

NQF	CREDITS	PROGRAMMES	FEES	
CERTIFICATION PROGRAMMES				
4	25	Fitness Instructor	R 7 500	
N/A	60	Health and Wellness Coach	Reg fee R 1 500	R 12 500
N/A	100	Advanced Personal Trainer	Reg fee R 1 500	R 19 500
N/A	20 CPD	Strength & Conditioning Specialist	Reg fee R 6 000	R 15 000
SHORT COURSES				
4	15	Group Exercise Instructor (Aerobic, Step and Tone)	R 6 000	
4	15	Group Exercise Instructor (Resistance, HITT & Bootcamp)	R 6 000	
4	15	Group Exercise Instructor (Indoor cycling)	R 6 000	
4	15	Group Exercise Instructor (Yoga)	R 6 000	
4	15	Group Exercise Instructor (Pilates mat)	R 6 000	
REPS	18 CPD	Sport Massage	R 8 000	
REPS	12 CPD	Certified Boxing Instructor	R 3 000	
REPS	12 CPD	Certified Kettlebell Coach	R 3 000	
REPS	12 CPD	Movement & Mobility Specialist	R 3 000	
REPS	12 CPD	Certified Weightlifting Instructor	R 3 000	
REPS	12 CPD	Speed, Agility & Quickness	R 3 000	
REPS	12 CPD	Suspension Trainer Specialist	R 3 000	