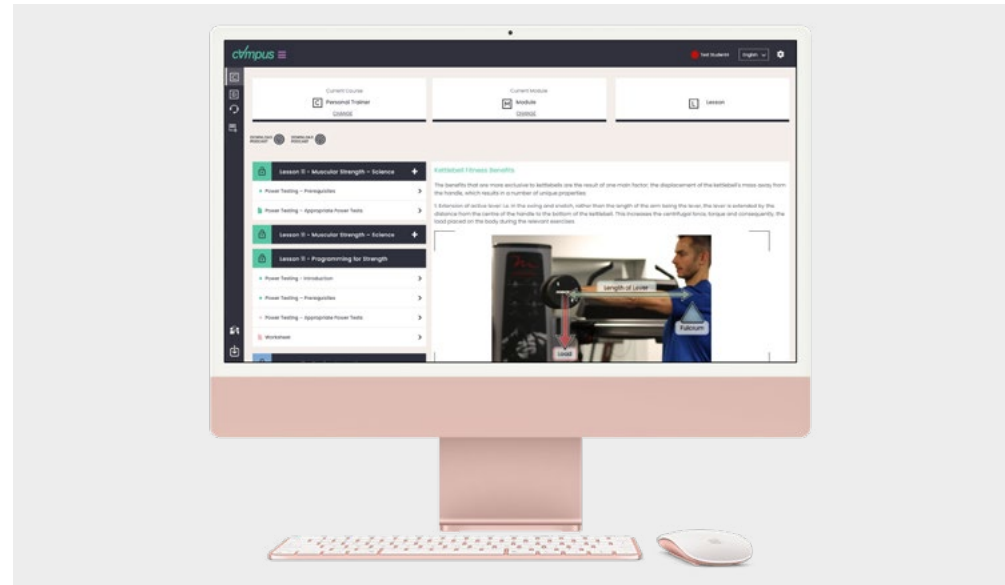


STUDY OPTIONS

Our range of exceptional training courses are built on evidence-based exercise science and designed to maximise our learners' skills, capabilities, and career opportunities.

With over 20 years of experience, we are the trusted authority in exercise education and have helped thousands of people qualify as a fitness professional.

We offer three standout study options for our courses – Distance, Live-Virtual and In-Person.



Distance

Perfect for those who aren't looking for, or whose lifestyle can't accommodate, a schedule of clinics (classes) to attend. Simply complete the course as home study, film the practical assessments and submit them electronically along with the completed portfolio.

Live-Virtual

Home study plus live, tutor-led Virtual clinics that learners participate in at home. These clinics are conducted in real-time and are not pre-recorded videos. Ideal for those who would prefer not to travel, or those not in the country. The perfect choice if the learner is looking to also offer their coaching services online once they've qualified, using Zoom for example.




In-Person

The in-venue, in-person experience: home study plus tutor-led clinics that learners attend at one of our venues. A great choice for those looking to learn in the gym environment.



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 train.fitness

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 0207 2929 140

 2A Moonraker Point Pockock Street, London, SE1 0FN

Train Fitness International Limited trading as **TRAINFITNESS** is registered in England and Wales under company number 04078230 | Registered Office: 2A Moonraker Point, Pockock Street, London, SE1 0FN | VAT Number: 798696040 | Authorised and regulated by the Financial Conduct Authority under registration number 628699.





COURSE LIST

Course Title	Distance (Inc VAT)	Live Virtual or In-person
Advanced Stretching	£124.00	£124.00
Assessor	£399.00	£399.00
body fx Coach	£549.00	N/A
Circuit Training	£124.00	£124.00
Emergency First Aid	N/A	£100.00
Exercise for Ante and Post Natal Clients	£300.00	N/A
Exercise for Children	£402.00	N/A
Exercise for Disabled Clients	£300.00	N/A
Exercise for Older Adults	£300.00	N/A
Exercise Referral	£450.00	£416.00
Exercise to Music Instructor	£399.00	£549.00
First Aid at Work	N/A	£119.00
Group Indoor Cycling	£124.00	£124.00
Gym Instructor	£499.00	£649.00
Gym Instructor & Personal Trainer	£899.00	£1,299
Internal Quality Assurer	£349.00	£349.00
Kettlebell Training	£124.00	£124.00
Leisure Management (Facility Maintenance)	£300.00	N/A
Leisure Management (Pool Plant Operations)	£300.00	N/A
Leisure Management (Sales)	£300.00	N/A
Leisure Management (Team Management)	£300.00	N/A
Leisure Management Unit	£300.00	N/A
Life Coaching	£300.00	N/A
Low Back Pain Management	£499.00	N/A
Mental Health First Aid	Virtual	£250
Neuro Linguistic Programming	£139.00	N/A
Obesity & Diabetes Management	£499.00	N/A
Olympic Lifting	N/A	£124.00

Course Title	Distance (Inc VAT)	Live Virtual or In-person
Outdoor Fitness Training	£250.00	£270.00
Padwork Training	£124.00	£124.00
Personal Trainer	£700.00	£1'049.00
Pilates Instructor	Virtual	£900.00
Sports Conditioning	£250.00	N/A
Strength & Conditioning	N/A	£750.00
Suspension Training	£124.00	£124.00
T3 HIIT Training	£174.00	£174.00
Tutor	Virtual	£300.00
Yoga Instructor	Virtual	£900.00



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