



ABOUT THE NEFPC:

The National Elite Fitness Professional Certificate is Ireland's most modern and effective Fitness Instructor, Group Instructor and Personal Training qualification, accredited by the European Health and Fitness Association.

 [imagefitnesstrainingofficial](#)
 [Image Fitness Training](#)

Here's what keeps us ahead of the game;

- Largest Fitness Training Course provider in the country
- Not just a course - we give you a career
- Course constructed and delivered by Ireland's leading professionals
- Industry's best aftercare - FREE business advice and mentoring
- Ireland's largest fitness recruiter -Guaranteed job interview
- Direct route to employment through affiliation with Ireland's largest fitness chains
- Global employment opportunities
- State of the art facilities
- Free gym membership throughout course

And our Tutors are the Dogs! Just ask our Tribe of past students because;



“Image FT - It’s not just a qualification, it’s a lifestyle”

We will be with you from start to finish

CALL 01 902 3377

@imagefitnesstrainingofficial

TEAM MISSION STATEMENT:

" We are committed to raising the standards and improving the profile of Fitness Instructors, Group Instructors and Personal Trainers throughout Ireland."

WILL MY NEFPC QUALIFICATION BE RECOGNISED?

**Fitness Instruction (EQF3)
Group Instruction (EQF3)
Personal Training (EQF4).**

IREPS, (Irish Register for Exercise Professionals in Ireland).
Fully accredited by the European Health and Fitness Association (EHFA)
Internationally recognised (Yes you can travel with it - we have a worldwide Tribe!)
International affiliates for employment

Meet The Team!





What makes our tutors the best of the best of the best?

Leading educators in their chosen fields.

Committed to raising standards in the industry & improving the overall profile of fitness professionals in Ireland.

Ensure the highest quality of education is delivered in every field.

Employers throughout Ireland are contacting Image Fitness Training directly to hire our NEFPC graduates

We have students working worldwide with their qualifications and even have a direct path to the Steiner Cruise Ship Recruitment Interviews and Contracts!

So, whether you see yourself specialising in Fitness Instruction, Group Instruction or as a Personal Trainer, our courses and tutors leave you equipped to tackle them all.

Hands On Job Experience - Client hungry and ready to ROCK!

Practical skills on how to get a job or build your own practice
Learn about the profession from our tutors every-day experiences
Gain unique skills on the best methods used.

Practical, hands-on techniques and procedures fill every lesson. By graduation, you'll be ready to compete in the real world of professional fitness.

