



NETA Fit Fest Drake University, Des Moines, IA

Thursday, October 19, 2017

8:00-6:00 pm

Yoga Foundations Specialty Certification (Day 1)

Our intensive, two-day Yoga Basics workshop provides hands-on experience in teaching beginner yoga formats through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. In addition to the basics of class formatting, you'll discuss yoga history through exploration of the 8 limbs, learn the anatomy and physiology of the nervous and respiratory systems, as well as discover ways to encourage and motivate your participants through verbal refinements and inclusive cuing. This certification will provide 2 sample beginning yoga classes as well as time for practice teacher under the supervision of an experienced yoga teacher.

Friday, October 20, 2017

8:00-6:00 pm

Yoga Foundations Specialty Certification (Day 2)

Our intensive, two-day Yoga Basics workshop provides hands-on experience in teaching beginner yoga formats through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. In addition to the basics of class formatting, you'll discuss yoga history through exploration of the 8 limbs, learn the anatomy and physiology of the nervous and respiratory systems, as well as discover ways to encourage and motivate your participants through verbal refinements and inclusive cuing. This certification will provide 2 sample beginning yoga classes as well as time for practice teacher under the supervision of an experienced yoga teacher.

Friday, October 20, 2017

6:00-9:00 pm

Medicine Ball Power *Powered by SPRI*

Power is needed in various sports and activities, and the medicine ball is the perfect power training tool! In this workshop, you'll learn a wide variety of medicine ball exercises and strategies to incorporate medicine balls into any group exercise class, small group training session, or one-on-one with clients. Participants will learn to easily develop workouts that balances strength, and power!

Body Weight Training

Body weight training is a great option to elevate your level of fitness with little to no equipment. Although you may try to lose some of it, your body weight is the one piece of equipment you can take with you anywhere! Learn how to use your body to boost both cardiovascular and muscular fitness. Join us to find new ways to incorporate body weight exercises into your current group fitness and personal training sessions to provide both results and variety to any workout.

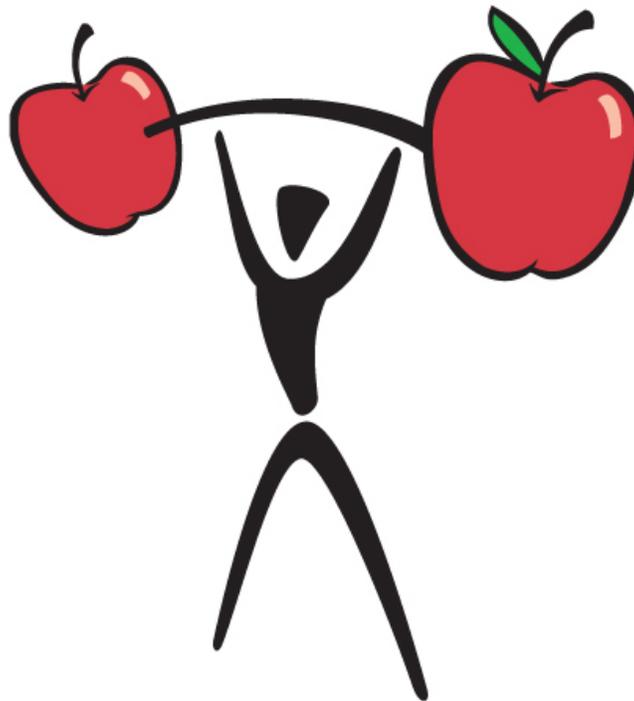
Catching some Zzzz's: Sleeping Your Way to Better Health and Performance *New!!*

Are you getting adequate sleep necessary to optimize your health, fitness, and performance? This classroom-based workshop will cover the architecture of sleep, the potential negative impact of sleep deprivation on overall health and weight management, the importance of sleep for optimal fitness and athletic performance, and the positive impact of regular exercise on sleep.

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Fundamentals of Nutrition for the Fitness Professional

The world of food and nutrition science is constantly evolving. This classroom-based workshop reviews the six essential nutrients necessary for optimal health, fitness, and performance. In addition, students will learn the recently published 2015 Dietary Guidelines for Americans, as well as recommended food guidance systems, interpretation of Nutrition Fact labels, and macronutrient calculations. This course also provides specific parameters regarding nutrition scope of practice for fitness professionals





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Saturday October 21, 2017

8:00 am

Group Exercise Certification (1 day) Early Bird Fee: \$249 * Standard \$299

8:00–5:00 pm

Recommended Study Material: The Fitness Professional’s Manual, 4th ed. \$59

Credits: 6 NETA

The GX Instructor Certification review workshop features interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to become an effective and successful group exercise instructor. Includes proctored exam administered at conclusion of workshop.

