

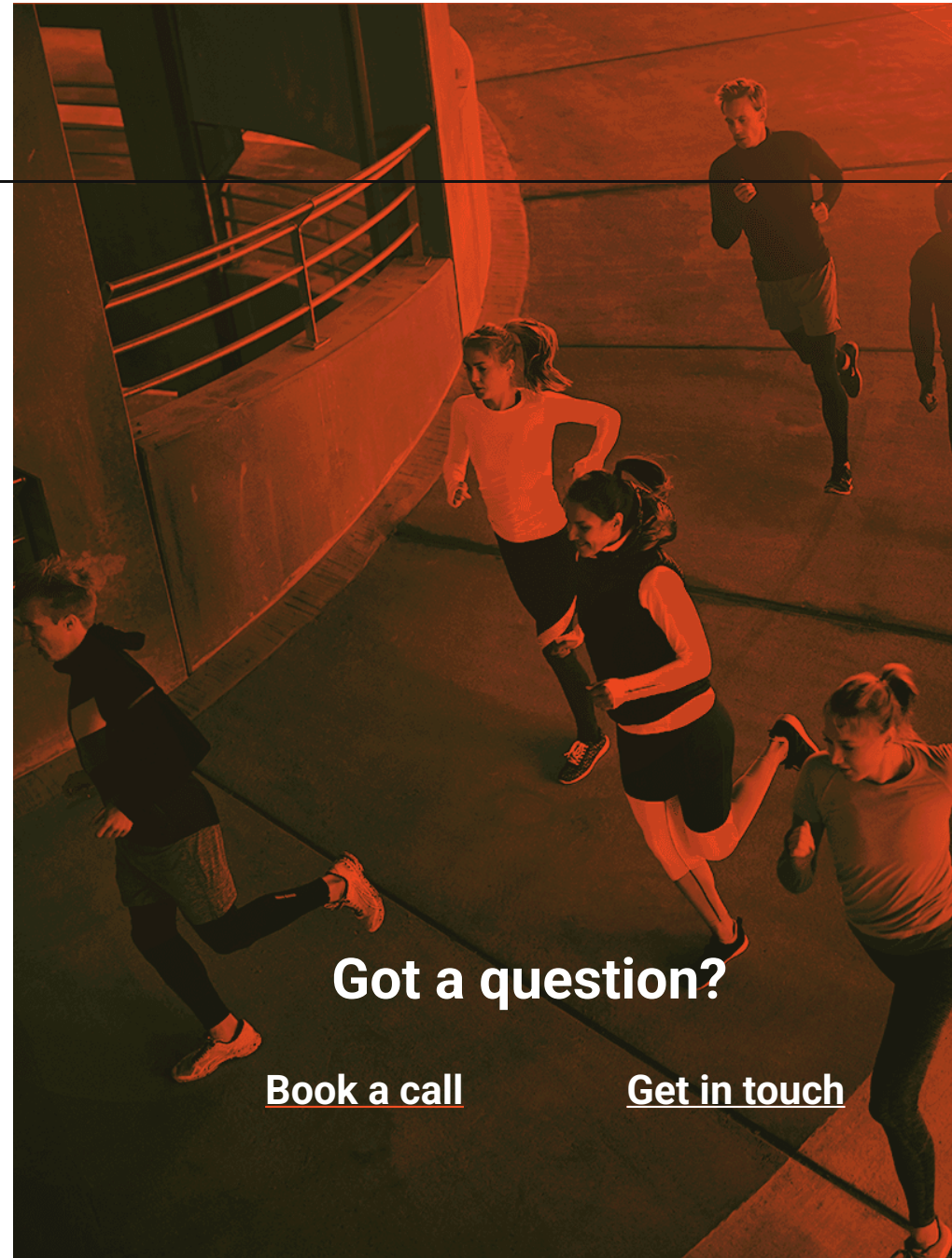
Discover Your Path

in the Fitness Industry



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Welcome to YMCAfit

UK's first and leading provider
of fitness education.

Tutor
www.ymcafit.org.uk



About YMCAfit

Helping you be your best is our top priority

We'll train you for a longstanding career, not just to pass a test. We've developed the largest portfolio of courses in the UK and we're investing in this world-class training to continually make it better and always relevant for the fitness industry today — that's why 97% of students would recommend us!



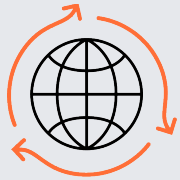
We are the UK's first fitness training provider

We've been around for a long time and have watched the industry evolve. In 1984, we launched the first-ever Exercise to Music course, which helped shape the start of the modern-day fitness industry. Over the past four decades, we have fine-tuned our courses to help you become the best fitness professional you can be. You'll learn how to stand out within the industry, transforming lives and inspiring communities.

We believe in quality

Our ethos is simple: To provide high-quality training and education in fitness. By providing opportunities for our learners to grow as individuals, we help them pursue their passion and gain skills to improve the health of their communities.

Why train with **YMCAfit?**



World-Class Training

Our courses are internationally recognised, CIMSPA accredited and highly regarded by employers and the industry.



Expert Tutors

Our tutors are highly qualified, experienced, passionate and truly fantastic at what they do.



Outstanding Support

Our tailored Learner Support team will help you along the way.



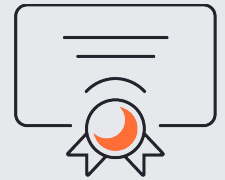
Flexible Payments

0% finance and Advanced Learner Loans available on most of our entry-level courses.



Flexible Learning

We have a variety of learning methods to suit your needs.



Leaders in Our Field

We have over 37 years of experience and have built a first class reputation by delivering quality fitness education.

Our qualifications are CIMSPA endorsed

CIMSPA, or the Chartered Institute for the Management of Sport and Physical Activity, is the professional development body for the UK's sport and physical activity sector. Its mission is to support, develop, and enable professionals and organisations within this field to meet the highest standards of service delivery. By undertaking CIMSPA-endorsed training, professionals can be confident that their education aligns with industry requirements, boosts their career prospects, and contributes to the sector's overarching goals of health and well-being promotion.

Importance of CIMSPA-Endorsed Training/Qualifications

Industry Recognition: CIMSPA endorsements mean the qualification meets industry-approved professional standards. Employers recognise CIMSPA-endorsed qualifications as a mark of quality and competence.

Alignment with Professional Standards: Training programmes endorsed by CIMSPA align with its Professional Standards Framework, ensuring they equip learners with skills relevant to real-world practice.

Career Advancement: Many roles in the sport and physical activity sector require CIMSPA-recognised qualifications. It enhances your employability and credibility as a professional.



Access to Continuous Development: CIMSPA encourages continuous professional development (CPD). Qualifications often include opportunities to accumulate CPD points, supporting lifelong learning.

Consumer Trust: Having a workforce with CIMSPA-endorsed qualifications reassures clients that services are delivered by knowledgeable, competent professionals.

Partnerships with Key Bodies: CIMSPA collaborates with organisations like Sport England, ukactive, and others, ensuring its qualifications are aligned with national strategies and objectives for health and activity.

Course Format

We offer a variety of delivery models which have been designed to meet your needs.

Full-Time

This model of delivery involves mostly face to face sessions delivered Monday-Friday, led by our expert tutors.

Part-Time

This model of delivery involves face to face sessions delivered on weekends, led by our expert tutors. You will also be required to complete independent study as outlined in your timetable.

Online

This model of delivery involves tutor led live online sessions which are scheduled throughout the week. You will also be required to complete independent study as outlined in your timetable.

Each of our course delivery models will provide you with access to our online learning platform, which contains eLearning and assessment activities to complete alongside your other coursework.

CAREERS THAT WILL **HELP YOU TO HELP OTHERS:**

Which
pathway
is right
for you?

Personal Trainer

Push clients to achieve their goals by designing and delivering full fitness programmes for them.

Gym Instructor

Ease your way into the fitness industry by guiding clients through their workouts.

Yoga Instructor

Explore and teach flexible sequences that revitalise the mind, body and spirit.

Exercise to Music Instructor

Choreograph and teach your own exhilarating studio classes.

Nutritionist

Use nutrition to support clients with their health, weight management and sports performance.

Pilates Instructor

Liberate and reform clients' bodies using Merrithew STOTT PILATES® techniques and routines.

Sports Massage Therapist

Help individuals prepare for sports and fitness activities to aid their recovery.



Our graduates go on to work at:

Once our learners complete their qualification with us, the adventure is only just beginning! Having a YMCAfit certificate or diploma on your CV has the potential to open doors in all different aspects of the fitness industry.

Many of our graduates go on to work for major brands and nationwide gyms within the fitness space, while others bring their expertise to small boutique studios and fitness clubs. Other learners choose to forge their own path, doing freelance training work and building up a successful business of their own. Whichever way you choose to go, we're excited to be a part of your journey along the way!

What **our graduates say**



“
I heard some really good reviews about it. People told me it was the best course to do, it's the most in depth and you'll learn everything – which I absolutely did.

Kirsty, Personal Training Graduate.



“
I studied both Matwork & Reformer Pilates which was absolutely incredible and something I'd recommend to all those considering studying with YMCAfit and looking to differentiate themselves. It is WELL worth every second and every penny spent.

Sandra Calva, STOTT PILATES and
Personal Training Graduate.



“
I've taught dance for many years but thanks [to] the ETM course, I feel more confident to teach safely, for longevity and healthy joints, so that dancers can enjoy what they love with decreased risk of injury or arthritis for as long as possible.”

Mark James, Exercise to Music Graduate.

What our graduates say



Become a Gym Instructor or Personal Trainer

Work with clients one-on-one
in a gym or studio environment.

