

Desfasurator curs  
instructor Aerobic – Fitness  
sept- oct 2017



Ziua	Ora	Program
Sambata 2 sept 2017	10:00- 14:00	Deschidere – Manuale – Comunicare – Anatomie Trainer: Elena Ozun/ Anastasia Valac
Duminica 3 sept 2017	10:00- 14:00	Nutritie – Fitness 4 proiecte de examen + teorie examen Trainer: Elena Ozun
Sambata 9 sept 2017	10:00- 14:00	Pasi de baza, prize de lucru si pozitii de lucru Muzica in aerobic/Pasi de baza pe muzica Exersarea pasilor de baza pe muzica - cursante
Duminica 10 sept 2017	10:00- 14:00	Coreografia - Metode de predare Queing in aerobic Trainer: Elena Ozun
Sambata 16 sept 2017	10:00- 14:00	Masterclass – Step + breakdown Functional Step + breakdown Exercitii de tonifiere pe muzica
Duminica 17 sept 2017	10:00- 14:00	Trainer: Elena Ozun
Sambata 23 sept 2017	10:00- 14:00	Masterclass Aerobic Dance + breakdown Aero-dance vs Zumba
Duminica 24 sept 2017	10:00- 14:00	Masterclass Fitball + breakdown Masterclass Pilates + breakdown Trainer: Elena Ozun
Sambata 30 sept 2017	10:00- 14:00	Exercitii de tonifiere pe grupe musculare la aparate Lucru cu accesorii ( TRX, mingi, bara olimpica, elasticuri, BOSU etc)
Duminica 1 oct 2017	10:00- 14:00	Exercitii de tonifiere pe grupe musculare functionale Circuit, hiit, functional, crossfit. powerlifting Exercitii de relaxare si stretching Trainer: Elena Ozun / Andrei Petrov
Sambata 7 oct 2017	10:00- 14:00	Masterclass Bodypump/Bodysculpt +Breakdown Recapitulare+ Practica+Sustinere planuri de lectie
Duminica 8 oct 2017	10:00- 14:00	Pregatire coreografie examen  Trainer: Elena Ozun
Sambata 14 oct 2017	10:00- 14:00	Masterclass Jumping Recapitulare+ Practica+Sustinere planuri de lectie Pregatire coreografie examen INDIVIDUALIZAT Trainer: Elena Ozun
Duminica 15 oct 2017	10:00	Examen intern Chisinau
Sambata 28 oct 2017	9:00	Examen final Bucuresti