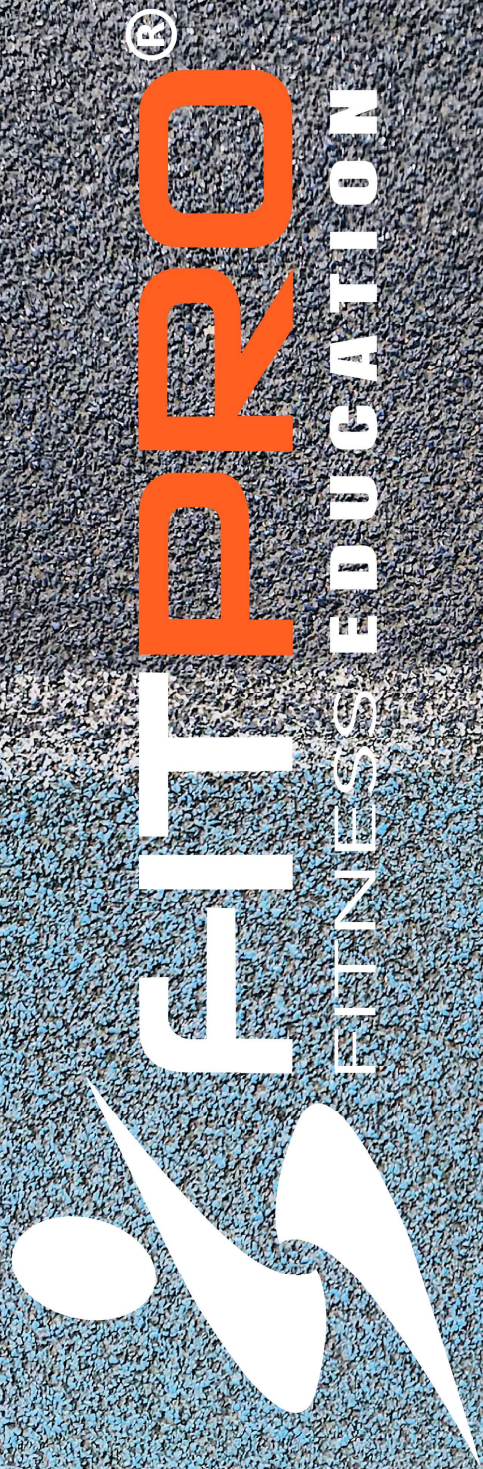


**PROSPECTUS**





# A TRILLION REASONS TO MAKE YOUR PASSION YOUR CAREER



# WHY CHOOSE FITPRO

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Our priority is to adapt to the individual needs of each student. Our personal approach will give you the edge in a constantly evolving fitness industry. Therefore we take pride in our accredited fitness certifications.

As a provider of the highest quality fitness education, FitPro ensures our students have an up-to-date approach to fitness training.

FITPRO – The Institute of Fitness Professionals has earned the reputation for offering the highest quality fitness education. FitPro has moulded its name in the fitness industry with over 17 years experience. Through science, research and active experience, FitPro education always have the best to offer.

# OUR VALUES

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FitPro is committed to offering accredited fitness certifications with the highest integrity. Our fitness education manuals and delivery is constantly evaluated and updated. Through solid science, research and experience our students are well prepared. This daily value system provides students with all the necessary tools to achieve success in the workplace.

In addition, FitPro believes in our students and we are always available. Our student support and customer service is of the highest rating in the industry.

# WHY FITPRO IS DIFFERENT

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- The ongoing Portfolio of Evidence is fully online so learners always have access to an online library of learning content; progress is never delayed.

- All our online certifications and workshops are fully operational and results processing is on time.

- Opportunity for online-based workplace experience is also provided.

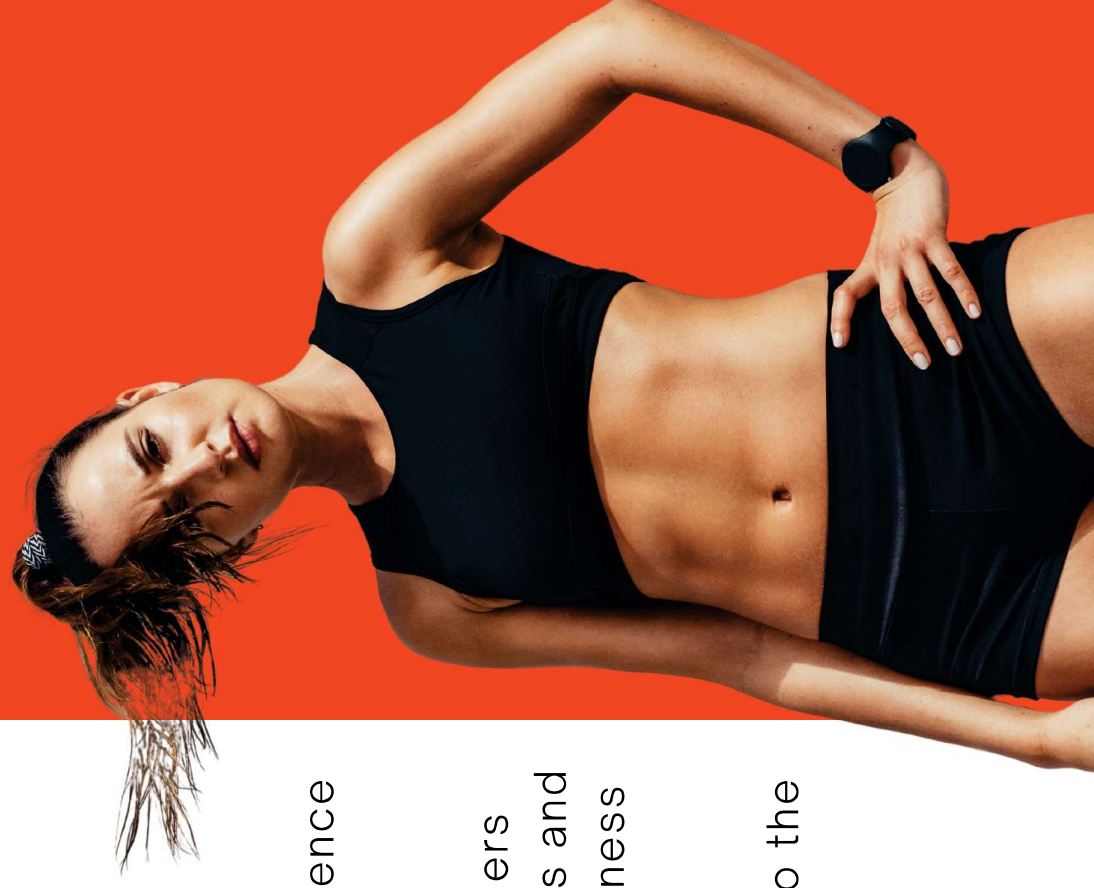
- FitPro introduces learners to a variety of employing business models; offering an opportunity to plug in to working spaces suited to the individual.