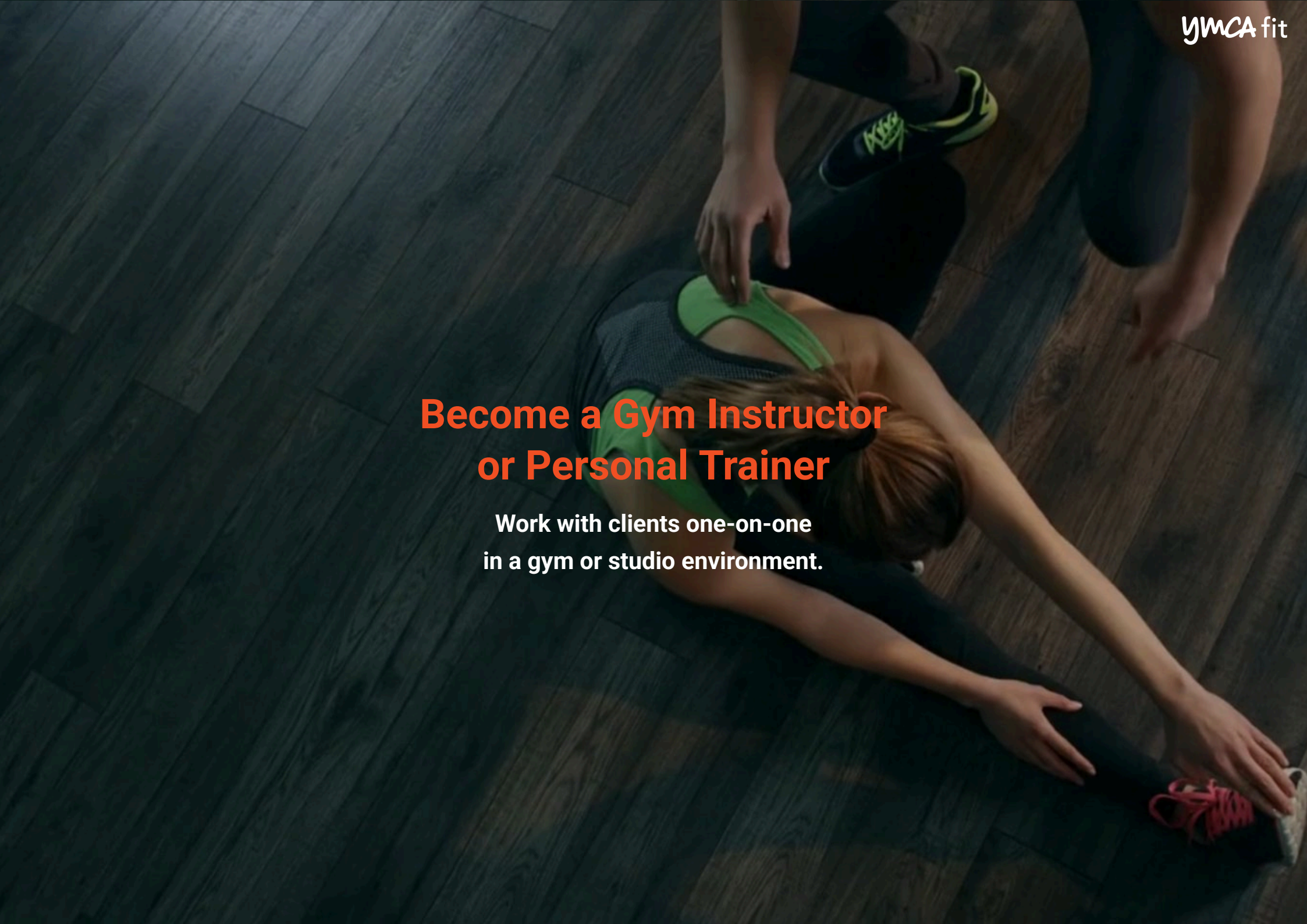



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Each of our Gym Instructing and Personal Training qualifications allows you to turn your passion for fitness into a rewarding career to help improve the lives of others.

Whether you're looking to dip your toes into the fitness world or dive straight in with an advanced qualification, we've got options for you.

GYM INSTRUCTOR

“

The student support for online learning is amazing. The tutors respond promptly to emails and go above and beyond to be as helpful as possible in their responses. The teacher on the face to face days was also brilliant. Not only delivering all the information in a short time but also really cared about making sure all the students understood the material. Clearly a person dedicated to do the best job they can and invested in having an excellent teaching skill set.

CJ, YMCAfit Qualified Gym Instructor.

“

It was fantastic! I have learnt so much over the two weekends and the tutor was spot on – honest, supportive and straight to the point. Highly recommended – only regret is why didn't I do it sooner.

Benny, YMCAfit Qualified Gym Instructor.

BECOME A GYM INSTRUCTOR

Level 2 Certificate in Gym Instructing

The Level 2 Gym Instructing Certificate will provide you with the best possible foundation to start your career within the fitness industry. Our fitness instructor courses are all delivered using a combination of face to face teaching and eLearning to give you the perfect balance of practical experience and theoretical content.

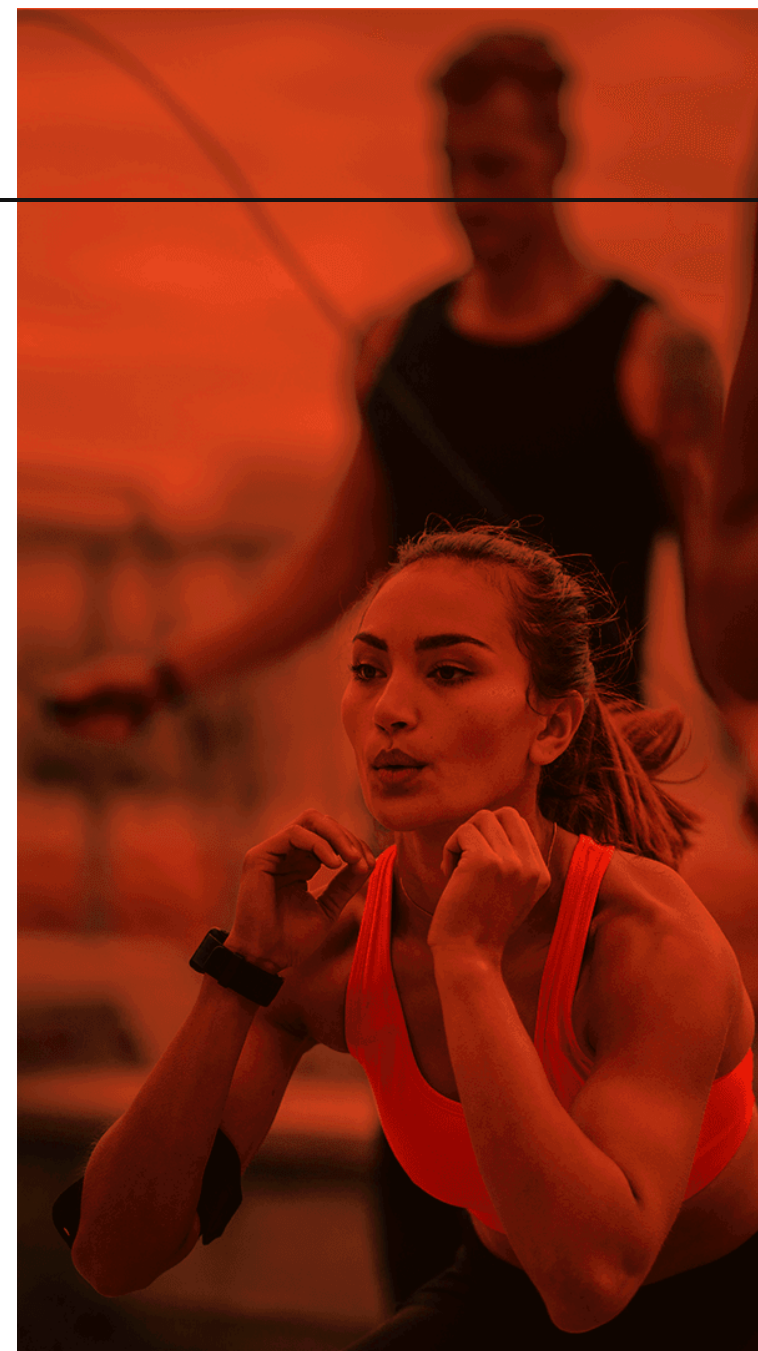
We believe that training you in a gym environment will give you the right experience and provide you with the qualification you need to get employed. This Gym Instructor course has been developed to meet the latest industry standards. It's CIMSPA accredited and internationally recognised.

SKILLS YOU'LL NEED AS A GYM INSTRUCTOR

- Strong communication skills.
- Desire to help people.
- Ability to motivate and inspire people to achieve their goals.
- Planning and organisational skills to develop exercise programmes.

WHAT THE WORK INVOLVES

- Setting fitness goals.
- Giving health assessments to clients.
- Giving advice and fitness plans.
- Working to develop programmes that suit individuals' needs.
- Leading group training sessions.
- Teaching clients how to use equipment.
- Demonstrating exercises.



BECOME A GYM INSTRUCTOR

Level 2 Certificate in Gym Instructing

WHAT YOU'LL LEARN

- Level 2 Anatomy and Physiology.
- Gym based planning, preparation, and delivery
- Providing a positive customer experience.
- Lifestyle management and health awareness.
- Level 2 gym-based programme delivery and professional instruction.
- How to deliver basic health assessment techniques such as blood pressure and BMI tests.
- How to communicate with customers and deliver fitness instruction effectively.

Our gym instructing course will give you the confidence and practical experience of communicating, motivating, and interacting with customers.

WHERE CAN THIS TAKE YOU?

After the Gym Instructor course, you can choose to continue your studies and gain further qualifications through one of the following:

Personal Training

Work with clients one-on-one to help them improve their health and fitness through tailored exercise and nutrition programmes.

Exercise to Music

Start teaching group exercise classes at your facility or within your community. Advance your teaching skills, learn to work with music and add an additional revenue opportunity.

CPD courses

Continued Professional Development courses teach various skills to increase your offering as a fitness instructor, specialise in niche areas, or work with new groups within the population.

BECOME A GYM INSTRUCTOR

Accreditation:
10 points



Level 2 Certificate in Gym Instructing

FLEXIBLE LEARNING FORMATS

Our Gym Instructor courses are delivered using a combination of face-to-face teaching and tutor-led eLearning webinars to give you the perfect balance of practical experience and theoretical content.

We believe that training you in a gym environment will give you the right experience and confidence to start working in a gym as soon as you complete your qualification.

Full-Time

- Delivered intensively on weekdays.
- 8 days face-to-face tuition.
- More face-to-face content with one eLearning unit.
- 1 day practical assessment.

Part-Time

- Delivered over an extended time frame, including evenings and weekends.
- 4 days face-to-face tuition.
- More eLearning than the full-time format to give you a more flexible learning experience.
- 1 day practical assessment.

ENTRY REQUIREMENTS

You must be 16 or older and have experience using cardiovascular equipment as well as fixed and free weights within a gym environment.

QUALIFICATION

YMCA Level 2 Certificate in Gym Instructing.

PRICE

Full-Time £855 Part-Time £699

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you book at least 2 months before the start date.

A photograph of two women in a gym setting, wearing boxing gloves and appearing to be in a boxing stance. The scene is lit with a warm, orange-red glow. The woman on the left is looking towards the right, while the woman on the right is looking forward with a focused expression. The background shows gym equipment and structural elements.

BECOME A PERSONAL TRAINER

“

I have just completed my Level 3 Personal Trainer Course. The tutors were brilliant - extensive knowledge & good explanations. The practical sessions were great fun and well taught. There was a lot of written work to complete in a short space of time so be prepared but this work is vital in enhancing & deepening our knowledge. I was lucky in that my classmates were so lovely & we all supported each other all the way.

Catherine Nott, YMCAfit Qualified Personal Trainer.

BECOME A PERSONAL TRAINER

L3 Diploma in Personal Training

Our personal trainer courses are all delivered using a combination of face to face teaching and eLearning to give you the perfect balance of practical experience and theoretical content.

We believe that training you in a gym and studio environment, with tutors and peers, will give you the right skills and experience to start your PT career.

The personal training course will give you the foundation knowledge and practical experience that inspires confidence in your clients and employers. You will also gain knowledge and skills to be able to offer a wide range of sessions and classes. You'll leave this course having received the guidance and support to train clients and create advanced fitness plans over a number of practical sessions.

SKILLS YOU'LL NEED AS A PT

- Strong communication skills.
- Desire to help people.
- Ability to motivate and inspire people to achieve their goals.
- Planning and organisational skills to develop exercise programmes.

WHAT THE WORK INVOLVES

- Setting fitness goals for your clients.
- Giving advice on how to maintain a healthy lifestyle.
- Designing and maintaining progress.
- Helping your clients work on their health and wellbeing.
- Marketing your business through different mediums to sell your services.

WHAT YOU'LL LEARN

- Applied Anatomy and Physiology
- Nutrition to Support Physical Activity
- Bespoke Exercise Programme Design
- Communication Techniques
- Business Acumen for a Successful PT Practice
- High-Intensity Interval Training (HIIT)
- Customised exercise programme design

BECOME A PERSONAL TRAINER

Accreditation:
10 points 

L3 Diploma in Personal Training

FLEXIBLE LEARNING FORMATS

Our personal training course involves face to face sessions and tutor-led webinars. These are complimented by our digital learning platform containing eLearning, manuals and a range of digital assessments.

You need to attend the online webinars and face to face sessions as well as completing independent study via our digital platform.

