Fitness Matters

We are the shapers of great minds and honorable values.

Our Story

We are proud vanguards of the vocational education of the fitness sciences. Educating the masses since 2011, we have taught over 5,000 students who are doing wonders in the fitness industry.

We stand by our vision statement, Quality over Quantity, and its reflection is clearly manifested on the floor by our hardworking and passionate students.

Our fitness family stands strong with our pantheon of master trainers who are mavens in the industry.

We come together to impart our knowledge, experience and expertise in ways that are unparalleled in this education space.
**Fitness Matters Classic Power Yoga**

Course is 80 percent practical program. The program emphasis in teaching asanas suitable for different clients, pranayama, meditation, and techniques. This program will make you skilled in taking power yoga group classes in both online and offline settings.

It is widely accepted in both national and international workspaces.

**Weight Management and Sports Nutrition Course**

Comprehensive nutrition program. This course equips you in handling clients who have weight loss, weight gain and sports performance goals.

The program goes way beyond basics in teaching the concepts of hormones, supplements, and ergonomics aids to give our learners a competitive edge.

**ACE Certified Personal Trainer (ACE CPT)**

Personal trainer course is the highest quality fitness certification available in the industry.

As a student of ACE-CPT you have an opportunity to learn exercise science fundamentals, program designing, behavioural change techniques and client-centred approach for ensured results.

**Fitness Matters Certified Personal Trainer (FM CPT)**

It is an international standards personal trainer certification program.

This is a tailor-made program empowering learner with fundamentals of exercise science and program design, nutrition and supplementation, program modifications for special population and professional development.

The balanced approach of the program ensures a promising career.

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**Fitness Matters Classic Power Yoga (CPY)**

Fitness Matters Classic Power Yoga Course is 80 percent practical program.

The program emphasis in teaching asanas suitable for different clients, pranayama, meditation, and techniques. This program will make you skilled in taking power yoga group classes in both online and offline settings.

It is widely accepted in both national and international workspaces.

**Weight Management and Sports Nutrition (WMSN)**

Fitness Matters Weight Management and Sports Nutrition course is a comprehensive nutrition program. This course equips you in handling clients who have weight loss, weight gain and sports performance goals.

The program goes way beyond basics in teaching the concepts of hormones, supplements, and ergonomics aids to give our learners a competitive edge.
Education knows no limits. With incessant increments in fitness sciences, one needs to stay updated to deliver the best results in the fitness world.

We make sure that our students never stop learning. By providing continued education opportunities our learners are always miles ahead of the competition.

Our workshops and seminars span across a wide array of topics relevant across all life spans and are applicable across the real estate of the entire planet.

Learn from the best master trainers on the planet. Trainers form all over the world come together with us to impart their fitness wisdom to you.

Our workshops are great learning opportunities that also pack the punch of continued education credits (CECs) that add longevity to both national and international courses.

For details on individual courses, ask for course specific brochure.
Our dedicated placement cell assists our students in securing the jobs that they deserve.

With our austere assessment and teaching strategies, our students secure the highest grades possible.

Our affiliations are a mark of recognitions, a sign of trust, in our work ethics, our training and tutelage technique.

Learn in the language you speak. Our courses are taught both in Hindi & English.