



IMAGE FITNESS TRAINING

BETHE BEST

**IRELAND'S LEADING
FITNESS TRAINING
COURSE PROVIDER**

**BECOME A FULLY CERTIFIED
FITNESS INSTRUCTOR,
PERSONAL TRAINER &
GROUP INSTRUCTOR**



WHAT'S INSIDE

About us and our courses	5
Meet the team	6

OUR COURSES

Fitness Instructor Courses	9
Personal Trainer Course	10
Group Instructor Course	11
Platinum Package	12
Platinum Plus Package	14

Where to find us	16
Testimonials	18
FAQ	20

Fitness Instruction & Personal Training Courses

COME TRAIN WITH US

Gain the knowledge and technical skills to excel in the fitness industry with tuition from the countries best tutors.



Train to be a fully qualified Fitness Instructor, Personal Trainer & Group Instructor with the National Elite Fitness Professional Certificate, only available at Image Fitness Training Ltd.

Image Fitness Training has recruited some of Ireland's best and most successful Personal Trainers, Fitness Tutors and industry leaders to deliver the NEFPC – a breakthrough syllabus leading to the highest available Personal Training Certificate. Accredited by the European Health & Fitness Association & Reps Ireland.

The NEFPC will help you build a career, not just a certification. We provide tools and strategies to get on the fast track to success, whether your aim is to become a Fitness Instructor or a Personal Trainer. Our team of tutors are highly successful trainers in their chosen fields and are there to give more

than just content from a text book. Instead you will learn tried and tested advanced training techniques used by some of Ireland's most successful Personal Trainers and Group instructors.

In recent months, Image Fitness has secured employment in gyms for dozens of graduates from our fitness instructor course as well as helping numerous other students from our personal training course launch their new businesses.

With the vast experience of our tutor team and our reputation with gym owners nationwide, you have the assurance that you have chosen the industry's most elite certification.

We now have Fitness Instruction Courses and Personal Trainer Courses operating in Cork, Galway, Waterford and two Dublin locations.



WHY WE ARE IRELAND'S MOST POPULAR TRAINING PROVIDER



**Our aim is to drive the quality, education & success of Fitness
Instructors & Personal Trainers in Ireland to a whole new level.
Qualify industry-ready & highly employable.**

The National Elite Fitness Professional Certificate is Ireland's most modern and effective Fitness Instructor and Personal Trainer qualification, accredited by the European Health and Fitness Association (EHFA).



About Us & Our Fitness Courses

ETHOS

At NEFPC we stand by our ethos 'Develop, Prosper and Excel for a better future' – Our goal is to help you achieve your full potential through our high quality fitness course programs and ensure you get the professional qualification you deserve.

REPUTATION

Within this growing industry, a good reputation and credibility is extremely important. As our testimonials show, the NEFPC has a fantastic reputation in the industry with managers, owners, staff, and trainers in all the main gyms. We fully intend to provide you with the tools to create a great reputation for your career.

FACILITIES

State of the Art facility in Dublin, Cork and Galway with equipment purposely acquired to cater for our specialist programs.

(See locations on page 16)

QUALITY

We endeavor to provide a quality learning experience that is value for money. Through our high quality and recognized courses, expert staff and state of the art facilities, we are able to provide unmatched excellence in fitness education and training.

PROFESSIONAL GUIDANCE & ADVICE

The NEFPC business module will educate you on how to market yourself through tried and tested methods on all the different areas within the industry. Also the key principles needed for setting up successful studio classes or a personal training business.

QUALITY TEACHING STAFF

We firmly believe in providing quality tuition to our students. To achieve this, we employ only the finest teaching staff with the highest qualifications and industry experience to provide you with the knowledge needed to truly develop your career.

THE ENTRY CRITERIA

Student must be a minimum of 16 years of age. Must have a basic level of physical fitness and a basic level of the English language to include reading and writing.

COURSE REQUIREMENTS

A commitment to the course is essential and will be needed to meet the demands of the course. The course combines face-to-face teacher facilitated classes involving small group, pair and individual activities.

COURSE OUTCOMES

Gain a nationally and internationally recognized certificate on successful completion of assessment requirements.

ATTENDANCE

75% course attendance is required to prepare you for the written and practical exams.

ASSESSMENT

Student instructors are assessed by a range of theoretical and practical assessments. Assessment methods include case studies, a written test and practical assessment. All of which you will be very well prepared for.

EHFA is the EU approved industry standards setting body for the European health and fitness sector.



