



NETA Fit Fest Twin Cities Kent State University, Kent, OH

Friday June 10, 2016

6:00-9:00 pm Fee: \$69 each, 3 or more \$59 Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM

Yin Yoga Essentials *New!!*

Yoga is a form of exercise aimed to fully incorporate the mind and body. This workshop is a means to explore and take a softer look at this gentle but profound practices that incorporate the mind with yoga. It will give you the basic tools to deepen your own journey, inspire you to seek out and study with the Masters of the work, and most importantly to simply trust “the way.” All that you need to teach this practice is already contained within you. It is time to go the way of the Yin Warrior - less is more, get comfortable in the stillness and in the quiet. Take this practice as it comes to you.

Motivational Interviewing for the Exercise Professional *New!!*

Are your clients achieving their goals? Well-designed exercise programs and sound nutritional advice often fall short when the client is not motivated to adhere to the plan. Learn how to empower your clients to make lasting change! Motivational interviewing (MI) is an effective strategy to help clients overcome ambivalence to lifestyle change. This classroom-based workshop introduces the framework of MI including the core principles, key processes, and interviewing skills. Participants will also practice using this new skill through role playing activities.

Boxing Fusion

Interested in teaching boxing or incorporating boxing movements into your group exercise class? In this course you'll learn basic boxing techniques. Plus, learn how to fuse elements of plyometrics & strength to make a quick 30-minute high intensity circuit, guaranteed to get your participants the toned and powerful body of a boxer. Learn how to design classes using a simple 30-minute format that will make class easy to follow, but tough to do! Note: this course will review the basic boxing fundamentals and is a non-contact format.

Foundations of Resistance Training Program Design *New!!*

Need some ideas to develop innovative programs for your clients? With unlimited exercise possibilities and an endless array of approaches to design resistance training programs, selecting the right options for your clients will help them feel successful and stay motivated. This classroom-based workshop reviews the current guidelines for resistance training, manipulation of acute training variables, classic and contemporary program design methodologies, and safe and effective strategies to develop resistance training programs for clients of all abilities.

Fun Group Training: Tread –N-Shred *New!!*

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, formats 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.

Mastering the Marathon

Participation in marathon running has grown dramatically over the last couple decades. This workshop reviews historical highlights of the marathon race as well as physiological considerations, training essentials, and nutritional strategies to maximize marathon performance. Whether you are training clients for their first marathon or striving to achieve a personal record, this workshop will provide you will the insights to safely and effectively cross the finish line.



**NETA Fit Fest Twin Cities
Kent State University, Kent, OH**

Saturday June 11, 2016

8:00 am

Group Exercise Certification (1 day)

Early Bird Fee: \$249 * Standard \$299

8:00–5:00 pm

Study Material: The Fitness Professional’s Manual \$59

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

Sat: 8:00–5:00pm, Sun: 8:00-4:00 pm

Study Material: The Fitness Professional’s Manual \$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

Sat: 8:00–5:00pm, Sun: 8:00-3:00 pm

Study Material: The Fitness Professional’s Manual \$59 / Lifestyle Wellness Coaching \$69

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

2 Days. 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.

Pilates Mat Specialty Certification (2 days)

Early Bird Fee: \$349 * Standard \$399

Saturday: 8:00-5:00 pm, Sunday: 8:00-2:00 pm

Study Material: Pilates Manual \$35

Credits: 14 NETA, 1.3 ACE, 13 AFAA, 1.3 NASM

This specialty certification covers the fundamental principles of Pilates, and teaches you how to apply them to 40 different exercises. Additionally, learn how to cue, correct form, and apply modifications. Workshop includes exam (Valid for 2 years)

Barre Connect Specialty Certification *New!!*

8:00-5:00 p.m. Fee: \$189 Credits: 8 NETA

In this one day, NETA Specialty Certification you will learn the fundamentals necessary to design safe and effective multi-level Barre Connect classes. Leave with a deep understanding of the science, technique, and 4 main components behind Barre Connect. Discover how to connect the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardiovascular Training to create a FUN, total body workout.

