

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

AEROBICS INSTRUCTOR COURSE TIMETABLE: AUGUST 2010

DATE	TIME	LECTURER	LECTURE
Monday 23 August	19h30 – 21h15	Gail	Introduction Warm Up Music Interpretation
Tuesday 24 August	19h30 – 21h15	Klaas	Lo Impact
Wednesday 25 August	19h30 – 21h15	Klaas	Cueing Teaching Skills
Thursday 26 August	19h30 – 21h15	Klaas	Revision
Monday 30 August	19h30 – 21h15	Klaas	Hi Impact Post Aerobic Cool down
Tuesday 31 August	19h30 – 21h15	Gail	Floor work
Wednesday 1 September	19h30 – 21h15	Gail	Stretching
Thursday 2 September	19h30 – 21h15	Gail	Revision
Monday 11 October	18h00 – 20h00		Aerobics Written Exam
Thursday 15 October	To be announced		Aerobics Practical Exam



COURSE COST: R 4 000.00 incl. VAT
DEPOSIT: R 1500.00 (which will be deducted from the course cost)

TO BRING: Come in training gear	VENUE: Randburg Virgin Active
Refreshments	Cnr. Hans Strydom Drive
Pens/Paper	And Hans Schoeman Drive
Water bottle	Randburg
Sweat towel	TEL: (011) 792 8860

Please note that if you are not a member of Virgin Active, you will be required to sign an indemnity waive. If you are not yet 21, a letter from you parents or legal guardian giving you permission to engage in activity at the club must be handed in.

We look forward to seeing you!

Our Banking Details: Standard bank *Branch:* Fourways Crossing:
Branch Code: 009953 *Account no:* 402094247