

Fitness Boxing Basic Instructor CEC Course
\$139 + GST Early Bird - (Received at least 2 weeks prior to course),
\$159 + GST Regular Fee

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Fitness Boxing Specialist -LEVEL I-Certification Exam
\$49 + GST Early Bird - (Received at least 2 weeks prior to course),
\$59 + GST Regular Fee

Can-fit-Pro accredited for 4 CEC's for PTS, FIS, SCS
CPTN accredited for 6 CEC's towards recertification
BCRPA accredited for 5.5 CEC's towards recertification
AFLCA accredited for 5 CEC's towards recertification
YMCA recognized for 6 hours towards recertification

Course Description: (6 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.

Certification as opposed to CEC Workshop

Many fitness instructor and personal Trainers wish only to earn the CEC's or hours towards recertification, therefore we offer the course 2 ways to accommodate the needs of individual instructors:

1. If you only want the CEC's or Hours Towards Recertification only check the box for the workshop on the registration form and you will receive your CEC documents from us after completing the course. There is no requirement to take the test to complete the CEC workshop
2. If you wish to earn a full certification as a Fitness kickboxing Specialist then you must check off the exam box also which is an additional \$49.00 + applicable taxes. To be Certified to teach and eligible for insurance coverage requires completion of the theory exam. The exam is a "take home" exam that must be completed and submitted within 30 days of the workshop.