

NETA Course Catalog

Fall 2019–Winter 2020





Is NETA the Best Choice For Me?

There are many organizations providing fitness certifications, so how do I know if NETA is the best choice for me?

NETA has been educating fitness professionals for over 40 years, longer than virtually all other certifying bodies in the fitness industry. Our primary certifications are accredited by the NCCA, ensuring that the NETA credentials meet industry standards and are accepted at most fitness facilities.

NETA provides live, hands-on exam preparation workshops presented by our own well-qualified instructors as well as many self-study online options. Our dedicated staff is passionate about fitness and ready to help you throughout a successful career. NETA's NCCA accredited programs are the most affordable in the fitness industry.

NETA schedules over 1,100 continuing education and specialty certification workshops every year all across the U.S. to support your career, more than any fitness certification company. The workshops are conducted by NETA's own personable and knowledgeable presenters. In addition, we also offer group discounts and complimentary registrations for facilities that host our workshops. We also offer over 125 home study courses, making it convenient and easy to continue your education and to maintain your professional certification.

Contact us today!

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PERSONAL TRAINER CERTIFICATION

NETA certification can be an important step toward establishing credibility and earning respect as a qualified exercise professional. Our Personal Trainer Certification is among the best in the industry and has been accredited by NCCA. Developed for those who plan to work with apparently healthy individuals, our curriculum is updated continuously according to the latest research and techniques to help you challenge, guide, support and motivate your clients.



Topics

- Exercise Science (Anatomy, Exercise Physiology, Kinesiology, Biomechanics)
- Preparticipation Screening and Health & Fitness Assessments
- Exercise Programming for Healthy Adults
- Principles of Nutrition & Weight Management
- Dynamics of Communication & Behavioral Change



***Register Early & Save \$50!**
Early Bird: Register 30 days in advance.

Option 1: Self-Study + 2-Day Live Review Workshop

The Personal Trainer 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 written exam.

Credits: 14 NETA, 1.4 ACE, 14 AFAA
Times: Saturday Workshop 8 am–5 pm
Sunday Workshop 8 am–4 pm
Fees: Early Bird \$449*
Standard \$499

Option 2: Self Study + Computer-Based Exam

Schedule the computer-based “Test Only” option and complete the exam at one of our testing centers across the U.S. Fee: **\$349 Test Only**

Option 3: Premier Plus Package BEST VALUE

Learn at your own pace utilizing NETA’s user friendly online prep modules. Includes; Online Review Modules, Fitness Professional’s Manual, Fitness Professional’s Workbook, Practice Exam, Education Department Support, and the computer based exam administered at one of our testing centers. **Item# 120 • \$499**

Study Materials

NETA's *The Fitness Professional's Manual, 5th Edition*

The Fitness Professional's Manual is the primary resource recommended for candidates preparing for NETA's Personal Trainer certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including relationship-building and communication, theories of behavior change, exercise science, nutrition and weight management, preparticipation screening, health and fitness assessments, guidelines for exercise program design, exercise programming for special populations and medical conditions, and legal considerations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. **Item #135 • \$59**



The Fitness Professional's Workbook for Personal Trainers

More than 100 practical activities including the Personal Trainer Practice Test (\$10 value), labeling, matching, fill-in-the-blank and math problems—all designed to help you master the material in *The Fitness Professional's Manual*. This is an excellent tool to prepare you for the Personal Trainer review workshop and certification exam. **Item #16 • \$29**

Personal Trainer Online Review Modules

Prepare for NETA's NCCA-accredited Personal Trainer certification exam using NETA's new online prep modules. NETA's Personal Trainer Certification Online Review consists of six modules. Module one presents communication skills and behavior change. Module two covers the exercise sciences. Module three includes nutrition and weight management. Module four reviews health screening and fitness assessment. Module five covers physical activity and exercise program design. The final module presents exercises considerations for special populations, emergency response, and legal considerations. **Item #124 • \$189**

Personal Trainer Study Packages	Regular Price	Basic Package Item #170	Premier Package Item #172	Premier Plus Item #120
<i>The Fitness Professional's Manual, 5th ed.</i>	\$59	•	•	•
<i>The Fitness Professional's Workbook for PT's</i>	\$29	•	•	•
Personal Trainer Online Review Modules	\$189		•	•
Education Department (phone/email) Support	NA		•	•
Personal Trainer Practice Exam, Item #15	\$10	•	•	•
Voucher for \$10 Your First NETA CEC Course	NA		•	•
Personal Trainer Certification Exam*	\$349			•
Total	\$626	\$79	\$199	\$499

Note: Prices do NOT include applicable shipping and handling fees.