Saturday June 11, 2016



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

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.

HIIT it with YOGA *New!!*

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’.

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

Cycling: Hills YEAH! *New!!*

While hill climbs can be among the most challenging components of a cycling ride, they can also be the most rewarding. This workshop will identify, detail, and demonstrate how to safely and effectively challenge participants to make the most of their hill climbs, while also providing you strategies to engage riders and coach them to the top! *Prerequisite: Completion of the Indoor Cycling Certificate*

Medicine Ball Power *Powered by SPRI New!!*

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!

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

Partner Up!

Want to infuse your classes with amazing energy, over-the-top intensity and an upbeat atmosphere? Look no further, this class is for you! As intimidating as it may seem to have participants partner up, this workshop will give you the tools you need and the information you want to make partner workouts incredibly successful and super appealing. From cardio to resistance training, and yes, even facilitated stretching, you will walk away from this workshop with a multitude of ideas! You will learn the basics of partner training as well as experience a workout that you can use as a personal trainer, in small group training and in your group fitness classes.

Breathing for Better Athletic Performance

Breathing is a fundamental activity that we all do all day every day but it’s an under-utilized based function. Improving breath can increase your energy and improves your athletic performance, and can even decrease stress. The power of breath can shift an ordinary workout to an extraordinary workout for your clients.



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Sunday June 12, 2016

8:00am

Kettlebell Specialty Certification Training (1 day)

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

Kettlebells are one of the most popular strength training tools in today’s group exercise settings or with personal training clients, and NETA is pleased to offer you the most comprehensive certification program for the discipline. This introductory course teaches the basics of kettlebell training, including its history, safety techniques, body positioning, alignment and appropriate starting weights. You’ll also learn and experience the most popular exercises – like the swing, clean and press, snatch and others.

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

C & C Aqua Factory

This shallow water format combines fun noodle cardio sequences with Pilates inspired core work to create a total body experience for your participants. Cardio with the noodle allows movement to be performed in multiple body positions and adds intensity to the upper body. Core work with the noodle allows pilates land movements to come to life in the aquatic environment. Walk away with 6 C & C sequences to help build your library of cardio noodle exercises and challenging pilates core work to improve your overall fitness performance.

Foam Rollers and More: Fitness for Fascia

This workshop combines classroom and hands-on learning to introduce you to self-myofascial release techniques utilizing foam rollers and small balls. Self-myofascial release helps to improve muscle function by promoting mobility, flexibility and restoring muscle balance. Walk away from this workshop with a greater understanding of myofascial release and the types of techniques that can ease tightness, inflammation, and reduce injuries.

Yikes! Could I Really Be Sued New!!

In our litigious society, learn how to stay out of court and in the fitness center. This classroom-based workshop presents important legal information essential for all exercise professionals. Learn strategies to minimize your liability exposures and gain valuable insights through a review of several case study lawsuits filed against personal trainers and fitness facilities.

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

Barre Connect: Cardio Extreme New!!

Take the Cardiovascular Exercise component of your Barre Connect class to the next level! Discover how to use steady state, intervals, and tabatas effectively in your class plans. Leave with new ideas for combinations, intervals, and tabata training that will take your participants to new levels! *Prerequisite: Barre Connect Specialty Certification highly recommended prior to completion.*

Physical Activity for Special Medical Considerations New!!

Until the middle of the 20th century, infectious disease was the major health threat to society. Today, chronic diseases related to unhealthy lifestyle behaviors, are the leading cause of disability and premature mortality in the U.S. This classroom-based workshop reviews the public health burden of chronic diseases including hypertension, cardiovascular disease, obesity, diabetes, and osteoporosis, as well as the evidence that regular physical activity reduces the risk for and helps to manage these medical conditions. This workshop will also review programming considerations and provide exercise guidelines for those affected by chronic disease.

