



2017 YEAR PLANNER

Online: www.fitpro.co.za

New:	
Online	Exercise Science: Fitness Instructor
Online	Personal Fitness Trainer certification
Online	Introduction to Digital Media as a Marketing tool
Online	Functional Nutrition for Trainers

Johannesburg

DATE	CERTIFICATIONS	REGION
14 October	Johnny G ® Spinning	JHB
4 November	Sports Massage	JHB
4 November	Johnny G ® Spinning	JHB
4 November	Group Fitness Trainer	JHB
18 November	CPR Course	JHB

DATE	CONTINUED EDUCATION	REGION
6 October	Exercise is Medicine 1	JHB
7 October	Bootcamp	JHB
7 October	Event Periodisation	JHB
13 October	The CORE	JHB

FITPRO® Your Passion. Your Career

The Gym at The Campus
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2021

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20 October	Exercise is Medicine 2	JHB
21 October	Sports Conditioning	JHB
28 October	Sports Injuries	JHB
3 November	Exercise is Medicine 3	JHB
4 November	Pillars of Human Movement	JHB
11 November	Boxing Level 1	JHB
18 November	Functional Movement Assessment	JHB
24 November	Running Analysis and Corrective Exercises	JHB
25 November	Boxing Level 2	JHB
25 & 26 November	Exercise and Pregnancy course	JHB
1 December	Strapping course	JHB
9 December	Boxing Level 3	JHB

Cape Town

DATE	CERTIFICATIONS	REGION
Online	Exercise Science	Cape Town
Blended	Personal Fitness Trainer Course	Cape Town
26 & 27 August	Johnny G ® Spinning	Cape Town
30 th Sept	Sports Massage course	Cape Town
28 October	Johnny G ® Spinning	Cape Town

DATE	CONTINUED EDUCATION	REGION
7 & 8 October	Bootcamp course	Cape Town
4 th November	Strapping course	Cape Town

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