



Central *ymca*
Qualifications

Registered Charity Number: 213121

Certificate in Fitness Instructing
Gym

Level Two

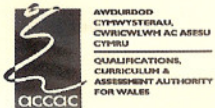
This is to certify that

Colin Gardener

Has demonstrated competence in Fitness Instructing compatible with the relevant Level 2 National Occupational Standards contributing to NVQ Exercise and Fitness. Unit number D/100/9430

Areas of competence:

Level Two Exercise and Fitness Knowledge
Level Two Resistance Training
Level Two Cardiovascular Machine Training
CPR



Qualifications and Curriculum Authority

Date
14/02/2005

Certificate No.
3145

Accreditation No.
100/1338/6

Centre
NORTHERN FITNESS AND EDUCATION
LTD

Signed

Jean-Ann Marnoch
(Executive Director, Central YMCA Qualifications)