

GROUP EXERCISE INSTRUCTORS **CERTIFICATION**



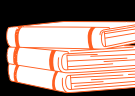
4 Months



24 Credits



R 6 955.00



Part Time



NQF Level 5



4 Months Payment Plan



Bryanston - JHB



Internationally Recognized

Group Exercise to Music, also known as Aerobics, is the start of health and wellness for everyone. This is the certification that ensures every community can exercise. Movement to music relates to most people and can be done anywhere!

Uplifting and empowering you as a student is a guarantee with the Group Exercise certification. Therefore, this certification comes highly recommended!

Modules

Health and Fitness

Anatomy

Physiology

Screening

Aerobics

40 Observation Hours

- **SETA accredited Full Qualification (CathsSeta).**
- **Recognised and registered with REPSSA (Register of Exercise Professionals South Africa).**