



Portage to become national-level training centre for fitness pros! PCU Centre to offer nationally accredited professional training courses

This Fall, the **PCU Centre & XCOMPANY Physical Arts & Fitness** have brought national fitness education giant, Canfitpro, to Portage for **PERSONAL TRAINER** and **FITNESS INSTRUCTOR** certification courses! Also offered will be **Physical Arts Instructor** courses for *Dance, Martial Arts and Recreation Program Leaders*.

Affordable Fitness

Canfitpro, a division of Canadian Fitness Professionals Inc. (1993) is a *world leader* in certification and education of fitness professionals. With over 25,000 members, Canfitpro provides internationally recognized education that is *accessible, attainable and affordable*. “*There are other certifications that can cost anywhere from about \$600-\$1500,*” states Eddie Miller, XCOMPANY director and Canfitpro PROTrainer. “*Canfitpro courses are also the only ones to combine the Theory, Practical and Exams in one package...all for less than \$400! This is an amazing opportunity we are providing the communities we serve.*”

Roots in Portage

XCOMPANY (founded 1996) has been offering *values-based community dance, martial arts and fitness* in Portage for over 10 years, offering classes with the Arts Centre. With a heart for rural Manitoba, they also recently choreographed the Manitoba Games...with only *rural-based dancers*. “*After all the awesome things we get to do here, we now have the chance to train the next batch of leaders,*” says Miller.

“*Since XCOMPANY teaches other physical arts, such as dance, we’re going to add additional training for those who need the proper kinesiology training for teaching dance, physical arts (ie. theatre) and martial arts! Surprisingly, most consumers have NO IDEA that most Dance, Martial Arts, Yoga, Sports, Fitness, Zumba instructors..have NO FORMAL TRAINING in Anatomy, Physiology or even basic exercise safety! Sadly, many trendy programs may only be ‘franchises’ that anyone can buy. Thus, it makes one wonder why there are so many consumers (kids and adults) are developing lifelong injuries, muscular imbalances and are seeing little or no real results for all the money they spend.*” Miller recommends that consumers simply ask – before signing up - for the instructors’ kinesiology knowledge, beyond their curriculum knowledge.

Open to the Public Too

The FIS Course isn’t just for future instructors! Members of the public are now taking these courses to learn about their body and how to exercise properly and get maximum results. With all the false claims, machines and schemes out there, they can actually end up saving themselves, and their friends, a lot of money when they can discern fitness facts from fiction.

Careers for Grads

High school students are also invited to consider a career in the field. “*When you think of minimum wage jobs, a fitness instructor can make a LOT more than that! This helps if you want to pay for college and have lots of time to study,*” exclaims Miller “*and Canfitpro has an unparalleled business support for members. If you want to travel, Canfitpro is also accepted in USA, China, Europe, Dubai and more... I’ve heard of instructors working in resorts and on cruise ships! Get paid to work out and help people at the same time!*”

The PCU Centre is always looking for qualified fitness instructors.

The next course is for the **FITNESS INSTRUCTOR SPECIALIST** Certifications, at PCU Centre, with classes November 26, 27, December 3, 4...with exams in January. This course can only accept 12 people, so contact XCOMPANY at (204) 470-5425 or register at www.canfitpro.com