

CYQ Level 2 Circuit Training



All of our Fitness Instructor courses at Collyer's are accredited by Central YMCA Qualifications which is the industry leader in vocational education.



COURSE DETAILS:

This course provides candidates with the skills needed to teach a circuits class incorporating both body weight exercises and the use of equipment. It is suitable for anyone who is studying for or who has completed their Level 2 Certificate in Fitness Instructing and who wishes to develop their group exercise skills.

COURSE FORMAT:

INTENSIVE

Dates: Saturday & Sunday 12th, 13th, 20th and 27th March 2011

9.30am—4.30pm

Assessment 27th March 2011

Cost £205 (£85 under 19s)

APPRENTICES FREE!! - Contact apprenticeships@collyers.ac.uk

How to book:

Obtain a booking form from the Adult Education pages of

www.collyers.ac.uk

or contact

Julie Beesley

apprenticeships@collyers.ac.uk

Tel: 01403 216566

Booking forms to be returned to Julie Beesley,

Collyer's Fitness Instructor Course and Apprenticeship Office, Hurst Road, Horsham, West Sussex, RH12 2EJ