



Athletic Strength, Agility and Core Conditioning (The Equalizer – LEVEL I)

\$89 + GST Early Bird - (Received at least 3 weeks prior to course)

\$99 + GST Regular Fee (Received within 3 weeks prior to course)

\$109 + GST On-Site Registration Fee

Can-fit-Pro accredited for 2 CEC's for both PTS, FIS

AFLCA accredited for 3 CEC's

YMCA recognized for 3 hours towards recertification

Course Description: The 3 hour practical workshop is designed for a unique alternative class or PT format incorporating the "Equalizer" for new cardio, strength, agility and core training exercises. The "Equalizer" was designed to do traditional strength training exercises for group aerobic classes and is portable and inexpensive for personal training sessions at the club or in-home. This workshop is for PTS, FIS & SCS.

Includes: Guidelines and Practical Application of all exercises & usage, sample class format & Personal Training session format and Instructor Manual.