



IQ Lifestyle

COURSE PROSPECTUS

Level 3 Diploma Practitioner in Personal Training

Focus Awards (RQF) · Approved by REPS UAE

FITNESS EDUCATION & CORPORATE WELLNESS — DUBAI, UAE

REPS UAE CATEGORY A · PERSONAL TRAINER



About IQ Lifestyle

Established for over ten years, IQ Lifestyle is a UAE-founded fitness and wellness education company operating across multiple territories worldwide. We were built on a simple concept: giving people the training and accreditation they need to start — or take the next step in — a career in fitness and wellness.

Our founders bring a combined background spanning luxury hotels, cruise ships, entertainment, and wellness retreats, and this is reflected in the standard we hold our courses to. All IQ Lifestyle courses are fully accredited, alongside bespoke training programmes we design for corporate wellness and skills projects.

Over the years, we've partnered with leading clubs and hotel groups across the UAE, delivering professional development for their coaching teams and recommending top talent from our graduate network.

Beyond education, IQ Lifestyle operates in the events space and offers talent management services, with every graduate eligible to access these opportunities as part of the IQ Lifestyle community.

Who This Course Is For

This course is for people who want to work with clients **aged 16 and above**, on a **one-to-one basis only**, in a **gym or home environment** — using gym equipment or portable, home-based equipment.

REPS UAE Category A — Personal Trainer. On completion, you'll be eligible to register with REPS UAE as a Category A Personal Trainer.

Already registered with REPS UAE? You'll receive **20 REPS UAE CPD points** in addition to the qualification.

Progression Routes

After completing the qualification, you can continue your development with further specialisms, including:

Group Fitness Instructor

Sports Massage

Low Back Pain Exercise Specialist

Obesity Specialist

Pre & Postnatal

...and more

Where Our Graduates Work

Recent graduates over the past year are working in clubs and for companies including **Fitness First**, **Embody**, **Enhance Fitness**, **Dr. Stretch** and **Spira Club**, as well as a number of freelance instructors.



Level 3 Diploma Practitioner in Personal Training

FOCUS AWARDS (RQF)

REPS UAE CATEGORY A

20 REPS UAE CPD POINTS

Pre-requisites	None
Includes	Gym Instructor elements
Training Dates	Saturday 17 October, Friday 23 October, Sunday 25 October, Sunday 8 November, Sunday 6 December and Sunday 13 December 2026
Final Assessment	On a separate day after the final training day, once all coursework is completed
Timings	10:00am – 5:00pm
Locations	Fidelity Fitness, Jumeirah Lakes Towers (Friday date) & Johnson Health Tech, Dubai Investments Park 2 (Saturday & Sunday dates)
Expected Completion	December 2026 / January 2027

What The Course Covers

This diploma covers anatomy, physiology and kinesiology, principles of fitness, health and safety, customer service, business, nutrition, programming, and delivering personal training — including the Gym Instructor elements built into the qualification.

Assessment

Certification is based on successfully passing all of the following: coursework, online quizzes, a business plan, an invigilated theory exam, and a practical exam.

Theory exams take place during the course itself. The final practical assessment takes place on a separate day after the final training day, once all coursework has been completed.

Client Practical Hours

As part of the course, you'll work with a client over an 8-week period to track their progress. This can take place at their home, your home or gym, or online, and can begin as soon as you sign up.

Membership

This course does not include a gym or studio membership.



Payments & Discounts

Standard course fees are listed on each course page. Reduced fees are available in the following circumstances:

- **Early Bird** — book and pay ahead of the standard registration deadline.
- **Groups of 5+** — reduced rate when five or more participants register together.
- **Instructor Groups of 3+** — reduced rate for three or more instructors booking together as a single group.
- **Partner Venues** — preferential rates for our partner venues and their teams.
- **IQ Lifestyle Graduates** — a package rate for graduates who have completed any IQ Lifestyle course within the past 12 months.

Flexible Payment Plans

For those who'd prefer to spread the cost, we offer flexible instalment plans through Tabby and Tamara.

Course Policies

Refunds & Transfers

All course fees are non-refundable and non-transferable.

Course Completion

Courses must be completed within six months of the first mandatory training date. If a participant misses a mandatory training date, they will need to catch up in their own time.

Attendance

Participants must attend at least 80% of the course to pass. Missing scheduled training days significantly increases the risk of not passing, and participants who do not meet the 80% attendance requirement may not be eligible to register with REPS UAE.

Course Scheduling

Courses run according to demand and coach supply needs, including requests from our partner venues, and are not run every month. Advertised dates reflect planned courses only — a new course is scheduled once the currently advertised course is underway.

Bookings & Waitlist

Bookings close once a course reaches its maximum number of participants, or seven days before the first mandatory training date — whichever comes first. After this point, further registrations go onto a waitlist.



Fees

Standard Rate — card / Tabby / Tamara / instalments

AED 5,500 + VAT

Early Bird — one-time bank transfer (first 5 registrations only)

AED 5,000 + VAT

REPS UAE Members — AED 1,000 off the above prices. A copy of a valid, in-date REPS UAE card must be provided at the time of registration and first payment; the licence must be in-date at that point to qualify.

IQ Lifestyle Graduates / Current Students — a further 5% off for anyone who has completed another certificate with us within the last 12 months, or who is currently studying on any other IQ Lifestyle course.

What's Included in Your Fees

- Six months' access to the online learning resources
- Certification — to be completed within six months of enrolment
- All assessments
- Job opportunities
- Community activities

No other fees are charged unless a reassessment is needed following a referral (not pass) at assessment.

Reassessment Fees

First theory exam reassessment

Complimentary

Practical assessment retake

AED 450 + VAT

Theory exam retake (per exam, thereafter)

AED 300 + VAT



Locations

Fidelity Fitness (Friday date)
Jumeirah Lakes Towers, Dubai, UAE



Scan or tap for map

Johnson Health Tech (Saturday & Sunday dates)
Dubai Investments Park 2, Dubai, UAE



Scan or tap for map

Ready to Register?

Complete the IQ Lifestyle registration form to secure your place. Registrations and payments must be made at least 7 days before the course start date. Once submitted, an invoice will be sent for payment within 7 days.



Scan or tap to register

Or register directly at: form.jotform.com/242814502945457