



COURSE DATES 2024

COURSE DATES	ASSESSMENT DATES	VENUE
GYM INSTRUCTOR		
12 th , 13 th , 14 th , 20 th , 21 st January	27 th /28 th January	EDINBURGH
9 th , 10 th , 11 th , 12 th , 13 th February	17 th February	MALAGA
1 st , 2 nd , 3 rd , 9 th , 10 th March	16 th March	GLASGOW
15 th , 16 th , 17 th , 23 rd , 24 th March	30 th March	ABERDEEN
17 th , 18 th , 19 th , 25 th , 26 th May	1 st June	FIFE
5 th , 6 th , 7 th , 13 th , 14 th July	20 th /21 st July	EDINBURGH
6 th , 7 th , 8 th , 14 th , 15 th September	21 st September	GLASGOW
11 th , 12 th , 13 th , 19 th , 20 th October	26 th /27 th October	EDINBURGH
		ABERDEEN
PERSONAL TRAINING		
16 th , 17 th , 18 th , 24 th , 25 th February	2 nd and 3 rd March	EDINBURGH
1 st , 2 nd , 3 rd , 4 th , 5 th March	9 th March	MALAGA
12 th , 13 th , 14 th , 20 th , 21 st April	27 th April	GLASGOW
3 rd , 4 th , 5 th , 11 th , 12 th May	18 th May	ABERDEEN
12 th , 13 th , 14 th , 20 th , 21 st July	27 th July	FIFE
9 th , 10 th , 11 th , 17 th , 18 th August	24 th /25 th August	EDINBURGH
18 th , 19 th , 20 th , 26 th , 27 th October	2 nd November	GLASGOW
15 th , 16 th , 17 th , 23 rd , 24 th November	30 th November, 1 st December	EDINBURGH
GROUP TRAINING		
16 th , 17 th , 18 th , 24 th , 25 th February	16 th March	PENICUIK
7 th , 8 th , 9 th , 15 th , 16 th June	22 nd June	ABERDEEN
2 nd , 3 rd , 4 th , 10 th , 11 th August	17 th August	FIFE
GROUP EXERCISE TO MUSIC (days above plus)		
9 th , 10 th March	16 th March	PENICUIK
23 rd , 24 th November	7 th December	PENICUIK
LEVEL 3 LONG-TERM CONDITIONS		
ONLINE/HOME STUDY	ONLINE	ONLINE
LEVEL 3 PRE AND POST NATAL		
3 rd February	HOME STUDY	PENICUIK
6 th April	HOME STUDY	PENICUIK
29 th June	HOME STUDY	PENICUIK
9 th November	HOME STUDY	PENICUIK
LEVEL 4 CERTIFICATE IN STRENGTH AND CONDITIONING		
11 th , 12 th , 18 th , 19 th May	TBC	GLASGOW
7 th , 8 th , 14 th , 15 th September	TBC	PENICUIK
LEVEL 3 DIPLOMA IN INSTRUCTING PILATES MATWORK		
3 rd , 4 th , 10 th , 11 th February	16 th March	PENICUIK
25 th , 26 th May, 1 st , 2 nd June	22 nd June	ABERDEEN
20 th , 21 st , 27 th , 28 th July	17 th August	PENICUIK
9 th , 10 th , 16 th , 17 th November	TBC	GLASGOW