MEET THE TEAM

Stefano Manassero

SPORTS MASSAGE TUTOR

Stefano aids our students in achieving the highest level of Sports massage education, prepare them for all aspects of real life and clinical situations and of course encourage, motivate and develop students into becoming some of the best equipped sports massage therapists worldwide.

He holds qualifications in Orthopaedic Sport Massage, Neuromuscular therapies, Dry needling, Fitness instruction, Personal training, Yoga Instruction and many others. He is also a competitive Bodybuilder and holds the 2014 Mr Ireland over 50's title.



Sinead Williams

STUDIO INSTRUCTOR
– INDUSTRY TRAINER

Studio instructors don't come much better than Sinead. 6 years staff training including current big name gyms, running studio time tables and consistently filling 40+ people in all her classes. Attention to detail and individual care for each person in her class along with an amazing talent is what separates Sinead from the average instructor. Members literally queue up outside to try and get a spot in one of Sinead's well known top grade classes. We are delighted to have Sinead on board to deliver the same industry leading standards to you on your NEFPC course.

SPECIALIZED AREAS: Step Aerobics, Exercise to music, Circuits, Pump & Tone, Bootcamp, Spin Cycle



Kevin Flanagan

ANATOMY AND
PHYSIOLOGY TUTOR

Kevin Flanagan is a personal trainer with experience of many aspects of the fitness industry. He is an accomplished martial artist (3rd Dan, Shotokan Karate) and has been tutoring on Gym Instructor & Personal Trainer courses for a number of years. Kevin believes that a solid understanding of the human body and its relevant systems can help transform a 'trainer' into a true 'Fitness Professional'. He is excited to be involved with our NEFPC Qualification as he feels it is the most progressive certification available.

SPECIALIZED AREAS: Making anatomy accessible & understandable for ALL students; Ensuring that knowledge is of practical help in the gym & studio; Analysing movement in terms of muscles & body systems to allow for correct exercise selection & better programming; NCEF; ITEC Lecturing; Many years of group fitness teaching experience



Bryan Kavanagh

FAT LOSS EXPERT,
PHYSIQUE
TRANSFORMATION

SPECIALIST, AUTHOR, AND SPEAKER

Bryan has distinguished himself in the fitness industry by getting what many have termed "outlandish" results through his proven nutrition and fitness program. As the founder and owner of ABS Gym in Dublin, Ireland and as an expert in personal and online training and nutrition, he has clients in over ten countries that have sought him out because of his knowledge and the results his members are able to achieve. He has been a Certified Personal Trainer for ten years and is a Certified Strength and Conditioning Specialist (CSCS)

through the National Strength and Conditioning Association. He has also obtained a Bachelor of Science Degree with Honors in Sports Science and Health from Dublin City University. (BSc.)



Sonia Ahmed Madsen

PERSONAL TRAINER/
NUTRITIONAL
CONSULTANT

Sonia has been working as a Personal Trainer/ Nutritional consultant and has been successfully helping clients achieve their Health & Fitness goals for the past 12 years. She was directly involved in the setting up and the day-to-day operation of 3 highly successful gyms in Dublin and Meath. For 7 years she managed numerous gyms including one of the largest and most successful Health Clubs in the country where she was also the Personal Training Manager.

Following her years as a gym manager, Sonia changed direction and gained employment as a personal trainer and nutritional consultant at the highly renowned Irish Strength Institute. Sonia practices functional nutrition and has been very successful in helping clients with issues including IBS, Fibromyalgia, Adrenal fatigue to mention a few.



Alan Murphy

GYM INSTRUCTOR &
PERSONAL TRAINER
TUTOR

There is no area of the industry that Alan has not yet mastered. A wealth of knowledge and experience, combined with passion and drive to deliver the high standards associated with the course.

SPECIALIZED AREAS: Celebrity personal trainer; Fitness consultant to Aviva Ireland; "Fitsquad" Trainer of the year 2011; Fitness Expert on Aviva celebrity "Get Fit Action Plan 2012



Susan Weston
GROUP INSTRUCTION
TUTORS

After 7 yrs in the health and spa industry

Susan came and completed her N.E.F.P.C with our very own team here at Image Fitness. For the past three years now Susan has been teaching classes at Slender Health Gym. The gym runs over 195 classes a week and Susan loves the group environment teaching everything from Step, exercise to music, Spin, Body Conditioning, kettle bells and TRX classes. Susan enjoys the energy and good fun atmosphere that comes with teaching group instruction. With her background in alternative therapies she believes in a holistic approach to exercise and uses this in her PT sessions and classes.



