



Fitness Boxing Level III 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

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Fitness Boxing Specialist -LEVEL III-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 & ADV-PTS, FIS

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) For the ULTIMATE Trainer/Instructor. Learn "Real" Boxing punch techniques, block, slip, duck and counter complex combinations and drills designed by a certified Competitive Boxing Coach and Can-Fit-Pro PRO-Trainer for the ultimate in authenticity in Boxing techniques and fitness ensuring a safe and efficient class or personal training session utilizing focus pads, free standing or stationary heavy bags, partner training and boxing ring drills. The Level 1 & 2 Fitness Boxing Instructor Courses are a prerequisite for this course, **NO EXCEPTIONS!** Includes: Guidelines and Practical Application of all equipment selection & usage, sample class format & Personal Training session format, Ultimate-Level 3 Instructor Manual.