

# **FAQ's Infofit's Personalized Personal Training Program**

## **What is the schedule for the course?**

The course includes 34 hours of one-on-one instruction, these sessions are booked based on your schedule. Students usually book 2 hours at a time, usually 2 to 3 days per week, depending on their schedule and availability.

## **How are the hours split up?**

10 Hours for Fitness Theory

10 Hours for Personal Trainer Basics

14 Hours for Personal Training Comprehensive

## **Will I still get practical experience in the gym?**

Yes, during the course your instructor will take you into the gym to work on the practical topics you will be learning in your sessions.

## **Will I have the same instructor for every session?**

If we can, yes, but sometimes due to scheduling we will need to book you with an instructor, each lesson is already pre-planned and if another instructor takes you for one session, they will be able to continue where you left off.

## **What is included in the course cost?**

The 34 hours one-on-one, all course workbooks and optional attendance to the weekend or evening fast track course within 12 months if you choose to.

## **What other expenses can I expect other than the course cost?**

You will need First aid and CPR/AED A or C for BCRPA (\$95 approx.), for international certifications like ACE, ACSM, NSCA you will need CPR/AED A or C. Your exam fee is not included in your course fee for BCRPA the exam fees will total \$634 CAD, for ACE \$399 USD, ACSM \$349 USD and NSCA \$435 USD

## **What type of First aid & CPR/AED do we need?**

You will need First aid and CPR/AED A or C for BCRPA (\$95 approx.), for international certifications like ACE, ACSM, NSCA you will need CPR/AED A or C (\$75 approx.). Infofit offers First Aid and CPR course several times per year.

## **How long will it take to complete the course?**

It can take anywhere from 6 weeks to one year to complete, we recommend 1-2 sessions per week to start, we may increase your sessions to 3 if you are progressing well.

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## **What certification can I obtain by taking the course?**

You will be prepared to write the certification exams for ACE, ACSM and NCSA, you will also be prepared to obtain your BCRPA registration as a Personal Trainer. If you are unsure which one you would like we can help guide you. You will receive a letter of completion after successfully completing each module with Infofit.

## **What is the cost of the course?**

The total cost is \$2461.25 Including tax, the tuition portion of the course is tax deductible (\$1700), we will provide you a T2202 for your taxes, you will need to provide your SIN Number to receive this.

## **Do you have any payment plan options?**

We have a payment plan option you will pay \$650 to start and then make 5 monthly payments of \$380 per month or you can buy each module one by one this would enable you to register for the course one by one and pay as you go, you can see that option here.

## **Are there any free parking options?**

There is some free street parking available, but you will need to arrive early to find them, alternatively there are some underground parkades close by where you can pay daily or monthly.

## **Is there a dress code for class?**

Yes, students are asked to wear all black (shorts, pants, tights, t-shirt or long-sleeved shirt) your sneakers can be any colour. We want you to look and act professional in class.

## **Is Infofit listed an eligible institution for the Canada Training Credit?**

Yes, Infofit is an [eligible institution](#) for the Canada Training Credit. You can see more information on the Canada Training Credit [here](#).