

Just When You Thought You Knew TABATA...

...You Ain't Seen Nothing Yet!

TABATA GX™

It's group exercise as you've never seen before
Easy to learn and efficient to teach

It isn't just 20-10 anymore. Tabata GX™ offers the science and the sizzle. Master the application, patterning, and exercise progressions and regressions for the ultimate group X class that anyone can do. With options for 30, 45 or 60 minute classes, you'll keep your students coming back time and time again.

As a Tabata GX™ instructor, you'll learn everything you need to create workouts "that matter!"

- Dynamic and Doable HIIT workouts for all levels
- Numerous timing options
- A catalyst for member retention
- Easy to learn and Efficient to Teach
- Engaging and Explosive for all of your participants

Registration Includes:

- Live in person 6 hour training
- Print & Electronic Instructor Manual
- CEC's and Certificate of Completion
- Instructor Web Account with workout choreography & videos
- Exclusive discounts on equipment and apparel

CEC's: AFLCA 6, BCRPA 6, canfitpro 3 FIS, 3 PTS, CFES 6, MFC 4, SPRA 4



Master Trainer:

Ron McPhee


Get Certified!

Saturday, Feb 15, 2020
8:30 am - 4:00 pm

Earlybird - \$229* by Feb 3/2020
Regular - \$269* after Feb 3/20

**Plus applicable tax*

City of Edmonton
Clareview Community
Recreation Centre
3804 - 139 Ave
Edmonton, AB



Embrace the next evolution
HIIT, TABATA, and Group X!

www.FMGonline.ca Info@FMGonline.ca