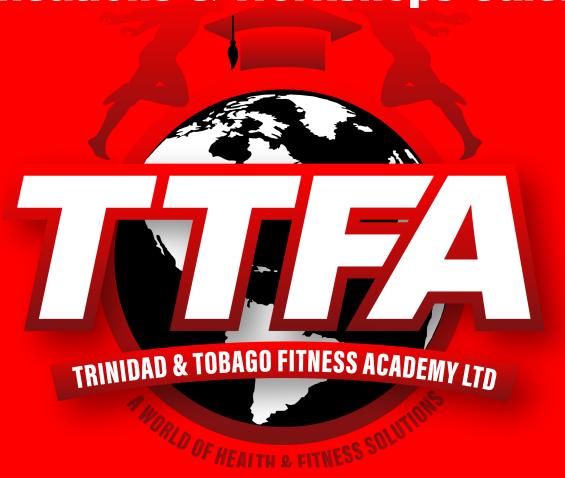
T&T Fitness Academy 2024

Certifications & Workshops Calendar



TTFA 2024 Second Quarter Certifications and Workshops

DATE	PROGRAM	LOCATION	PREREQUISITES	COST	CREDITS
April 14th (Apr 14th - May 26th) Seven Consecutive Sundays	A.E.A. Aquatic Exercise Instructor Certification	Blended Zoom & In-person	None	\$5000.00 TT A minimum down-payment of \$2500.00 is required to register and candidates will have two months to pay off the balance of \$2500.00 Registrations closes April 10th	15 CEC
MAY 4th (May 4th - June 22nd) Eight Consecutive Saturdays	I.S.C.A. Personal Training Instructor Certification	Blended Zoom & In-person	None	\$4500.00 TT A minimum down-payment of \$1000.00 is required to register and candidates will have two months to pay off the balance of \$3500.00 Registrations closes May 1st	15 CEC
May 26th (4 hours) 12noon - 4pm	FREE Intro to kettlebell Workshop	T&T Fitness Academy	None	FREE (NO COST) This is a free practical workshop for anyone who chooses to attend and is a required step for persons wishing to become a certified Kettlebell Instructor. Registration closes May 22nd	2 CEC
June 2nd (6 hours) 10am - 4pm	Program Design Workshop	T&T Fitness Academy	None	\$950.00 TT This workshop is especially beneficial for persons who train individuals or teams and are in need of the most up-to-date scientific approach to designing successful training programs. Registration closes May 29th	8 CEC
June 9th & 16th (16 hours)	Group Indoor Cycling Certification	T & T Fitness Academy	None	\$2500.00 Indoor Group Cycling Instructor Certification from safety and bike setup to leading visual rides, program design and exercise intensity monitoring. A comprehensive certification for potential Instructors. Registration closes June 5th	15 CEC

WhatsApp: 868-753-9468

Facebook: Trinidad and Tobago Fitness Academ

Website: www.ttfitnessacademv.cor



TTFA 2024 Second Quarter Certifications and Workshops

DATE	PROGRAM	LOCATION	PREREQUISITES	COST	CREDITS
June	Kettlebell	T & T Fitness	"Must have attended	\$2500.00 With huge emphasis on safety and technique the Kettlebell	
23rd & 30th	Certification	Academy	a FREE kettlebell workshop prior"	certification prepares and certifies persons to lead individual and group classes.	15 CEC
(16 hours)				Registration closes June 19th	
June 29th (May 4th - June 22nd) Eight Consecutive Saturdays	I.S.C.A. Personal Training Instructor Certification	Blended Zoom & In-person	None	\$4500.00 TT A minimum down-payment of \$1000.00 is required to register and candidates will have two months to pay off the balance of \$3500.00 Registrations closes June 26th	15 CEC