Sunday June 12, 2016



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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 June 10, 2016: <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 June 11, 2016: <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 pm- 3:00 pm | _____ | \$ _____ |
| 3:30 pm -- 6:30 pm | _____ | \$ _____ |
| Sunday June 12, 2016: <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 pm – 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 June 11, 8:00 am –5:00 pm & Sunday June 12, 8 am – 4:00pm) | \$ _____ |
| Group Exercise Certification / \$249* * Early Bird Rate. Register 30 days in advance. Standard rate: \$299 (Saturday June 11, 8:00 am - 4:30 pm) | \$ _____ |
| Wellness Coach Specialty Certification / \$349* Early Bird Rate: Register 30 days in Advance. Standard rate: \$399 (Saturday June 11, 8:00 am –5:00 pm & Sunday June 12, 8:00 am-3:30 pm) | \$ _____ |
| Pilates Specialty Certification / \$349* * Early Bird Rate. Register 30 days in Advance. Standard rate: \$399 (Saturday June 11, 8:00 am –5:00 pm & Sunday June 12, 8:00 am-2:00 pm) | \$ _____ |
| Barre Connect Specialty Certification / \$189 (Saturday June 11, 8:00 am –5:00 pm) | \$ _____ |
| Kettlebell Specialty Certification/\$169 (Sunday June 12, 8:00 am-3:00pm) | \$ _____ |
| Total Cost for Certifications / Specialty Certification Workshops (Transfer to Total Event Registration) | \$ _____ |

Study Materials

The following manuals/practice exams are recommended for specific workshops.

| <u>Manual Name / Price</u> | <u>Quantity</u> | <u>Price</u> |
|--|------------------------|---------------------|
| The Fitness Professional's Manual, 4 th Edition / \$59 (recommended for GX, PT & Wellness Coach Workshops) | _____ | \$ _____ |
| The Fitness Professional's Workbook for Group Exercise Instructors (recommended) / \$29 | _____ | \$ _____ |
| The Fitness Professional's Workbook for Personal Trainers (recommended) / \$29 | _____ | \$ _____ |
| Personal Trainer Basic Package / \$79 | _____ | \$ _____ |
| Personal Trainer Premier Package / \$179 | _____ | \$ _____ |
| Group Exercise Basic Package / \$79 | _____ | \$ _____ |
| Group Exercise Premier Package / \$129 | _____ | \$ _____ |
| Lifestyle Wellness Coaching, 2 nd Edition / \$69 | _____ | \$ _____ |
| Wellness Coach Practice Exam / \$10 | _____ | \$ _____ |



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|--|-------|-----------------|
| NETA Pilates Manual (recommended) /\$35 | _____ | \$ _____ |
| Pilates Practice Exam (recommended) /\$10 | _____ | \$ _____ |
| NETA Yoga Manual (recommended) /\$49 | _____ | \$ _____ |
| Yoga Practice Exam (recommended) /\$10 | _____ | \$ _____ |
| Total Cost for Study Materials (Transfer to Total Event Registration) | | \$ _____ |

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 **Friday June 10, 2015**.
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 5955 Golden Valley Road, Suite 240, Minneapolis, MN 55422**.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at Kent State University Department of Recreational Services: 1550 Ted Boyd Dr. Kent, OH 44242

| 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)

NAME AS IT APPEARS ON CREDIT CARD _____



**NETA Fit Fest Twin Cities
Kent State University, Kent, OH**

Airport

Cleveland Hopkins International Airport

Hotel Information

Hampton Inn Kent
4406 State Route 43
Kent, OH 44240
330-673-8555
Group Code: NETA Standard Room \$119 plus taxes

Event Information



June 10-12, 2016

**Kent State University
1550 Ted Boyd Dr.
Kent, OH 44242**

- Registration opens 30 minutes before the first workshop each day
- CECs from NETA, ACE, AFAA, and NASM provided