*NETA's Personal Trainer certification exam is administered at one of our testing centers. *NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Personal Trainer and Group Exercise Instructor Certification exams. Workshop end times may vary depending on class size. Proof of current Adult CPR/AED is required for Personal Trainer Certification. Please refer to the Exam Candidate Handbook found on NETA's website for more information. NETA's Personal Trainer Certification is valid for 2 years from the date of issue.*

GROUP EXERCISE CERTIFICATION

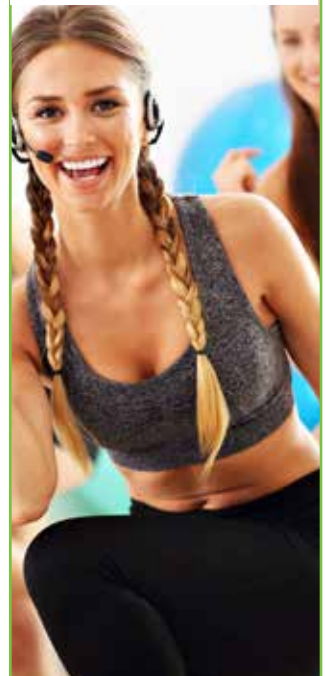
Created for those interested primarily in leading exercise in a group setting, NETA's Group Exercise Instructor Certification is one of only four in America that have earned NCCA accreditation. Our curriculum is continuously updated to keep you on the cutting edge of the fitness industry, promote safe and effective teaching strategies, and help you develop the critical skills required to become an effective Group Exercise Instructor.



Topics

- Anatomy, Kinesiology, Physiology, and Nutrition
- Cuing, Choreography, Communication, and Music Skills
- Components of Physical Activity and Fitness

***Register Early & Save \$50!**
Early Bird: Register 30 days in advance.



Option 1: Self-Study + Live Review Workshop

Attend a 1 day exam preparation workshop and gain insight into the basics of teaching group exercise. NETA's experienced trainer will help you develop the critical skills required to become an effective Group Exercise Instructor. Includes proctored written exam.

Credits: 6 NETA
Times: Workshop 8 am–5 pm
Fees: Early Bird \$299* Standard \$349

Option 2: Self-Study + Computer Based Exam

Schedule the computer based "Test Only" option and complete the exam at one of our testing centers.
Fee: \$239

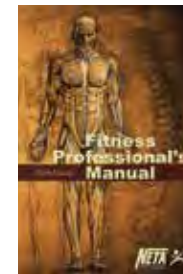
Option 3: Premier Plus Package BEST VALUE

Learn at your own pace utilizing NETA's user friendly online prep modules. Includes; Online Review Modules, Fitness Professional's Manual, Fitness Professional's Workbook, Practice Exam, Education Department Support. Computer based exam administered at one of our testing centers. **Item# 121 • \$399**

Questions? When you need assistance, it is good to know NETA is just a quick call away by phone, online, or in person, knowledgeable representatives are always ready to help.

Fitness Professional's Manual, 5th Edition

The Fitness Professional's Manual is the primary resource recommended for candidates preparing for NETA's Group Exercise Instructor certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including exercise science, nutrition and weight management, fundamentals of group exercise, communication and leadership, guidelines for exercise programming, and special populations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. **Item #135 • \$59**



The Fitness Professional's Workbook for Group Exercise Instructors

More than 100 practical activities including the Group Exercise Instructor Practice Test (\$10 value), labeling, matching, fill-in-the-blank and math problems—all designed to help you master the material in *The Fitness Professional's Manual*. This is an excellent tool to prepare you for the Group Exercise review workshop and certification exam. **Item #26 • \$29**

