

PentaMedical Building,  
Design Quarter District  
Corner William Nicol  
Drive & Leslie Road East  
Fourways, Sandton, 2067,  
South Africa

*Postal Address*  
PO Box 169  
Douglasdale  
2165  
South Africa



*Telephone*  
011-707-2931  
011-707-2932  
*Facsimile*  
011-707-2933

*E-mail*  
fitnesspro@fitpro.co.za  
*Website*  
www.fitpro.co.za

## 2012 YEAR PLANNER – 1<sup>st</sup> Half

### Johannesburg

DATE	COURSE	REGION
2 February - 17 April	Exercise Science Course	JHB
25 February	Jump Stretch (Stretching)	JHB
27 Feb- 4 May	Aerobics Instructors Course (phase 1)	JHB
13 March - 1 June	Personal Fitness Trainer Course	JHB
12 & 14 March	Advanced Biomechanics (assessment)	JHB
3 March	****FITNESS FORUM****	JHB
17,18 March	Kettlebell Instructor level 1	JHB
26, 28 March	Functional Training	JHB
31-1 April	Complete Athlete Conditioning	JHB
10,11 April	Advanced Biomechanics (Intervention)	JHB
21,22 April	Boot Camp	JHB
5 May	Jump Stretch (Strength)	JHB
7 May-2 July	Exercise Science Course	JHB
11,12,13 May	Exercise and Pregnancy	JHB
19,20 May	Pilates Mat Instructor Course	JHB
19,20 May	Aerobics Instructor course (phase 2- Step)	JHB
2,3 June	Kettlebell Instructor level 2	JHB
7 June-5 October	Personal Fitness Trainer Course	JHB
9,10 June	Strength Periodization Workshop	



## *Cape Town*

<b>DATE</b>	<b>COURSE</b>	<b>REGION</b>
6 - 18 April	Exercise Science Course	CPT
TBA	Aerobics Instructors Course (phase 1)	CPT
1 March - 25 May	Personal Fitness Trainer Course	CPT
21,22 April	Complete Athlete Conditioning	CPT
19 May	Boot Camp	CPT

## *Pretoria*

<b>DATE</b>	<b>COURSE</b>	<b>REGION</b>
1 - 11 April	Exercise Science Course	Pretoria
TBA	Aerobics Instructors Course (phase 1)	Pretoria
5 March - 25 May	Personal Fitness Trainer Course	Pretoria

