



2018 YEAR PLANNER

Online: www.fitpro.co.za

New:	
Qualification Online	Exercise Science: Fitness Instructor
Qualification Online	Personal Fitness Trainer certification
Workshop/ CEC	Introduction to Digital Media as a Marketing tool
Workshop/ CEC	Functional Nutrition for Trainers
Workshop/ CEC	Ethics in Fitness: Scope of Practice

Johannesburg

DATE	CERTIFICATIONS	Lecturer
11 April 2018	Personal Fitness Trainer	FitPro Team
13 April 2018	Johnny G ® Spinning Instructor	Elsa Storm
5 May 2018	Sports Massage	Belinda Rahme
2 June 2018	Pilates Mat Instructor	Sally Ross
2 June 2018	Group Fitness Instructor	Bianca Van Zyl
4 June 2018	National Certificate in Coaching Science	FitPro Team
4 June 2018	National Certificate in Fitness	FitPro Team
5 June 2018	National Diploma in Fitness (Exercise Specialist)	FitPro Team

FITPRO® Your Passion. Your Career

The Gym at The Campus
57 Sloane Street
Cnr Sloane Street and Main Road
Bryanston
Johannesburg
2021

Tel: +27 11 463 5329 / +27 11 463
4256
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e-mail: info@fitpro.co.za
www.fitpro.co.za

11 June 2018	Exercise Science: Fitness Instructor	FitPro Team
27 August 2018	Personal Fitness Trainer	FitPro Team

DATE	CONTINUED EDUCATION	Lecturer
3 March	Boxing Level 1	Steven Castle
9 March	Running Analysis	Derek Archer
17 March	Boxing Level 2	Steven Castle
17 March	Sports Injuries	Nerice Swanepoel
23 March	Exercise is Medicine Webinar	Dr. Georgie Torres
24 March	Power Plate ® Running Injury Free	Dr. Emily Splichal
14 April	Boxing Level 3	Steven Castle
14 April	Strapping	David Shanley
21-22 April	Bootcamp course	Melissa Niemand
19 May	Pillars of Human Movement	Dr. Georgie Torres
26-27 May	Exercise and Pregnancy	Lee Archer
30 June	Strapping	David Shanley
21-22 July	Bootcamp course	Melissa Niemand
29-30 September	Exercise and Pregnancy	Lee Archer

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Cape Town

DATE	CERTIFICATIONS	Lecturer
Online	Exercise Science: Fitness Instructor	FitPro Team
Blended	Personal Fitness Trainer Course	FitPro Team
24 February 2018	Johnny G ® Spinning Instructor	Elsa Storm
6 April 2018	Sports Massage	Caryn Stretton

DATE	CONTINUED EDUCATION	Lecturer
24 February 2018	Bootcamp	Tammy Rawstron
17 March 2018	Exercise and Pregnancy	Tammy Rawstron
12 May 2018	Strapping	Caryn Stretton

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