Group Exercise Instructor Online Review Modules

Prepare for NETA's NCCA-accredited Group Exercise Instructor certification exam using NETA's new online prep modules. NETA's Group Exercise Instructor Certification Online Review consists of six modules incorporating both lecture and visual demonstration. Module one presents the role of a group exercise instructor, relationship skills, behavioral change and motivation. Module two covers the exercise sciences. Module three includes nutrition and weight management. Module four reviews health screening, as well as physical activity recommendations and programming. Module five covers medical conditions, special populations, and injury management. The final module presents information and practical demonstration of designing and delivering a group exercise class. NETA's online review modules compliment *The Fitness Professional's Manual* and serve as an excellent resource for those who are serious about becoming an effective and certified group exercise instructor. **Item #125 • \$169**

Group Exercise Study Packages	Regular Price	Basic Package Item #171	Premier Package Item #173	Premier Plus Item #121
<i>The Fitness Professional's Manual</i> , 5th ed.	\$59	•	•	•
The Fitness Professional's Workbook for GEI's	\$29	•	•	•
Group Exercise Online Review Modules	\$169		•	•
Education Department (phone/email) Support	NA		•	•
Voucher for \$10 Your First NETA CEC Course	NA		•	•
Group Exercise Practice Exam, Item #14	\$10	•	•	•
Group Exercise Certification Exam*	\$239			•
Total	\$496	\$79	\$179	\$399

Note: Prices do NOT include applicable shipping and handling fees.

NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Personal Trainer and Group Exercise Instructor Certification exams. Workshop end times may vary depending on class size. Proof of current adult CPR is required for Group Exercise Instructor Certification. Please refer to the *Exam Candidate Handbook* found on NETA's website for more information. NETA's Group Exercise Instructor Certification is valid for 2 years from the date of issue.



WELLNESS COACH SPECIALTY CERTIFICATION

Wellness coaching has emerged as a growing trend in the health and fitness industries and our Wellness Coach Specialty Certification can help you advance your career by providing the essential skills necessary to help others achieve lasting, positive, lifestyle and behavioral change. Wellness Coaches are health and fitness professionals who work collaboratively with individuals in a client-centered process to facilitate the achievement of self-determined goals related to balanced healthy living.

Key Topics

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



Option 1: Self-Study + Live Review Workshop

The 2 day live workshop, led by an experienced Wellness Coach, provides the essential skills necessary to help others achieve lasting, positive, lifestyle and behavioral change. Participants will also spend time role playing and practicing wellness coaching skills and techniques. Includes proctored written exam.

Credits: 14 NETA, 1.2 ACE, 14 AFAA
Times: Saturday 8 am–5 pm
Sunday 8 am–3:30 pm
Fees: Early Bird \$349*
Standard \$399

Option 2: Self-Study + Computer-Based Exam

Schedule the computer-based “Test Only” option and complete the exam at one of our testing centers.

Fee: \$329 Test Only

Option 3: Premier Plus Package BEST VALUE

Learn at your own pace utilizing NETA’s user friendly online prep modules. Includes; Online Review Modules, Lifestyle Wellness Coaching, Motivational Interviewing, Practice Exam, and Education Department Support. Registration for Wellness Coach Certification exam, voucher for \$10 off your first NETA CEC Course.

Item# 121 • \$399

Study Materials

Lifestyle Wellness Coaching, 3rd Edition

An evidence-based and systematic coaching methodology that professionals can apply in helping their clients move efficiently toward effective long-term health and wellness. **Item #143 • \$89**



Wellness Coach Study Package

This package includes the following products and will be shipped to you directly. *Lifestyle Wellness Coaching, 3rd Edition*, *Motivational Interviewing: Helping People Change, 3rd Edition*, and Wellness Coach Practice Exam.

Item #174 • \$139

Wellness Coach Practice Exam **Item #28 • \$10**

Prerequisite:

You Must Have One of the Following:

- ✓ NETA Personal Trainer, Group Exercise Instructor, or another NCCA-accredited health/fitness certification
- ✓ Bachelor's degree or higher in a health-or fitness-related major field of study
- ✓ Credentials (e.g., licensed) as an allied health professional

See website for full list of accepted prerequisite certifications and credentials.



“NETA is dialed in. Every time I choose to attend a NETA workshop/certification I am never disappointed. Jon in particular is a bright guy - a super presenter and a gifted educator. I am already putting what I learned into practice and getting results. Thanks NETA!”

— Workshop Attendee Minneapolis, MN

“I believe that the skills offered in Wellness Coaching fill a vacuum in the fitness industry. Activity engaging the mind is of equal, if not greater importance than involving the body. As I continue to review, apply and hone my skills - I become a better listener, trainer and coach. Gosh, I love my job!”

