



**Fitness Kickboxing 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**

**&**

**Fitness Kickboxing Specialist -LEVEL III-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 & ADV-PTS, FIS

**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: (8 Hours)** For the ULTIMATE Trainer/Instructor. Learn "Real" Kickboxing punch- kick techniques, block, slip, duck and counter complex combinations and drills designed by a certified Competitive Kickboxing Coach and Can-Fit-Pro PRO-Trainer for the ultimate in authenticity in Kickboxing 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 Kickboxing 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.