- The FitPro office is fully operational even when remote, so we are always open. This means that learners are still fully engaged with staff and lecturers.

- For full time learners, there are live theoretical lectures via Zoom. These lectures are recorded and sent out for revision.

No matter where we are all forced to be, FitPro remains open, service-orientated and committed to quality education.

That is the FitPro Difference!



# ACCREDITATION

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The Institute of Fitness Professionals (FITPRO) is a registered Further Education and Training (FET) Provider and locally accredited with CATHSSETA

FITPRO is a registered provider with REPSA (Register of Exercise Professionals South Africa) which controls portability of the qualifications to Australia, New Zealand, The UK, Canada, USA and Europe.

FITPRO is the exclusive provider for Exercise is Medicine South Africa education and training and Power Plate® Africa



**Exercise**  
**is Medicine**  
**South Africa**



# COURSES AT FITPRO

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**ONLINE**



**WORKSHOPS**

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**FULL TIME**

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**PART TIME**

**WEBINARS**

# COURSES OFFERED AT FITPRO:

## FULL TIME

- NATIONAL CERTIFICATE IN FITNESS

## BLENDED

- NATIONAL CERTIFICATE IN FITNESS
- PERSONAL FITNESS TRAINER

## ONLINE

- NATIONAL CERTIFICATE IN FITNESS
- PERSONAL FITNESS TRAINER
- FITNESS INSTRUCTOR
- REBOUND SA
- PILATES MAT
- EXERCISE IS MEDICINE ACCREDITATION (8 MODULES)

## PART TIME

- GROUP EXERCISE (AEROBICS)
- STEP AEROBICS
- SPORTS MASSAGE

## SHORT COURSES (ONLINE)

- BOOTCAMP
- KIDS DEVELOPMENT AND CONDITIONING
- EXERCISE AND PREGNANCY

## LIVE WORKSHOPS

- RIGID SPORTS STRAPPING
- PUNCHRITE BOXING
- FIRST AID LEVEL 1 AND CPR BLENDED

## LIVE ZOOM WORKSHOPS

- STRETCHING
- S.A.Q (SPEED, AGILITY, QUICKNESS)
- CORE
- ELASTIC TRAINING
- BIOMECHANICS AND INJURY PREVENTION

## ONLINE WORKSHOPS

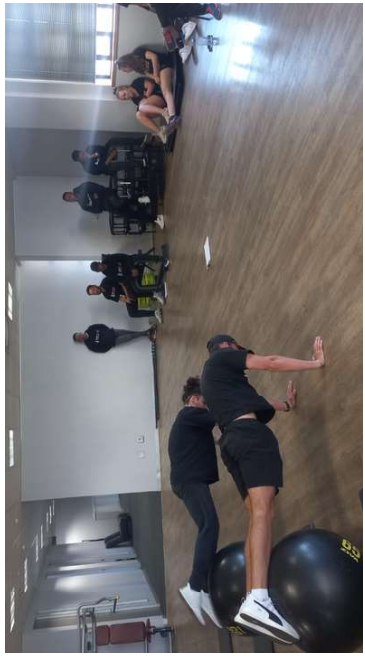
- THERABAND CLX
- SPORTS INJURIES
- POWER PLATE DISCOVER

## WEBINARS

- EXERCISE FOR HIV/AIDS
- DIASTASIS RECTI
- BLOOD PRESSURE: THE SILENT KILLER
- LOWER BACK PAIN: MANAGEMENT AND PREVENTION
- RETURN TO EXERCISE
- POST COVID-19
- NUTRITION: NON COMMUNICABLE DISEASE AND ATHLETIC PERFORMANCE

**AFFORDABLE PAYMENT PLAN OPTIONS AVAILABLE ON SELECTED COURSES**

# #FACESOFFITPRO





# CONTACT US



011-463-5329  
073-934-7436



The Campus-Gym Building  
Cnr Sloane Street and Main Rd  
Bryanston, Johannesburg  
2021



[www.fitpro.co.za](http://www.fitpro.co.za)



[Info@fitpro.co.za](mailto:Info@fitpro.co.za)



[fitpro\\_institute](https://www.instagram.com/fitpro_institute)



Fitpro-The Institute of  
Fitness Professionals