Workshop Attendee Minneapolis, MN

NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Wellness Coach Specialty Certification exam. Workshop end times may vary depending on class size. Please refer to the *Wellness Coaching Study Guide* found on NETA’s website for more information. NETA’s Wellness Coach Specialty Certification is valid for 2 years from the date of issue.

SPECIALTY CERTIFICATIONS

Our Specialty Certifications help you develop superior expertise in specialized disciplines and also provide continuing education credits (CECs).

Barre Connect

In this one day, Specialty Certification you will learn the fundamentals necessary to design safe and effective multi-level Barre Connect classes. Leave with an 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 Cardio Training to create a FUN, total body workout.

Credits: 8 NETA, .8 ACE, 7 AFAA

Times: 8 am–5 pm **Fee:** \$199

Materials: Provided at the workshop.

Indoor Group Cycling

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 contraindications, terminology, class formatting, music selection and cuing.

Credits: 7 NETA, .7 ACE, 7 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.

(1 Credit Bike Fit Home Study, see pg 32)

Senior Fitness

In this foundational course, you will 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.

Credits: 7 NETA, .7 ACE

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.

Kettlebell

Kettlebells are a popular strength training tool in group exercise settings or with personal training clients. This course teaches the basics of kettlebell training, including safety, body positioning, alignment and appropriate weights. Learn and experience the popular exercises—like the swing, clean and press, snatch and others.

Credits: 7 NETA, .6 ACE, 7 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.



NEW! Advanced Kettlebell

Mastered the basics of kettlebells? This course will take your instruction to the next level! The Advanced Kettlebell Specialty Certification is designed for instructors and trainers who have a basic understanding of the kettlebell swing, clean, and snatch. Participants will learn the science behind kettlebells, drills to correct swing errors, and advanced exercises including the windmill and the Turkish get-up.

Credits: 7 NETA, .6 ACE, 7 AFAA

Times: 8 am–3 pm **Fee:** \$199

Materials: Provided at the workshop.

Pilates Mat Register Early & Save \$50!

This workshop introduces the fundamental principles of Pilates, and teaches you how to apply them through 40 different exercises. You will also learn effective ways of cuing, correcting form and applying modifications.

Credits: 14 NETA, 1.3 ACE, **Required Materials:** NETA Pilates Manual **Item #136 • \$35**

Pilates Reformer Register Early & Save \$50!

This progressive course teaches aspects of Pilates Reformer and how to safely guide participants through a total body workout. Review of NETA's Pilates Mat principles. Reformer-specific exercises will be introduced.

Credits: 14 NETA, 1.2 ACE, 13 AFAA

Required Materials: NETA Pilates Reformer Manual **Item #138 • \$35**

Pilates Mat & Pilates Reformer

Times: Saturday: 8 am–5 pm Sunday: 8 am–2 pm

Fees: Early Bird \$349 Standard \$399

No Workshops Near You? You can earn a Pilates Mat Specialty Certification, through our Home Study programs. Call for details or download the info sheet at NETAfit.org.

Online Options

No workshops near you? NETA is now offering specialty certifications in an online format. This option allows you to experience training wherever and whenever fits your schedule. Experience the feeling of a live workshop without leaving home! **See page 22 for details.**

NEW! Online Senior Fitness

Credits: 5 NETA **Fee:** \$179 **Item #9282**

NEW! Online Kettlebell

Credits: 5 NETA, .3 ACE **Fee:** \$179 **Item #9278**

NEW! Online Barre Connect

Credits: 8 NETA, .6 ACE **Fee:** \$179 **Item #9279**

NEW! Online Indoor Group Cycling

Credits: 5 NETA, .3 ACE **Fee:** \$179 **Item #9277**



NETA's 200-Hour Yoga Teacher Training Program



Approved

NETA's 200-Hour Yoga Teacher Training Program is a weekend modular program designed for both new and seasoned fitness professionals. Strengthen your own yoga practice, learn how to transform lives and build the foundation for safe and effective yoga teaching.

Certification courses can be used as stand-alone continuing education opportunities or completed as a full curriculum to earn the 200-Hour Registered Yoga Teacher designation.



