



NETA Fit Fest
Normandale Community College, Bloomington, MN

Thursday, February 16, 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, February 17, 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, February 17, 2017

6:00-9:00 pm

Yin Yoga Essentials

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.

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.

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Motivational Interviewing for the Exercise Professional

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.

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.

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.

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.





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Saturday, February 18, 2017

8:00 am

Group Exercise Certification Review (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 Review (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.

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)

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

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

Credits: 14 NETA

Sculpt Yoga blends power flow yoga with resistance training. It offers the discipline of a yoga practice and intensity options similar to a challenging fitness class. This class will boost your metabolism as you tone and sculpt every major muscle group while improving endurance and flexibility. Classes are taught with intensity variations, focus on the breath, traditional asana and stretching sequences, and encouragement of mental focus to help maintain yogic integrity.

Saturday, February 18, 2017



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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.

Topics include:

- Adult Learning Concepts
- Interpersonal Communication Skills
- Theories and Models of Behavioral Change
- Motivational Interviewing
- Goal-Setting
- Overcoming Barriers to Change

Indoor Group Cycling Specialty Certification (1 day)
8:00-3:00 p.m. Fee: \$169 Credits: 7 NETA, .6 ACE, 5.5 AFAA, .6 NASM

NETA's Indoor Group Cycling specialty certification covers all the basics of teaching cycling classes, including setting up the room, managing a variety of situations and the many body positions for a safe but challenging ride. Other key topics include contra-indications, terminology, class formatting, music selection and cuing. We've also added a special section on helping individuals determine the proper level of exercise intensity to meet their goals. Includes free study guide.

Barre Connect Specialty Certification (1 day)
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.

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.



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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**

Yikes! Could I Really Be Sued

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.

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.

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

Foundations of Resistance Training Program Design

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.

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'.

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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Sunday, February 14, 2016

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).

8:00-11:00 am 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!

Cycle 360

Cycle 360: Cycle, Strength, and Core adds variety to your everyday indoor cycling class and provides your participants with a total body circuit workout. Cycle 360 combines indoor cycling, and **OFF** the bike strength & core training. This allows participants to experience an amazing aerobic workout while also strengthening their upper body and core. Too often riders forgo strength and core training for more time on the bike, however, the core is the foundation of all movement, and it is important for riders to develop a strong core in order to improve cycling performance. Cycle 360 allows rides to get the best formats in one class while balancing your muscles and avoiding burn out. ***Completion of the Indoor Cycling Certificate is a prerequisite and heart rate monitors are strongly encouraged.***

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.

Sunday, February 19, 2017



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11:15-11:45 am Free Informational Workshop Credits: 1 NETA

Fitness Industry Updates

Stay informed of important issues that may impact your fitness career! This session will provide important fitness industry updates with regard to the Coalition for the Registration of Exercise Professionals (CREP), the United States Registry of Exercise Professionals (USREPS), legislation pertaining to the regulation of exercise professionals, and top fitness industry trends.

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

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!

Physical Activity for Special Medical Considerations

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.

Restore, Recharge, and Release Cycle (R³ Cycle) *New!!*

Wondering how you can improve your students' rides and recovery time? In this workshop, you'll learn how to restore the body with a yoga-inspired warm-up, roll using myofascial release techniques in your cool-down, and RECHARGE your students' cycling performance and recovery time. Walk away with an easy to use R³ cycling format that will keep your students' coming back to class!

Sunday, February 19, 2017



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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, February 17, 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, February 18, 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, February 19, 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, February 18 th 8:00 am –5:00 pm & Sunday, February 19 th , 8 am – 4:00pm)	\$ _____
Group Exercise Certification / \$249* * Early Bird Rate. Register 30 days in advance. Standard rate: \$299 (Saturday, February 18 th 8:00 am - 4:30 pm)	\$ _____
Pilates Mat Specialty Certification / \$349* * Early Bird Rate. Register 30 days in Advance. Standard rate: \$399 (Saturday, February 18 th 8:00 am –5:00 pm & Sunday, February 19 th 8:00 am-2:00 pm)	\$ _____
Yoga Foundations Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399 (Thursday, February 16 th 8:00 am –6:00 pm & Friday, February 17 th 8:00 am-6:00 pm)	\$ _____
Sculpt Yoga Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399 (Saturday, February 18 th 8:00 am –5:00 pm & Sunday, February 19 th 8:00 am-2:00 pm)	\$ _____
Wellness Coach Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399 (Saturday, February 18 th 8:00 am –5:00 pm & Sunday, February 19 th 8:00 am-3:30 pm)	\$ _____
Indoor Group Cycling Specialty Certification/\$169 (Saturday, February 18 th 8:00 am-3:00pm)	\$ _____
Barre Connect: Specialty Certification/\$189 (Saturday, February 18 th 8:00 am-5:00pm)	\$ _____
Senior Fitness Specialty Certification/\$169 (Saturday, February 18 th 8:00 am-3:00pm)	\$ _____
Kettlebell Specialty Certification/\$169 (Sunday, February 19 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	_____	\$ _____
NETA Pilates Manual (recommended) /\$35	_____	\$ _____
Pilates Practice Exam (recommended) /\$10	_____	\$ _____
NETA Yoga Manual (recommended) /\$49	_____	\$ _____
Yoga Practice Exam (recommended) /\$10	_____	\$ _____
Cycling 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, February 15, 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 Normandale Community College 9700 France Ave South, Bloomington, MN 55431

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)