

Fighting Fit Boot-Camp Instructor Course

\$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 PTS, FIS, SCS
CPTN accredited for 4 CEC's towards recertification
BCRPA accredited for 2.5 CEC's towards recertification
AFLCA accredited for 3 CEC's towards recertification
YMCA recognized for 4 hours towards recertification

Course Description: (4 Hours) Designed by a Certified Competitive Kickboxing Coach and Can-Fit-Pro PRO-Trainer, MMA (Mixed Martial Arts) is the newest phenomenon to sweep North America. Learn "real" MMA conditioning training, striking techniques, combinations and floor bag-work designed by a Certified Competitive Boxing-Kickboxing Coach and Certified Personal Trainer for the ultimate in authenticity and fitness, ensuring a safe and efficient class or personal training session. This workshop is specifically designed for you, the trainer, to tap into that market by incorporating authentic MMA drills including rope training, obstacle course, agility training, cardio training, strength training, boxing & kicking focus pad training and ground'n pound floor bag work into a rigorous training program format perfect for BootCamp or specialty class format..