Personal Training Certification (2 days) Early Bird Fee: \$399 * Standard \$449

Saturday: 8:00–5:00pm, Sunday: 8:00-4:00 pm

Recommended Study Material: The Fitness Professional’s Manual, 4th ed. \$59

Credits: 14 NETA, 1.4 ACE, 15 AFAA, 1.4 NASM

The PT Certification review workshop features 14 hours of interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to implement safe, effective, motivational exercise programming for your clients. Includes proctored exam administered at conclusion of workshop.

Wellness Coach Specialty Certification (2 Days) Early Bird Fee: \$349 * Standard \$399

Saturday: 8:00-5:00pm, Sunday: 8:00-3:30 pm

Recommended Study Materials: Lifestyle Wellness Coaching, 2nd ed. \$69

The Fitness Professional’s Manual, 4th ed. \$59

Credits: 14 NETA, 1.2 ACE, 12 AFAA, 1.4 NASM

Wellness Coaching has emerged as a growing trend in the health and fitness industries. At NETA, we see wellness coaching as an exciting and immersive way to improve people's lives through fitness and well-being. Being a wellness coach gives you the unique opportunity to provide individuals one-on-one help with building strength, both physical and mental.

Senior Fitness Specialty Certification (1 day)

8:00-3:00 pm Fee: \$169 Credits: 7 NETA

Meet the growing demand for fitness classes geared specifically for active older adults! NETA's new Senior Fitness Specialty certification is designed for fitness professionals wanting tools to safely and effectively train and teach the older adult population. In this foundational course, you'll master exercise selection principles for chronic conditions, practice fall prevention techniques, learn functional fitness assessment protocols, and discuss ways to best communicate with senior class participants. This course will improve your professional adaptability and help unlock your career potential.

Becoming a Yoga Professional (1 day)

8:00-6:00 pm Fee: \$189 Credits: 10 NETA

NETA's innovative Becoming a Yoga Professional goes beyond the fundamentals of leading a classes by discusses topics that everyone approaching yoga as a business opportunity should know. Instructors will learn to manage difficult situations and relationships, discover ways to better connect as a yoga coach, as well as discover ways to market themselves and earn income. Find your unique voice and put it to use by becoming a yoga profession

Saturday, October 21, 2017



NETA Fit Fest Drake University, Des Moines, IA

8:00-11:00 am **Fee: \$69 each, 3 or more \$59** **Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM**

101 Ways to Bootcamp *New!!*

Bootcamp classes are challenging, fun, and a fantastic workout! If you're looking for new ideas then this workshop is for you! Refresh your classes with the ideas generated in this nonstop, action packed, and high energy workshop. You'll walk away with new formats, techniques, and ideas to include in your bootcamp classes all year long.

12:00-3:00 pm **Fee: \$69 each, 3 or more \$59** **Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM**

Rope Burn: The Ultimate Circuit Training Workout *New!!*

In this workshop, you'll learn how to strategically combine the cardio benefits of jumping rope, the muscular benefits of strength training, and the functional benefits of core training to create a total body circuit. Learn new movements and sequences that will keep your circuit workouts fresh, exciting and challenging! GET READY TO JUMP!

3:30-6:30 pm **Fee: \$69 each, 3 or more \$59** **Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM**

HIIT it with YOGA

High intensity interval training (HIIT) is fun, effective, and challenging for all. Yoga is the practice of poses that combines deep, meditative breathing with slow strengthening movements which is incredibly healthy for your mind, body, and spirit. Fusing these two seemingly different formats together is clearly a "win-win" approach for successful cardiovascular exercise improvement and overall performance thus, we have 'HIIT it with Yoga'.

Saturday, October 21, 2017



**NETA Fit Fest
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Sunday, October 22, 2017

8:00-3:00 pm

Kettlebell Specialty Certification (1 day)

8:00–3:00 pm Fee: \$169 Credits: 7 NETA, .6 ACE, 8 AFAA, .8 NASM

This introductory course teaches the basics of Kettlebell training, the history of this fascinating workout, safety techniques, body positioning, alignment, and appropriate starting weights. You will experience the most popular exercises including swing, clean and press, the snatch, and many more. Workshop includes exam (valid for 2 years).

