

Power Plate® Academy Course Dates

Power Plate® Course Dates London

Core Fundamentals (Level 1)	9.30am - 4.30pm	November 5 th November 16 th December 3 rd December 17 th
Fitness and Performance (Level 2)	9.30am - 4.30pm	December 10 th
Golf (Module 1)	9.30am – 4.30pm	December 7 th
Post Natal (Module 1)	9.30am – 5pm	November 25 th

Power Plate® Course Dates Edinburgh

Core Fundamentals (Level 1)	1.30pm - 7pm	November 27 th
Fitness and Performance (Level 2)	1.30pm – 7pm	October 30 th

Power Plate® Course Dates Harrogate

Core Fundamentals (Level 1)	12.30pm- 6.30pm	November 20 th
Fitness and Performance (Level 2)	12.30pm - 6.30pm	December 4 th

Enquiries please call or email

carly.mortimer@powerplate.com

020 7483 7691

Power Plate UK Academy™ Price List

Basic 2-hour Introduction Course (London Only) **£95**

Individual Course Price **£175**

Bronze (2-course training package) **SAVE £55**

- Core Fundamentals (Level I)
 - Choice of either: F&P (Level 2), Golf, Group Training
- £295 ~~£350~~**

Silver (3-course training package) **SAVE £135**

- Core Fundamentals (Level I)
 - Fitness & Performance (Level 2)
 - Choice of either: Golf , Group Training
- £390 ~~£525~~**

Onsite Training (at your facility)

Individual Course **£695**

Bronze Training Package **SAVE £215** **£1175 ~~£1390~~**

Silver Training Package **SAVE £535** **£1550 ~~£2085~~**

Launch Training Package (at your facility)

Option A (2-days training package) **£895**

Day 1 - Academy Certification

Day 2 - Open day support (Master classes/Intros)

Option B (same as above – on two separate days) **£995**

Cancellation Policy

- *Onsite training:* 7 days notice for any necessary changes/adjustments
- *In house training:* 72 hours notice cancellation policy, if this is not honoured, client will be charged full amount

General Information

- Certification expires 12 months after completion
- You need to register your REPS points with Skills Active
- A 3-6 months period between Core Fundamentals & F&P II is required
- The above courses will include: handouts, movement library, standardized programs, study manual