Full-time

- Delivered intensively on weekdays
- 11 days face-to-face tuition.
- 2 eLearning units
- 2 sessions online with tutor
- 1-day practical assessment

Part-Time

- Delivered over an extended time frame, including evenings and weekends.
- 6 days face-to-face tuition
- Various eLearning units
- 2 sessions online with tutor
- 1-day practical assessment

ENTRY REQUIREMENTS

You must be 16 or older and have previously received a Level 2 Certificate in Gym Instructing (unless completing one of the combination courses). We recommend that you have some experience using cardiovascular equipment as well as fixed and free weights within a gym environment.

PRICE

Full-Time £1450 Part-Time £1350

QUALIFICATION

YMCA Level 3 Diploma in Personal Training

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you book at least 2 months before the start date.

Apply for an Advanced Learner Loan to fund your course and pay once you earn over £27,295

YMCA fit

A NEW CHAPTER:

**Reinventing Myself
After Retirement**



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EXPLORE OUR NEXT GEN GYM INSTRUCTOR & PT COURSE

“

This course was perfect for me, delivering everything I needed with learning materials that were incredibly easy to use. The flexibility to study remotely or face-to-face allowed me to tailor my learning to my own pace and lifestyle. The online experience was excellent, offering a flexible e-learning component that let me progress at my own speed, whether I was studying on my phone, tablet, or at my desk. I walk away from this course feeling fully prepared for the future, thanks to its perfectly balanced approach of remote and in-person learning, which fit seamlessly into my life.”

Tony Limbrick, Next Gen Gym and PT

EXPLORE OUR NEXT GEN GYM INSTRUCTOR & PT COURSE

L2 Certificate in Gym Instructing and L3 Diploma in Personal Training

The Next Generation Gym Instructor and Personal Trainer qualification uses our most up-to-date course model, with the majority of learning available online alongside a handful of face-to-face learning days. It means you can enjoy the benefits of an enhanced qualification without the commitment of a full-time course.

Next Gen is all about convenience and working around your schedule, so you don't need to worry about making sacrifices in other aspects of your life in order to complete your qualification! Throughout the course, you'll gain a solid foundation to launch your career as a fitness professional. You'll learn how to lead and instruct clients in a gym setting and be able to launch your own personal training business, offering customised fitness advice and exercise routines to your clients.

FLEXIBLE LEARNING FORMATS

Our Next Gen Gym Instructor and Personal Training course involves face to face sessions and tutor-led webinars. These are complimented by our digital learning platform containing eLearning, manuals and a range of digital assessments.

You need to attend the online webinars and face to face sessions as well as completing independent study via our digital platform.

LOCATIONS

- London
- Leicester
- Manchester
- Bristol
- Brighton



EXPLORE OUR NEXT GEN GYM INSTRUCTOR & PT COURSE

Accreditation: **14 points** 

L2 Certificate in Gym Instructing and L3 Diploma in Personal Training

WHAT YOU'LL LEARN

- Maintaining health, safety, and hygiene in gym environment.
- Planning, delivering, and evaluating exercise programmes.
- Determining clients' needs and creating customised programmes to help them achieve their goals.
- Leading personal training sessions in 1-to-1 and small group settings.
- Marketing your business across different mediums to sell your services.

Part-Time

- 30 weeks of guided learning
- eLearning modules and online webinars
- Access to a dedicated tutor throughout your course
- 8 face-to-face teaching days in one of our training locations
- 2 face-to-face assessment days



ENTRY REQUIREMENTS

You must be 16 or older and have experience using cardiovascular equipment and fixed and free weights in a gym environment. Access to a laptop/desktop/ipad and reliable Wi-Fi is also essential.

PRICE

£1850

QUALIFICATION

L2 Certificate in Gym Instructing and L3 Diploma in Personal Training.

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you book at least 2 months before the start date.

Apply for an Advanced Learner Loan to fund your course and pay once you earn over £27,295

Get the basics to kickstart your fitness career.

*Start your fitness career
on a high note.*

LEVEL 2 CERTIFICATE IN GYM INSTRUCTING

Course Includes:

- Level 2 Gym Instructor
- Level 2 Anatomy and Physiology
- Level 2 Gym Based Programme
- Delivery and Professional Instruction
- Gym based planning, preparation, and delivery
- Providing a positive customer experience
- Lifestyle management and health awareness

**From £699 for hybrid model or £855
for classroom-based course**

*Already a Gym Instructor?
Take the next step*

LEVEL 3 DIPLOMA IN PERSONAL TRAINING

Previous Level 2 Certificate in

Gym Instructing required.

Course Includes:

- Level 3 Personal Trainer
- Level 3 Anatomy and Physiology
- Level 3 Nutrition to Support Physical Activity
- Level 3 Business Acumen for a Successful Personal Training practice
- High Intensity Interval Training (HIIT)
- Bespoke exercise programme design
- Customised exercise programme instruction

From £183 p/m or £1350

The full package

Be the best with our complete package

LEVEL 3 ADVANCED DIPLOMA IN PERSONAL TRAINING

Course Includes:

- Level 2 Gym Instructor.
- Level 3 Personal Trainer.
- Level 3 Anatomy and Physiology.
- Level 3 Nutrition to Support Physical Activity.
- Level 3 Business Acumen for a Successful Personal Training practice.
- High Intensity Interval Training (HIIT).
- Level 3 Emergency First Aid at Work.
- Padwork (CPD).
- Kettlebells Pro (CPD).

From £184 p/m or £2450

Invest in the starter pack

LEVEL 3 DIPLOMA IN GYM INSTRUCTING AND PERSONAL TRAINING

Course Includes:

- Level 2 Gym Instructor.
- Level 3 Personal Trainer.
- Level 3 Anatomy and Physiology.
- Level 3 Nutrition to Support Physical Activity.
- Level 3 Business Acumen for a Successful Personal Training practice.
- High Intensity Interval Training (HIIT).

From £145 p/m or £1995

Get fully qualified with our most up-to-date course model

NEXT GENERATION GYM INSTRUCTOR AND PT

Course Includes:

- Level 2 Gym Instructor
- Level 3 Personal Trainer
- Level 3 Anatomy and Physiology
- Level 3 Nutrition to Support Physical Activity
- Level 3 Business Acumen for a Successful Personal Training practice
- High Intensity Interval Training (HIIT)
- Hybrid and flexible course model

From £1250

“

Suada is an exceptional resource, offering a wealth of valuable information that has been instrumental in my learning journey. Its convenience and accessibility make it a tool I return to frequently, whether I'm on a lunch break, commuting, or just have a moment to spare. The ability to pause, rewind, and revisit lessons on Suada is incredibly helpful, allowing me to fully grasp each concept at my own pace. This flexibility has been key to integrating learning seamlessly into my daily routine. The course has not only broadened my understanding of fitness but has also equipped me with the skills to effectively market myself as a personal trainer. Leveraging Suada and social media platforms, I now feel confident in reaching a wider audience and growing my brand.”

Denise Nartey, Next Gen Gym and PT



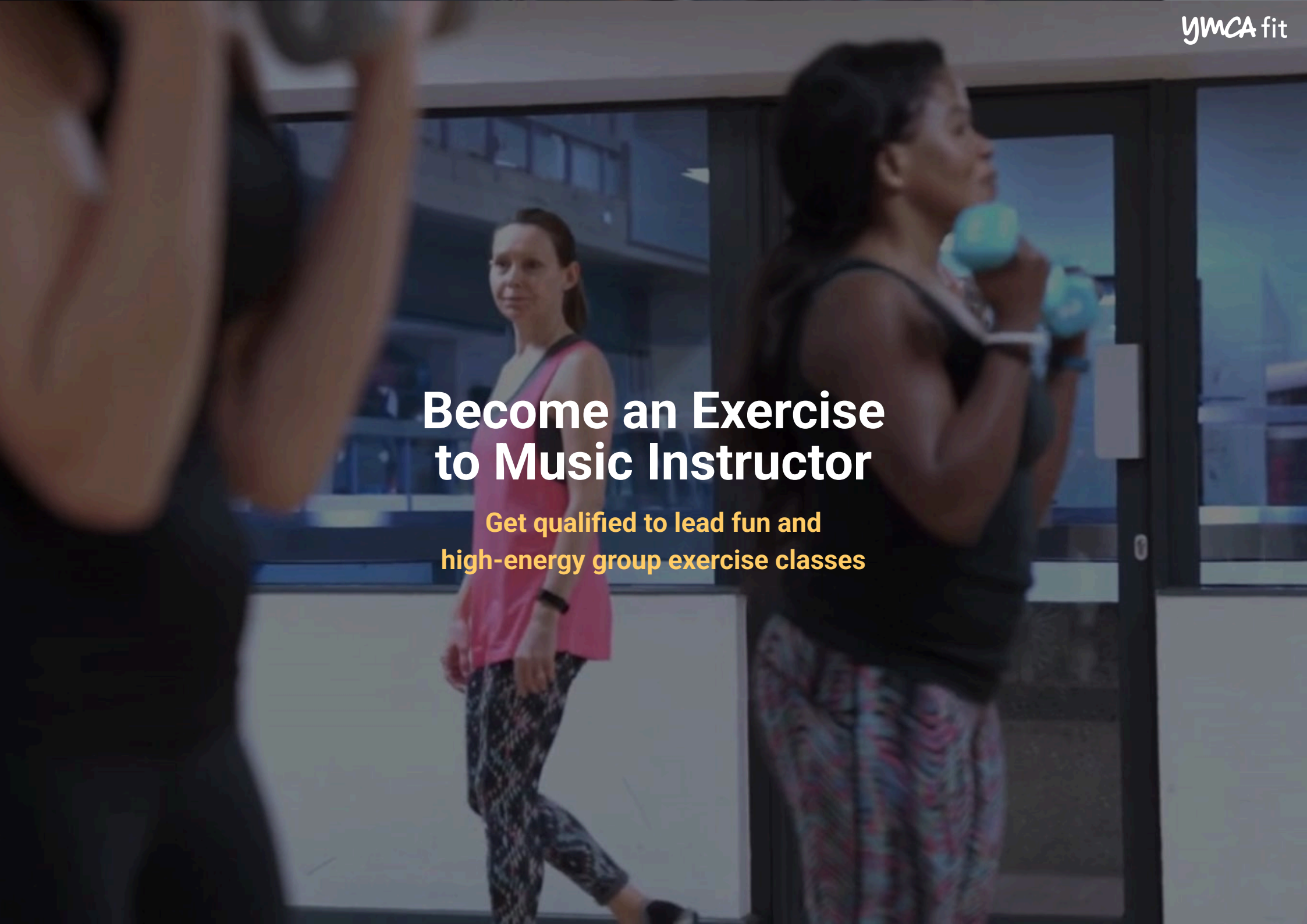
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**BOOK A CALL WITH A
COURSE ADVISOR**

Become an Exercise to Music Instructor

Get qualified to lead fun and high-energy group exercise classes



BECOME AN EXERCISE TO MUSIC INSTRUCTOR

Level 2 Certificate in Exercise to Music

If you'd like to teach group exercise classes at a gym, studio community space, this accredited course is the perfect first step to help you gain a solid foundation. You'll learn everything from the theory behind how the body works and how it responds to exercise, how to work with the music and move with the beat as well choreography essentials so you can construct an unforgettable Exercise to Music class.

SKILLS YOU'LL NEED AS AN ETM INSTRUCTOR

- Good communication skills.
- An enthusiasm for exercise and leading groups of people.
- A love of music and desire to develop choreographed routines.
- The ability to motivate and inspire groups of people to participate in exercise.
- Planning and organisational skills.



WHAT THE WORK INVOLVES

- Designing group fitness classes for a range of participants
- Leading inspirational group training sessions
- Teaching clients how to use studio equipment safely and effectively
- Demonstrating exercises to support a variety of levels

BECOME AN EXERCISE TO MUSIC INSTRUCTOR

Level 2 Certificate in Exercise to Music

WHAT COMES NEXT?

