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

ALL ★ PRO
★ PERFORMANCE ★

Blended Course
Certificate Course in
Strength & Sports Conditioning
January 10–June 15, 2027

FEE

- **General:** ₹50,000 + 5% GST
- **Available –**
  - Recognition of Prior Learning discount
  - Instalment facility – ask for details
- Payment of fee and/or enrolment form confirms your acceptance of the terms and conditions of enrolment and participation in the course.

INCLUSIONS

- eBOOKS
- "Viewer" access to exercise videos for 60 days from date of certification; thereafter, you may opt to pay yearly subscription fee of ₹2,500 to access regularly updated library of 1,500 exercise videos.
- **COMPLIMENTARY paperback book subject to stocks:** *Routledge Handbook of Strength and Conditioning: Sport-Specific Programming for High Performance* (Routledge International Handbooks)

EXCLUSIONS

- Hardcopies of the eBOOKS
- Meals / refreshments and/or accommodation.

CERTIFICATIONS

Certificate: Specialist in Strength & Sports Conditioning

09 certifications in –

1. Gamespeed by Prof Ian Jeffreys
2. Advanced Strength Training
3. Functional Strength Training
4. Plyometrics for Agility & Power
5. Functional Range of Motion
6. Advanced Endurance Techniques
7. Fitness Assessment & Exercise Prescription
8. pREHAB Sports Injury Rehab & Prehab
9. First Aid & CPR with AED

SCHEDULE

TOTAL: 250 hours / about 5 months long

- **100** hours of guided home study
- **11 days** offline training in these cities:

AIZAWL | BENGALURU | DELHI - NCR* | GUWAHATI* | HYDERABAD
KOLKATA* | MUMBAI | RAIPUR | THRISSUR

**GAMESPEED in these cities only*

Detailed timetable will be published on December 1, 2026

DM

- **Delhi - NCR:** Meenakshi +91 98969 67662
- **Mumbai:** Harpita +91 81048 39793
- **Thrissur:** Sapna +91 98460 43898
- **Guwahati:** Angshuman +91 99540 85215
- **Kolkata:** Soma +91 79803 12755
- **Other cities:** Harpita +91 81048 39793