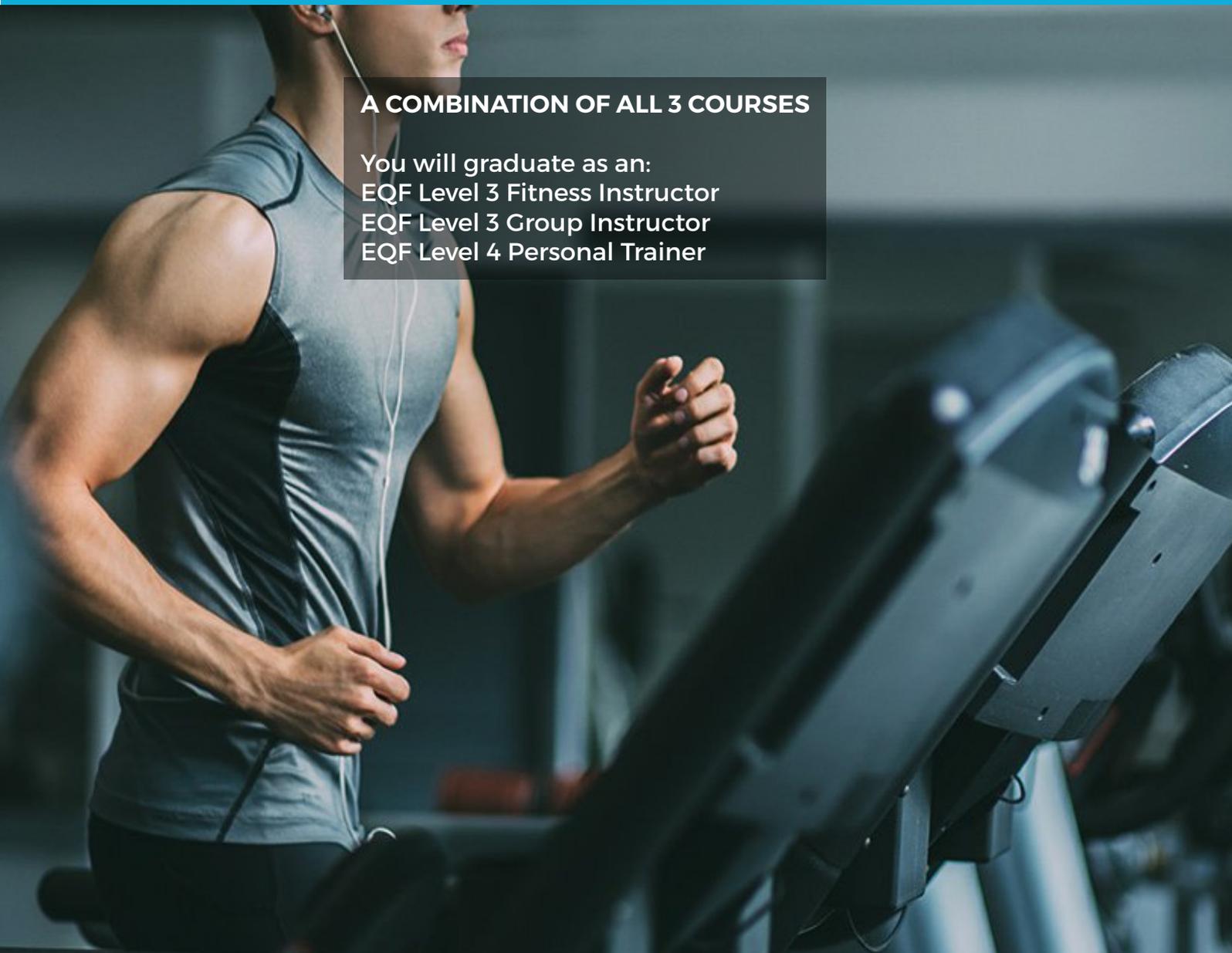
Take a look at our Training options below