After the Group Exercise to Music course, you may want to continue your studies and learn more with a continued professional development course. CPD courses allow you to further your career in fitness by broadening your skills with a more specialist area, allowing you to build up your portfolio and increase your earning potential.



WHAT YOU'LL LEARN

- Level 2 Anatomy and Physiology.
- Group exercise to music planning, preparation, and delivery.
- How to provide a positive customer experience.
- Lifestyle management and health awareness.
- Level 2 Group Exercise to Music Delivery and Professional Instruction.
- Choreography methods to be able to confidently design your own routines.
- An introduction to pre-choreographed sessions.



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BECOME AN EXERCISE TO MUSIC INSTRUCTOR

Accreditation: **10 points** 

Level 2 Certificate in Exercise to Music

FLEXIBLE LEARNING FORMATS

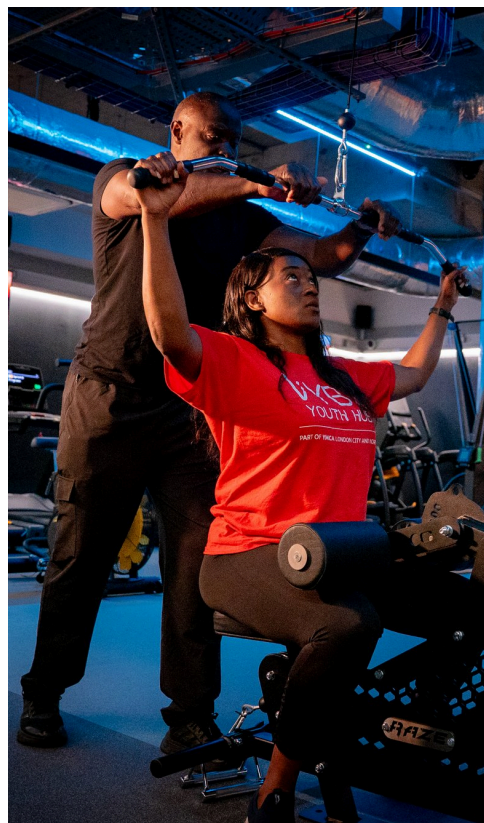
Our Exercise to Music courses are available in both face-to-face and online formats. The classroom courses also include elements of eLearning to give you the perfect balance of in-person and remote learning that you can complete when it's most convenient for you.

Online

- 5 days of live tutor-led classes.
- Interactive eLearning.
- Practical assessment (recorded video submission).
- Online theory assessment.

Part-Time

- 5 days online Tutor-led sessions
- Interactive eLearning.
- 1 day practical assessment at the venue.
- Theory assessments.



ENTRY REQUIREMENTS

You must be 16 or older and have experience participating in a variety of group exercise to music classes (aerobics, body conditioning, dance-style aerobics or combat).

QUALIFICATION

YMCA Awards L2 Certificate in Group Exercise Instructing; Exercise to Music (Freestyle).

PRICE

£699

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you book at least 2 months before the start date.

“

Thanks to the ETM course I feel more confident to teach safely, for longevity & healthy joints.”

Mark James, ETM Instructor

“

The ETM course is a fun and interactive course which is spread over 2.5 weekends. I would definitely recommend it to anyone wishing to develop their fitness instructor skills.

Sarah Fitzroy, ETM Instructor



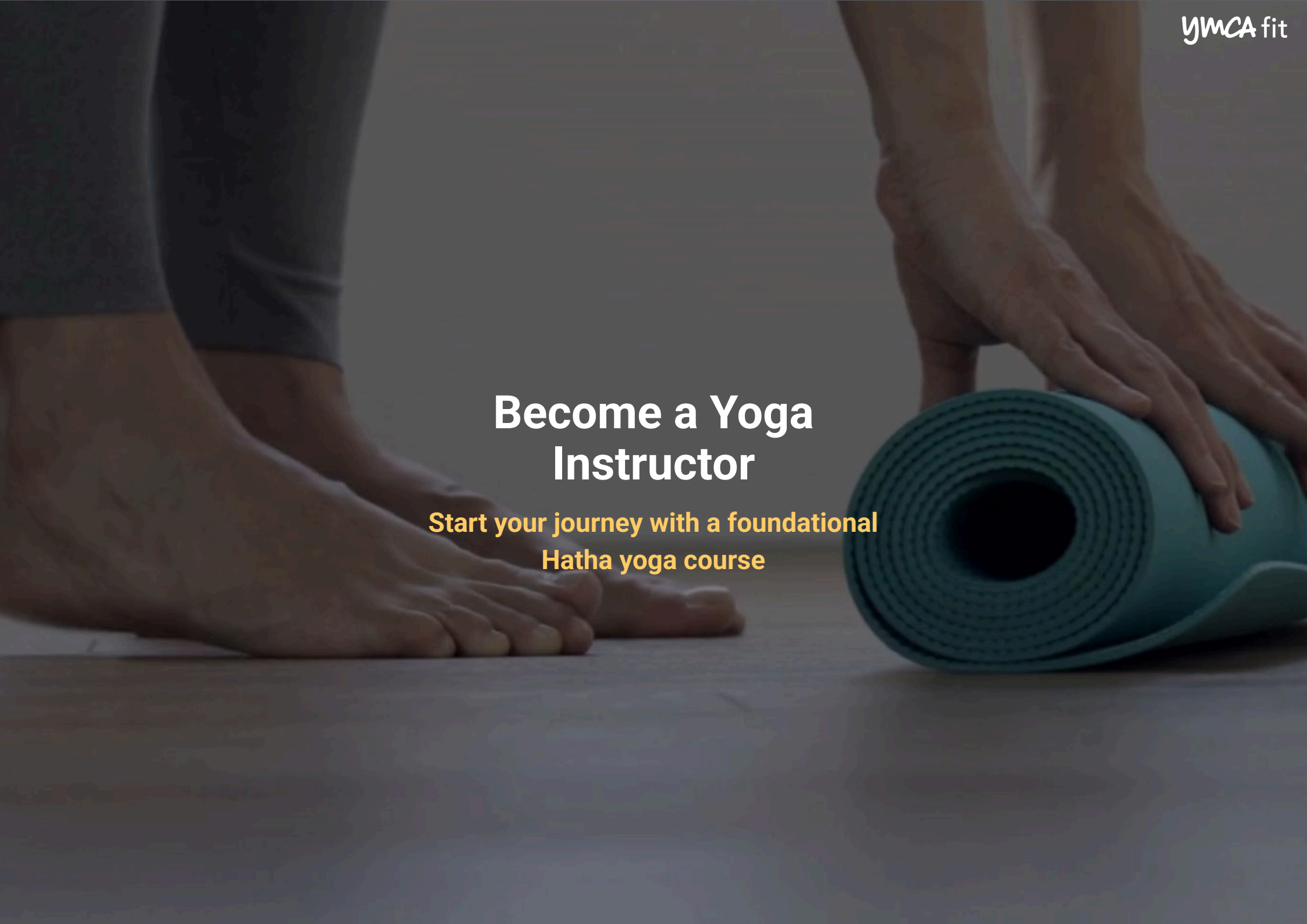
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**BOOK A CALL WITH A
COURSE ADVISOR**

Become a Yoga Instructor

Start your journey with a foundational
Hatha yoga course



BECOME A **YOGA INSTRUCTOR**

Level 3 Diploma in Teaching Yoga

Yoga has become a staple in the fitness industry, and there's never been a better time to turn your passion into a career. The first step to a successful career is getting the qualifications you need to begin.

SKILLS YOU'LL NEED AS YOGA INSTRUCTOR

- Good communication skills.
- Leadership and people skills.
- Ability to motivate and inspire people to achieve their goals.
- Strong listening skills.
- Able to inspire and bring the best out of your clients.
- Business skills if you intend to become self-employed.

WHAT THE WORK INVOLVES

Working as a Yoga Instructor can be varied and rewarding. You will be able to set your own hours and have the flexibility to work some evenings and weekends. Typical day-to-day activities for a yoga instructor include teaching a range of asanas, designing classes for all abilities, and reviewing your clients. There's also the opportunity to branch out into specialist areas.



The minute I walked into the studio It felt like the right place to be. My tutor was very supportive, experienced and knowledgeable. I learned a lot from him and I am still in touch with my classmates because of the warm and welcoming learning environment we had on the course. I am very grateful that YMCAfit was the place I did my yoga qualification. I also did some CPD courses like vinyasa yoga and core stability and enjoyed both a lot. All my tutors were amazing. I now teach in several places and have had some very good feedback from my students. Well done everyone at YMCAFIT, keep up the good work.

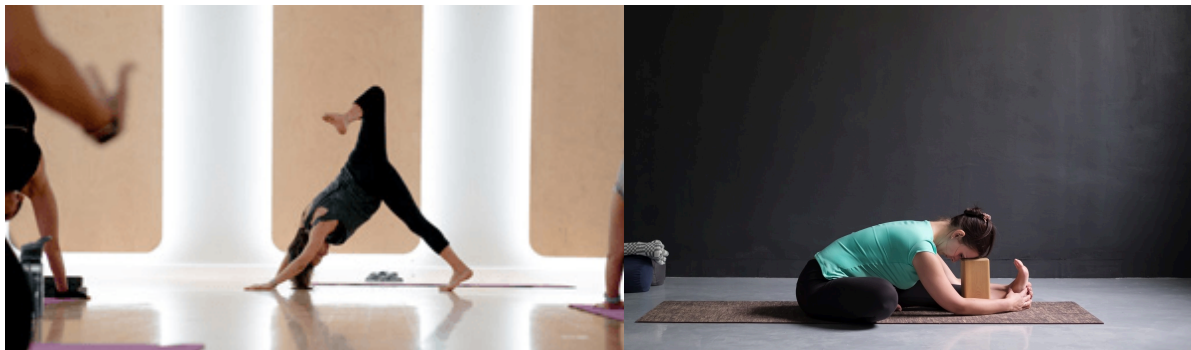
Maria Stewart, YMCAfit Yoga Instructor.

BECOME A **YOGA INSTRUCTOR**

Level 3 Diploma in Teaching Yoga

The YMCAfit Yoga Instructor course has been developed using the practice of Hatha Yoga - the foundation from which many popular styles of yoga have been developed.

On the course, you will learn yoga asanas (postures), pranayama (hand gestures), mudra (hand positions), as well as meditation and yoga kriyas (cleansing techniques). Whether you want to teach group classes or one-to-one sessions in gyms, leisure centres or yoga studios, this is the course to get your career in fitness started.



WHAT YOU'LL LEARN

- Level 2 Providing a Positive Customer Experience.
- Level 2 Lifestyle Management and Health Awareness.
- Level 3 Applied Anatomy and Physiology.
- Fundamentals and Philosophy of Yoga.
- Instructing group and one to one Yoga sessions.
- How to adapt yoga practises to meet clients' needs during a yoga session.
- Plan, prepare, instruct and adapt yoga sessions.
- Design a progressive programme of yoga.
- Learn how to communicate with clients effectively to promote wellness and exercise.

BECOME A **YOGA INSTRUCTOR**

Accreditation:
10 points



Level 3 Diploma in Teaching Yoga

FLEXIBLE LEARNING FORMATS

Our Yoga courses are delivered using a combination of face-to-face teaching and tutor-led eLearning webinars to give you the perfect balance of practical experience and theoretical content.

Online

- 8 days live tutor-led classes.
- Interactive eLearning.
- Practical assessment (recorded video submission).
- Online theory assessment.

Part-Time

- 8 days face-to-face tuition.
- Interactive eLearning.
- 1 day practical assessment at the venue.
- Theory assessments.

