

CYQ Level 2 Certificate in Fitness Instructing (Gym)

Fitness Instructor courses

at Collyer's



All of our fitness courses are accredited by Central YMCA Qualifications which is the industry leader in vocational education.



How to book:

Obtain a booking form from the Adult Education pages of

www.collyers.ac.uk

or contact

Julie Beesley at

apprenticeships@collyers.ac.uk

Tel: 01403 216566



COURSE DETAILS:

This is an entry level qualification for those wanting to work in the fitness industry. It provides candidates with the knowledge base and practical requirements needed to become a qualified fitness instructor.

The course consists of 2 main parts: Exercise and Fitness Knowledge Theory as the foundation and the Gym practical element. Candidates can also attend our level 2 Circuit training course and there is a progression route onto the CYQ Level 3 Certificate in Personal Training.

COURSE FORMAT:

Option 1:

Exercise and Fitness Knowledge Theory: 12th, 18th 19th, 25th, 26th September 2010, 2nd October 2010

Gym: 3rd, 9th, 17th, 23rd, 30th, 31st October 2010

Assessment 6th November 2010

Option 2:

Exercise and Fitness Knowledge Theory: 8th, 9th, 15th, 16th, 22nd, 23rd January 2011

Gym: 30th January 2011, 5th, 13th, 19th, 26th, 27th February 2011

Assessment 5th March 2011

Times 9.30 am—4.30 pm

Cost: £530 (under 19s £175)

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

Booking forms to be returned to Julie Beesley,

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