



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	NQF Level
27 January 2018	Johnny g ® Spinning Instructor	REPSSA 12 credits
7 February 2018	National Certificate in Fitness	NQF 5
7 February 2018	Exercise Science: Fitness Instructor	Equivalent to NQF 5
10 February 2018	Aquatics Instructor Course	PAASA
11 April 2018	Personal Fitness Trainer	Equivalent to NQF 5
4 February 2018	Sports Massage	REPSSA 12 credits
10 February 2018	Group Fitness Instructor	SAQA ID 10222
17 February 2018	Pilates Mat Instructor	

FITPRO® Your Passion. Your Career

The Gym at The Campus
57 Sloane Street
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Bryanston
Johannesburg
2021

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5 May 2018	Sports Massage	REPSSA 12 credits
19 May 2018	Group Fitness Instructor	SAQA ID 10222
26 May 2018	Pilates Mat Instructor	
13 April 2018	Johnny g ® Spinning Instructor	REPSSA 12 credits
4 June 2018	National Certificate in Coaching Science	NQF 5
4 June 2018	National Certificate in Fitness	NQF 5
5 June 2018	National Diploma in Fitness (Exercise Specialist)	NQF 5
11 June 2018	Exercise Science: Fitness Instructor	Equivalent to NQF 5
27 August 2018	Personal Fitness Trainer	Equivalent to NQF 5

DATE	CONTINUED EDUCATION	Lecturer
2 February 2018	Exercise is Medicine 1	Dr. Georgia Torres
3 February	Power Plate	Derek Archer
10 February	Strapping	Ryan Hume
16 February	Exercise is Medicine 2	Dr. Georgia Torres
17 February	Boxing Level 1	Steven Castle
23 February	The CORE	Derek Archer
24 February	Pillars of Human Movement	Dr. Georgie Torres
2 March	Exercise is Medicine 3	Derek Archer
3 March	Power Plate	Derek Archer
9 March	Running Analysis	Derek Archer
10 March	Exercise and Pregnancy	Lee Archer

Cape Town

DATE	CERTIFICATIONS	REGION
Online	Exercise Science: Fitness Instructor	Cape Town

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Blended	Personal Fitness Trainer Course	Cape Town
24 February 2018	Johnny g ® Spinning Instructor	REPSSA 12 credits

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