WHAT COMES NEXT

Once you have mastered the foundations of yoga, you may look to branch out and complete additional qualifications. You can focus on a new discipline of yoga or enrol in a CPD (continued professional development) course to extend your reach to specific parts of the population, such as those with long-term conditions or women in the perinatal phase.

ENTRY REQUIREMENTS

You must be 16 or older. We recommend two years' experience of practising yoga.

QUALIFICATION

Level 3 Diploma in Teaching Yoga (Practitioner).

PRICE

from £1100

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you book at least 2 months before the start date.

Apply for an Advanced Learner Loan to fund your course and pay once you earn over £27,295

“

The instructor was patient and very knowledgeable about yoga. I felt so enriched and informed at the end of the lessons. Met some great people and developed and evolved my practice to a point where I am confident enough to teach to an outside audience.

Danielle Honey Davis, YMCAfit Qualified Yoga Instructor

“

I have trained with the YMCA so many times in the past and enjoyed their professionalism and support. I left the industry to work in primary care and recently re-joined this world and chose the L3 Yoga course. Wow - what a reintroduction. The tutor was amazing - so inspiring and knowledgeable. I am back teaching already!!!

Sheila Taylor, YMCAfit Qualified Yoga Instructor



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**BOOK A CALL WITH A
COURSE ADVISOR**

Become a Pilates Instructor

Take your Pilates practice to the next level with **STOTT PILATES®** techniques on both the Mat & Reformer

BECOME A **PILATES INSTRUCTOR**

Certificate in STOTT PILATES

Training in Pilates allows you turn your passion into a rewarding career. We are one of the top licensed Merrithew STOTT PILATES® centres in the UK and a perfect place to begin launching your Pilates career. STOTT PILATES® is a contemporary, anatomically-based approach to Joseph Pilates' original exercise method, incorporating modern exercise science and rehabilitation principles for a safe and highly effective low-impact workout.

SKILLS YOU'LL NEED AS A PILATES INSTRUCTOR

- Good communication skills.
- Enthusiasm and an enjoyment to lead a group.
- Ability to motivate and inspire people to achieve their goals.
- Business skills if you intend to become self-employed.

WHAT THE WORK INVOLVES

- Helping clients work on the mat or on specialist equipment.
- Working to develop programmes that suit individuals' needs.
- Leading group training sessions.



We offer Mat-based and Reformer STOTT PILATES® courses alongside CPD courses and workshops to continue your Pilates training.

BECOME A **PILATES INSTRUCTOR**



STOTT PILATES® Intensive Mat Plus™

STOTT PILATES helps to develop optimal strength, flexibility, endurance and posture, without building bulk or stressing joints. This makes it the perfect complement to cardiovascular exercise, athletic training or rehabilitation.

This course will provide you with the skills to design and teach essential and intermediate level matwork classes with small equipment, which will allow you to add variety to your sessions.



WHAT YOU'LL LEARN

- Applying STOTT PILATES® bio-mechanical principles of core stability, peripheral mobility, breathing and alignment to relevant exercises.
- Breaking down essential and intermediate level exercises.
- Exercise essence, muscular initiation and movement sequencing.
- Applying variations to increase or decrease exercise intensity.
- Modifications for specific body types, postural issues and conditions.
- How to teach and communicate effectively using visual skills, verbal cueing and imagery for performance enhancement and client motivation.

BECOME A PILATES INSTRUCTOR

Accreditation:  **merrithew.**
4 CECs

STOTT PILATES® Intensive Mat Plus™

FLEXIBLE LEARNING FORMATS

Our Mat Pilates courses are delivered through both online and in-person formats. Each delivery model includes elements of eLearning.



Online

- 10 sessions of live tutor-led classes.
- Interactive eLearning.
- 1 day practical assessment at the venue.
- Theory assessment at the venue.

Full-time

- 8 days face-to-face tuition.
- 1 day practical assessment at the venue.
- Theory assessments at the venue.

WHAT COMES NEXT

Once you have mastered either Mat or Reformer Pilates, you may also choose to gain a qualification in the other to increase your offering as an instructor. There are also a variety of Pilates CPD (continued professional development) courses and workshops to help you learn new skills and build up your portfolio. As a STOTT PILATES® instructor, you will need to earn 0.6 Continuing Education Credits each year to maintain your instructor status. Each course, CPD, and workshop you participate in will contribute toward your CECs.

ENTRY REQUIREMENTS

You must have a working knowledge of functional anatomy, a minimum 30 hours' experience of Pilates classes/workouts, and three+ years teaching movement or fitness. Applicants with a strong history of Pilates participation and/or experience instructing students/clients in another field may also be considered.

QUALIFICATION

STOTT PILATES® Intensive Mat Plus™ certification.

PRICE

From £1445 (online) £1775 (Full-time).

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

“

The course was challenging from the beginning. It's pretty intense and the instructors are fantastic. You always want to be progressing to those high standards.”

Wendy Walker, YMCAfit Pilates Instructor.

“

The place for professional and friendly Stott Pilates® training in a spacious well equipped studio with attentive tutors and helpful support staff.”

Robert Williams, YMCAfit Pilates Instructor.



Interactive poll not supported

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**BOOK A CALL WITH
A COURSE ADVISOR**

BECOME A **PILATES INSTRUCTOR**



STOTT PILATES® Intensive Reformer

The STOTT PILATES Intensive Reformer covers a range of exercises and topics to prepare you to teach classes on the reformer. You'll learn how to make variations and modifications to ensure a safe and effective workout for each participant in your classes. The course also includes ways you can combine Mat and Reformer workouts for increased variety and intensity.



WHAT YOU'LL LEARN

- Applying STOTT PILATES® bio-mechanical principles of core stability, peripheral mobility, breathing and alignment to relevant exercises.
- Breaking down essential and intermediate level exercises.
- Exercise essence, muscular initiation and movement sequencing.
- Applying variations to increase or decrease exercise intensity.
- Modifying for specific body types, postural issues and conditions.
- How to teach and communicate effectively using visual skills, verbal cueing and imagery for performance enhancement.

BECOME A **PILATES** INSTRUCTOR

Accreditation:  **merrithew.**
5CECs

STOTT PILATES® Intensive Reformer

FLEXIBLE LEARNING FORMATS

- 10 days of face-to-face tuition
- 1 day practical assessment at the venue
- In-person theory assessment
- Choose between a 2-week intensive course or a 5-week part-time course



Full-Time

10 days practical over 2 weeks
plus 1 day assessment

Part-Time

10 days practical usually conducted
over consecutive weekends plus 1
day assessment

ENTRY REQUIREMENTS

- YMCA Gym or Studio Instructor or equivalent. Alternatively, you may be a practising sports therapist, physiotherapist, or dancer.
- At least 30 hours of attending Pilates classes is required.
- We recommend completing the Intensive Mat-Plus™ first.

QUALIFICATION

STOTT PILATES® Intensive Reformer.

PRICE

£1995

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

NEXT STEPS

Intermediate and advanced courses

Once you are a qualified STOTT PILATES® Instructor, you can choose from a range of courses and workshops that run throughout the year, allowing you to broaden your repertoire and increase your earning potential.

STOTT PILATES® Advanced Matwork (£259)

On this course you will learn how to teach the Advanced Matwork exercises ranging from the 'corkscrew' to 'scissors in the air'. The Advanced Matwork exercises build on the principles of core stability and fluidity.

STOTT PILATES® Advanced Reformer (£699)

Learn to use the various reformer components and accessories to intensify reformer repertoire and provide a stimulating workout for athletes, dancers, and highly conditioned clients. Exercises in the Advanced repertoire require greater strength, stability, and flexibility.

STOTT PILATES® Injuries and Special Populations (£1199)

This course is intended for those already working in the fields of fitness or movement and is conducted over 4-6 days. This program will NOT prepare students to diagnose or treat any specific injuries or conditions or prescribe exercises for these populations without consultation with an appropriate health practitioner.

STOTT PILATES® Intensive Barrels (£575)

This course prepares you to teach Level 1 (Essential and Intermediate) exercises on the Barrels. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals using the Ladder Barrel, Spine Corrector and Arc Barrel.

STOTT PILATES Advanced Barrels (£189)

This 3 hour course held over one-day equips you with 14 Advanced level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel for the highly conditioned client.

STOTT PILATES® Intensive Cadillac (£1055)

The intensive Cadillac course prepares you to teach Level 1 (Essential and Intermediate) exercises on the Cadillac. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 125 exercises on the Cadillac Trapeze Table.



STOTT PILATES® Advanced Cadillac (£249)

STOTT PILATES® Advanced Cadillac prepares you to teach 28 Advanced level exercises plus modifications using the Cadillac for the highly conditioned client.

STOTT PILATES® Advanced Stability Chair (£207)

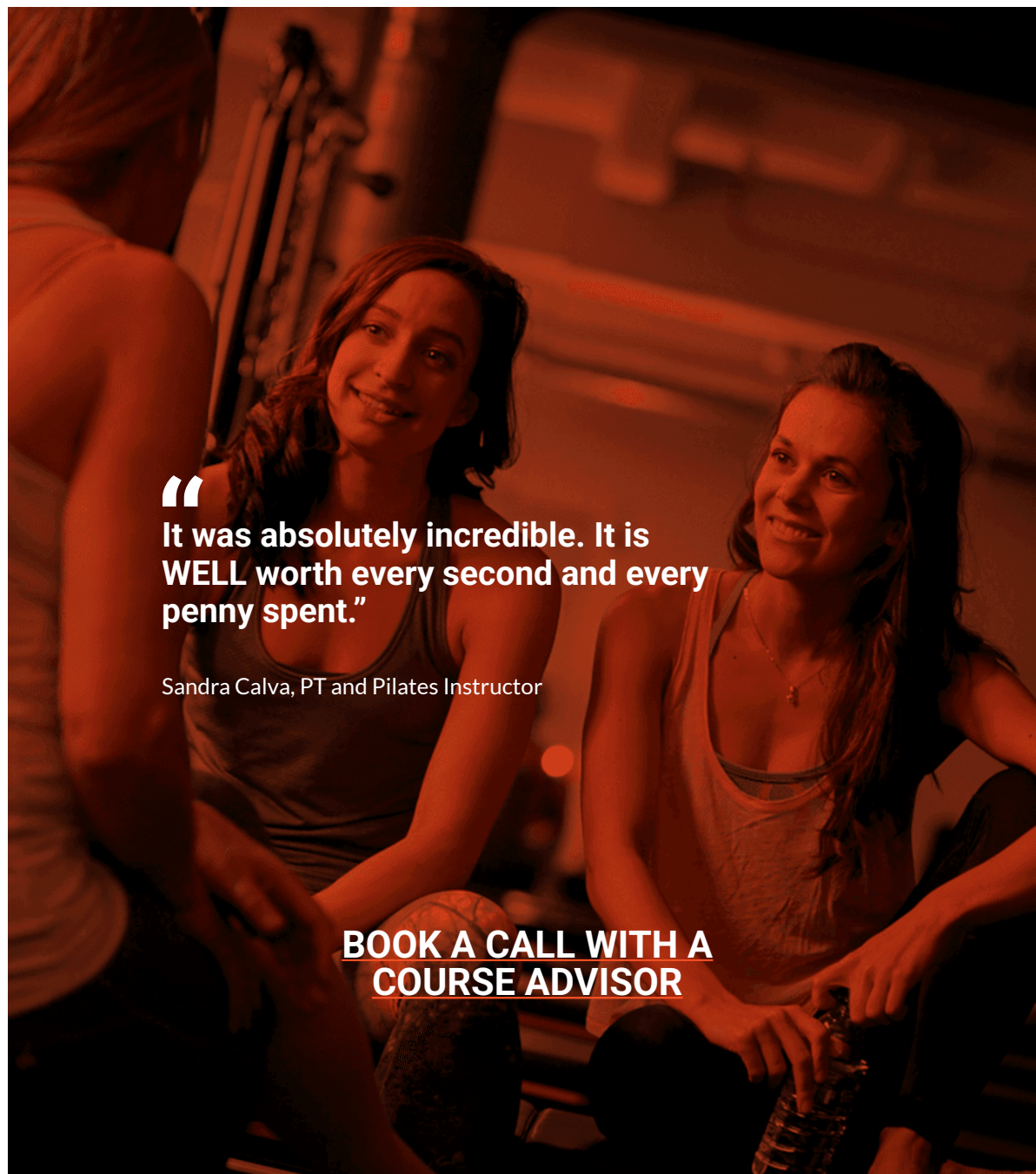
STOTT PILATES® Advanced Stability Chair provides you with 14 Advanced level exercises plus modifications using the Stability Chair™ for the highly conditioned client.

