Garnet
Garnet Global Training Center

GGT-SP-108

Sports Management & Wellbeing

Fitness Centre Management

إدارة مراكز اللياقة البدنية

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (management)**

Overview

This program treats Fitness Centre Management as a managed system: policies, roles, resources, performance indicators and continual improvement. Management programs for clubs, federations, venues and workplace wellbeing teams. Choose 5 or 10 days, classroom or live online, English or Arabic; organisations can also run it in-house and adapt the examples to their own work.

What you will be able to do

- Set up and run Fitness Centre Management as a managed process with clear roles.
- Control risk, quality and compliance in this area.
- Lead improvement projects and measure their benefit.
- Report clearly to senior management and stakeholders.
- Manage contractors, suppliers and internal customers.

Who should attend

Club and federation managers, coaches, venue operators and wellbeing leads. It suits supervisors, section heads and specialists who manage, or are about to manage, this area.

Key topics

- Sport governance
- Commercial and sponsorship
- Venue operations
- Athlete development
- Fan engagement
- Health and wellbeing

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Fitness Centre Management: the management framework

- Commercial and sponsorship
- Measurement and reporting

Day 2 Planning, resources and budgets

- Venue operations
- Athlete development

Day 3 Performance measurement and control

- Fan engagement
- Hands-on workshop on a workplace challenge

Day 4 Risk, compliance and improvement

- Health and wellbeing
- Common mistakes and how to avoid them

Day 5 Management case study and action plan

- Sport governance
- Regional and international case studies

10-day outline

Day 1 Fitness Centre Management: the management framework

- Commercial and sponsorship
- Measurement and reporting

Day 2 Planning, resources and budgets

- Venue operations
- Athlete development

Day 3 Performance measurement and control

- Fan engagement
- Hands-on workshop on a workplace challenge

Day 4 Risk, compliance and improvement

- Health and wellbeing
- Common mistakes and how to avoid them

Day 5 Management case study and action plan

- Sport governance
- Regional and international case studies

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Checklists and templates to take away

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Group discussion and peer review

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
15–26 Mar 2027	10-day classroom	Dubai	Arabic	8,950
18–22 Apr 2027	5-day classroom	Riyadh	Arabic	4,750
11–15 Oct 2027	5-day online	Live online	English	2,950
21–25 Nov 2027	5-day classroom	Manama	English	4,750
10–21 Jan 2028	10-day online	Live online	English	5,450
1–5 May 2028	5-day classroom	Barcelona	English	4,750
3–14 Jul 2028	10-day classroom	Dubai	Arabic	8,950
21–25 Aug 2028	5-day classroom	Abu Dhabi	English	4,750
5–9 Feb 2029	5-day online	Live online	English	2,950

Dates	Format	City	Language	Fee (USD)
6–10 May 2029	5-day classroom	Jeddah	Arabic	4,750
15–26 Oct 2029	10-day classroom	Barcelona	English	8,950
17–21 Dec 2029	5-day classroom	Abu Dhabi	English	4,750
20–31 Jan 2030	10-day classroom	Riyadh	English	8,950
4–15 Feb 2030	10-day online	Live online	English	5,450
11–15 Mar 2030	5-day classroom	Amsterdam	English	4,750
3–7 Jun 2030	5-day classroom	Casablanca	English	4,750

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/