-25	42,900	27-Jan-25
Certified Personal Trainer - Intensive 3 weeks - Thai (IPT Group 1/2025)		Mon-Fri	9 am - 4 pm	84	10-Mar-25	29-Mar-25	42,900	24-Feb-25
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>								
<b>SPORT CONDITIONING</b>								
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook)		Sun	10 am - 5 pm	72	2-Feb-25	25-May-25	43,300	19-Jan-25
<b>YOGA</b>								
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy		Thu-Sun	9am - 4 pm	200	6-Feb-25	18-May-25	69,000	23-Jan-25
<b>PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand</b>								
Balanced Body® Reformer Pilates Instructor Training G6/2024- Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>		Thu	9 am - 4 pm*	72	7-Nov-24	13-Feb-25	88,400	Full
Balanced Body® Movement Principle G10/2024 - Thai by Apittiya		Fri-Sun	9 am - 4 pm	18	15-Nov-24	17-Nov-24	17,000	Full
Balanced Body® Mat Pilates Instructor Training G.1/2025 - Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>		Fri-Sun	9 am - 4 pm	54	10-Jan-25	16-Mar-25	55,000	Full
Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai Apittiya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>		Sat	9 am - 6 pm	60	18-Jan-25	22-Mar-25	78,300	Full
Balanced Body® Movement Principle G2/2025 - Thai by Apittiya <b>new group</b>		Fri	9 am - 4 pm	18	17-Jan-25	31-Jan-25	17,000	2-Jan-25
Balanced Body® Movement Principle G1/2025 - Thai by Apittiya <b>new group</b>		Sun	9 am - 4 pm	18	19-Jan-25	2-Feb-25	17,000	5-Jan-25
Balanced Body® Movement Principle G3/2025 - Thai by Apittiya <b>new group</b>		Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000	26-May-25
Balanced Body® Reformer Pilates Instructor Training G1/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>		Tue	9 am - 4 pm*	72	4-Feb-25	29-Apr-25	88,400	Full
Balanced Body® Reformer Pilates Instructor Training G2/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>		Sun	9 am - 4 pm*	72	9-Feb-25	8-Jun-25	88,400	Full
Balanced Body® Movement Principle G4/2025 - Thai by Sugulaya <b>new group</b>		Fri-Sun	9 am - 4 pm	18	28-Feb-25	2-Mar-25	17,000	14-Feb-25
Balanced Body® Mat Pilates Instructor Training G.2/2025 - Thai by Apittiya <b>new group</b> <i>(A prerequisite : Movement Principle)</i>		Tue	9 am - 4 pm	54	1-Jul-25	16-Sep-25	55,000	16-Jun-25
<b>PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates</b>								
Balanced Body® Mat Pilates Instructor Training G.CNX2/2024 - Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>		Sat-Mon/Fri-Mon	9 am - 6 pm	54	9-Nov-24	9-Dec-24	55,000	26-Oct-24
Balanced Body® Movement Principle G.CNX1/2025 - Thai by Chutima. <b>new group</b>		Sat & Sun	9 am - 6 pm	18	4-Jan-25	5-Jan-25	17,000	21-Dec-24
Balanced Body® Reformer Pilates Instructor Training G.CNX1/2025- Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>		Sat - Mon	9 am - 6 pm	72	11-Jan-25	24-Feb-25	88,400	28-Dec-24
Balanced Body® Mat Pilates Instructor Training G.CNX1/2025- Thai by Chutima. <b>new group</b> <i>(A prerequisite : Movement Principle)</i>		Sat-Mon/Tue	9 am - 6 pm	54	18-Jan-25	18-Feb-25	55,000	04-Feb-25
<b>NOVEMBER</b>								
Balanced Body® CoreAlign Instructor Training 1 - Thai by Apittiya <i>(exclude manual fee 2,800 THB)</i>		Fri-Sun	9 am - 4 pm	1.6	8-Nov	10-Nov	22,300	1-Nov-24
Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn		Sat	9.30 am - 3.30 pm	0.5	16-Nov	16-Nov	6,850	2-Nov-24
