

Gym'll fix it

With the excesses of Christmas and New Year resolutions to get fit weighing us down, more and more people will be heading to the gym in January.

If that sounds an ideal way to spend the day, then the YMCA Professional Gym Instructor Award could be the course for you. You could get up to £200 towards the cost of your learning.

The award is a qualification for people who want to teach fixed resistance machines, free weights, cardio-vascular equipment and cross training in a gym environment. There is also the option to specialise in one of four exercise styles – circuit training, group indoor cycling, group rowing or studio resistance training.

It is a good starting point for those who would like to work in a gym or with individuals and small groups.

It can be a part-time day course over six weekends or full-time over three weeks and is ILA Scotland approved. There are courses available throughout the year at Cardonald College, Glasgow and people can use their ILA Scotland fund towards the cost. The course is globally recognised and accredited by the YMCA FIT in London.

To find out about similar courses in your area go to the **Course Search** page or call the ILA Scotland helpline free on **0808 100 1090**.