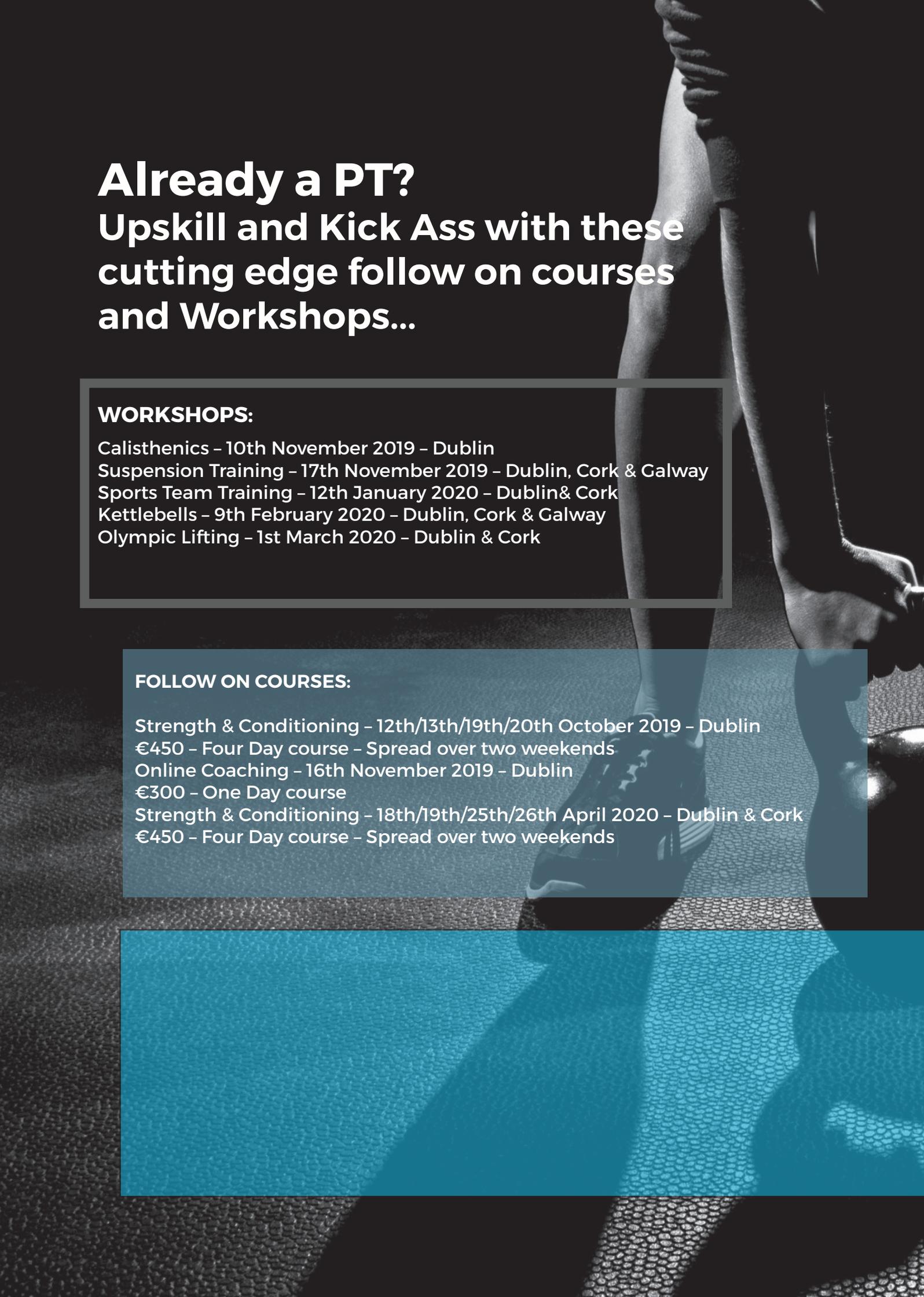
Not Qualified? This is the course for you...

Combo Course Package

A COMBINATION OF ALL 3 COURSES

You will graduate as an:
EQF Level 3 Fitness Instructor
EQF Level 3 Group Instructor
EQF Level 4 Personal Trainer





Already a PT? Upskill and Kick Ass with these cutting edge follow on courses and Workshops...

WORKSHOPS:

Calisthenics – 10th November 2019 – Dublin

Suspension Training – 17th November 2019 – Dublin, Cork & Galway

Sports Team Training – 12th January 2020 – Dublin & Cork

Kettlebells – 9th February 2020 – Dublin, Cork & Galway

Olympic Lifting – 1st March 2020 – Dublin & Cork

FOLLOW ON COURSES:

Strength & Conditioning – 12th/13th/19th/20th October 2019 – Dublin

€450 – Four Day course – Spread over two weekends

Online Coaching – 16th November 2019 – Dublin

€300 – One Day course

Strength & Conditioning – 18th/19th/25th/26th April 2020 – Dublin & Cork

€450 – Four Day course – Spread over two weekends

WHY CHOOSE US?

- Most modern, up to date industry experience
- Provide you with the tools and skillset to kick start your career.
- This modern approach will ensure you enter the industry, at absolute minimum, on level par with established trainers and will easily integrate into any gym, class or personal training environment.
- We excel at providing well rounded trainers, a cut above the rest- even at newly qualified level.

ONGOING SUPPORT & AFTERCARE:

- Face to Face class enrolments are limited to availability to ensure you receive the highest quality, first class education, in an intimate and supportive environment.
- Enjoy individualised instruction and personal assistance
- All our graduates have the ongoing, continued support of a dedicated staff of Personal Trainers, Group Instructors, nutritionists and fitness experts

We are renowned for our dedication to aftercare no matter how long ago you qualified with us. We genuinely care for each of our students and will go out of our way daily to help their career.

