



**Become an internationally accredited
fitness professional!
Get qualified here in Potchefstroom!**



STUDIO CYCLE INSTRUCTOR LEVEL 1

Indoor cycling group exercise course



Course Dates:

12 Feb (Anatomy & Physiology)

19 & 20 Feb (Workshop)

12 March (Exam)

[More Info](#)

HIIT INSTRUCTOR

Gain the HiIT advantage!



Course Dates:

19, 20, 26, 27 Feb (Workshop)

12, 13 March (Exam)

[More Info](#)

PILATES MAT INSTRUCTOR

Teach beginner to intermediate Pilates classes



Course Dates:

5 March (Anatomy & Physiology)

12, 19 & 26 March (Workshop)

2, 9, 16 April (Workshop)

14 May (Theory Exam) & 15 May (Practical Exam)

[More Info](#)

BOOTCAMP INSTRUCTOR

Train in a bootcamp environment



Course Dates:
19 March (Workshop)
20 March (Exam)

[More Info](#)

FITNESS INSTRUCTOR

Bridging course to personal training certifications



Course Dates:
16 April (Workshop)

[More Info](#)

PRE AND POST NATAL INSTRUCTOR

Train Pre and Post Natal women!



Course Dates:

30 April (Workshop)

7 May (Workshop)

[More Info](#)



International Recognition

Our courses are registered by REPSSA, REPsUA and fall under the ICREPS (International Confederation for Registers of Exercise Professionals)- Work Internationally.



Quality Education

We've given tens of thousands of students a competitive edge in the health & fitness industry since 1979.



Choose Your Study Method

We give you flexible study options. You can either study full-time, part-time, distance or entirely online. The choice is yours.



Excellent Student Support

We employ a team of highly qualified Lectures, Online Tutors, Presenters and Student Advisors, who will assist and guide you throughout your journey with us.



Innovative Teaching

Our teaching material is always up to date with the latest and best practices and is taught by leading experts in their respective fields.



**For more information or dates later this year -
visit the website or contact us!**

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