

# FITNESS TRAINING ACADEMY

POWERED BY



**APPLY NOW**  
[ymca.co.uk/fta](https://ymca.co.uk/fta)

**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.

## QUALIFICATIONS

Level 2 Diploma in Exercise and Fitness Instructing

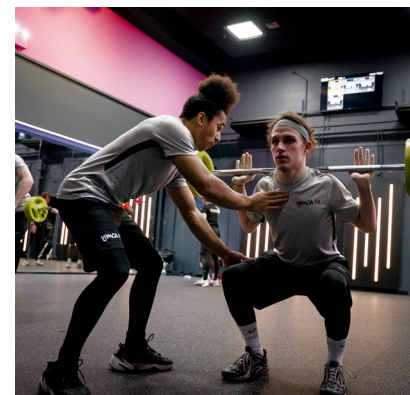
L3 Diploma in Personal Training (Practitioner), Outdoor Exercise and Sports Conditioning

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

## 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.

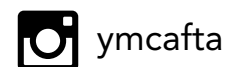


*"I've always had a passion for exercise and I've always loved science. The FTA course is just as good as I expected it to be. I enjoy everything about it. It's a very welcoming community and I've really grown as a person."*

**Goku, FTA Student**

**Apply now for September 2022**

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



Registered Charity no. 213121

**YMCA**