8:00-6:00 pm

Yoga for Special Populations (1 day)

8:00–6:00 pm Fee: \$189 Credits: 10 NETA

Yoga is for everybody. With NETA's Yoga for Special Populations workshop, instructors will take an in-depth look at creating an open environment, teaching to students with special needs, and learn ways to help every individual meet their goal in a group setting through a coaching approach. Explore pose adaptations, specialty class themes, and learn ways to make every individual feel comfortable in your class environment.

8:00-11:00 am Fee: \$69 each, 3 or more \$59 Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM

Fun Group Training: Tread –N-Shred

This FUN small group training course is designed to increase cardiovascular fitness through treadmill interval training and improve strength with super circuits. In this course, you'll learn the benefits of small group training, format options, and how to design a 'Tread –N- Shred' class! This FUN format will eliminate boredom, improve performance, and challenge your class participants and/or clients.

Ride the Wave: Aquatic Intervals

With minimal impact to the joints and resistance in all directions, the aquatic environment is the perfect place for interval training. The benefits of aquatic interval training are many, but only if the protocol, exercise selection and work/rest ratios are well planned, organized and appropriate for the participant's fitness level. Ride the wave of aerobic to max intervals and walk away with a clear understanding of 4 different types of intervals for 3 different types of clients.

Sunday, October 22, 2017

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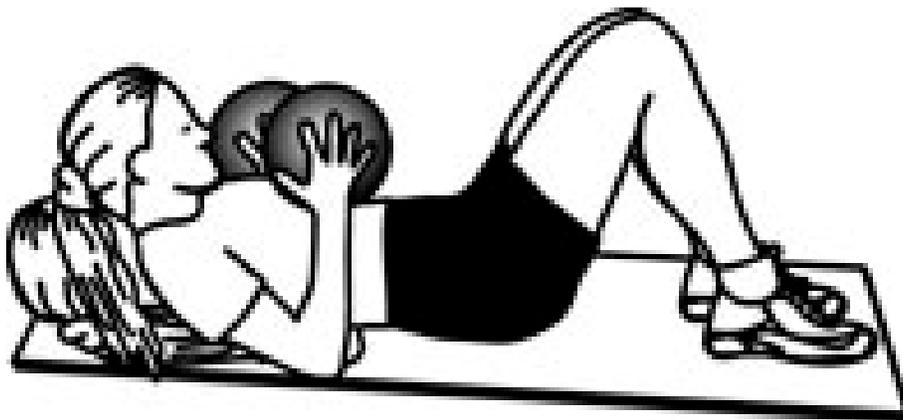
12:00-3:00 pm Fee: \$69 each, 3 or more \$59 Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM

Senior POWER *New!!*

Should and can older adults perform power training? YES! Power training is essential for maintaining activities of daily living and enhance functional capacity in older adults. In this workshop, you'll learn all the critical aspects of a safe and effective functional power program for older adults, including equipment, technique, moves, and contraindications. POWER up your seniors!

Medicine Ball Pilates *New!!*

In this workshop, you'll learn how to take your basic mat Pilates workout, and mix and match movements with the medicine ball, resulting in a unique combination sure to give your basic Pilates workout a boost. Be challenged with the added intensity of the medicine ball, build your exercise library and optimize results for your Pilates class participants.





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Name:		NETA Customer #:	
Address:			
City:	State:	Zip:	
Phone #:		Email:	

CEC Workshops

CEC Workshops Selections \$69 Each

(Register for 3 or more 3 hour CECs and pay only \$59 each!)

Fill in the session name and price for each CEC workshop you are attending.

