

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

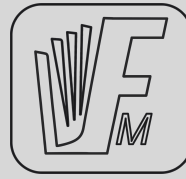


Quality Matters At Fitness Matters!

ABOUT THE COURSE

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

Becoming an SPEFL approved 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

Live Interactive Classes

Learning by Doing - 100 % Practical

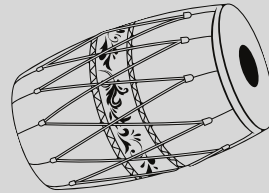
Bilingual Mode of Teaching

Weekly Review

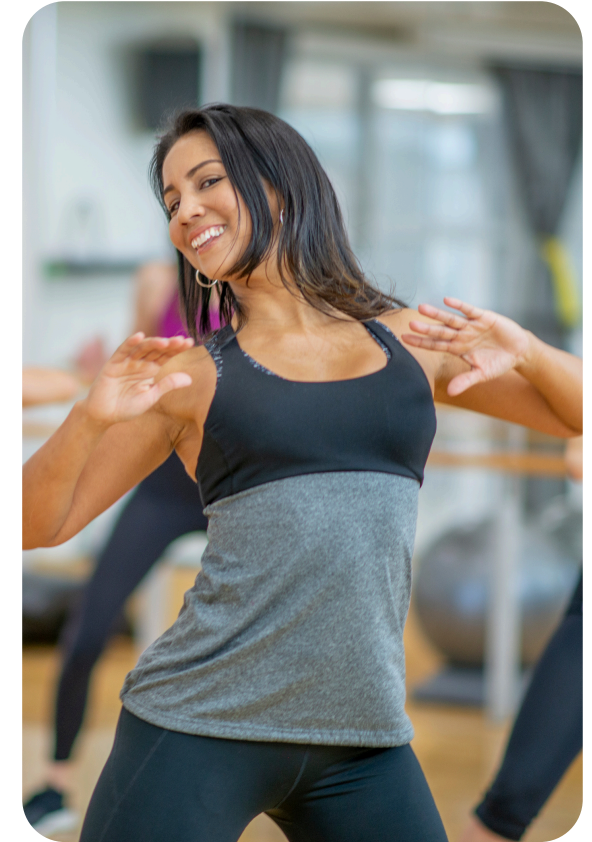
Teaching Practice

Practical Exam

Online CPR Training



सत्यमेव जयते
GOVERNMENT OF INDIA
MINISTRY OF SKILL DEVELOPMENT
& ENTREPRENEURSHIP



Bhangra Fitness Certification (BFC) Online

An SPEFL-SC Approved Course

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. Study Material PDF
2. Bhangra Workout Music Tracks
3. Recordings of All Attended Classes
4. BFC Certificate
5. BFC Wallet Card
6. Certification Confirmation Letter
7. CPR Certificate from EU USA



WEEKDAYS SCHEDULE



Course Duration: 2 Months
Session Duration: 90 Minutes
Teaching Days: Tuesday to Friday

WEEKEND SCHEDULE



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

ASSESSMENT



Exam Language: English & Hindi

Exam Format:
Theory - Online (Computer Based)
Practical Exam - Online

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
कोशल भारत - कुशल भारत

COURSE FEE ₹

25,000

Fee Includes - (Music Tracks, PDF Study Manual, Coaching Classes, Classes Recording, 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 !

