

**FACE to FACE TRAINING**

Course Name	Description	Length	Start Date (choose one)	Venue	Tutor
<b>GYM - Level 2 Intensive</b>	5 days a week Monday to Friday	2 weeks	12th - 23rd March 2012	Birtley Leisure Centre	MH
			30th April - 14th May	Virgin Active - Sunderland	LH
<b>EXERCISE TO MUSIC (Weekends)</b>	4 Weekends	Over 4 weeks	Next Start Date April 2012 or Start online anytime	Newcastle Area	BW
<b>EXERCISE (GP) REFERRAL</b>	1 day per week	8 weeks. Plus 1 Assessment Day	8th March - 26th April 2012	Blyth Sports Centre	MH
			8th June - 27th July 2012	Blyth Sports Centre	MH
<b>Studio Cycling</b>	<b>NEW</b>	2 Days including Assessment	21st & 28th March 2012	Blyth Sports Centre	LH/MH
<b>Level 3 Mat Pilates</b>	Pilates	Stage 1 Choose 1 set of dates	7th & 8th April 2012 30th June & 1st July 2012 30th & 31st August 2012 3rd & 4th November 2012	David Lloyd, Teesside David Lloyd, Teesside Newcastle Newcastle	LH LH LH LH
		Stage 2 Choose 1 set of Dates	21st & 22nd April 2012 14th & 15th July 2012 13th & 14th September 2012 17th & 18th November 2012	David Lloyd, Teesside David Lloyd, Teesside Newcastle Newcastle	LH LH LH LH
		Assessment Day Choose 1 date	28th April 2012 28th July 2012 28th September 2012 1st December 2012	David Lloyd, Teesside David Lloyd, Teesside Newcastle Newcastle	LH LH LH LH
<b>Level 2 Circuits</b>	2 days	Start Date			
		Start Date	27th - 28th March 2012	Birtley Leisure Centre	MH
		Start Date	15th - 16th May 2012	Virgin Active - Sunderland	MH
<b>L3 Outdoor Fitness</b>	<b>NEW</b> Level 3 Outdoor Fitness	2 days	29th & 30th March 2012	Birtley Leisure Centre	MH
<b>L3 PERSONAL TRAINER</b>	Intensive	3 Weeks	6th - 24th February 2012	Birtley Leisure Centre	MH
			2nd - 24th April 2012	Birtley Leisure Centre	MH
			21st May - 8th June 2012	Birtley Leisure Centre	MH
<b>PERSONAL TRAINER PACKAGE (Intensive) Inc Gym</b>	6 Weeks	Start Date Choose 1 set of Dates	16th January - 24th February 2012	Virgin Active Sunderland	MH
			12th March - 20th April 2012	Birtley Leisure Centre	MH
			30th April - 8th June 2012	Birtley Leisure Centre	MH