Fit® Pre & Post Rehab Training - Thai by Sompat		Tue	9 am - 4 pm	0.6	19-Nov	19-Nov	5,200	5-Nov-24
Fit® Youth Exercise Essentials - Thai by Kittinan		Fri	9 am - 4 pm	0.6	22-Nov	22-Nov	5,200	8-Nov-24
Fit® Senior Fitness Specialist - Thai by Atikarn		Sat-Sun	9 am - 4 pm	1.2	23-Nov	24-Nov	9,400	Full
Sports Massage - Thai by Pimruk & Newton EM Physiology Team		Sat-Sun	9 am - 4 pm	0	23-Nov	24-Nov	7,900	Full
TWIST Functional Training 101 by Coach Farn Srirairatana		Sat & Sun	9 am - 5 pm	1.2	30-Nov	1-Dec	9,500	16-Nov-24
<b>DECEMBER</b>								
Barbell Basics - Thai by Wongsatorn <b>Enjoy up to 15% discount *</b>		Sat	1 pm - 4 pm	0.3	14-Dec	14-Dec	4,100	23-Nov-24
Sports Massage - Thai by Pimruk & Newton EM Physiology Team <b>new group</b>		Sat-Sun	9 am - 4 pm	0	7-Dec	8-Dec	7,900	23-Nov-24
Fit® Weight Loss Specialist - Thai by Kriyot at Lion Fitness, Chiang Mai. <b>Enjoy up to 15% discount *</b>		Sat-Sun	9 am - 4 pm	1.2	7-Dec	8-Dec	9,400	23-Nov-24
Fit® Fitness Nutrition Specialist - Thai by Wiradech <b>new group</b>		Fri & Sat	9 am - 4 pm	1.2	13-Dec	14-Dec	9,400	29-Nov-23
Fit® Golf Fitness Workshop - Thai by Vatin at Lion Fitness, Chiang Mai. <b>Enjoy up to 15% discount*</b>		Fri&Sat	9 am - 5 pm	0	13-Dec	14-Dec	8,300	29-Nov-24
Fit® Strength and Power Exercises for Golfer - Thai by Vatin at Lion Fitness, Chiang Mai. <b>Enjoy up to 15% discount *</b>		Sun	9 am - 4.30 pm	0	15-Dec	15-Dec	4,900	1-Dec-24
Weight Training program for success-Thai by Phasin <b>new group</b>		Sun	9 am - 4 pm	0	15-Dec	15-Dec	4,900	1-Dec-24
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya <b>new group</b>		Wed	9 am - 4 pm	0.6	18-Dec	18-Dec	5,200	4-Dec-24
<b>2025</b>								
<b>JANUARY 2025</b>								
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) <b>Recommended!</b>		Thu	1 pm - 4 pm	0	9-Jan	9-Jan	2,600	26-Dec-24
<b>FEBRUARY 2025</b>								
Fit® Pilates Anatomy by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>		Thu&Fri	9 am - 4 pm	0	20-Feb	21-Feb	9,900	5-Feb-25
Fit® Senior Fitness Specialist - Thai by Atikarn <b>new group</b>		Sat-Sun	9 am - 4 pm	1.2	1-Feb	2-Feb	9,400	18-Jan-25
<b>APRIL 2025</b>								
Balanced Body® Anatomy in 3D - Thai by Apittiya <i>(exclude manual fee 2,600 THB)</i>		Thu-Sat	9 am - 4 pm	1.6	3-Apr	5-Apr	18,900	5-Feb-25
<b>ONLINE AND HYBRID CO new group</b>								
Anatomy 101 ( Thai Programme )		Teachable		3	when apply	within 1 year	959	
Intro to Health Coaching (English Programme)		" 3 hours ONLINE via Teachable "			when apply	within 1 year	919	-
Intro to Health Coaching (English Programme)		Teachable		2.5	when apply	within 1 year	919	
<b>WORKSHOPS for General Publics</b>								
Weight Training program for success-Thai by Phasin <b>new group</b>		Sun	9 am - 4 pm	0	15-Dec	15-Dec	4,900	1-Dec-24
Healthy Eating Essentials - Thai by Atikarn <b>*For General Public only*</b>		1 Day	9 am - 4 pm	6	TBD	TBD	4,100	TBD
<b>BASIC LIFE SUPPORT ( CPR , AED AND CHOKING )</b>								
<b>MORNING sessions:</b> 2 Nov(PT12) , 4 Nov (PT18) ,14 Nov (PT19) , 17 Nov(PT13) , 25Nov(EPT) , 1Dec(CNX) , 16Dec(PT17) , 14 Jan 25 (PT20)		1 Day	9 am - 12pm	3			2,600	2 weeks before

ต้อนรับ 11.11 กับส่วนลดค่าลงทะเบียนคอร์สสิ้นสูงสุด 15%



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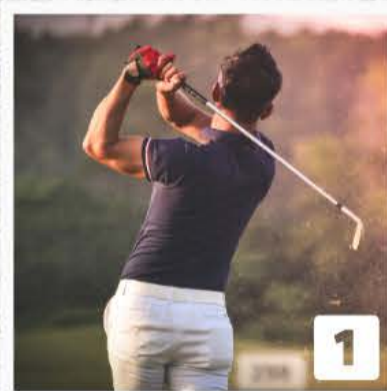
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