GĀYO FITNESS ACADEMY
AND RESEARCH CENTER PRIVATE LIMITED
Professional Education. Consulting. Management.

Blended Workshop
SPECIALIST IN
FITNESS ASSESSMENT & EXERCISE PRESCRIPTION

NEW DELHI | Jan 12 to 21, 2027

FEE

- General: **₹1,500 + 5% GST**
- Available –
  YMCA discount*
  GĀYO student discount available*
  **conditions apply*
- This workshop is **COMPLIMENTARY** (free) for GĀYO students enrolled to our **CURRENT** batches in the following courses:
  - Personal Trainer
  - Fitness Center Management
  - Strength & Sports Conditioning
  - Bodybuilding Coaching
- Payment of fee and / or submission of enrolment form acknowledges that you have accepted the terms and conditions of enrolling to and participating in the course.

INCLUSIONS

- Specialist in **FITNESS ASSESSMENT & EXERCISE PRESCRIPTION** certificate
- eBOOK
- "Viewer" access to exercise videos for 30 days from date of certification; thereafter, you have the option to pay yearly subscription fee of ₹750 + 5% GST to access regularly updated library of 100+ videos.

EXCLUSIONS

- Hardcopy of the eBOOK
- Hardcopy of the certificate
- Meals / refreshments and / or accommodation.
- CEUs for ISSA / NSCA / other certification which may be applicable from time to time – check before enrolment.

OUTLINE & TIMETABLE
January 12 to 21, 2027

Date	Online / Offline	Subject	Presenter
Jan 12	Online	Fitness Assessment & Testing	Meenakshi
Jan 14	Online	Fitness Assessment & Testing	Meenakshi
Jan 17	**OFFLINE**	Fitness Assessment & Testing	Meenakshi
Jan 19	Online	Exercise Prescription	Dilip Heble
Jan 21	Online	Exercise Prescription	Dilip Heble

NOTE:

1. **Timings IST**
   a. **Online:** 03:30 pm to 05:00 pm – via ZOOM
   b. **Offline:** 09:30 am to 05:30 pm – in New Delhi YMCA, 1 Jai Singh Road – 110001.
2. Training dates, timings and / or teaching faculty may change.

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