GĀYO FITNESS SPORT ACADEMY
اكاديمية جايو للياقة البدنية

FITNESS EDUCATION ■ CONSULTING ■ MANAGEMENT

Blended Workshop

SPECIALIST IN FUNCTIONAL STRENGTH TRAINING

FEE

- **General:**
  AED500 + 5% VAT
- **Available:**
  - Discount
  - Instalment facility via TABBY or TAMARA
- Fee must be paid in full before the start of the workshop.
- 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

- Soft copy of the Specialist in **FUNCTIONAL STRENGTH TRAINING** certificate
- **10 CPDs** for REPS UAE certification renewal
- **eBOOK**
- **"Viewer"** access to exercise videos for 60 days from date of certification; thereafter, you have the option to pay yearly subscription fee of **AED125 + 5% VAT** to access regularly updated library of 150+ videos.

EXCLUSIONS

- Hardcopies 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

November 19 to 22, 2026

Date	Online / Offline	Subject	Presenter
Nov 19	Online	Functional Strength Training – 1	Kateryna Zaitseva
Nov 21	Online	Functional Strength Training – 2	Kateryna Zaitseva
Nov 22	**OFFLINE**	**Functional Strength Training**	**Kateryna Zaitseva**

NOTE:

1. Timings in UAE time:
   a. **Online**: 02:00 pm to 03:30 pm – via ZOOM
   b. **Offline**: 09:30 am to 05:30 pm – in WORLD OF CHAMPIONS Gym Abu Hail, Deira.
2. Training dates, timings and / or teaching faculty may change.

DM

Hena Jaimes +971 58 249 9750 | Amara Al Ahmad +971 55 551 4839