Conor Whyte
PERSONAL TRAINER –
STUDIO INSTRUCTOR
– FITNESS PRESENTER
– COMPANY
DIRECTOR.

Conor is widely known and respected for his standard setting classes and his achievements working with trainee instructors on various courses for many years. Conor’s reputation within the industry with Fitness Centre Managers, Instructors, and past graduates is testament to the infectious passion he shows and results he delivers. His ability and desire to get the best from all students on his courses is key in his influence on many of the countries top instructors today.



Barbara Clancy
ADMINISTRATOR

Whether its a simple question regarding your time with us, or something you need to get sorted efficiently and professionally, Barbara is that helpful voice on the other end of the phone. Responsible for the administration on all levels Barbara is essential to the smooth running of all courses. Working along side our course coordinators and tutors to ensure all students have their individual needs catered for, and a happy successful time with us.



Lorcan Dalton
GYMS MANAGEMENT

Lorcan has a wealth of experience managing gyms for over 10 years.



Adam Deegan
GYM INSTRUCTOR &
PERSONAL TRAINER
TUTOR

Since starting in the the industry Adam has gone from strength to strength in all areas. His workshops are unrivalled, and his attention to detail in the studio is evident in the high standard our students are at on completion of his workshops!



Tracey France
FITNESS INSTRUCTOR
TUTOR

Tracey has been an outstandingly professional Fitness Instructor for the past 10 years in Cork, running her own business and giving a world class service to the community of Cork. Within the time Tracey has been devoted to her profession and has gained extraordinary level of experience teaching and skills, teaching all the premium classes.



Simon Creedon
PERSONAL TRAINER –
STUDIO INSTRUCTOR
– FITNESS PRESENTER - COMPANY
DIRECTOR

– FITNESS PRESENTER - COMPANY
DIRECTOR

Before the set up of the NEFPC Simon had succeeded in every area of the Fitness industry. After years of experience Simon developed a great reputation and creditability in teaching studio classes, Personal Training, Gym staff training and tutoring on fitness courses. It became clear that the standard in Ireland of an average fitness instructor was not sufficient. This led to a lengthy process of head hunting Ireland’s most successful trainers and designing an unmatched revolutionary curriculum. We at Image Fitness Training are proud introduce our dynamic course and staff into the industry for your training and educational development.



Andreina Carbonell
INTERNATIONAL
LIAISON OFFICER -
ADMINISTRATION

International liaison Officer,
Administration, Sales

We at Image are delighted that Tracey has now taken the opportunity with the experience, professionalism she has gained throughout the years to become a Group Exercise Tutor in Cork with Image.

OUR COURSES

We will help you build a career, not just a certification, providing tools and strategies to get you on the fast track to success

Fitness Instructor Course
Personal Trainer Course
Group Instructor Course
Platinum Personal Training Package
Platinum Plus Personal Training Package

Next launch - start dates & locations

September 17th 2018 – Dublin Alsa, Monday / Tuesday daytime

September 17th 2018 – Cork Leisure World, Monday / Tuesday daytime

September 17th 2018 – Galway Active Fitness, Monday / Tuesday daytime

September 19th 2018 – Dublin Sheldon Park Hotel & Leisure Club, Wednesday/ Thursday daytime

October 15th 2018 – Dublin Sheldon Park Hotel & Leisure Club, Evening / Weekend course

October 15th 2018 – Cork Leisure World, Evening / Weekend course

October 15th 2018 – Galway King Fisher, Evening / Weekend course

October 17th 2018 – Dublin Alsa, Wednesday / Thursday daytime

October 17th 2018 – Cork Leisure World, Wednesday / Thursday daytime

October 17th 2018 – Galway Active Fitness, Wednesday/ Thursday daytime

October 20th 2018 – Waterford, WIT, weekend only course

FITNESS INSTRUCTION COURSE

Fitness Instructors work in a variety of settings and are largely responsible for the implementation and supervision of members/clients exercise programs. With our Fitness Instructor Courses you will learn to conduct screenings of new members/clients and assess their fitness via a variety of methods. You will teach them correct technique in all aspects of fitness and utilise an array of exercise equipment to achieve results.



WHAT CAN A FITNESS INSTRUCTOR DO?