Yoga Foundations

This intensive, two-day Yoga workshop provides hands-on experience in basic yoga class development through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. This course will provide an introduction to yoga philosophy, cueing, and yoga-based anatomy and physiology. You will even have an opportunity to practice teaching! *Yoga Foundations is the first required module for NETA's 200-Hour Yoga Teacher Training Program.*

Two Day Yoga Specialty Certifications

• Yoga Foundations

Learn the basics of yoga instruction, including an introduction to yoga philosophy, cueing, yoga-based anatomy and physiology, and a breakdown of 20 basic poses.

• Fitness Yoga

A hands-on experience in teaching multi-level flow-based classes in the fitness center environment, including pose progression and regression as well as sequencing.

• Senior Yoga

Instructors will be prepared to lead a safe, dynamic yoga class for an aging population incorporating poses with chair adaptations and props.

• Yoga Strong

Learn how to blend power flow yoga with exercise techniques to increase strength and endurance, incorporating yoga-based flow sequences, body weight exercises, resistance training, cardiovascular drills and core training.

• Intermediate Yoga

Instructors will learn to safely introduce intermediate and advanced poses, provides hands-on assists, and fine-tune alignment cues.

Why Choose NETA's 200-Hour RYT Program?

NETA's modular program is both flexible and cost-effective, as participants are able to build their hours as it fits their schedule and budget. There is no large upfront cost nor time commitment. The program also allows participants to learn from the wealth of experience and knowledge of NETA's diverse team of qualified instructors, each delivering the scientifically-based curriculum with professionalism and personality.

**Register Early & Save \$50!
Early Bird: Register 30 days in advance.*



One Day Yoga Specialty Certifications

• Kids Yoga

Designed to help yoga teachers and fitness professionals create classes for a younger audience.

• Prenatal Yoga

Learn the basic techniques necessary to adapt their traditional yoga classes to be safe and effective for expecting participants.

• Becoming a Yoga Professional

Instructors will learn to better connect as a yoga coach, as well as discover ways to market themselves and earn income.

• Yoga for Special Populations

An in-depth look at creating an open environment, teaching to students with special needs or conditions, and learn ways to help every individual meet their goal in a group setting through a coaching approach.

• Restorative Yoga

Participants will learn restorative yoga poses, modifications and prop variations for students with special conditions, practice Yoga Nidra, and participate in hands-on teaching sessions.

One Day Yoga Specialty Certification

Credits: 10 NETA, 1.0 ACE, 10 AFAA
Times: Saturday 8 am–6 pm
Fee: \$199 ea module
Materials: Provided at the workshop.

Two Day Yoga Specialty Certification

Credits: 20 NETA, 2.0 ACE, 15 AFAA
Times: Saturday 8 am–6 pm
Sunday 8 am–6 pm
Fee: Early Bird \$349* ea module
Standard \$399*
Materials: Provided at the workshop



CONTINUING EDUCATION WORKSHOPS

Credits: 5 NETA, .5 ACE*, 5 AFAA*

Times: 8 am–1 pm

Fee: \$129

*ACE and AFAA credits may vary slightly depending on course.

101 Ways to Bootcamp

Bootcamp classes are challenging, fun, and a fantastic workout! If you are looking for new ideas then this workshop is for you! Refresh your classes with intense, explosive routines designed to melt fat, heighten cardiovascular efficiency and increase strength. The ideas generated in this nonstop, action packed, high energy workshop will push participants to new levels and leave you with new formats, techniques, and ideas to include in your bootcamp classes all year long.

Senior Power

Can and should 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!

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 different formats together is clearly a "win-win" approach for successful cardiovascular exercise improvement and overall performance thus, we have 'HIIT it with Yoga'.

Cycle 360: Cycle, Strength, & Core

This course adds variety to your everyday indoor cycling class by combining the best of indoor cycling, off-the-bike strength training and core training. The result is a total-body circuit training program that allows participants to experience an amazing aerobic workout while strengthening their upper body and core. *Completion of the Indoor Cycling Certificate is highly recommended and heart rate monitors are strongly encouraged.*



NEW! Kick It!

