

JAN FEB MAR

COURSE MENU

Q1 2017

World Recognized Professional Fitness Certification

Multi-Level Continuing Education

Certificate in Advanced Personal Fitness Trainer
7 FEB / 15 FEB

Sports Science & Fitness Foundation Certification Course
24 JAN / 27 FEB / 29 MAR

Advanced Personal Trainer Integrated
6 JAN / 10 MAR

Distance Running Instructor Course
5 JAN

Pilates Instructor (Mat Work) Cert. Course
4 FEB

Techniques for Myofascial release I
5 FEB

Muay Thai Instructor (Foundation)
9 MAR

Nutrition and Weight Management
17 JAN / 27 FEB

Sports Massage
24 FEB

Children & Adolescence Fitness Instructor Course
14 JAN

Specialized Prescription Program: Elderly Fitness
4 MAR

Specialized Prescription Program: Pre & Post-Natal Fitness
12 MAR

APR MAY JUN

World Recognized Professional Fitness Certification

Multi-Level Continuing Education

Sports Science & Fitness Foundation Certification Course
18 APR (EN) / 27 APR (CN) / 29 May (CN) / 28 JUN (CN)

Certificate in Advanced Personal Fitness Trainer
6 APR (CN) / 6 JUN (CN) / 20 JUN (EN)

Exercise Ball Functional Training
18 JUN

Advanced Personal Trainer Integrated
5 APR / 2 JUN

Distance Running Instructor Course
6 APR

Stretch Trainer
16 MAY

Sports Taping (Lower Limb)
21 MAY

Body Weight Training Instructor Course
19 APR

Pilates Instructor (Mat Work) Cert. Course
6 MAY

Techniques for Myofascial release I
11 JUN

Muay Thai Instructor (Foundation)
11 MAY

Nutrition and Weight Management
25 APR / 22 MAY

Sports Massage
10 MAY

Specialized Prescription Program: Chronic Illness
4 JUN

Body Building Training Course
Part 1: 2 APR
Part 2: 23 APR

JUL AUG SEP

World Recognized Professional Fitness Certification

Multi-Level Continuing Education

Sports Science & Fitness Foundation Certification Course
27 JUL / 28 AUG / 26 SEP

Certificate in Advanced Personal Fitness Trainer
18 JUL / 7 SEP

Comprehensive Exercise Ball Instructor Course
17 SEP / 24 SEP

Advanced Personal Trainer Integrated
28 JUL / 29 SEP

Distance Running Instructor Course
3 AUG / 28 SEP

Children & Adolescence Fitness Instructor Course
2 JUL

Dual Certificate Yoga Teacher (Part-time) Training Course
12 AUG / 23 SEP

Sports Massage
21 JUL / 20 SEP

Pilates Instructor (Mat Work) Cert. Course
15 JUL

Techniques for Myofascial Release II
27 AUG

Techniques for Myofascial Release I
8 JUL

Nutrition and Weight Management
11 JUL / 28 AUG

Aerial Yoga Teacher Training Course
16 SEP

Muay Thai Instructor (Foundation)
20 JUL / 21 SEP

Specialized Prescription Program: Elderly Fitness
16 SEP

Aqua Personal Trainer Certification Course
TBC

Body Building Training Certification Course
TBC

OCT NOV DEC

World Recognized Professional Fitness Certification

Multi-Level Continuing Education

Sports Science & Fitness Foundation Certification Course
26 OCT / 14 NOV / 28 NOV / 29 DEC

Certificate in Advanced Personal Fitness Trainer
3 OCT (Eng) / 30 OCT / 28 DEC

Certificate in Advanced Personal Fitness Trainer Course (Integrated) (Special Class for Female Coaches)
5 DEC

