

FITNESS TRAINING ACADEMY

YMCA

POWERED BY



**Become an Advanced Personal Trainer with
this incredible fully-funded two-year course
for 16-18 year olds.**

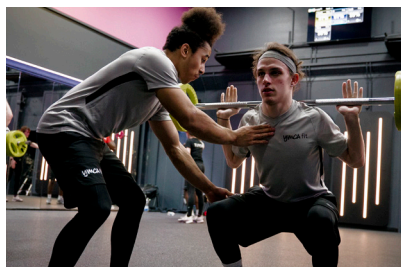
QUALIFICATIONS

L2 Diploma in Health, Fitness and Exercise Instruction

L3 Diploma in Personal Training (Practitioner), Outdoor Exercise and Sports Conditioning

Certificate in Leadership, Management and Customer Service in Sport and Active Leisure

7 accredited one-day modules developed by industry leading Nike Trainers including Sports Specific Training and Boxing Padwork.



"I've always had a passion for sport and I've always loved science. The FTA course is just as good as I expected it to be. I enjoy everything about it. It's a very welcoming community and I've really grown as a person." FTA Student

**More than a course,
more than a qualification.**

FTA is a direct route to a successful Personal Training career. Combine cutting-edge content, hands-on work placements and exclusive Nike products and opportunities to unlock your potential and transform your career.

APPLY NOW
ymca.co.uk/fta

WHY CHOOSE THIS COURSE?

- Gain an internationally recognised L2 Gym Instructor and L3 Personal Trainer qualification while learning essential math and English skills.
- You'll be taught by world-class industry experts who will provide guidance and support throughout the course whilst giving you the latest techniques and fitness knowledge.
- Boost your knowledge with real-world experience through weekly work placements in exciting clubs and gyms.
- Receive the best Nike products and gain access to Nike services and experiences.
- We are the UK's most experienced fitness training provider and understand the industry like no one else.

