



# INDIAN ACADEMY OF FITNESS TRAINING

Indian Academy of Fitness Training is committed to bring the best quality fitness training programs at your disposal. The immense love and affection that we have received from you encourages to bring the best for you.



# DPU

## RESOURCE PERSON

### Dr. Surajeet Chakrabarty

M.P.T. (Musculoskeletal and Sports), MIAP, Ph.D  
MASTER PRACTITIONER CERTIFIED AEROBIC INSTRUCTOR  
AND PERSONAL TRAINER (I.F.A.)  
(Step-Kick boxing-Group exercises)  
BLS (C.P.R.+A.E.D.) - A.H.A.  
INDOOR CYCLING SPECIALIST (FITOUR)  
MEMBER OF N.F.T.A.  
PRESIDENT OF I.A.F.T.



This time we bring to The City of **PUNE**. The most successful programme of fitness training called as the **AEROBICS INSTRUCTOR TRAINING PROGRAMME & BASIC & ADVANCE PILATES INSTRUCTOR TRAINING PROGRAMME**

## AEROBICS INSTRUCTOR TRAINING PROGRAMME



- Introduction to the class and basics of aerobics
- Class approach and overview for conducting aerobic sessions
- Understanding music : Music tempo structure BPM
- Cueing
- Basic moves and types of moves
- Working with a various steps of aerobics and its importance
- Floor aerobics, Step aerobics, Cardio Kick boxing, Jazzexercise Technique
- Physio Ball Workout
- Resistance band full body workout
- Latin American Dance Workout
- Folk Workout
- Choreographic development by different methods
- Planning and Prescribing aerobics exercises with changing the intensity complexity of a choreography
- Doubt clearing sessions
- Exam



## BASIC & ADVANCE PILATES INSTRUCTOR TRAINING PROGRAMME

- Introduction & Principles of Pilates
- Pilates Matwork Programme
- Beginners, Intermediate and Advanced Moves
- Band Pilates
- Hand Weight Pilates
- Ball Pilates
- CLINICAL PILATES
- Back Pain
- OA Knee
- Osteoporosis
- Stress Incontinence
- Maternity Pilates
- Exam

## CONTACT :

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98904 37630

**Date : 14-09-2022 TO 17-09-2022**

**LIMITED SEATS**

## VENUE :

**Dr. D. Y. Patil College of Physiotherapy, Pune**