A qualified instructor can get employment in fitness centres, large commercial gyms, hotel gyms & local sports facilities. Our fitness instructor course will equip you to safely & accurately screen & assess clients or members in numerous aspects of fitness. You will learn how to design effective programmes for a variety of goals. Teaching of correct exercise technique will be stressed, always keeping client safety in mind.

NEFPC has developed Fitness Instructor Courses in Dublin, Cork, Limerick, Waterford and Galway to promote high levels of competence in fitness industry practitioners. The Fitness training courses are perfect for those individuals who wish to start a career and develop their knowledge and skills in exercise program design.

WHY IS THIS FITNESS INSTRUCTOR COURSE DIFFERENT?

The driving force behind setting up the NEFPC was to increase the quality and standards of instructors in the fitness industry. This has been achieved and now most of Ireland's gym managers come directly to Image Fitness looking for trainers as they know the standards are so high. We are proud to recommend our qualified students and provide any after care to help get started. This has made the NEFPC fitness instructor courses an ideal place to gain your education and start your career.



CERTIFIED WORKSHOPS TO COMPLEMENT OUR FITNESS INSTRUCTOR COURSES

We also offer certified workshops to complement our fitness instructor courses. To find out more call us on +353 (0)18970277 or email: sales@imageft.ie

Here are some of the workshops that we run:

- IFT Olympic Lifting
- IFT Kettle bells Workshop
- IFT Sports Team Training
- IFT Group Box Workshop
- IFT Studio Cycle
- IFT Suspension Training Workshop

FITNESS INSTRUCTOR COURSES SYLLABUS

- Anatomy & Kinesiology
- Exercise Physiology
- The Training Effects of Exercise
- Principles of Training
- Components of Fitness
- Injury Prevention
- Teaching Skills – Communication
- Skills & Technique
- Health Screening/Testing/Monitoring
- Physiology of Stretching
- Principles of Weight Training
- Principles of Physical Activity
- Exercise Programming & Progression
- Exercise Selection & Sequencing
- Strength Training for sports
- Flexibility

WHAT SORT OF TOPICS WILL I LEARN ABOUT ON THE FITNESS INSTRUCTOR COURSE?

- How the bones & muscles work, for exercise & strength
- How the body supplies oxygen & nutrients to fuel exercise
- How to assess a clients current fitness levels
- How to design a program to move the client towards their goals
- Key principles of training that will help shape exercise selection
- What happens in our bodies to make us fitter, or leaner, or stronger etc
- The correct ways to stretch safely
- How to know if your client is getting fitter / faster / stronger / leaner etc
- How to effectively teach good exercise technique ...and lots more



Available in Dublin, Cork, Galway & Waterford

FOR MORE INFORMATION ON THE FITNESS INSTRUCTOR COURSE OR TO BOOK YOUR PLACE

CALL: 01 902 3377
WEB: www.imageft.ie
EMAIL: sales@imageft.ie

PERSONAL TRAINER COURSE

More & more people are seeking out Personal Trainers to help them achieve their fitness & health goals. When you combine the knowledge you will receive on the NEFPC Personal Trainer Certificate with your passion & enthusiasm, you will be ready to transform fitness dreams into fitness realities. We will teach you the technical skills & show you everything you need to create success for your clients AND for your career.

WHAT CAN A PERSONAL TRAINER DO?

As a Personal Trainer there are a number of things you can do. You will be legally insured to provide a service to the general public and get paid for doing what you love. Whether it's 1 to 1, or group personal training (which is becoming more popular) you can Personal Train your clients in various environments, gym, studio, indoor/outdoor, at home or in theirs these are just some examples. We will teach you how to train clients on a 1 to1 basis as well as group personal training. You will be taught by tutors and personal trainers that do this daily for many years. "Learn how to design and implement advanced training methods and programmes along with our certified nutrition module" Manage your own schedule doing a job you love, while providing a priceless service and improving the lives of others.

WHY IS THIS PERSONAL TRAINER COURSE DIFFERENT?

Together our team and trainers have monitored the industry in Europe and Ireland as it's evolved to where it is today. We have worked in coordination with EuropeActive and the European Health and Fitness Association. Our tutors have worked within the industry at all stages of progression.

This has enabled us access to relevant information, manifest the research, and combine it with experience culminating into our EQF level4 Personal Trainer Qualification. Personal Trainer qualifications are more sought after now than ever before from gym owners and managers. We are proud to have an affiliation with all the top clubs and studios for employment directly from our courses.

To improve an industry, you have to improve on quality of education within that sector. It's our responsibility to constantly maintain, adapt and improve the education, and you will be the one to improve the industry once qualified.