Help your participants kick and punch their way to a fun, challenging, and intense workout. This workshop will provide you with the knowledge and skills to teach and demonstrate basic martial arts techniques, create kicking and punching combinations, integrate martial arts-inspired agility and speed drills, and use those moves/combinations to design a high intensity workout for your participants. Credits: 5 NETA, .4 ACE, 5 AFAA

NEW! Trauma Sensitive Yoga Practices

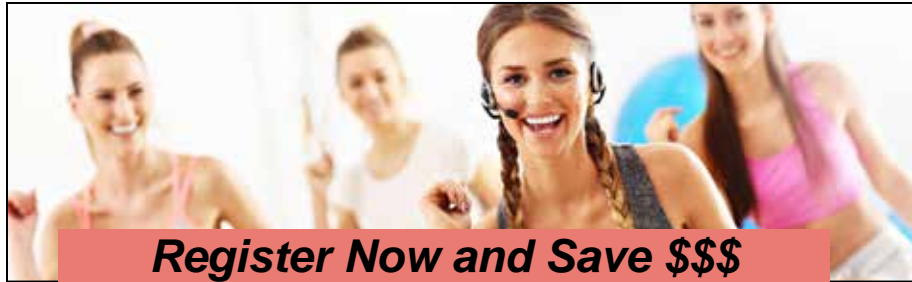
It's estimated that one-third of participants in a mainstream yoga class have experienced significant trauma. In this workshop, yoga's effects on the autonomic nervous system will be examined, as well as recommended practices and contraindicated positions. Class and instructor considerations will also be addressed, providing participants with the insight to handle victims of trauma in a mainstream class. *Trauma-Sensitive Yoga Practices is NOT a part of the NETA 200 Hour Yoga Program curriculum, and may only be used for continuing education credits. Credits: 5 NETA, .4 ACE, 5 AFAA

Earn One More NETA CEC...on Us!

Workshop attendees may earn one additional NETA CEC by completing a complimentary post-workshop 10-question online quiz. More info will be provided at the conclusion of each workshop.



FIT FEST



Join us at Fit Fest!

This is an exciting time for NETA as we continue to develop new, innovative, progressive programs that keep you on the cutting edge of our industry. These exhilarating events continue to earn rave reviews for bringing fitness professionals together in the perfect environment to learn, collaborate and even play.

NCCA Accredited Certifications

NETA certifications are nationally recognized, accepted and trusted.



Group Exercise Instructor
NETA offers the only NCCA Accredited Group Exercise Instructor Certification that provides hands-on training.

Personal Trainer
This NCCA Accredited certification is designed to prepare trainers to work with clients on an individual basis or in small groups.

Specialty Certifications For fitness professionals who want to enhance their primary certifications, expand their knowledge and develop greater expertise in specialized areas. In addition, **NETA now offers a 200-hour yoga program that is Yoga Alliance Approved.**

CEC Workshops Innovative workshops that provide progressive ideas and practical info for improving your classes. Earn, NETA, ACE & AFAA CECs.

Fit Fest Locations

University of Wisconsin–Oshkosh, WI September 26–29, 2019
Drake University–Des Moines, IA October 24–27, 2019
Normandale Community College–Bloomington, MN February 13–16, 2020
Kent State University–Kent OH Summer 2020

