



<b>Day:</b>	Weekends
<b>Time:</b>	930-430pm
<b>Dates:</b>	11th February 2012
<b>Numbers:</b>	Minimum 8, Maximum 14
<b>Course Level and Title:</b>	N/A
<b>Course Fee:</b>	£85
<b>Tutor:</b>	Keith Smith

### Who is the Course for?

**Do I need any prior experience?** You must already hold a Level 2 Fitness Instructor Qualifications.

**Will I need an Interview?** No

**What could I do next?** Complete your Level 3 Personal Trainer Course

### What are the aims of the course?

**What topics will I cover?**

- Use of fit balls
- Core Exercises
- Benefits of Core Exercises



### What will the sessions consist of?

This workshop uses fitballs and other equipment to give you the chance to learn exercises for the core to use with your clients.

It is all practical and takes place in the dance studio although please meet in the Sports Building.

This is part of the Level 3 Personal Training Certificate but can also be completed as a one day workshop for those that wish to upskill in this area.

### How is the course assessed?

**Practical Exam?** No      **Written Exam?** No

**Awarding Organisation:** n/a

### How can I prepare for the course?

### Key Facts

Apprenticeship option? No

Key Qualification? No

**What Next?  
Contact us**

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