PERSONAL TRAINER COURSES SYLLABUS

- Cutting-edge training techniques
- Using different equipment
- Sports Specific programme design for athletes and teams
- Olympic Lifting & Power Lifting
- Energy metabolism & nutritional implications
- How to advertise, sell, & retain clients
- Functional training
- Advanced Strength & Conditioning methods
- Principles of Growth & Development
- Hormones and dietary programming
- Advanced training methods, program design & Periodisation
- Weight-loss strategies & Client motivation
- Biomechanics & common issues
- Full Advanced Nutrition Module

WHAT SORT OF TOPICS WILL I LEARN ABOUT ON THE PERSONAL TRAINER COURSE?

- Cutting-edge training techniques using different equipment
- Sports Specific program design for athletes and teams
- Olympic Lifting & Power Lifting
- Energy metabolism & nutritional implications
- How to advertise, sell, & retain clients
- Functional training
- Advanced strength & conditioning methods
- Principles of Growth & Development
- Hormones and dietary programming
- Advanced training methods, program design & Periodisation
- Weight-loss strategies & Client motivation
- Biomechanics & common issues



Available in Dublin, Cork, Galway & Waterford

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"We have hand-picked the best Personal trainers & tutors in the country, so that our students receive nothing but the best knowledge, skills & industry-experience"

Simon Creedon, Director, Image Fitness Training Ltd

GROUP INSTRUCTOR COURSE

The sense of achievement felt by your clients at the end of a group session is amazing. Right there in that moment your clients feel like they have just accomplished something great. That feeling of accomplishment is thanks to you guiding them through the session or class. As a trainer the sense of achievement after a group session is incomparable. The energy, the atmosphere, the results and the credibility gained on your part is a major foundation to build a successful career upon. Group instruction comes in many forms, and is quickly evolving to be one of the most important tools of a successful trainer.

WHAT CAN A GROUP INSTRUCTOR DO?

As a qualified group instructor you have endless possibilities. Bootcamps, strongman/woman training, sport specific group and team training, indoor or outdoor sessions, teach a full gym timetable such as suspension training, spin, body pump, core conditioning, step, kettlebells, combat classes, group box and so much more.

With the new studios and gym timetables we are seeing suspension training, group box, spin, kettlebells and a multi-mix combo of various classes emerge with bigger numbers taking part than ever before. It's our NEFPC graduates that have introduced this new style into most clubs and studios.

WHY IS THIS GROUP INSTRUCTOR COURSE DIFFERENT?

We always try to have our finger on the pulse when it comes to spotting emerging trends and avenues for success in the industry. One area which is booming at the moment is group sessions. Some of the most successful fitness businesses in the country have a healthy mix of classes and personal training.

Therein lies the trend. Having studied 16 of the country's top facilities we have found that more than 70% of clients had chosen their Personal Trainer based on a previous interaction with them. What was the interaction? You guessed it, a group session they took part in. We have worked with the country's best group trainers to develop a group instructor course and workshops based on the most popular group classes.

Developing the curriculum with your post course success in mind, we have developed and added to our group qualification numerous times to ensure you have all the tools necessary to not just qualify, but prosper straight away with group sessions and the ultimate exposure to a steady stream of clients.

We'll teach you the tried and tested techniques to mix your skills, and be the best trainer you can be with our EQF level 3 Group instructor qualification. Your success is our main goal.

GROUP INSTRUCTOR COURSES SYLLABUS

- Anatomy & physiology
- Components of Fitness
- Principles of Training
- Injury Prevention
- Teaching Skills
- Communication Skills & Technique
- Screening
- Class stages
- Class Planning
- Instructor Skills
- Phrasing & Mapping to music
- Layering Techniques
- Block Developing
- Teaching & Safety Techniques
- Class Coordination

WHAT SORT OF TOPICS WILL I LEARN ABOUT ON THE GROUP INSTRUCTOR COURSE?

- The Mechanics of Music Phrasing
- Advanced Teaching Techniques
- Methodology behind Transition, Queuing and layering.
- Creating Exciting & Effective sessions for maximum numbers
- Group Communication
- Class Control
- Delivering a Dynamic Performance in all areas
- Key principles that make a Top Studio Instructor
- Popular Beginner, Intermediate and Advanced Routines/ Drills given and taught.



Available in Dublin, Cork, Galway & Waterford

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PLATINUM PERSONAL TRAINING PACKAGE



Our Platinum Personal Training package is designed for those who want to work in a gym or travel the world. The aim of this program is to give you all the tools needed to get the head start in interviews.