STOTT PILATES® Intensive Chair (£655)

The intensive Chair prepares you to teach Level 1 (Essential and Intermediate) exercises on the Stability Chair™. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals.

STOTT PILATES® Fascial Movement (£699)

The Fascial Movement course will provide you with a comprehensive understanding of fascia and how it works. You'll learn how to incorporate key fascial movement variables, such as Bounce, Sense, Expand, and Hydrate into your Pilates practice.



“
**It was absolutely incredible. It is
WELL worth every second and every
penny spent.”**

Sandra Calva, PT and Pilates Instructor

**BOOK A CALL WITH A
COURSE ADVISOR**

Become a Sports Massage Therapist

Learn to treat sports-related injuries
and support the recovery of clients.

BECOME A SPORTS MASSAGE THERAPIST

Level 4 Diploma in Sports Massage Therapy

Sports massage therapy has become a sought-after skill within the fitness industry. Sports Massage Therapists can help anyone – from athletes to occasional gym users and work to prevent injuries as much as treat them. Take the first step to a successful career with a highly-regarded qualification. The Diploma in Sports Massage gives you all the skills and knowledge you'll need for a longstanding career. With practical workshops and treatments from peers leading to an internationally-recognised qualification, this is the perfect foundation you need to start your career in fitness.

SKILLS YOU'LL NEED AS A SPORTS MASSAGE THERAPIST

- An enthusiasm to work closely with people.
- Good communication skills.
- Ability to put clients at ease and make them feel comfortable.

WHAT THE WORK INVOLVES

As a qualified Sports Massage Therapist, here is a look into what you may be doing on a day-to-day basis:

- Treating injuries, which may be longstanding.
- Helping to prevent injuries before they occur.
- Working in a clinic.
- Working privately in your clients' homes.

WHAT YOU'LL LEARN

- Anatomy and physiology for sports massage.
- Massage preference practice.
- Post-treatment care and advice.
- Assessment and planning treatments.
- Applying sports massage treatments.
- Client assessment.
- Formulation of massage therapies.
- The use of non-electrical modalities in the treatment of soft tissue injury and dysfunction

BECOME A SPORTS MASSAGE THERAPIST

YMCA awards

Level 4 Diploma in Sports Massage Therapy

Our Sports Massage course was developed alongside the Association for Soft Tissue Therapists (SMA) and is fully endorsed by the General Council for Massage Therapy (GCMT). You'll learn skills such as using deep tissue massage to treat existing conditions resulting from soft tissue dysfunction, treating minor injuries sustained during physical activity, and easing muscular tension in clients. A Sports Massage diploma is a great stand-alone qualification or as a supplement to other industry qualifications, allowing you to offer more services to your clients.

A Sports Massage diploma is excellent as a stand-alone qualification or as a complement to other industry qualifications like Personal Training or Gym Instructing to offer additional services to your clients.

FLEXIBLE LEARNING FORMATS

The Sports Massage Diploma course involves face to face sessions and tutor-led webinars. These are complimented by our digital learning platform containing eLearning, manuals and a range of digital assessments.

- 6 face-to-face teaching days
- eLearning modules and online webinars
- Remote assessments and tutor support sessions
- 2 face-to-face assessment days
- Part-time (12 weeks) and full-time (6 weeks) course models available.

ENTRY REQUIREMENTS

You must be 16 or older, be fit enough to perform sports massage, and be able to communicate with clients.

QUALIFICATION

YMCA Awards Level 4 Diploma in Sports Massage Therapy.

PRICE

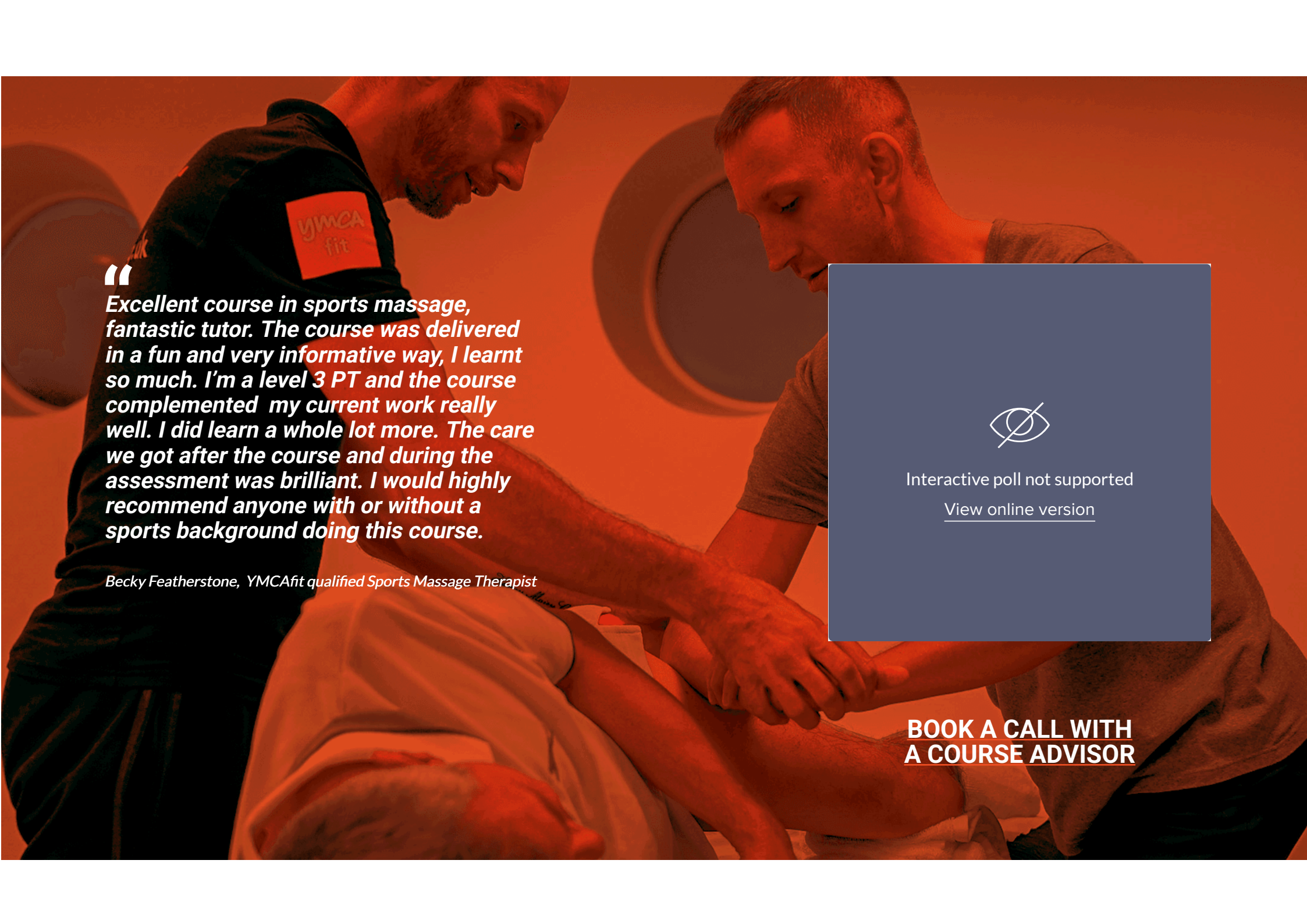
From £2350

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you book at least 2 months before the start date.

Apply for an Advanced Learner Loan to fund your course and pay once you earn over £27,295



**“
Excellent course in sports massage,
fantastic tutor. The course was delivered
in a fun and very informative way, I learnt
so much. I’m a level 3 PT and the course
complemented my current work really
well. I did learn a whole lot more. The care
we got after the course and during the
assessment was brilliant. I would highly
recommend anyone with or without a
sports background doing this course.**

Becky Featherstone, YMCAfit qualified Sports Massage Therapist



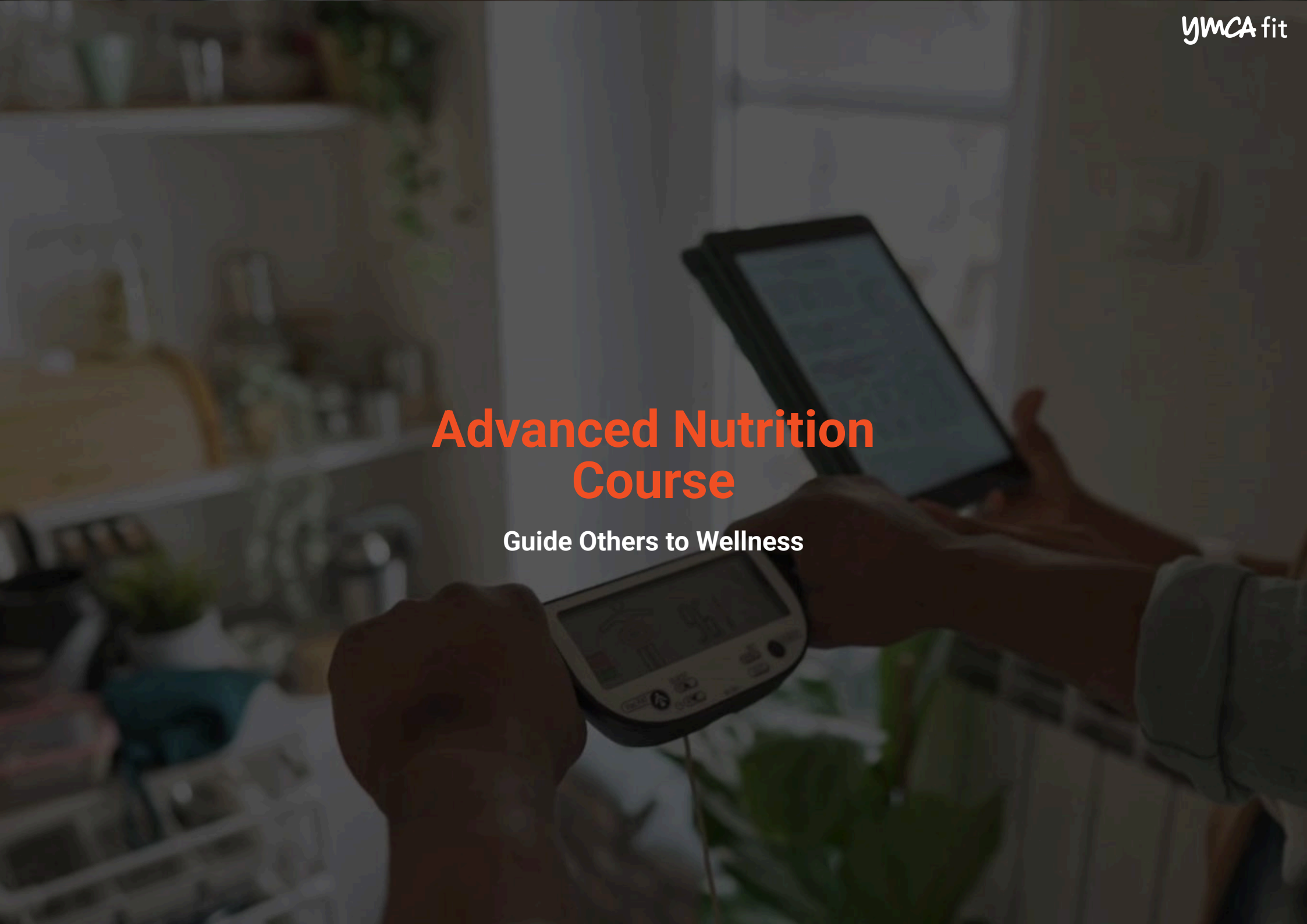
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**BOOK A CALL WITH
A COURSE ADVISOR**

Advanced Nutrition Course

Guide Others to Wellness



ADVANCED NUTRITION COURSE

Level 4 Certificate in Advanced Nutrition, Health, Weight Management and Sports Performance.