Friday, October 20, 2017: <i>Check-in table opens at 5:30 pm and is located near the main entrance.</i>		
Time	Workshop Name	Price
6:00 pm – 9:00 pm	_____	\$ _____
Saturday, October 21, 2017: <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am -11:00 am	_____	\$ _____
12:00 am -3:00 pm	_____	\$ _____
3:30 pm - 6:30 pm	_____	\$ _____
Sunday, October 22, 2017: <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am – 11:00 am	_____	\$ _____
11:15am –11:45 am	_____	\$ _____
12:00 am – 3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (Transfer to Total Event Registration)		\$ _____

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Certifications / Specialty Certification Workshops

<u>Certification / Workshop Name / Price</u>	<u>Price</u>
Personal Training Certification / \$399* *Early Bird Rate. Register 30 days in advance. Standard rate: \$449 (Saturday, October 21 st 8:00 am –5:00 pm & Sunday, October 22 nd , 8 am – 4:00pm)	\$ _____
Group Exercise Certification / \$249* * Early Bird Rate. Register 30 days in advance. Standard rate: \$299 (Saturday, October 21 st 8:00 am - 4:30 pm)	\$ _____
Yoga Foundations Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399 (Thursday, October 19 th 8:00 am –6:00 pm & Friday, October 20 th 8:00 am-6:00 pm)	\$ _____
Becoming a Yoga Professional Specialty Certification / \$189* (Saturday, October 21 st 8:00 am –6:00 pm)	
Wellness Coach Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399 (Saturday, October 21 st 8:00 am –5:00 pm & Sunday, October 22 nd 8:00 am-3:30 pm)	\$ _____
Yoga for Special Populations Specialty Certification/\$189 (Sunday, October 22 nd 8:00 am-6:00pm)	\$ _____
Senior Fitness Specialty Certification/\$169 (Saturday, September 16 th 8:00 am-3:00pm)	\$ _____
Kettlebell Specialty Certification/\$169 (Sunday, September 17 th 8:00 am-3:00pm)	\$ _____
Total Cost for Certifications / Specialty Certification Workshops (Transfer to Total Event Registration)	\$ _____



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Study Materials

The following manuals/practice exams are recommended for specific workshops.		
<u>Manual Name / Price</u>	<u>Quantity</u>	<u>Price</u>
NETA's The Fitness Professional's 4 th Edition Manual / \$59 (recommended for GX and PT Workshops)	_____	\$ _____
The Fitness Professional's Workbook for Group Exercise Instructors (recommended) / \$29	_____	\$ _____
The Fitness Professional's Workbook for Personal Trainers (recommended) / \$29	_____	\$ _____
Group Fitness Practice Exam (recommended) / \$10	_____	\$ _____
Personal Trainer Practice Exam (recommended) / \$10	_____	\$ _____
Personal Trainer Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Personal Trainers) /\$79	_____	\$ _____
Group Exercise Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Group Exercise Instructors) /\$79	_____	\$ _____
Personal Trainer Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Personal Trainers, Online Exercise Science Review Modules, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$179	_____	\$ _____
Group Exercise Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Group Exercise Instructors, Practical Skills for Group Exercise Instructors, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$129	_____	\$ _____
Lifestyle Wellness Coaching, 2nd Edition / \$69	_____	\$ _____
Wellness Coach Practice Exam (recommended) /\$10	_____	\$ _____
Total Cost for Study Materials (Transfer to Total Event Registration)		\$ _____



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Total Event Registration

Total Cost for CEC Workshops	\$ _____
Total Cost for Certification/Specialty Certification Workshops	\$ _____
Total Cost for Study Materials	\$ _____
Add shipping and handling ONLY ; If you are purchasing study materials (S&H below)	\$ _____
Total cost of registrations and study materials	\$ _____

1. Registration deadline is **Wednesday, October 18, 2017**.
2. Additional discount offers not applicable to CEC workshops.
3. On-site registrations are subject to a \$10 additional fee per workshop.
4. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers available.
5. Registration and payment can be made via web www.netafit.org, phone 763-545-2505, fax 763-545-2524 or mail to: **NETA 12800 Industrial Park Blvd, Suite 220, Minneapolis, MN 55441**.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at Drake University-Bell Center 1421 27th Street Des Moines, IA 50311

Merchandise S&H Charges			
Order Total	Amount	Order Total	Amount
Up to \$15.00	\$4.50	\$70.00-\$89.99	\$12.50
\$15.01-\$29.99	\$7.75	\$90.00-\$109.99	\$14.50
\$30.00-\$49.99	\$9.50	\$110.00-\$149.99	\$15.50
\$50.00-\$69.99	\$11.50	\$150.00-& UP	\$16.50

Payment

Method of Payment (complete below) **Amount Enclosed \$** _____

Check # _____ Money Order

Credit Card # _____ Exp Date _____ / _____

CVC Code _____ (last three digits on back of credit card)