Course Syllabus (non-exhaustive)

Fitness Instruction EQF3:

- Anatomy & Kinesiology
- Exercise Physiology
- The Training Effects of Exercise
- Principles of Training
- Components of Fitness
- Injury Prevention
- Teaching Skills - Communication
- Skills & Technique
- Health Screening/Testing/Monitoring
- Physiology of Stretching
- Principles of Weight Training
- Principles of Physical Activity
- Exercise Programming & Progression
- Exercise Selection & Sequencing
- Strength Training for sports
- Flexibility

Group Instruction EQF3:

- Anatomy & physiology
- Components of Fitness
- Principles of Training
- Injury Prevention
- Teaching Skills
- Communication Skills & Technique
- Screening
- Class stages
- Class Planning
- Instructor Skills
- Phrasing & Mapping to music
- Layering Techniques
- Block Developing
- Teaching & Safety Techniques
- Class Coordination

Personal Trainer EQF4:

- Cutting-edge training techniques
- Sports Specific programme design for athletes and teams
- Energy metabolism & nutritional implications
- How to advertise, sell, & retain clients
- Functional training
- Advanced Strength & Conditioning methods
- Principles of Growth & Development
- Hormones and dietary programming
- Advanced training methods, program design & Periodisation
- Weight-loss strategies & Client motivation
- Biomechanics & common issues
- Full Advanced Nutrition Module



Course Pricing:

Fitness Instruction EQF3 €1,950
 Group Instruction EQF3 €1,950
 Personal Training EQF4 €1,500

Combo Course (All 3 courses)
 €2,500

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|--------------|--------|------------------|--------|
| Individually | €5,400 | Combo Price | €2,500 |
| | | Saving of €2,900 | |

Workshops; €250 each;

2 for €350;
 3 for €500
 4 for €700
 *5th one free!

Payment Options

Full payment upfront when booking & receive an additional discount of €200
 Flexible, Individual payment plans and funding available.

Call us on 01-9023377 for more details

Study Options:

- 12 hours a week, face to face learning.
- Theory classes and practical based classes in the gym & studio.
- Many locations across Ireland, including Dublin, Cork, Galway and Waterford.

We offer part-time, afternoon courses (10.00am - 4.30pm) and also in some of our locations we offer an Evening + Weekend courses (Mon & Wed Evenings 7.00pm - 10.00pm & Saturdays 10.00am - 16.30pm).

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|---------------------------|------------------------|--------------|
| Galway: | | |
| Mon & Tues (10.00-16.30) | Connacht Hotel, Galway | 23rd Sept 19 |
| Wed & Thurs (10.00-16.30) | Connacht Hotel, Galway | 23rd Oct 19 |

| | | |
|---|-------------------|--------------|
| Dublin: | | |
| Mon & Tues (10.00-16.30) | Swords HQ, Dublin | 23rd Sept 19 |
| Wed & Thurs (10.00-16.30) | Swords HQ, Dublin | 23rd Oct 19 |
| Mon, Wed & Sat (19.00-22.00 & 10.00-16.30) | Swords HQ, Dublin | 21st Oct 19 |

| | | |
|---|--------------------------|--------------|
| Mon & Tues (10.00-16.30) | FlyeFit Tallaght, Dublin | 23rd Sept 19 |
| Wed & Thurs (10.00-16.30) | FlyeFit Tallaght, Dublin | 23rd Oct 19 |
| Mon, Wed & Sat (19.00-22.00 & 10.00-16.30) | FlyeFit Tallaght, Dublin | 21st Oct 19 |

We also offer an intensive 8 week Summer course from June 11th

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|---|---------------------------|--------------|
| Cork: | | |
| Mon & Tues (10.00-16.30) | LEISUREWORLD, Bishopstown | 23rd Sept 19 |
| Wed & Thurs (10.00-16.30) | LEISUREWORLD, Bishopstown | 23rd Oct 19 |
| Mon, Wed & Sat (19.00-22.00 & 10.00-16.30) | LEISUREWORLD, Bishopstown | 21st Oct 19 |

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|-------------------------|----------------------------|-------------|
| Waterford: | | |
| Sat & Sun (10.00-16.30) | WIT, Carrignore, Waterford | 19th Oct 19 |