

CYQ level 2 award in circuit training



Dates Available:

19th-23rd August (Assessment Day 14th Sept)
28th October-1st November (Assessment Day 30th Nov)

Venue: York, YO24 4DD

Who is it for?

The CYQ Level 2 Award in Circuit Training qualification is aimed at individuals already working in the health and fitness industry as Fitness Instructors, Group Exercise Instructors, or Personal Trainers, who wish to improve their knowledge and skills to enable them to deliver Circuit Training sessions.

What will I learn?

Circuit training offers clients a challenging and exhilarating work-out using a range of equipment and bodyweight exercises. The course considers group circuit approaches with a wide-range of needs. You will discover how to identify needs, from sports specific to health related and the best exercise techniques to meet their requirements using a variety of formats.

Price: £600 + VAT



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