Sonia Madson - Course Tutor

WHATS THE PLATINUM PACKAGE?

Combination of 3 of our most popular courses

Plus Extras to help you start a new career including:

- Business and career pathways workshop

DURATION

This course package takes 17 weeks to complete.

Two days per week, 10:00 – 4:30pm / 12 hours

3 QUALIFICATIONS RECEIVED

- EFQ Level 3 Fitness Instruction
- EQF Level 3 Group Instruction
- EQF Level 4 Personal Training
- IFT Group Box
- IFT Studio Cycle

FLEXIBLE DD PAYMENT PLANS

MANY EXTRAS INCLUDED

WHAT CAN I DO AFTER I QUALIFY AND WILL IFT HELP ?

WORK ON-BOARD A CRUISE SHIP

We aim to give more than just a qualification. IFT has an exclusive partnership with Steiner Cruise liners. For students who do our platinum package we can organise direct contact with steiner in the weeks following completion of course. Download our brochure for more info and see stores from past IFT students that have done this.



IFT JOB REFERRAL

IFT has partnerships with a leading gym chains in Ireland and across the UK. From our high standards, gym managers contact us directly looking for instructors & personal trainers. After completion of our Platinum package you will be added to a list and contacted with the next upcoming jobs.



IFT INTERNSHIP PROGRAM

Experience is one of the keys to success in the Fitness Industry. Through our links with commercial gyms and private personal training studios we can organise an internship for you after just 9 weeks on the course. Past students found this very beneficial and many were hired directly by the company after they qualified.



SEIZE THE OPPORTUNITY

FOR MORE INFORMATION ON THE PLATINUM PACKAGE OR TO BOOK YOUR PLACE

CALL: 01 902 3377 WEB: www.imageft.ie EMAIL: sales@imageft.ie

INDUSTRY PARTNERS



PLATINUM PLUS PERSONAL TRAINING



Specially designed for those who want to become self employed.
Business and marketing, specialist workshops and a totally unique after
course platform makes this package incomparable to others.
Simon Creedon, Company Director



WHATS THE PLATINUM PLUS PACKAGE?

Everything on the Platinum Package, plus the below:

- Advanced business and marketing workshop
- IFT Suspension Training
- IFT Kettle bells
- IFT Olympic lifting
- IFT Sports & Team Training
- IFT After Care

DURATION

17 weeks + 1 week / 2 weeks extra
(Venue pending)

QUALIFICATIONS RECEIVED:

- EQF Level 3 Fitness Instruction
- EQF Level 3 Group Instruction
- EQF Level 4 Personal Training
- IFT Group Box
- IFT Studio Cycle

MANY EXTRAS INCLUDED

FLEXIBLE DD PAYMENT PLANS AVAILABLE

THE PLATINUM PLUS EXPERIENCE METHODS FOR SUCCESS

IFT SUSPENSION TRAINING

With suspension training in your toolkit you'll get a highly versatile, scalable and portable training tool to use with your clients and athletes to improve their performance in sport and in life. From rehab to the most demanding workouts, the Suspension Trainer can be safely and effectively used with all fitness levels to build functional strength, mobility and core stability. Discover why the top trainers and coaches in the world trust and rely on suspension training.

IFT KETTLE BELLS

At the NEFPC we aim to provide the highest quality instruction in kettle bell training to fitness professionals. Come and learn the art of one of the most sought after training tools in the fitness industry. This popular workshop is thought by an expert in kettle bell training.

IFT OLYMPIC LIFTING

Olympic lifting has made its way back into the industry in many fitness and sports performance facilities around the world. Many clubs are now introducing lifting platforms to the gym floor. Olympic lifting is a specialised knowledge, and technique which has massive benefits when performed correctly. Mastering the 'snatch' and 'clean and jerk' is an area of great dedication and discipline. This knowledge is essential to any personal trainers looking to progress in the industry.

IFT SPORTS & TEAM TRAINING

The past few years have seen a huge growth in fitness training for sports teams at all levels. The goals of this workshop are to understand the role of the trainer in identifying & developing the relevant areas of athlete fitness; planning & implementing specific training to support sporting success. The participant will learn the differences between performance training vs aesthetic goals, how to test & train teams vs individual clients & much more.

IFT AFTER CARE

Setting up your own fitness business can be a scary thought. One of the most popular extras we provide is our after care to platinum+ students. What ever area of the fitness industry you would like to move into we have somebody who has achieved great success in that area and can provide support.

