

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

Certified Aerobics Trainer course is 100 percent practical course. The teaching methodology adopted for this course gives every learner an opportunity to master the techniques with the help of tell-show-do method of learning. The course will provide you with knowledge and skills needed to conduct high energy group classes in a safe and enjoyable manner.



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



Certified Aerobics Trainer (CAT) Offline

Fitness On Music ! Moves on the Beats

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 more than a decade and will continue. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



COURSE CURRICULAM

- Role of music in aerobic class
- Music understanding and selection of music for different classes.
- Choreography for floor aerobics
- Step aerobics choreography
- Dance aerobics
- Free style aerobics
- Map aerobics choreography
- Class Planning
- Training Zone
- Teaching practice
- Offline CPR training

WHAT YOU GET

1. Aerobics Workout Music Tracks
2. Aerobics Trainer Certificate
3. Certification Confirmation Letter
4. FM Aerobics Trainer Wallet Card
5. CPR Certificate from Red Cross



WEEKDAYS SCHEDULE

Course Duration: 4 to 5 Weeks

Session Duration: 2 Hours

Teaching Days: Tuesday to Friday

WEEKEND SCHEDULE

Course Duration: 6 to 7 Weeks

Session Duration: 3 Hours

Teaching Days: Saturday & Sunday

ASSESSMENT



Exam Language: English & Hindi

Exam Format: Online

Exam
Practical Demonstration



CONTACT US

Chandigarh

SCO 3013, First Floor,
Sector 22 D, Chandigarh
0172-5272013, 9888028021

Ludhiana

SCO 12-13, 2nd Floor,
Model Town Extension Road,
Block - D, Model Town, Ludhiana
70090-84685

info@fitnessmatters.org
www.fitnessmatters.org
www.fitnessmattersludhiana.org



COURSE FEE ₹

30,000

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

TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



Total Seats: 6

Discounted Seats: 2 (On Full Payment)



FITNESS DOES MATTER !

