



GĀYO FITNESS ACADEMY

AND RESEARCH CENTER PRIVATE LIMITED

Professional Education. Consulting. Management.



University of Mumbai



CERTIFICATE COURSES FOR PERSONAL FITNESS TRAINERS – LUNGLEI: **February to June 2025**



Subject	Date (Time)	Faculty	OF / ON	Level (who should attend)	Class Type
Basic Anatomy	28/02 (11:00 to 13:30)	Physio	OFF	2, 3	Lecture
Basic Physiology	01/03 (11:00 to 13:30)	Physio	OFF	2, 3	Lecture
Basic Kinesiology	04/03 (11:00 to 13:30)	Physio	OFF	2, 3	Lecture
Theory & Practice of Fitness 1	06/03 (11:00 to 13:30)	Gracy	OFF	2, 3	Lecture
Theory & Practice of Fitness 2	08/03 (11:00 to 13:30)	Gracy	OFF	2, 3	Lecture
Theory & Practice of Fitness 3	11/03 (11:00 to 13:30)	Gracy	OFF	2, 3	Lecture
Theory & Practice of Fitness 4	13/03 (11:00 to 13:30)	Gracy	OFF	2, 3	Lecture
Theory & Practice of Strength 1	18/03 (11:00 to 15:30)	Dilip & Gracy	OFF	2, 3	Lecture
Theory & Practice of Strength 2	19/03 (11:00 to 15:30)	Dilip & Gracy	OFF	2, 3	Lecture
Weight Training 1	20/03 (11:00 to 15:30)	Dilip & Gracy	OFF	2, 3	Lecture
Weight Training 2	21/03 (11:00 to 15:30)	Dilip & Gracy	OFF	2, 3	Gym
Weight Training 3	22/03 (11:00 to 15:30)	Dilip & Gracy	OFF	2, 3	Gym
First Aid & CPR with AED	24/03 (11:00 to 15:30)	Dilip & Gracy	OFF	2, 3	Gym
Home Study	25/03 to 04/04				Home
Theory Exam and Practical Test	05/04 (11:00 to 13:00)	To be decided	OFF	2, 3	Gym
Level 2 Students, if any, will exit. Level 3 Students will continue course in April					
Biomechanics & Anatomy	08/04 (11:00 to 13:30)	Physio	OFF	3	Lecture
Biomechanics & Anatomy	10/04 (11:00 to 13:30)	Physio	OFF	3	Lecture

Exercise Physiology	15/04 (11:00 to 13:30)	Physio	OFF	3	Lecture
Exercise Physiology	17/04 (11:00 to 13:30)	Physio	OFF	3	Lecture
Exercise Kinesiology	22/04 (11:00 to 13:30)	Physio	OFF	3	Lecture
Exercise Kinesiology	24/04 (11:00 to 13:30)	Physio	OFF	3	Lecture
Functional Strength Training	26/04 (11:00 to 15:30)	Dilip & Gracy	OFF	3	Gym
Plyometrics For Agility & Power	28/04 (11:00 to 15:30)	Dilip & Gracy	OFF	3	Gym
Functional Range of Motion	29/04 (11:00 to 15:30)	Dilip & Gracy	OFF	3	Gym
Fitness for Special Populations	30/04 (11:00 to 15:30)	Dilip & Gracy	OFF	3	Lecture
Home Study	01/05 to 11/05				Home
Theory Examination	12/05 (11:00 to 13:30)	To be decided	OFF	3	Gym
Level 3 Students will exit. Level 4 Students, if any, will continue PROVIDED we have at least 5 Level 4 students					
Diet & Nutrition	MAY: Dates to be announced later	Nutritionist	OFF	4	Lecture
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Diet & Nutrition	MAY: Dates to be announced later	Nutritionist	OFF	4	Lecture
Diet & Nutrition	MAY: Dates to be announced later	Nutritionist	OFF	4	Lecture
Diet & Nutrition	MAY: Dates to be announced later	Nutritionist	OFF	4	Lecture
Exercise & Fitness Psychology	MAY: Dates to be announced later	To be decided	OFF	4	Gym
Home Study	Dates to be announced later				Home
Muscle Mechanics	JUNE: Dates to be announced later	Dilip & Gracy	OFF	4	Gym
Fitness Assessment & Testing	JUNE: Dates to be announced later	Dilip & Gracy	OFF	4	Gym
Fitness Assessment & Testing	JUNE: Dates to be announced later	Dilip & Gracy	OFF	4	Gym
Exercise Periodization	JUNE: Dates to be announced later	Dilip & Gracy	OFF	4	Lecture
Business Development	JUNE: Dates to be announced later	Dilip & Gracy	OFF	4	Gym
Practical Teaching Assessment	JUNE: Dates to be announced later	To be decided	OFF	4	Gym