



TAKE PART IN THE CATALYST FITNESS PRACTICAL SKILLS COURSE

THE CATALYST FITNESS PERSONAL TRAINING PRACTICAL SKILLS COURSE PROVIDES HANDS-ON LEARNING OF KEY EXERCISE TECHNIQUES, WHICH TEACHES STUDENTS TO PROPERLY PERFORM AND DEMONSTRATE CUTTING EDGE EXERCISE MOVEMENTS AND SOLIDIFIES STUDENTS' KNOWLEDGE OF THE INTRICACIES OF HUMAN MOVEMENT AND EXERCISE SCIENCE.

STUDENTS WILL RECEIVE HANDS-ON INSTRUCTION OVER THE COURSE OF 12 WEEKS IN:

- **MODULE 1:** FUNDAMENTALS OF CORE TRAINING
- **MODULE 2:** FUNDAMENTALS OF SMR (SELF MYOFASCIAL RELEASE)
- **MODULE 3:** AN INTEGRATED APPROACH TO FLEXIBILITY
- **MODULE 4:** FUNDAMENTALS OF ELASTIC RESISTANCE TRAINING
- **MODULE 5:** INTEGRATED APPROACH TO BODY WEIGHT TRAINING
- **MODULE 6:** AN INTEGRATED APPROACH TO IDENTIFYING MUSCLE IMBALANCES AND PERFORMING POSTURAL SCREENS
- **MODULE 7:** FUNDAMENTALS OF MEDICINE BALL TRAINING
- **MODULE 8:** FUNDAMENTALS OF STABILITY BALL TRAINING
- **MODULE 9:** FUNDAMENTALS OF BALANCE AND STABILIZATION TRAINING
- **MODULE 10:** FUNDAMENTALS OF REACTIVE TRAINING
- **MODULE 11:** AN INTEGRATED APPROACH TO PROGRAM DESIGN
- **MODULE 12:** AN INTEGRATED APPROACH TO CIRCUIT TRAINING

FOR ADDED CONVENIENCE,
THIS COURSE IS ALSO
AVAILABLE ONLINE!

LOCATION: CATALYST FITNESS: 2233 PEACHTREE ROAD, ATLANTA, GA 30309
TIME: THURSDAYS AT CATALYST FITNESS, 1:30 PM – 3:00 PM
DATE: CLASSES FORMING NOW
INVESTMENT: \$699
REGISTER TODAY: BY EMAILING INFO@CATALYSTFITNESS.COM

VISIT US ONLINE TODAY TO LEARN MORE ABOUT THIS OPPORTUNITY AND TO ENROLL.
WWW.CATALYSTFITNESS.COM