

# 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

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 leaning. The course will provide you with knowledge and skills needed to conduct high energy group classes in a safe and enjoyable manner.



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



# Certified Aerobics Trainer (CAT) Online

*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
- Online CPR training

## WHAT YOU GET

1. Aerobics Trainer Certificate by FM
2. Aerobics Trainer Certificate by SPEPL
3. Certification Confirmation Letter
4. FM Aerobics Trainer Wallet Card
5. CPR Certificate from EU USA



## WEEKDAYS SCHEDULE

**Course Duration:** 6 to 8 Weeks

**Session Duration:** 90 Minutes

**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE

**Course Duration:** 2 Months

**Session Duration:** 2 Hours

**Teaching Days:** Saturday & Sunday

## ASSESSMENT



**Exam Language:** English & Hindi

**Exam Format:** Online

**Exam**  
Practical Demonstration



## CONTACT US

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## COURSE FEE ₹

23,000

**Fee Includes** - (Music Tracks, Coaching Classes, Classes Recording, 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 !

