

Interested in Becoming a Fitness Instructor?

Your training starts with **FITNESS THEORY**, the 1st step in becoming a Certified Fitness Instructor or Personal Trainer.

Thursday & Sunday
Feb 2-Feb 26
6:00-9:00 pm
\$275/8

Topics include:

- Fundamentals of exercise science
- Human anatomy and physiology
- Movement mechanics
- Basic nutrition
- Training principles and program design for varied populations



We're also offering a **WATER FITNESS INSTRUCTOR MODULE** Mar 31-Apr 1, just \$190! (Compare at \$249!) (Did you know, we're currently hiring WaterFit Instructors!)



Esquimalt Parks
& Recreation

Esquimalt Recreation Centre
527 Fraser St.
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www.esquimalt.ca



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