

ABOUT FITNESS MATTERS



OUR STORY

Fitness Matters is a leading international fitness institute registered with Ministry of Corporate Affairs, Government of India (CIN - U85100CH2011PTC033318) having its head office in Chandigarh, India. It was established in the year of 2011. We are a team of highly proficient coaches with more than a decade of experience. We are empowering personal trainers, group fitness instructors and nutrition professional to spread the knowledge and fitness trends.

Our certified professionals are leading as fitness experts for the wellbeing of the society. Being updated with global fitness trends, we impart knowledge based on latest research and facts to strengthen our students. Till now the institute has provided thousands of certifications to fitness professionals and enthusiasts in different skill sets. Many of these students have successfully completed renowned international certifications like ACE Personal Trainer Certification, ACE Nutrition, Boot Camp and Rehab Express. Our students are working both in International and National level platforms. Today we are a big fitness family. Be the part of our family.

OUR ACCREDITATION AND AFFILIATIONS



Quality Matters At Fitness Matters!

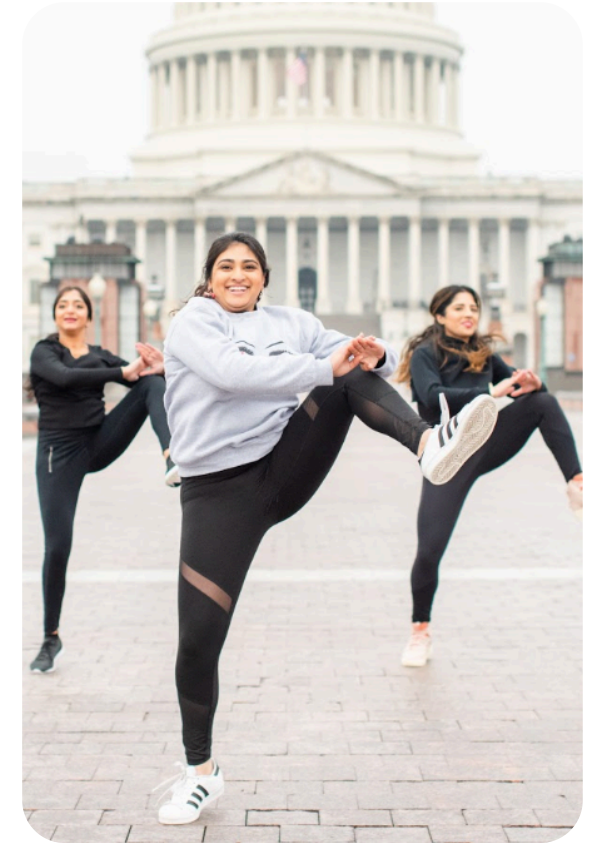
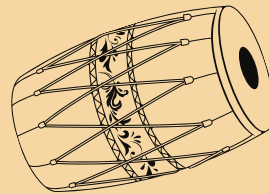
ABOUT THE COURSE

Bhangra Fitness is a novelty that has won everyone over. Its massive footprint spans across the globe.

Becoming a Certified Bhangra Fitness Instructor ensures a rewarding career. Loaded with practicals, this course is best suited for those who like to learn by doing.



Limited Seats
Individual Attention
Offline Interactive Classes
Learning by Doing - 100 % Practical
Bilingual Mode of Teaching
Weekly Review
Teaching Practice
Practical Exam
Offline CPR Training



Bhangra Fitness Certification (BFC) Offline

Fusing Fun with Fitness !

WHY GET CERTIFIED?

Fitness fraternity is as dynamic as it comes. Keep up with the latest trends of the fitness industry and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer.

Fitness Matters has successfully shouldered this responsibility for the last 9 years and will continue to do so with our strong students. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



ABOUT THE COURSE

- Essentials of Conducting Bhangra Fitness Class
- Music Understanding for Bhangra Fitness Class and Application
- Basic, Intermediate and Advance Steps of Bhangra
- Progression and Regression of Bhangra Steps
- Training Zones & Coaching Ques
- Bhangra Fitness Choreography
- Use of Equipment to Add More Intensity
- Workout Programming of Bhangra Fitness Sessions
- Common Injuries and Their Prevention Strategies
- Special Considerations for Special Population
- Active Recovery Sessions of Bhangra Fitness Routines
- Nutrition Guidelines to Participants
- Conducting Bhangra Workout Session



WHAT YOU GET

1. Printed Study Material
2. Bhangra Workout Music Tracks
3. BFC Certificate
4. BFC Wallet Card
5. Certification Confirmation Letter
6. CPR Certificate from Red Cross



WEEKDAYS SCHEDULE



Course Duration: 6 to 8 Weeks
Session Duration: 2 Hours
Teaching Days: Tuesday to Friday

WEEKEND SCHEDULE



Course Duration: 2 to 3 Months
Session Duration: 3 Hours
Teaching Days: Saturday & Sunday

ASSESSMENT



Exam Language: English & Hindi
Exam Format:
Theory - Online (Computer Based)
Practical Exam - Offline

Exam 1 - Theory
Multiple Choice Questions (MCQ)

Exam 2 - Practical & Viva

Part One: Solo Demonstration of
Choreography on 5 Minute Track

Part Two: Conducting Bhangra
Fitness Group Class of 20 Minutes

Part Three: Viva



CONTACT US

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Skill India
कौशल भारत - कुशल भारत

COURSE FEE ₹

30,000

Fee Includes - (Music Tracks, Printed Study Manual, Coaching Classes, Practice Questions, CPR Training, Teaching Practice, Exam Fee, Printed Certificates)

TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



Total Seats: 6

Discounted Seats: 2 (On Full Payment)



FITNESS DOES MATTER !