Advanced Personal Trainer Integrated
24 NOV

Distance Running Instructor Course
27 OCT / 14 DEC

Stretch Trainer Certification Course
27 OCT

Dual Certificate Yoga Teacher (Part-time) Training Course
28 OCT

Sports Massage
22 NOV

Post-Rehab Fitness Trainer Certification Course (Upper Limb & Neck)
TBC

Specialized Prescription Program: Pre & Post Natal Fitness
5 NOV

Muay Thai Instructor (Intermediate)
24 NOV

Nutrition and Weight Management
24 OCT

Aerial Yoga Teacher Training Course
25 NOV

Muay Thai Instructor (Foundation)
7 DEC

Exercise for Clients With Chronic Illness
10 DEC

Sports Taping Course (Upper Body)
26 NOV

Sports Taping Course (Lower Body)
19 NOV

20 Pectoral Training and Prescription
8 JAN

Personal Trainer: Career 101
24 FEB

Food Conversion
14 JAN

Flexibar Functional Training
15 JAN

Progressive Functional Training
20 FEB

Flexibility Optimization Workshop
9 FEB

F1 Superman Figure
12 FEB & 19 FEB

Ai Chi Therapy Level 1: Knee Pain
19 MAR

Cycling Fitness
13 FEB

Kettle Fit
25 MAR

Basketball fitness
FREE OPEN CLASS (7-8:30pm)
17 FEB

AASFP continuing educations
Continuing Professional Development for Physiotherapists

Daytime Night

Posture Enhancement & Recovery Specialization
Core, Muscle Conditioning & Functional Training Specialization
Rehab Training Specialization
Martial Arts Specialization
Special Population Specialization
Performance Enhancement Specialization

Q2 2017

Personal Trainer: Career 101
19 MAY

Therapeutic Exercises for Scoliosis
29 APR

Ultimate Strength Enhancement
20 MAY

Weight Management ABCD
15 JUN

HIT Training and Diverse Training Programs
22 APR

Fit Lady Training
13 MAY

Cycling Fitness: Discover How Muscles Help You Improve Performance
12 APR

Basketball Fitness: Enhancement of Shooting, Speed and Vertical Jump
9 MAY

Systematic Training to Improve Football Fitness
FREE OPEN CLASS (7:00-8:30pm)
22 MAY

CPR
24 APR / 24 MAY / 26 JUN

AASFP continuing educations
Continuing Professional Development for Physiotherapists

Daytime Night

Posture Enhancement & Recovery Specialization
Core, Muscle Conditioning & Functional Training Specialization
Rehab Training Specialization
Martial Arts Specialization
Special Population Specialization
Performance Enhancement Specialization

Q3 2017

Personal Trainer: Career 101
14 JUL

Football Fitness: Comprehensive improving your performance
24 AUG

Group Exercise Program Design
4 AUG

Love Golf - Fitness Screen and Training Program for Performance Enhancement
14 SEP

6 Major Muscle Groups Progressive Growth: Back Muscle
23 JUL

Decoding the dietary supplements
21 SEP

Pre Bridal Body Sculpting
20 AUG

Love Golf - Fitness and Conditioning
FREE OPEN CLASS (7:00-8:30pm)
13 JUL

CPR
19 JUL / 23 AUG / 20 SEP

AASFP continuing educations
Continuing Professional Development for Physiotherapists

Daytime Night

Posture Enhancement & Recovery Specialization
Core, Muscle Conditioning & Functional Training Specialization
Rehab Training Specialization
Martial Arts Specialization
Special Population Specialization
Performance Enhancement Specialization

Q4 2017

Personal Trainer: Career 101
10 NOV

HIT - Theory and Diverse Training Programs
14 OCT

Suggested Dietary & Prevention Principle for Osteoporosis
16 NOV

Flex-Bar Functional Training
TBC

6 Major Muscle Groups Progressive Growth: Shoulder
5 NOV

TRX (TBC)
1 DEC

Therapeutic Exercises for Scoliosis
25 NOV

E-Learning
Up to 0.7

OPEN Children's Fitness:
FREE OPEN CLASS (7:00-8:30pm)
14 DEC

Enhancement of Concentration, Muscular Strength & Muscular Endurance

CPR
25 OCT / 21 NOV / 20 DEC

AASFP continuing educations
Continuing Professional Development for Physiotherapists

Daytime Night

Posture Enhancement & Recovery Specialization
Core, Muscle Conditioning & Functional Training Specialization
Rehab Training Specialization
Martial Arts Specialization
Special Population Specialization
Performance Enhancement Specialization