The way we eat and fuel our bodies is closely connected to our sports performance. Our Level 4 Next Gen Nutrition course provides you with the skills and qualifications needed to develop a successful business as a nutritionist. A qualification in Nutrition works great as a stand-alone and can also serve as an excellent supplement to other fitness qualifications, such as PT, Gym Instructor, or Yoga, allowing you to offer a full-range service to your clients.

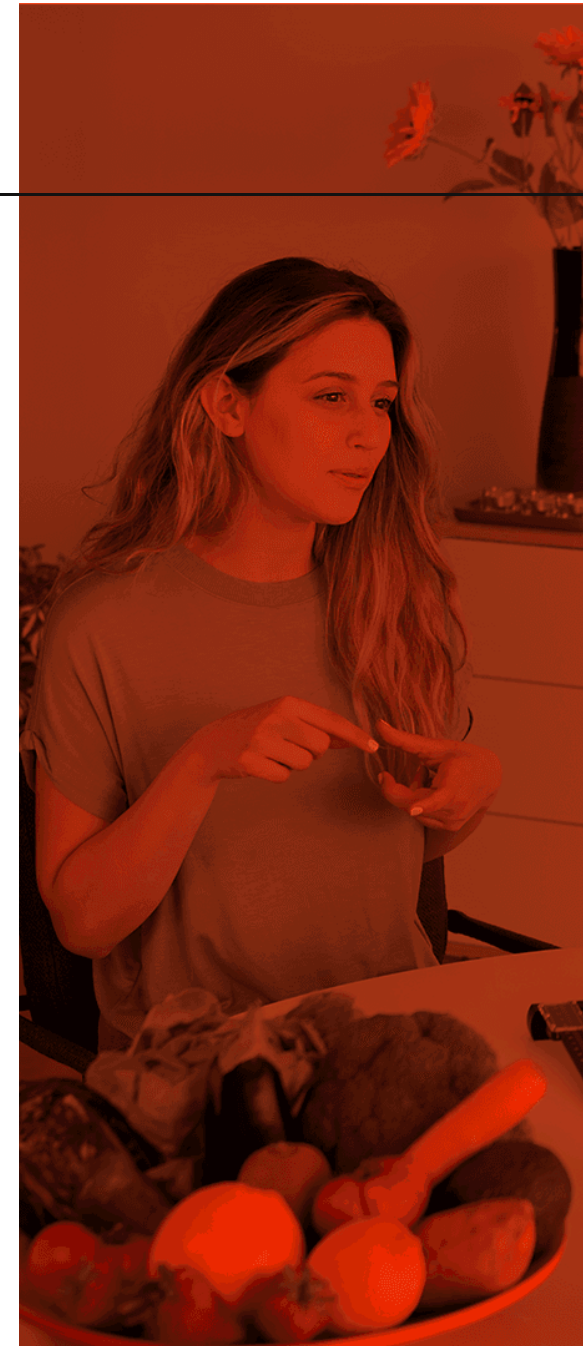
SKILLS YOU'LL NEED FOR THIS PATHWAY

- Good communication skills.
- An enthusiasm for healthy eating and nutrition.
- Problem-solving skills to create tailored plans based on each client's individual goals and dietary requirements.
- The ability to motivate and inspire people to improve their health and support their fitness through their diet.
- Planning and organisational skills.

WHAT THE WORK INVOLVES

Here is a look into what you may be doing on a day-to-day basis:

- Designing meal plans to help your clients reach their goals in terms of weight management, sports performance, and overall wellness.
- Giving advice on how to maintain a healthy lifestyle.
- Tracking the progress of your clients and helping them make adjustments when needed.
- Marketing your services to grow your client base.



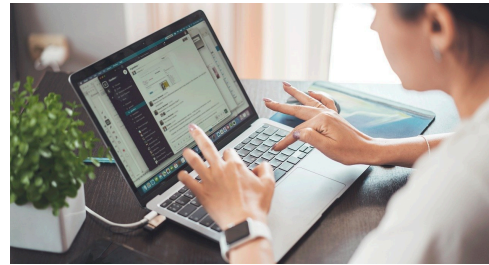
ADVANCED NUTRITION COURSE

Level 4 Certificate in Advanced Nutrition, Health, Weight Management and Sports Performance.

Our Nutrition course is fully endorsed and supported by the Association for Nutrition (AfN) and meets the CIMSPA professional standard.



Studying the ins and outs of nutrition will help to deepen your understanding of the ways food impacts our energy levels, athletic performance, and overall wellbeing. This course is based on evidence-backed nutritional science that you can use to support your clients.



Please note that this qualification does not enable you to provide prescribed, individualised, or bespoke diets or nutritional advice for individuals with medical conditions or for elite athletes. These individuals should be referred to a suitably qualified medical professional.



FLEXIBLE LEARNING FORMAT

The L4 Advanced Nutrition Diploma follows our Next Gen model, made up of live tutor-led online sessions and eLearning.

- 6 online live tutor-led webinars, each lasting 2 hours.
- 10-12 hours of independent study per week.
- 12 weeks of learning.
- eLearning modules delivered through our digital interactive platform Suada
- 2 nutritional case studies.
- Open book exams through Suada.

ADVANCED NUTRITION COURSE

Accreditation:
10 points



Level 4 Certificate in Advanced Nutrition, Health, Weight Management and Sports Performance.

WHAT YOU'LL LEARN

- Nutrition for physical activity and exercise.
- Structure and functions of the digestive system.
- Applied nutrition for exercise, sport, and athletic performance.
- Supplements, performance aids, and hydration for sports performance.
- Providing dietary advice to support the needs of different athletes and sports people.



ENTRY REQUIREMENTS

You must be 16 or older with a good command of the English language and the ability to communicate with clients. We also recommend that you have experience of client consultations in your area of expertise.

QUALIFICATION

YMCA Awards Level 4 Certificate in Advanced Nutrition, Health, Weight Management and Sports Performance.

PRICE

£850

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you book at least 2 months before the start date.

Apply for an Advanced Learner Loan to fund your course and pay once you earn over £27,295

“
**Fantastic
experience with
a super friendly
and supportive
instructor.”**

Harminder Swaley



Interactive poll not supported

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**BOOK A CALL WITH
A COURSE ADVISOR**

Continued Professional Development (CPD) courses

Level up your fitness career and increase your potential
client base.

Table of Contents

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- Core Stability
- Emergency First Aid
- Indoor Cycling
- Kettlebells Pro
- Padwork
- Supple Strength
- Total Barre™ Instructor Foundation Course
- Build your FIT path



Why upskill?
All of our CPD courses carry CIMSPA points which allows you to maintain your professional membership.

Adding a specialisation to your body of knowledge can help shape the future of your business, increase your earning potential, and help you change more lives than ever before. Gain the skills, knowledge and confidence needed to help your clients – and yourself – succeed.

Exercise for Perinatal Clients

Learn how to support exercise, physical activity, health, and wellbeing during the perinatal period (pregnancy and postnatal). The course covers how to programme safe and effective exercise routines and understand how to signpost to other services when necessary.

WHAT YOU'LL LEARN:

- How to support exercise, physical activity, health, and wellbeing during the perinatal period (pregnancy and postnatal)
- Designing exercise sessions that are appropriate for healthy perinatal patients without complications
- Understanding when to redirect clients to other health services, such as a medical professional

FLEXIBLE LEARNING FORMATS

On average this course involves 40 hours of study including your online tutor-lead sessions, online study and independent research.

- 4 tutor-led live online sessions delivered by well-qualified, experienced industry professionals.
- 4 assessment tasks, including open book questions and 2 case studies.
- Modules delivered through our intuitive digital platform Suada.
- Learners must attend all 4 sessions.

QUALIFICATION

Next Generation Level 3 Diploma in Supporting Participation in Physical Activity – Perinatal

ENTRY REQUIREMENTS

You must be 16 years or older and hold an accredited Level 2 qualification (e.g. Gym Instructor, Exercise to Music) or Level 3 qualification (e.g. Personal Training, Yoga, Pilates). Where a prerequisite qualification has been achieved more than 3 years ago, learners will be required to supply additional evidence to verify current competency. We also highly recommend a minimum of 3 months' industry experience in your area of expertise.

PRICE

£340

HOURS

40 hrs to complete the course.



Supporting Clients with Long-Term Conditions



This qualification provides fitness professionals with the skills and knowledge needed to offer specialised fitness services to clients living with long-term conditions. You'll learn how to create customised fitness plans for these clients to improve their lives, helping them be healthier and more active to better manage the symptoms of their long-term conditions.

WHAT YOU'LL LEARN:

- Applied anatomy and physiology
- Overview of the UK health landscape and reasons for an increasing health problem
- Cause of diseases, physiology, and medical lifestyle management of long-term conditions
- How to plan and adapt exercise safely and effectively for clients with long-term conditions
- Behaviour-change theories and techniques to apply on clients with long-term conditions

FLEXIBLE LEARNING FORMATS

On average this course involves 196 hours of study including your online tutor-lead sessions, online study and independent research.

- 4 tutor-led live online sessions delivered by well-qualified, experienced industry professionals
- 5 eAssessments
- 2 written case studies
- Interactive eLearning through intuitive digital platform Suada

QUALIFICATION

Active IQ Level 3 Diploma in Supporting Clients with Long-Term Conditions

ENTRY REQUIREMENTS

You must be 16 years or older and hold an accredited Level 2 qualification (e.g. Gym Instructor, Exercise to Music) or Level 3 qualification (e.g. Personal Training, Yoga, Pilates). We highly recommend a minimum of 3 months' industry experience in your area of expertise.

PRICE

£850

FLEXIBLE PAYMENT OPTIONS

0% finance - spread the cost with interest-free monthly payments.

Get 10% off when you book at least 2 months before the start date.

Loan Funded option available.

HOURS

196 hrs to complete the course.

Exercise for Older Adults

Learn how to adapt your training methods to the older adult population. Older adults are a growing demographic, and specially tailored exercise classes encourage them to move and stay healthy in a way that is safe and fun. This qualification is a great addition for PTs, Yoga Instructors, and Pilates Instructors.

WHAT YOU'LL LEARN:

- How to plan and teach safe and effective sessions for older adults.
- Physiological and anatomical changes of aging in relation to exercise.
- Benefits of exercise for the aging population.
- Working with older adults beyond exercise, including social interaction, nutrition, and healthcare referral.
- How to deliver adaptations and modifications for different conditions and abilities.
- Identifying cases when exercise isn't recommended.

FLEXIBLE LEARNING FORMATS

On average this course involves 40 hours of study including your online tutor-led sessions, online study and independent research.

