



**Fitness Boxing Level I Instructor CEC Course**

**\$149 + GST Early Bird - (Received at least 3 weeks prior to course)**

**\$169 + GST Regular Fee (Received within 3 weeks prior to course)**

**\$189 + GST On-Site Registration Fee**

**&**

**Fitness Boxing Specialist -LEVEL I-Certification Exam**

**\$49 + GST Early Bird - (Received at least 3 weeks prior to course),**

**\$59 + GST Regular Fee**

**Can-fit-Pro** accredited for 4 CEC's for PTS, FIS

**CPTN** accredited for 7 CEC's towards recertification

**BCRPA** accredited for 5.5 CEC's towards recertification

**AFLCA** accredited for 5 CEC's towards recertification

**YMCA** recognized for 8 hours towards recertification

**Course Description: (8 Hours)** Learn "Real" Boxing punch, block techniques and combinations designed by a Certified Competitive Boxing Coach and Can-Fit-ro PRO-Trainer for the ultimate in authenticity and fitness ensuring a safe and efficient class or personal training session utilizing focus pads, free standing or stationary heavy bags and partner training. **Includes:** Guidelines and Practical Application of all equipment selection & usage, sample class format & Personal Training session format and Basic-Level 1 Instructor Manual.