AFAS
austrian fitness & aerobic school

ausbildungsübersicht

AFAS Grundlagen der Anatomie & Physiologie

PILATES FLOORWORK
Grundausbildung

PILATES ELEMENTS

Dipl. AFAS Groupfitness-Trainer Grundausbildung

WELLNESS	AEROBIC / STEP	TONING	FUNCTIONAL	DANCE SCHOOL
FIT BACK Rückentraining	STEP BASICS	TONING DYNAMIC	FUNCTIONAL TRAINING I	DANCE
STRETCHING	BUILDING UP CHOREOGRAPHY	ABDOMINALS 100% Bauchtraining	FUNCTIONAL TRAINING II	LATINO & REGGAETON
FIT BALANCE Balancetraining	CHOREOGRAPHY LEVEL I & II	ENERGY PUMP Level I Langhantel - Training	FUNCTIONAL COMBINATIONS	HIP HOP
FIT ACTIVE 50+	CHOREOGRAPHY LEVEL III	ENERGY PUMP Level II Langhantel - Training	FUNCTIONAL FLOORWORK	
Dipl. AFAS WELLNESS TRAINER	Dipl. AFAS AEROBIC / STEP TRAINER	Dipl. AFAS TONING / ENERGY PUMP TRAINER	Dipl. AFAS FUNCTIONAL TRAINER	Dipl. AFAS DANCE TRAINER

AFAS KIDS & TEENS
Tainer
Grundausbildung

EXTERNE AUSBILDUNG

bodyART™

Kangoo Jumps

AFAS UP-DATES: Master Classes & Workshops