Online

- 4 live tutor-led sessions, each lasting 3 hours
- Interactive eLearning
- Online theory assessment
- Online written assessment submission



QUALIFICATION

Next Generation Level 3 Diploma in Supporting Participation in Physical Activity – Older Adults

ENTRY REQUIREMENTS

You must be 16 years or older, hold an accredited Level 2 qualification (e.g. Gym Instructor, Exercise to Music) or Level 3 qualification (e.g. Personal Training, Yoga, Pilates), and have at least three months of teaching experience.

PRICE

£340

HOURS

40 hrs to complete the course.

Exercise for Menopausal Clients

Gain essential knowledge and skills to work with clients who are transitioning through menopause. You'll learn about the impact of hormonal changes, effective health interventions, and inclusive physical activity programming as well as ways to support your clients' lifestyle adjustments and create tailored exercise plans for them.

WHAT YOU'LL LEARN:

- Fundamentals of menopause and its implications to health and wellbeing.
- Effect of declining hormones on health and wellbeing during menopause.
- Programming and adapting exercise to support management of menopause and menopause symptoms.

FLEXIBLE LEARNING FORMATS

On average this course involves 99 hours of study including your online tutor-lead sessions, online study and independent research.

Online

- 4 tutor-led sessions.
- Learning is supported by our intuitive eLearning platform
- 2 presentations
- 2 professional discussions
- 1 case study with programming and questions



QUALIFICATION

Level 3 Award in Supporting Participation in Physical Activity - Menopause.

ENTRY REQUIREMENTS

You must be 16 years or older, hold an accredited Level 2 qualification (e.g. Gym Instructor, Exercise to Music) or Level 3 qualification (e.g. Personal Training, Yoga, Pilates), and have at least three months experience in your area of expertise.

PRICE

£340

HOURS

99 hrs to complete the course.

Core Stability

Gain the skills to strengthen your clients' core, improve their balance, and increase their overall fitness ability. Core Stability is a challenging programme that is aimed to strengthen the muscles around the back and abdomen, improving overall body movement. You can enhance your sessions with equipment and adapt them for individual goals and abilities.

WHAT YOU'LL LEARN:

- Various techniques and alignment
- Correcting a student with and without hands-on correction
- Utilising Core Stability equipment, such as BOSU, foam rollers, and stability balls
- How to improve a student's observational skills
- Adapting classes for individuals and groups

FLEXIBLE LEARNING FORMATS

This qualification is delivered in one face-to-face session lasting about 7 hours. Learners will be given a practical assessment on the day of the course.



QUALIFICATION

YMCAfit Core Stability.

ENTRY REQUIREMENTS

You must be 16 years or older and hold a recognised Level 2 qualification (e.g. Gym Instructor, Exercise to Music, Group Exercise Instructor) or a Level 3 Personal Training qualification.

PRICE

£159

HOURS

7 hrs to complete the course.

Emergency First Aid

Learn how to respond to anything from a minor injury to an emergency situation – a skill that is vital in the fitness industry, whether you are self-employed or work for a gym. This Emergency First Aid in the Workplace qualification will be valid for three years from the day of your certification.

WHAT YOU'LL LEARN:

- Roles and responsibilities of a first aider.
- How to conduct a scene survey and casualty survey.
- First aid techniques for people who are choking or unresponsive.
- How to put a casualty in the recovery position.
- Performing CPR (cardiopulmonary resuscitation).
- Identifying and managing casualties with external bleeding, shock, minor burns, and scalds.

FLEXIBLE LEARNING FORMATS

This qualification is delivered in one face-to-face session lasting about 7 hours. Learners will be given a practical assessment on the day of the course.



QUALIFICATION

YMCA Awards Level 3 Award in
Emergency First Aid at Work

ENTRY REQUIREMENTS

You must be 16 years or older.

PRICE

£159

HOURS

7 hrs to complete the course.

Indoor Cycling

This course was developed with leading indoor cycling specialists, the Indoor Cycling Group, and will train you to deliver high-intensity studio cycling classes. Indoor Cycling is suitable for anyone and is great for weight management training as it's one of the quickest ways to burn calories using cardio equipment.

WHAT YOU'LL LEARN:

- Group teaching skills
- Correct setup and posture
- How to teach cycling techniques, cycling profiles, and drills
- Planning, structuring, and delivering a class
- Cycle-specific teaching skills
- Utilising music to enhance the experience
- Understanding health and safety

FLEXIBLE LEARNING FORMATS

This qualification is delivered in one face-to-face session lasting about 7 hours. Learners will be given a practical assessment on the day of the course.

- 1 day of face-to-face tuition
- 3 hours of self-directed learning
- Practical assessment
- Submission of session planning evidence



QUALIFICATION

YMCAfit Indoor Cycling Instructor.

ENTRY REQUIREMENTS

You must be 16 years or older and hold a recognised Level 2 qualification (e.g. Gym Instructor, Exercise to Music, Group Exercise Instructor) or a Level 3 Personal Training qualification.

PRICE

£159

HOURS

7 hrs to complete the course.

Kettlebells Pro

Master the skills and knowledge you need to teach your clients how to incorporate kettlebells into their workouts safely and effectively. Unlike other equipment, kettlebells can work several muscles at the same time, leading to improved strength, flexibility, and cardiovascular health. Kettlebell workouts can be customised for clients at all levels of their fitness journey, from beginner to advanced.

WHAT YOU'LL LEARN:

- Health and fitness benefits of kettlebells
- How to plan and teach safe and effective kettlebell sessions for clients of all different levels
- Appropriate warm-ups and cool downs to accompany kettlebell workouts
- How to improve dynamic flexibility and motor control with kettlebells

FLEXIBLE LEARNING FORMATS

This qualification is delivered in one face-to-face session lasting about 7 hours. Learners will be given a practical assessment on the day of the course.



QUALIFICATION

YMCAfit Kettlebells Pro

ENTRY REQUIREMENTS

You must be 16 years or older and hold a recognised Level 2 qualification (e.g. Gym Instructor, Exercise to Music, Group Exercise Instructor) or a Level 3 Personal Training qualification.

PRICE

£179

HOURS

7 hrs to complete the course.

Padwork

This martial arts-based approach to fitness is extremely popular among clients who want to lose weight while building strength. This combat-style of training is suitable for anyone and can be done just about anywhere as it requires minimal equipment. Padwork exercises incorporate many aspects of fitness, including cardiovascular fitness, muscle strength and endurance, motor skills, and flexibility.

WHAT YOU'LL LEARN:

- How to develop combat-style sessions for individuals and small groups
- Techniques for executing a variety of strikes (jabs, hooks, uppercuts, and knee strikes)
- How to build intense and challenging combinations of strikes
- The use of padwork equipment, such as gloves, focus pads, and Muay Thai boxing pads
- The use of combat circuit-style equipment, such as skipping ropes and medicine balls

FLEXIBLE LEARNING FORMATS

This qualification is delivered in one face-to-face session lasting about 7 hours. Learners will be given a practical assessment on the day of the course.

- 1 day of face-to-face tuition
- Practical assessment



QUALIFICATION

YMCA Awards Padwork

ENTRY REQUIREMENTS

You must be 16 years or older and hold a recognised Level 2 qualification (e.g. Gym Instructor, Exercise to Music, Group Exercise Instructor) or a Level 3 Personal Training qualification.

PRICE

£159

HOURS

7 hrs to complete the course.

Supple Strength



Teach your clients how to engage their minds as well as their muscles through exercises that focus on posture, core stability, and body alignment. Supple strength blends elements of yoga, Pilates, and body conditioning to build a challenging holistic workout.

WHAT YOU'LL LEARN:

- A range of postures and exercises that are based on yoga and Pilates
- How to plan and structure Supple Strength classes and one-to-one sessions
- Demonstrating correct postural and exercise techniques
- Creating choreography for Supple Strength classes

FLEXIBLE LEARNING FORMATS

This qualification is delivered online. Learners will be assessed practically on the day of course.

Online

- 1 day of live tutor-led classes.
- Online practical assessment.



QUALIFICATION

YMCAfit Supple Strength

ENTRY REQUIREMENTS

You must be 16 years or older and hold a recognised Level 2 qualification (e.g. Gym Instructor, Exercise to Music, Group Exercise Instructor) or a Level 3 Personal Training qualification. You must also have experience participating in studio yoga or Pilates classes.

PRICE

£159

HOURS

7 hrs to complete the course.

Total Barre™ Instructor Foundation Course



Barre incorporates elements of yoga and Pilates and is heavily influenced by ballet. You'll learn choreography, exercise essence, and correct biomechanics of movement to lead barre classes. The course also covers how to effectively utilise the power of music to create safe and fun barre classes that focus on increasing strength, flexibility, stamina, and dynamic stability.

WHAT YOU'LL LEARN:

- What makes a well-balanced Barre workout
- Breaking down various movements and exploring the stabilisation and mobilisation to achieve them
- How to cue, correct, and modify effectively for all participants
- The six Total Barre™ Foundational Principles and how to implement them
- Setting a barre workout to music

FLEXIBLE LEARNING FORMATS

This qualification is delivered in one face-to-face session at our dedicated yoga and Pilates space.



QUALIFICATION

Total Barre™ Instructor Foundation Course, Level 1

ENTRY REQUIREMENTS

Learners must be at least 16 years old.

PRICE

£329

HOURS

7 hrs to complete the course.



Interactive poll not supported

[View online version](#)

**BOOK A CALL WITH
A COURSE ADVISOR**

“

YMCAfit have helped me on my way to realising my professional ambitions. The teachers I have encountered in my time with YMCAfit have been some of the friendliest and knowledgeable people I have ever met and I remember them fondly as I continue to grow my professional self. Thank you YMCAfit. I highly recommend them.”

Kamile

Finer Details of your Course

Flexible payment options to help you get started



Early Bird Discount
Save 10%* on our entry-level courses when you pay the full course fee at least 2 months before the course starts.

[To find out more click here](#)

*Not to be used with any other course discount offers.



0% Finance available
Spread the cost with an interest free direct debit for 6, 9 or 12 monthly instalments.



Advanced Learner Loan
If you're 19 or over, you could fund your course with a Government-backed loan and pay once you earn more than £27,295. There are no credit checks and applications are not dependent on your income.

The advanced learner loan is available on the following courses:

- Diploma in Gym Instructing and Personal Training.
- Next Gen Gym Instructing and Personal Training.
- Diploma in Teaching Yoga.
- Diploma in Personal Training.
- Diploma in Sports Massage.
- L4 Nutrition.
- L3 Long Term Conditions .

Support and guidance on your course

Our vocational tutors are complimented by a team of Learning Support tutors.

Our Learning Support tutors guide learners before, during, and after a course, providing individualised support on a one-to-one basis.

Supporting learners with additional learning needs

Our Learning Support tutors are well qualified and experienced in helping learners with varying needs. Following the completion of a support plan, they also inform the course tutor about the agreed approach.

It is important that you inform us of any additional learning or medical needs, alongside the evidence of this, when you book your course - this will help us to provide you with tailored support and apply any reasonable adjustments.



Some of the most common reasonable adjustments can include:

- extra time for theory exams
- a reader for theory exams
- hard copy manuals in addition to the digital versions of learning materials (not available for all learning needs).

Certain reasonable adjustments can be implemented at centre level while others have to be applied for via the Awarding Organisation.

Got a question?



Ready to take the next step?

Our team is happy to answer your questions and help you get started.

[Book a call](#)

[General Frequently Asked Questions](#)

Get in touch directly:

Phone: 0203 944 2533

Email: ymcafit.bookings@ymca.co.uk

Opening Hours:

Monday - Thursday: 9 AM – 6 PM

Friday: 9 AM – 5 PM

Saturday - Sunday: Closed

ymcafit.org.uk

Thank you for reading

ymcafit.org.uk

