

THE INTERNATIONAL FITNESS & AEROBIC ACADEMY starts the first WORKSHOPS in INDIA

- ★ Manual Resistance
- ★ Labooca®
- ★ Assisted Stretching
- ★ Move & Prep
- ★ Minibands
- ★ Myofacial Release By Blackroll®

Raising fitness standard into new dimensions

With more than 30 years experience in fitness, aerobics, management solution and international certifications, we entered the Indian fitness scenario through a three-day CONVENTION and CONGRESS alongside the bodyLIFE IFW Expo at the Bombay Exhibition Centre, Mumbai, from 9-11 October, 2014.

We introduced the latest global trends like MOVE & PREP, MYOFACIAL RELEASE and MINIBANDS for trainers and instructors to give an idea what we are going to provide in India.

Launch of first WORKSHOPS in India

For Group Fitness Instructors:


Are you looking for a little bit more?

A brand new, high-intensity workout that gives you a real energy boost? **LABOOCA®** is an amazing fitness experience you'll want to be part of!

**Here
you
go now**

For Personal Trainers:

JOIN our 2 day WORKSHOPS in **Bangalore, Delhi** and **Mumbai** and learn how to implement these great fitness techniques from the GLOBAL Fitness MARKET to your PT SESSIONS.

Labooca®	Date & Time	Venue	CITY	PT Techniques	Date & Time		Venue
LABOOCA® MASTERCLASS	12 th Dec 2014 8pm - 9pm	WE (Fitness, Health & Wellness Center) No: 1, 18th Cross, 23rd Main, J.P.Nagar 5th Phase, Bangalore-560 078	BANGALORE	GLOBAL TRENDS 1 Manual Resistance & Assisted Stretching	29 th Nov 2014 10pm - 5pm	30 th Nov 2014 11pm - 4pm	The Tribe - Fitness Club (A Unit Of Bloc 3) # 307, 100 Feet Road, Indiranagar Bangalore 560008
LABOOCA® 1 Day Training	13 th Dec 2014 8am - 8pm			GLOBAL TRENDS 2 MOVE & PREP, MINIBANDS, Myofacial Release	22 nd Nov 2014 10pm - 5pm	23 rd Nov 2014 11pm - 4pm	
LABOOCA® 1 Day Training	14 th Dec 2014 8am - 8pm	Studio 60, f-6, East of Kailash Main LSR Road New Delhi 11065	DELHI	GLOBAL TRENDS 1 Manual Resistance & Assisted Stretching	6 th Dec 2014 10pm - 5pm	7 th Dec 2014 11pm - 4pm	Anytime Fitness L.S.C, 2nd Floor Maharishi Dayanand Marg, Block AL, Shalimar Bagh New Delhi, Delhi 110088
<div><p>Become a LABOOCA® Certified Trainer</p></div>		GLOBAL TRENDS 2 MOVE & PREP, MINIBANDS, Myofacial Release		13 th Dec 2014 10pm - 5pm	14 th Dec 2014 11pm - 4pm		
		MUMBAI	GLOBAL TRENDS 1 Manual Resistance & Assisted Stretching	13 th Dec 2014 10pm - 5pm	14 th Dec 2014 11pm - 4pm	Club Peninsula At Peninsula Co Operate Park Gnagat Rao Marg Lower Parel	
			GLOBAL TRENDS 2 MOVE & PREP, MINIBANDS, Myofacial Release	29 th Nov 2014 10pm - 5pm	30 th Nov 2014 11pm - 4pm		
INR 12,500 plus 12.36% service tax Minimum participants: 30			Cost for 2 day workshop	INR 9,000 plus 12.36% service tax per workshop Attend both the workshops in your city and save 10% Minimum participants: 15 Max participants: 25			

**Become a
LABOOCA®
Certified
Trainer**



COURSES INCLUDES:

Course Manual

Participation Certificate which supports your points to become a IFAA TRAINER

IFAA Club Member For 2 Years

**AVAIL UP TO
20%
DISCOUNT**

If you attended the IFAA INDIA Fitness Convention in Mumbai. Sign up with you IFAA Club Member Number. For Partner Club Trainers and Instructors

Education Centre:



Partners:



Niraj Khandelwal
S. S Ventures (South India & Gujarat)
M.: +91-9844010051 E.: ssventures11@gmail.com

CONTACT:

Kez Klein | Kez@ifaa-india.com | +91 98453 94872

Book your slot online at www.ifaa-india.com

OR

transfer your payment to IFAA Fitness Academy Private Limited

Bank of India

IFSC Code: BKID0008404 | Account number: 840420110000706

Branch: Cantonment, St. Marks Road, Bangalore

Deutsche Bank

Account Number: 000022782480019 | IFSC Code: DEUT0797BGL (For RTGS and NEFT transactions)

MICR Code: 560 200 002 (For settlement of ECS/NECS Transactions)

Bank Address: 26-27, Raheja Towers, M G Road, Bangalore 560001

Bank BSR Code: 6550003

Please make sure to send us a scanned copy by email, so we can confirm your registration.