

REBOUNDSA ONLINE CERTIFICATION



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6 Months



R 2 950.00



20 REPSSA POINTS



Online



Internationally Recognized



The Gym at the Campus - Bryanston

ReboundSA is the Original founders of Rebounding in South Africa. With over 35 years experience in the equipment, use of rebounding for health, fitness and sport; there is no better place to master your Rebounding skill.

ReboundSA is the only fitness course recognised by the CANSA association. Rebounding has many positive, therapeutic benefits for a wide range of special populations and diseases.

The course is assessed through 2 methods:

-Theory exam

-Practical exam