SEIZE THE OPPORTUNITY

FOR MORE INFORMATION ON THE PLATINUM+ PACKAGE OR TO BOOK YOUR PLACE

CALL: 01 902 3377 WEB: www.imageft.ie EMAIL: sales@imageft.ie

INDUSTRY PARTNERS





COURSES LOCATIONS



FITNESS INSTRUCTOR TRAINING **COURSES LOCATIONS:**

NEFPC DUBLIN – LOCATION 1

Sheldon Park Hotel and Leisure Club
131 Kylemore Road, Dublin 12 Dublin

NEFPC DUBLIN – LOCATION 2

ALSAA Sports Fitness & Social Association
Old Airport Road, Toberbunny
Dublin Airport
Co. Dublin.

NEFPC CORK

Leisure World Bishopstown,
Rossa Avenue,
Cork

NEFPC GALWAY

The Connacht Hotel,
Old Dublin Road,
Galway

NEFPC GALWAY (WEEKEND ONLY COURSE)

Kingfisher Fitness,
Renmore Ave,
Galway

NEFPC WATERFORD

Waterford Institute of Technology,
Carriganore,
Waterford

FOR MORE INFORMATION OR TO BOOK YOUR PLACE

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DON'T JUST TAKE OUR WORD FOR IT

See what students say, that have experienced our courses.

 **Gemma Habington** – 5★ I studied with the guys at Liffey Valley fitness and enjoyed every week . I am currently living in Canada and working in the fitness industry , I am so lucky to have had the best Tudors now working with confidence, the knowledge and have gained great experience . I was even hooked up with a payed work experience job through one of my Tudors which helped me a ton and that allowed me to walk into a fitness positron when I arrived in Canada . I had no previous experience . I am so happy I chose Image fit !!

Unlike · Comment · about a month ago · 4 Reviews · 

 Image Fitness Training likes this.

 **Daren Nolan** – 5★ Just completed the combo course with image, it was the best decision I've ever made in my life. If you're passionate about fitness and love training and the fitness lifestyle then this is a must. Their tutors are brilliant and you also meet a bunch of great people along the way so what the hell are you waiting for! 😊

Unlike · Comment · about 4 months ago · 5 Reviews · 

 Image Fitness Training and Leslie Hoare like this.

 **Laurence Ging** – 5★ Brilliant course, couldn't recommend it enough for anyone looking to kick start their career in the fitness industry.

Unlike · Comment · about 2 months ago · 4 Reviews · 

 **Mark McCoy** – 5★ Great course, tutors are very supportive and giving with their own time on advice and help. If your looking to get into the fitness industry, look no further

Like · Comment · about 4 months ago · 38 Reviews · 

 **Sandra Garvey** – 5★ Can't recommend this course enough!! Fantastic staff, great classes and workshops and all the help you could possibly need!! Couldn't be happier that I chose them to train with for my fitness and PT qualifications!! 😊

Unlike · Comment · about 9 months ago · 3 Reviews · 

 Image Fitness Training and Sonia Madsen PT like this.

 **Aaron Dooley** – 5★ Would highly recommend anyone who is looking to get involved in the fitness industry to go through Image Fitness for their qualifications, they have the most friendliest and knowledgeable staff and i can easily say it was worth every cent! Thanks guys

Unlike · Comment · about 9 months ago · 14 Reviews · 

 **Graham Nofunlikeit-Fitness** – 5★ Absolutely loved this course highly recommend it to anyone looking to get into this industry top tutors

Like · Comment · about 4 months ago · 17 Reviews · 

 **Noel Bucks** – 5★ Top Class Course with the best of Tutors. And their not bad looking either..

Unlike · Comment · about 4 months ago · 15 Reviews · 

 **Fiona Roddy** – 5★ Extremely happy I choose Image fitness course,staff lovely very friendly and made us students feel like we were part of the Image family. . Workshops brilliant course work very good covered everything I wanted and help from tutors all along the way. Highly recommend this course to anyone you will not be disappointed so go ahead book your course with them and get into the industry with the best start 😊😊

Like · Comment · about 9 months ago · 2 Reviews · 

 Sonia Madsen PT likes this.

 **Shannon Ivers** – 5★ Best investment I ever made and made some great friends

Like · Comment · about 4 months ago · 1 Review · 

 **Darran Corcoran** – 5★ A brilliant course , well worth doing ! With great tutors such as Alan Murphy and Tracey France !!

