

# T&T Fitness Academy

# 2024

## Certifications & Workshops Calendar



## TTFA 2024 Second Quarter Certifications and Workshops

DATE	PROGRAM	LOCATION	PREREQUISITES	COST	CREDITS
<b>April 14th</b> (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  <b>Registrations closes April 10th</b>	15 CEC
<b>MAY 4th</b> (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  <b>Registrations closes May 1st</b>	15 CEC
<b>May 26th</b> (4 hours)  12noon - 4pm	FREE Intro to kettlebell Workshop	T&T Fitness Academy	None	<b>FREE (NO COST)</b>  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 .  <b>Registration closes May 22nd</b>	2 CEC
<b>June 2nd</b> (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.  <b>Registration closes May 29th</b>	8 CEC
<b>June 9th &amp; 16th</b> (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.  <b>Registration closes June 5th</b>	15 CEC

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DATE	PROGRAM	LOCATION	PREREQUISITES	COST	CREDITS
<p style="text-align: center;"><b>June 23rd &amp; 30th</b></p> <p style="text-align: center;">(16 hours)</p>	Kettlebell Certification	T & T Fitness Academy	“Must have attended a FREE kettlebell workshop prior“	<p>\$2500.00</p> <p>With huge emphasis on safety and technique the Kettlebell certification prepares and certifies persons to lead individual and group classes.</p> <p style="text-align: right;"><b>Registration closes June 19th</b></p>	15 CEC
<p style="text-align: center;"><b>June 29th</b></p> <p style="text-align: center;">(May 4th - June 22nd)</p> <p style="text-align: center;">Eight Consecutive Saturdays</p>	I.S.C.A. Personal Training Instructor Certification	Blended Zoom & In-person	None	<p>\$4500.00 TT</p> <p>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</p> <p style="text-align: right;"><b>Registrations closes June 26th</b></p>	15 CEC