

Dates	Course	Level	From	Venue
15, 22 Jan	Studio resistance training (Option to upgrade to CYQ)	CPD	£150	Cardiff
14, 15, 28, 29 Jan, 11, 12, 25, 26, 27 Feb. Assess 24 or 25 Mar	Gym Instructor (CYQ) Full tutored course	L2	£650	Cardiff
25, 26, 27 Jan, 9, 10 Feb	Mental Health	L4	£595	Northumbria
<b>February</b>				
4 Feb	Teens Gym Workshop - Innovative Integration	CPD	£50	Cardiff
11, 12, 25, 26 Feb, 10, 11, 24, 25 Mar 13,14,15 Apr Assessment: 12 or 13 May	Studio (ETM) instructor (CYQ) Full tutored course	L2	£650	Cardiff
13, 14, 15 Feb, 8, 9 Mar	Obesity/Diabetes	L4	£595	Cardiff
18 Feb	Step Solutions - Building On The Basics	CPD	£50	Cardiff
19 Feb	Integrating Older Adults - Building On The Basics	CPD	£50	Cardiff
27, 28, 29 Feb 12, 13 Mar Assessment: 17 Apr	Exercise Referral (CYQ)	L3	£595	Cardiff
20, 21, 22 Feb assess 12 Apr	Advanced Theory Anatomy and Physiology (CYQ) Part of CYQ Certificate in Personal Training	L3	£350	Cardiff
23, 24, 25 Feb assess 12 Apr	Advanced Training Approaches (CYQ) Part of CYQ Certificate in Personal Training	L3	£350	Cardiff
23, 24, 25 Feb, 15, 16 Mar	Mental Health	L4	£595	Croydon
<b>March</b>				
3, 4, 10, 11, 12 Mar Assessment: 31 Mar	Gym Instructor (CYQ) Practical element for the blended learning course	L2	£550	Virgin Active Cardiff
3 Mar	Creative Stretch - Building On The Basics	CPD	£50	Cardiff
4 Mar	Creative Conditioning - Building On The Basics	CPD	£50	Cardiff
11(9am-5pm), 17(12-5pm) March	Group Cycle Training (option to upgrade to CYQ L2)	CPD	£125	South Wales
18 Mar	Creative Circuits - Building On The Basics	CPD	£50	South Wales
23, 24, 25 Mar, 14, 15 Apr	Mental Health	L4	£595	Cardiff
Tbc	Pilates (CYQ)	L3	£tbc	South Wales
30 Mar	Exercise Safety - Building On The Basics	CPD	£50	South Wales
31 Mar	Creative Chair - Building On The Basics	CPD	£50	South Wales
<b>April</b>				
21 Apr	Fitness Wales Spring Spectacular	CPD	£50	Cardiff
30 Apr, 1 May	Training in Different Environments Part of CYQ Certificate in Personal Training	L3	£250	Cardiff
14, 22 Apr Assess: 9 Jun	Nutrition Part of CYQ Certificate in Personal Training	L3	£250	Cardiff
<b>May</b>				
4, 6 May	Circuits (option to upgrade to CYQ Level 2)	CPD	£150	Cardiff
9, 10, 11, May	Client Lifestyle and Fitness Assessment (CYQ) Part of CYQ Certificate in Personal Training	L3	£350	Cardiff
19, 20, 26, 27 May, 9, 10, 23, 24, 25 Jun. Assess 21 or 22 Jul	Gym Instructor (CYQ) Full tutored course	L2	£650	Cardiff
19 May	Creative Core	CPD	£50	Cardiff
21, 22, 23 May. Assess 18 Jun	Exercise for the Independent Older Adult (CYQ)	L3	£375	Cardiff
26 May (9am – 1pm)	Innovative Inductions	CPD	£50	Llantwit Fadde
26 May (2pm – 6pm)	Creative Customer Care	CPD	£50	
<b>June</b>				
1 June	Creative Cool Downs	CPD	£50	Cardiff
2 June	Creative Choreography	CPD	£50	Cardiff
10 Jun, 1 Jul	Cardio Combat	CPD	£150	Cardiff
16, 17 June	Bollywood: contact shalini@justjhoom.co.uk for details	CPD	£275	Cardiff
<b>Coming Soon</b>				
Date to be confirmed	Aqua (CYQ)	L2	£275	South Wales
Date to be confirmed	Health Related Exercise for Children (CYQ)	L2	£325	South Wales
Date to be confirmed	Stability Ball	CPD	£150	South Wales
The majority of courses in Cardiff are held at Sport Wales National Centre, Sophia Gardens. (formerly WIS)				