LEVEL 3 DIPLOMA IN TEACHING YOGA		
16 th , 17 th , 23 rd , 24 th , 30 th , 31 st March	TBC	PENICUIK
27 th , 28 th July, 3 rd , 4 th , 10 th , 11 th August	TBC	FIFE
12 th , 13 th , 19 th , 20 th , 26 th , 27 th October	TBC	PENICUIK
LEVEL 3 DIPLOMA IN SPORTS MASSAGE		
3 rd , 4 th , 5 th , 10 th , 11 th , 12 th May	TBC	PENICUIK
1 st , 2 nd , 3 rd , 8 th , 9 th , 10 th November	TBC	PENICUIK
PHYSICAL ACTIVITY FOR CHILDREN		
1 st , 2 nd , 3 rd March	ON COURSE/VIDEO	PENICUIK
26 th , 27 th , 28 th July	ON COURSE/VIDEO	ABERDEEN
25 th , 26 th , 27 th October	ON COURSE/VIDEO	PENICUIK
GROUP INDOOR CYCLING		
24 th , 25 th January	ON COURSE	PENICUIK
2 nd , 3 rd March	ON COURSE	ABERDEEN
8 th , 9 th June	ON COURSE	GLASGOW
16 th , 17 th October	ON COURSE	PENICUIK
LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS		
8 th March	ONLINE	ONLINE
25 th October	ONLINE	ONLINE
LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR ADULTS WITH MENTAL HEALTH CONDITIONS		
10 th , 11 th February	ON COURSE AND CASE STUDY	VIRTUAL
2 nd , 3 rd November	ON COURSE AND CASE STUDY	VIRTUAL
SUSPENDED BODYWEIGHT		
3 rd , 4 th April	ON COURSE	PENICUIK
30 th , 31 st July	ON COURSE	PENICUIK
7 th , 8 th September	ON COURSE	PENICUIK
KETTLEBELL INSTRUCTOR		
24 th , 25 th April	ON COURSE	PENICUIK
15 th , 16 th June	ON COURSE	FIFE
2 nd , 3 rd October	ON COURSE	PENICUIK
BOOT CAMP INSTRUCTOR		
15 th , 16 th April	ON COURSE	PENICUIK
24 th , 25 th July	ON COURSE	PENICUIK
21 st , 22 nd September	ON COURSE	ABERDEEN
BOXFIT INSTRUCTOR		
6 th , 7 th March	ON COURSE	PENICUIK
29 th , 30 th July	ON COURSE	GLASGOW
29 th , 30 th October	ON COURSE	PENICUIK
23 rd , 24 th November	ON COURSE	ABERDEEN
OLYMPIC WEIGHT-LIFTING		
3 rd , 4 th February	ON COURSE	GLASGOW
22 nd , 23 rd August	ON COURSE	PENICUIK
28 th , 29 th November	ON COURSE	PENICUIK
EMERGENCY FIRST AID AT WORK		
5 th February		PENICUIK
22 nd July		PENICUIK
4 th November		PENICUIK



PRICE LIST

Qualification	Price	REPs info
Gym Instructor (theory and practical, includes Emergency First Aid)	£600 if paid in full on booking or £650 for other payment options	Entry at level 2 As Gym Instructor practitioner
Group Training (theory and practical, includes Emergency First Aid)	£600 if paid in full on booking or £650 for other payment options	Entry at level 2 as Group Exercise Instructor practitioner
Level 3 Diploma in Personal Training (includes one CPD course from list *)	£1600 if paid in full on booking or £1750 for other payment options	Entry at level 3 as Personal Trainer practitioner
Level 3 Personal Training Bundle (includes level 2 gym, level 3 personal training plus two CPD courses, Emergency First Aid and online workshops)	£2150 if paid in full on booking or £2350 for other payment options. Choose dates from gym instructor level 2 and level 3 certificate in personal training	See above Gym/Personal Trainer options
Level 3 Long-Term Conditions (new Exercise Referral)	£700	10 points
Level 4 Certificate in Delivering Physical Activity for Adults with Mental Health Conditions	£600	10 points
Level 4 Certificate in Strength and Conditioning	£1200	10 points
Level 3 Award in Supporting Pre and Post Natal Clients with Exercise & Nutrition	£350	10 points
Level 3 Diploma in Pilates Matwork	£1155	Entry level 3 as Pilates Instructor Associate
Level 3 Diploma in Teaching Yoga	£1100	10 points
Level 3 Diploma in Sports Massage Therapy	£1600	10 points
Level 3 Nutrition for Exercise & Health	£300	
FEA Instructing Physical Activity for Children	£300	10 points
FEA Group Indoor Cycling	£250	10 points
Level 2 Award in Mental Health Awareness	£250	7.5 points
FEA Step Instructor	£200	10 points
FEA Studio Resistance Instructor	£200	10 points
FEA Boot Camp Instructor	£200	10 points
FEA Suspended Bodyweight Instructor	£200	10 points
FEA Kettlebell Instructor	£200	10 points
FEA Box-fit Instructor	£200	10 points
FEA Studio Combat Instructor	£200	10 points
First Aid at Work	£250	
Emergency First Aid at Work	£70	
Level 3 Anatomy and Physiology Theory	£300	n/a
Level 2 Mandatory Units (theory only)	£200	n/a
Level 3 Award in Assessing Vocationally Related Achievement	£600	10 points
Level 3 Award in Education and Training	£700	10 points
Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	£700	10 points
Online workshops	£50	N/A




NATIONAL
FITNESS AWARDS
2022
WINNER

Active iQ

 **CIMSPA** | Training
Education Partner Provider


YMCA
awards


Skills
Development
Scotland
ITA Approved Provider