Unlike · Comment · about 6 months ago · 2 Reviews · 

 **Kevin Ward** – 5★ I would just like to thank everyone in image for there wonderfull help and advice during and after the course. Since completing the course i have gained the skills and experience to start up my own classes with a fellow image student. I would advise anyone interested in going in to the fitness industry to do image fitness training.

 **Stephanie Ni Gormain** – 5★ Top marks for image fitness best investment iv ever made .Alan and Tracey has to be the best tutors iv ever had given us all 110% knowledge and support

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 **Gerard Ryan** – 5★ From the first class Lorcan our tutor set a great atmosphere in the class, he was positive and funny and had people in the class feeling comfortable in uncomfortable situations such as teaching aerobics classes, everybody was dreading that portion of the class but with great instruction and a very positive attitude Lorcan really helped me go from not wanting to take the class to wanting stay longe... [See More](#)

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 **Raluca Liana** – 5★ Thank you Image Fitness ! It has been a pleasure to study with such knowledgeable tutors ! I got amazing information during my course !

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FREQUENTLY ASKED

HOW DOES THE NEFPC QUALIFICATION COMPARE TO OTHER SIMILAR CERTIFICATES?

Image Fitness Training provides high quality, nationally and internationally accredited qualifications and a comprehensive portfolio of inclusive add on workshops that no other company provides. From kettle bells to Sports & Team training, suspension workshops and certified studio cycle, we ensure our students qualify with maximum knowledge and skills gained.

DO I NEED ANY EXPERIENCE OF INSTRUCTING FITNESS?

No, you don't need any experience of instructing exercise to complete our qualifications. We do however recommend that all students have a keen interest in health and fitness and have some basic experience in the area in which they wish to instruct (gym, exercise to music ect). Our qualifications are specifically designed to accelerate learning and as such many students with no experience have still managed to successfully complete their qualifications.

WILL I BE ABLE TO GET A JOB IN A FITNESS CENTRE OR GYM ?

Once you graduate you will have plenty of job opportunities to work in many different environments including: Personal Training Studios, Gyms, Outdoor training, Cruise ships, and sports clubs. After completion of the course many of Ireland's largest gyms offer first preference to NEFPC qualified instructors.

HOW LONG DOES THE COURSE TAKE?

Full completion of the Platinum package takes 17 weeks.
Full completion of the Platinum Plus package takes 18 weeks / 19 weeks (Venue pending)

CAN I RESERVE A PLACE ON A COURSE?

Yes. All reservations for courses require a deposit of €500 which covers the cost of the learning materials and support provided during the course period. No reservations can be made without a deposit. There is a 'hold a place' option. Call 018970277 for more info.

I HAVEN'T STUDIED FOR YEARS, WILL I COPE WITH THE COURSE?

The NEFPC courses are very practical. Our expert instructors will help you with all assessment items and provide one to one extra tuition if needed. Our job is to help you show that you are competent in all the different units of the course.

HOW MUCH CAN I EARN AS A NEFPC INSTRUCTOR?

Salaries within this industry vary greatly. Fitness Instructors employed at one of the more recognised health and fitness clubs can expect to receive a salary of anywhere between €20,000 – €35,000 per year. For instructors who have more advanced fitness training skills, many health clubs will allow them to Personal Train off shift. This could potentially increase your income by an extra €4,000 – €10,000 per Annam. After completion of our courses many students prefer a self-employed career path. There are numerous options available for Personal Trainers in Gyms, Sports Clubs, Home Training and even on cruise ships. Trainers could charge between €50 and €70 per hour depending upon location. A successful self-employed personal trainer can earn well in advance of €35,000 per year.

CAN YOU JUST DO THE ADD ON WORKSHOPS IF ALREADY QUALIFIED?

Yes you can do any of the available add on workshops if your already a qualified trainer. The price is €250 per workshop.

DOES THE COST INCLUDE TESTING?

Yes, once the full balance is paid there are no extra charges.

WILL I NEED TO GET INSURANCE?

The business module will advise you exactly what's involved in getting the correct Public liability Insurance. We have exclusive partnerships with insurance companies to ensure you get cheapest price in Europe. We will help organise everything for you so you don't need to worry.

QUESTIONS

NEED MORE ADVICE OR HAVE FURTHER QUESTIONS?

We're here to help with any other queries you may have, and would welcome your call or email.

Give us a call or email us:
Tel: 01 902 3377
Email: sales@imageft.ie





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