## Fitness Wales also offer the following courses and CPD modules

E-learning	Read me for CPD – 4 REPs points
<p><b>DISTANCE/E-LEARNING</b> module for Level 2 and Level 3 Anatomy and Physiology. Learn at home with online support £250</p> <p><b>Business Skills £175</b> Business Skills as well as Sports Conditioning are required to upgrade from the CYQ L3 Certificate to the CYQ L3 Diploma in Personal Training</p>	<p><b>Exercise to Music</b> Book title: The Complete Guide to Exercise to Music (3rd Edition) Author(s): Debbie Lawrence Publisher: A&amp;C Black Target group: Level 2 and 3 ETM Instructors</p> <p><b>Circuit Training</b> Book title: Fitness Professionals: Circuit Training (2nd Edition) Author(s): Debbie Lawrence and Bob Hope Publisher: A&amp;C Black Target group: Level 2 ETM and Gym Instructors</p> <p><b>Exercise in Water</b> Book title: Fitness Professionals: Exercise In Water (3rd Edition) Author(s): Debbie Lawrence Publisher: A&amp;C Black Target group: Level 2 and 3 Exercise in Water Instructors</p> <p><b>GP Referral Schemes</b> Book title: Fitness Professionals: GP Referral Schemes Author(s): Debbie Lawrence &amp; Louise Barnett Publisher: A&amp;C Black Target group: Level 3 Exercise Referral Instructors Only</p> <p><b>Advanced Circuit Training</b> Book title: Fitness Professionals: Advanced Circuit Training (2nd Edition) Author(s): Debbie Lawrence and Bob Hope Publisher: A&amp;C Black Target group: Level 2 and 3 Exercise to Music and Gym Instructors</p> <p>For booking information go to <a href="http://www.fitnesswales.co.uk/view_course.asp?ref=50">http://www.fitnesswales.co.uk/view_course.asp?ref=50</a></p>
Courses	
<p>CYQ Level 2 Chair Based Exercise £tbc, CYQ Level 2 Step CYQ Level 3 Advanced Studio Instructor ETM £395 CYQ Level 3 Ante and Post Natal Exercise £375 Level 3 Stress Management £200 Level 4 Back Care £595 PTLLS £tbc</p>	
Affiliated modules	
<p>Bollywood is run by Just Jhoom, email: <a href="mailto:shalini@justjhoom.co.uk">shalini@justjhoom.co.uk</a></p> <p>Kettlebell Basics is run by Martin Haley email: <a href="mailto:info@celtickettlebells.co.uk">info@celtickettlebells.co.uk</a>,</p>	
CPD workshops and conventions	
<p>Relaxation Autumn Northern Tour</p>	
Coming soon	
<p>Tai Chi Metabolic Effect Group PT Skills and Suspension Training Lifestyle behaviour change<sup>13, 14</sup> and 15 February and 8, 9 March</p> <p><b>A range of CPD for Exercise Referral and Level 4 Instructors is being developed</b></p>	
Franchised courses	
<p><b>North Wales: Coleg Menai Bangor</b> - Contact Paul Williams Tel: - 01248 383335 <b>North Wales: Llandrillo College</b> - Contact Paul Murray Tel:- 01492 546666 or email <a href="mailto:p.murray@llandrillo.ac.uk">p.murray@llandrillo.ac.uk</a> <b>Carmarthen: University of Wales Trinity St David</b> - Contact Dave Gardner email <a href="mailto:D.Gardner@tsd.ac.uk">D.Gardner@tsd.ac.uk</a></p>	

News
<p><b>Building on the Basics CPD</b> These modules are aimed at Level 2 instructors who have been qualified for a while and want new ideas for their classes or who want to refresh their skills. Modules running so far include:</p> <ul style="list-style-type: none"> <li>• Creative Conditioning</li> <li>• Creative Stretch</li> <li>• Creative Core</li> <li>• Step Solutions</li> <li>• Older Adults ETM Ideas</li> <li>• Aqua Choreography</li> <li>• Aqua Circuits and Equipment</li> </ul> <p>Let us know if there is anything you would like to see in this series!</p>

Membership and insurance
<p>Membership &amp; Insurance packages from only £64.50 for £5 million cover (£10 million also available)</p>



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