

The Personal Training Certification Process:



2012

BCRPA Approved Course Schedule

Fitness Theory - Weight Training - Personal Training Workshops

Approximate cost to become a certified Personal Trainer with VIP Fitness (early registration):

Fitness Theory Course.....	\$299 + HST
Weight Training Course.....	\$299 + HST
Personal Training Course.....	\$399 + HST
Weight Training ICE fee.....	\$129 + HST
Personal Training ICE fee.....	\$ 99 + HST
BCRPA Registration Fee & Exam Fees.....	\$230 (no HST)
Registration Fee, Fitness Theory Exam Fee, PT Exam Fee	
	\$1455 (+HST)

Proudly educating fitness professionals for 18+ years!



Aaron R Tews, BSc. Kin, CPT, RK, FMS, BCRPA TFL.
A kinesiologist with 18+ years of experience, Aaron is a BCRPA Trainer of Fitness Leaders and local business owner. He currently owns **KINESIOLOGISTS dot CA** (PT/Rehabilitation Studio in Kitsilano) and **VIP Fitness**. He is also the author of "A Professional Guide to Strength Training – An Instructor's Handbook." To learn more, visit vipfitness.ca or kinesiologists.ca

Office: 604.736.9858 Mobile: 778.574.1190
Victoria, Langley Richmond, East Van, Kitsilano

web: vipfitness.ca | email: info@vipfitness.ca

2012 Classroom Schedule

604.736.9858 or 778.574.1190



VICTORIA (Vancouver Island)

Club Phoenix (2122 Government Street)

Fitness Theory Course*

In Victoria, please call Body Blueprint for this course - 250-744.5633 or email bodyblueprint@shaw.ca

Weight Training Course:

WT Course 1	Feb 24, 25, 26	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00
WT Course 2	April 13, 14, 15	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00
WT Course 3	May 4, 5, 6	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00
WT Course 4	June 1, 2, 3	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00
WT Course 5	Aug 17, 18, 19	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00
WT Course 6	Sept 21, 22, 23	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00
WT Course 7	Oct 26, 27, 28	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00
WT Course 8	Dec 7, 8, 9	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 9:00 – 5:00

Personal Training Course:

PT Course 1*	Jan 20, 21, 22	(Fri/Sat/Sun)	All sessions: 8:30am-5:30pm
PT Course 2	Mar 17, 18, 24, 25	(Sat/Sun x2)	All sessions: 8:30am-5:30pm
PT Course 3	June 9, 10, 16, 17	(Sat/Sun x2)	All sessions: 8:30am-5:30pm
PT Course 4	Nov 17, 18, 24, 25	(Sat/Sun x2)	All sessions: 8:30am-5:30pm

Vancouver (Kitsilano, Langley, East Van & Richmond)

KINESIOLOGISTS.CA, Kitsilano (InFOCUS Wellness Studio - 1698 West 6th Ave - Corner of 6th & Pine)

Fitness Theory Course*

FT Course 1	Jan 27, 28, 29	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
FT Course 2	Aug 24, 25, 26	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00

Weight Training Course

WT Course 1	Mar 9, 10, 11	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
WT Course 2	Nov 16, 17, 18	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00

Maximum Core Cardio Studio, East Vancouver (3433 East Hastings, East Vancouver)

Fitness Theory Course*

FT Course 1	Feb 3, 4, 5	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
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Weight Training Course

WT Course 1	May 11, 12, 13	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
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Personal Training Course

PT Course 1	Sept 8, 9, 15, 16	(Sat/Sun x2)	All sessions: 10:00am-6:00pm
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Gold's Gym, Richmond (14380 Triangle Rd, Richmond)

Fitness Theory Course*

FT Course 1	Feb 17, 18, 19	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
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Weight Training Course

WT Course 1	May 25, 26, 27	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
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Personal Training Course

Only offered at the Gold's Gym, Langley location

Gold's Gym, Langley (19989 81A Avenue Langley)

Fitness Theory Course*

FT Course 1	Feb 10, 11, 12	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
FT Course 2	Apr 20, 21, 22	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
FT Course 3	Aug 10, 11, 12	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00

Weight Training Course

WT Course 1	March 16, 17, 18	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
WT Course 2	June 8, 9, 10	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00
WT Course 3	Sept 28, 29, 30	(Fri/Sat/Sun)	Fri 6:30-9:30pm/ Sat/Sun 10:00 – 6:00

Personal Training Course

PT Course 1	Oct 13, 14, 20, 21	(Sat/Sun x2)	All sessions: 10:00am-6:00pm
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*Condensed course – pre-reading / study is required. All dates & prices subject to change- check website or call to confirm.

Course Fees:

Fitness Theory	\$299 - 349*
Weight Training	\$299 - 349*
Personal Training**	\$399 - 499*

* Discounts may apply for early registration. Check online for current pricing. Add HST to prices.

** ACE Personal Training Manual **not** included in the Personal Training Course.

*** First Aid and CPR required for registration with BCRPA (not included in prices)

Other Fees and Services:

I.C.E. (Instructor Competency Evaluation) Service:

Weight Training ICE (previous VIP Fitness Student)	\$ 99 (+HST)
Personal Training ICE (previous VIP Fitness Student)	\$ 99 (+HST)
Weight / PT Combo ICE	\$189 (+HST)

BCRPA Fees (no HST):

Official Registration Fee	\$95
Fitness Theory Exam Fee	\$70
Personal Training Exam Fee	\$65

**Don't have
time for the in
class courses?**

*All courses also
available via
correspondence*

For more information visit
www.vipfitness.ca

Ways to Register

Online: vipfitness.ca
Email: info@vipfitness.ca
Call: 604.736.9858 or
778.574.1190

STEP 1: Fitness Theory Course

This course teaches you how the body functions and responds to exercise and also increases your awareness of fitness and health. Learn how to gain physical, social and emotional well-being by developing your active health. This course is the prerequisite for becoming an instructor for weight training, aerobics, seniors, or personal training.

STEP 2: Weight Training Course

This is a practical course designed to teach leadership skills for exercise instruction and program design in a weight room setting. Learn We spend over 7 hours in the gym learning how to use the equipment and instruct others - a fundamental component of being a professional trainer.

STEP 3: Personal Training Course

The course guides you through: anatomy, physiology, biomechanics, nutrition, effects of medications and certain food, health screening, testing and evaluation, medical limitation, cardio and muscular strength / endurance program design, postural analysis, stretching, adherence, motivation, counseling, communication, legal issues and business administration. This is the final step in becoming a BCRPA certified Personal Trainer.

The **BEST** instruction at the **BEST** locations