

TESTIMONIALS

"I loved having the opportunity to take part in practical classes and experiencing the teaching methods of a range of different guest Instructors. This allowed us to see the different directions we can take the qualification in. I can honestly say I haven't felt happier in a long time. A combination of hard work, new skills and students make a brilliant and satisfying course. Many thanks."

Exercise to Music Student

"The course was easy to enrol on and the course content was made very clear and easy to understand. If anyone had any questions or problems there were dealt with very well."

Gym Student

"I was very nervous about the course but on the first day the Instructor made us all feel so at ease. Thought it was great that we taught each day, this made me feel really at ease and confident. Brilliant course with great understanding of teaching techniques and tips. "

Exercise to Music Student

"I really enjoyed the course and found the tutors very helpful. I learnt a lot and will take a lot away from the course for the future"

Gym Student

"The course was very useful; all the equipment needed was available. I have learnt what I wanted to and expected to and a lot more"

Circuit Student

"You have everything here to study so you just use your own ability and will have a great and successful time here."

Gym Student

"Can't believe I've been learning the last few 2 weeks it's been so much fun (even the theory) and I can't believe I'm going to be able to have a career doing this! (Hopefully if I pass.) Absolutely brilliant course. Great fun and learning at the same time. The Instructor is an excellent teacher, inspirational and very easy to learn from."

Exercise to Music Student

"Very helpful and enjoyable for anyone going in this line of work."

Gym Student

“A good confidence booster, was fun learning and meeting new people with the same interest.”

Gym Student

“I thought it was good still having practical lessons during the theory week. Lots of teaching methods were used in the practical and theory, which made it interesting. Have enjoyed the whole experience, everything was planned and organised, tutors were helpful and friendly, I have gained a lot of knowledge.”

Exercise to Music Student

“I think the course was great and the ladies who taught us were brilliant. I gained a lot of self confidence through participating in the course”

Gym Student

“My experience has been good, I didn’t think that I would learn so much in just two weeks, the last week has been fun teaching and I didn’t realise how hard it is to show, count and watch the class all at the same time.”

Exercise to Music Student

“Fantastic experience, well organised and learnt lots of new things”

Circuit student

“The venue was ideal for the course and easy to get to. There was all the right equipment. I definitely feel like I have learnt a huge amount in this time. It’s been really enjoyable and I wish to carry out more qualifications here when possible.”

Exercise to Music Student

“Very happy with the course as I have learnt a lot and know a lot more about the body and gym equipment which I did not know before this course”

Gym Student

“Great course, great instructors, inspirational - really opened my eyes to the fitness world.”

Exercise to Music Student

“It is challenging but clear so that you know what is required and how to achieve your best, Go for it and the effort you put in you will definitely get back”

Gym Student

“I think everything that was shown was set out very well, I understood everything that was said. My instructor was always willing to help me with any problems that I had during the course.”

Gym Student

“I have really enjoyed the course and have learnt a lot over the two weeks due to the high level of teaching. All in all a good experience and has set me up for what I want to do next.”

Gym Student