

To register for the Barrie Campus fitness courses only, call **705.722.1577**

Health and Wellness General Interest

FITNESS CERTIFICATIONS

The following are not general interest fitness courses; students will be considered certified once they meet all of Reebok and Can-Fit-Pro's specifications. Please visit www.canfitpro.com for a complete listing of Can-Fit courses. **Fees are for course only. Manual, study guide and exam are extra.**

REGISTRATION FOR BARRIE COURSES:

Please note: To register for the Barrie Campus fitness courses only, call **705.722.1577**.

REGISTRATION FOR OWEN SOUND COURSES:

For Owen Sound courses please call Georgian's Office of the Registrar at **705.722.1511**.

Note: You cannot register through Can-Fit-Pro.

Fitness Instructor Specialist (FIS) FITW 0107

This 25-hour certification preparation course is designed to teach basic fitness theory and practical skills. This certification recognizes the leadership, motivation and practical training required for group exercise instructors who wish to develop a safe and effective exercise class.

Fee: \$295

Hours: 25

Sessions: 4

Term	Date	Day	Time	Loc
S	May 31	Th	6-9pm	BA
	Jun 1&8	F	6-9pm	
	Jun 2&9	Sa	9am-5pm	

Nutrition and Wellness Specialist (NWS)

FITW 0027

Upon successful completion, you will be able to provide nutritional advice, weight management counselling, lifestyle consulting and active living guidance. This course provides excellent tools for fitness, health and community service professionals to help them counsel others about nutrition and wellness, practical ways to become more active, eat better and make personal lifestyle changes.

Fee: \$200

Hours: 22

Sessions: 4

Term	Date	Day	Time	Loc
W	Mar 23&30	F	6-9pm	BA
	Mar 24&31	Sa	9am-5pm	

Exam: TBA

Personal Trainer Specialist (PTS) FITW 0032

This certification prep course teaches basic fitness theory and practical skills. This certification is for candidates who work with clients on an individual basis and design exercise programs for improved fitness and health.

Fee: \$295

Hours: 25

Sessions: 4

Term	Date	Day	Time	Loc
W	Feb 4&11	Sa	9am-5pm	BA
	Feb 5&12	Su	9am-2pm	

Exam: Mar 25, 9am-12pm

W/S	Date	Day	Time	OS
S	May 26&Jun 2	Sa	9am-5pm	BA
	May 27&Jun 3	Su	9am-2pm	

Exam: TBA

Reebok Spinning Certification FITW 0051

This course incorporates motivational techniques with sports psychology, biomechanics and exercise physiology. Moving away from traditional stationary cycling, Cycle Reebok takes the vigour of outdoor cycling and brings those mental and physical challenges into the studio.

Fee: \$170 includes manual

Hours: 5

Sessions: 1

Term	Date	Day	Time	Loc
W	Mar 18	Su	9am-2pm	BA

FITNESS COURSES – BARRIE

To register for these courses you must call the Barrie Campus Athletic Centre. Call **705.722.1577 (press 1)**.

Belly Dancing

Based on Egyptian folk dances, this sensuous, energetic and therapeutic dance form is your key to self-expression, mental and physical fitness. Regardless of age, belly dancing is fun and a unique way to keep in shape.

Fee: \$70

Hours: 9

Sessions: 9

Term	Date	Day	Time	Loc
W	Jan 25-Mar 21	W	7-8pm	BA

Equipment-based Pilates

A mind body exercise technique, it addresses poor posture, strengthens body centres, restores physical vitality, invigorates mind and spirit. Pilates requires mental concentration, control, precise movement, muscle balance, centring, rhythm and flowing movement.

Fee: \$45

Hours: 6

Sessions: 6

Term	Date	Day	Time	Loc
W	Jan 25-Feb 29	W	6-7pm	BA
W	Mar 14-Apr 18	W	6-7pm	BA

Indoor Rock Climbing for Beginners

No experience needed as you challenge yourself on our indoor climbing wall. First you will learn basic equipment safety and procedures and then get right on the wall to challenge yourself mentally and physically reaching new heights with our certified instructors.

Fee: \$90

Hours: 12

Sessions: 6

Term	Date	Day	Time	Loc
W	Jan 19-Feb 23	Th	7-9pm	BA
S	May 10-Jun 14	Th	7-9pm	BA

Nordic Walking

Also called urban poling or pole walking, this sport combines the aerobic and strength building benefits of cross-country skiing with walking. This is a full-body, cardio-muscular exercise that engages the arms, back, stomach and legs. Burn from 20-46 per cent more calories than ordinary walking. Poles will be provided. We will be walking outdoors but our indoor track will be used on rainy days.

Fee: \$45

Hours: 6

Sessions: 6

Term	Date	Day	Time	Loc
S	May 3-Jun 7	Th	5-6pm	BA

For more information about these courses, please email Vicki Gray at vgray@georgianc.on.ca or call 705-728-16-968 ext. 1738