

# 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



WATERWORLD  
*...be more than sport*



**Quality Matters At Fitness Matters!**

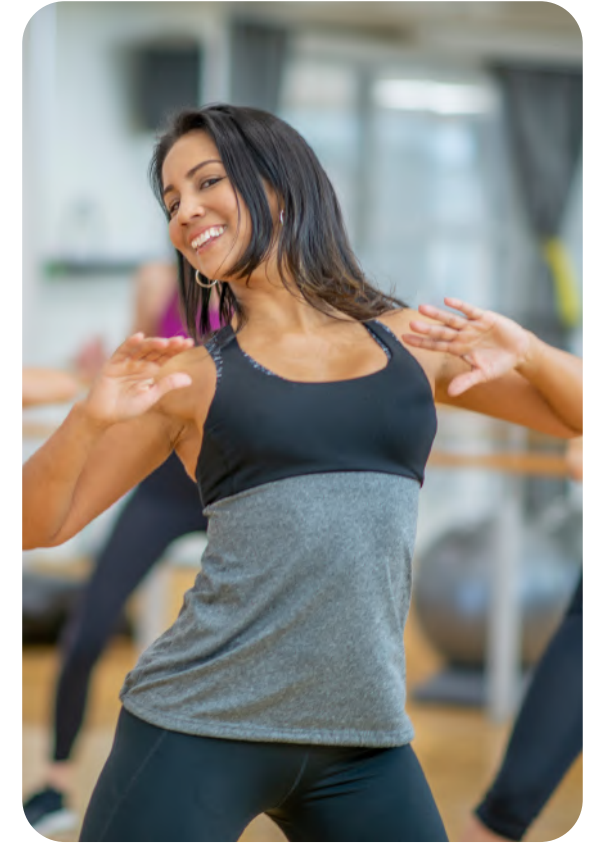
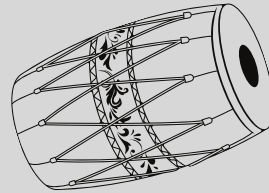
## ABOUT THE COURSE

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.



Just 6 Students in One Class  
Music Tracks for Practice  
Individual Attention  
Live Interactive Classes  
Learning by Doing - 100 % Practical  
Lifetime Access of Classes Recordings  
Weekly Review with Teaching Practice  
Online CPR Training



# Bhangra Fitness Certification (BFC) Online

*Fusing Fun with Fitness !*

An SPEFL-SC Approved Course

## 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. BFC Certificate by FM
3. BFC Wallet Card by FM
4. BFC Certificate by SPEFL
5. Certification Confirmation Letter
6. 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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## 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 !

