



## 2018 YEAR PLANNER

Online: [www.fitpro.co.za](http://www.fitpro.co.za)

<b>New:</b>	
Qualification Online	Exercise Science: Fitness Instructor
Qualification Online	Personal Fitness Trainer certification
Workshop/ CEC	Introduction to Digital Media as a Marketing tool
Workshop/ CEC	Functional Nutrition for Trainers
Workshop/ CEC	Ethics in Fitness: Scope of Practice

### Johannesburg

<b>DATE</b>	<b>CERTIFICATIONS</b>	<b>Lecturer</b>
5 May 2018	Sports Massage	Belinda Rahme
5 May	Aqua Instructor	Elsa Storm
15 June 2018	Exercise is Medicine Accreditation	Dr. Georgie Torres
23 June 2018	Group Fitness Instructor	Bianca Van Zyl
23 June 2018	Johnny G ® Spinning Instructor	Elsa Storm
25 June 2018	National Certificate in Coaching Science	FitPro Team
25 June 2018	National Certificate in Fitness	FitPro Team
7 July	Aqua Instructor	Elsa Storm

**FITPRO®** Your Passion. Your Career

The Gym at The Campus  
57 Sloane Street  
Cnr Sloane Street and Main Road  
Bryanston  
Johannesburg  
2021

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[www.fitpro.co.za](http://www.fitpro.co.za)

14 July 2018	Pilates Mat Instructor	Sally Ross
14 July 2018	Sports Massage	Belinda Rahme
18 August 2018	Johnny G ® Spinning Instructor	Elsa Storm
27 August 2018	Personal Fitness Trainer	FitPro Team
8 September	Aqua Instructor	Elsa Storm
6 October 2018	Sports Massage	Belinda Rahme
20 October	Johnny G ® Spinning Instructor	Elsa Storm
10 November	Aqua Instructor	Elsa Storm

<b>DATE</b>	<b>CONTINUED EDUCATION</b>	<b>Lecturer</b>
21-22 April	Bootcamp course	Ali Mhlanga
4 May	EIM CEC: Depression	Dr. Georgie Torres
12 May	Boxing Level 1	Stephen Castle
19 May	Pillars of Human Movement	Dr. Georgie Torres
25 May	EIM CEC: Brain Changes	Dr. Georgie Torres
26 May	Boxing Level 2	Stephen Castle
26-27 May	Exercise and Pregnancy	Lee Archer
8 June	The CORE	Derek Archer
9 June	Boxing Level 3	Stephen Castle
15 June	Stretching	Derek Archer
22 June	Power Plate ® Discover course	Derek Archer
23 June	Sports Conditioning	David Shanley
29 June	EIM CEC: Optimal physical activity dosage	Dr. Georgie Torres
30 June	Strapping	David Shanley
13 July	Running Analysis	Derek Archer
21-22 July	Bootcamp course	Ali Mhlanga

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27 July	EIM CEC: Fit Fat Debate	Dr. Georgie Torres
4 August	Boxing Level 1	Stephen Castle
17 August	The CORE	Derek Archer
18 August	Boxing Level 2	Stephen Castle
24 August	Power Plate ® Discover course	Derek Archer
25 August	Strapping	David Shanley
31 August	EIM CEC: Client Screening	Dr. Georgie Torres
1 September	Boxing Level 3	Stephen Castle
7 September	Stretching	Derek Archer
14 September	EIM Accreditation: Fitness Professionals	Dr. Georgie Torres
22 September	Sports Conditioning	David Shanley
29-30 September	Exercise and Pregnancy	Lee Archer
28 September	EIM CEC: How to sell Exercise Prescription	Dr. Georgie Torres
5 October	Running Analysis	Derek Archer
19 October	Power Plate ® Discover course	Derek Archer
20-21 October	Bootcamp Workshop	Ali Mhlanga
26 October	EIM CEC: Diabetes. New Prescriptions	Dr. Georgie Torres
27 October	Biomechanical Efficiency & Injury Prevention	Derek Archer
9 November	The CORE	Derek Archer
10 November	Boxing Level 1	Stephen Castle
10 November	Strapping	David Shanley
23 November	Stretching	Derek Archer
24 November	Boxing Level 2	Stephen Castle
30 November	EIM CEC: Auto-Immune Disease	Dr. Georgie Torres
8 December	Boxing Level 3	Stephen Castle

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## Cape Town

DATE	CERTIFICATIONS	Lecturer
Online	Exercise Science: Fitness Instructor	FitPro Team
Blended	Personal Fitness Trainer Course	FitPro Team
24 February 2018	Johnny G ® Spinning Instructor	Elsa Storm
6 April 2018	Sports Massage	Caryn Stretton

DATE	CONTINUED EDUCATION	Lecturer
19 May 2018	Strapping	Caryn Stretton
9 & 10 June	Bootcamp Workshop	Tammy Rawstron
7 & 8 July	Exercise and Pregnancy	Tammy Rawstron
27 July	Power Plate ® Discover course	Derek Archer
1 & 2 September	Bootcamp Workshop	Tammy Rawstron
6 & 7 October	Exercise and Pregnancy	Tammy Rawstron
16 November	Power Plate ® Discover course	Derek Archer

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