Please visit our website for complete list of Fit Fest locations

WORKSHOP SCHEDULE November & December 2019

ALABAMA	Mobile USA Student Recreation Center	Nov 23 Nov 24	Group Exercise Certification H.I.I.T. It With Yoga
COLORADO	Eaton (30 min E Fort Collins) Eaton Area Park & Rec District	Nov 2/3 Dec 7 Dec 8	Pilates Specialty Certification Group Exercise Certification Senior Power
	Nathrop (Central CO) Mt Princeton Hot Springs Resort	Nov 16/17	Fitness Yoga Spec Certification
CONNECTICUT	Middletown (45 min S Hartford) Northern Middlesex YMCA	Nov 16 Nov 17	Group Exercise Certification Indoor Cycling Specialty Certification
	Simsbury Playstrong Studio	Nov 9/10	Personal Trainer Certification
FLORIDA	Fort Myers Florida Gulf Coast University Campus Rec	Dec 7/8	Personal Trainer Certification
	Margate (N Fort Lauderdale) Medical Wellness Club	Dec 7 Dec 8 Dec 14/15	Group Exercise Certification Senior Fitness Spec Certification Wellness Coach Spec Certification
	Sarasota (S FL) HealthFit-Powered by Sarasota Memorial	Nov 23 Nov 24	Senior Power Trauma Sensitive Yoga Practices
	St Petersburg USFSP Campus Recreation	Nov 16/17 Nov 23/24 Dec 14/15	Personal Trainer Certification Wellness Coach Spec Certification Yoga Foundations Spec Certification
GEORGIA	Hartwell Bell Family YMCA	Dec 7 Dec 8	Group Exercise Certification Advanced Kettlebell Spec Certification
	Macon (North Macon) Mathews Athletic Center @ Wesleyan	Nov 2/3	Wellness Coach Spec Certification
	Marietta (30 min NW Atlanta) Wellstar Health Place	Dec 14	Group Exercise Certification
	Peachtree City (30 min S Atlanta) World Gym	Nov 16	Prenatal Yoga Spec Certification Restorative Yoga Spec Certification
	Savannah YMCA of Coastal Georgia Islands Branch	Nov 9 Nov 10	Kettlebell Specialty Certification Advanced Kettlebell Spec Certification
ILLINOIS	Aurora (45 min SW Chicago) Vaughan Athletic Center	Nov 2 Nov 3	Group Exercise Certification Kick It
	Barrington (Northern IL) Neuro Balance Center	Nov 2/3	Reformer Spec Certification
	Chicago Salvation Army Ray CommCenter	Dec 14 Dec 15	Group Exercise Certification Kick It
	Plano (30 min SW of Aurora) Fox Valley Family YMCA	Nov 9/10	Personal Trainer Certification
INDIANA	Brownsburg (25 min W Indianapolis) Connection Pointe Christian Church	Nov 2 Nov 3	Group Exercise Certification Senior Power
	Indianapolis (NW Side) Benjamin Harrison YMCA	Nov 16/17	Personal Trainer Certification
	Indianapolis Irsay Family YMCA at CityWay	Nov 2/3 Nov 9/10	Personal Trainer Certification Fitness Yoga Specialty Certification

WORKSHOP SCHEDULE

November & December 2019

	Indianapolis Arthur Jordan Branch YMCA	Dec 7/8	Reformer Specialty Certification
INDIANA	Plymouth (N IN) Fitness Forum Sports & Wellness	Nov 16/17	Intermediate Yoga Spec Certification
KENTUCKY	Highland Heights (20 min S Cincinnati) NKU Campus Recreation Center	Nov 2/3	Personal Trainer Certification
	Louisville Waterside Wellness	Nov 2 Nov 3	Group Exercise Certification Indoor Cycling Specialty Certification
	Morehead Morehead State University Recreation	Nov 23/24	Personal Trainer Certification
	Richmond Eastern Kentucky Univ Campus Rec	Nov 9/10	Pilates Specialty Certification
MARYLAND	Pasadena The Y in Pasadena	Nov 9 Nov 10	Group Exercise Certification Kettlebell Specialty Certification
MASSACHUSETTS	Rowley (30 mi NE Boston) Camp Cedar Mill	Nov 16/17	Pilates Specialty Certification
MICHIGAN	Ann Arbor Ann Arbor YMCA	Nov 2 Nov 3 Dec 14/15	Group Exercise Certification Kettlebell Specialty Certification Personal Trainer Certification
MINNESOTA	Arden Hills Johanna Shores	Nov 23/24	Yoga Foundations Spec Certification
	Becker Becker Community Center	Nov 16 Nov 17	Indoor Cycling Specialty Certification Senior Power
	Crystal Anytime Fitness Crystal	Nov 23/24	Personal Trainer Certification
	Eagan (30 min S Mpls) YMCA of Eagan	Nov 9/10	Personal Trainer Certification
	Inver Grove Hght Veterans Memorial & Grove Comm Ctr	Nov 9 Nov 10 Nov 16 Nov 17	Group Exercise Certification Barre Connect Specialty Certification Kettlebell Specialty Certification Indoor Cycling Specialty Certification
	Monticello Monticello Community Center	Dec 7/8	Intermediate Yoga Spec Certification
	Minneapolis (South Minneapolis) Blaisdell YMCA	Dec 7/8	Personal Trainer Certification
	Minneapolis University of Minnesota- Rec & Wellness	Nov 2 Nov 3 Nov 16/17	Kettlebell Specialty Certification Advanced Kettlebell Spec Certification Wellness Coach Spec Certification
	Owatonna Sollid Studios	Dec 7 Dec 8	Group Exercise Certification Indoor Cycling Specialty Certification
	Sartell (5 miles N St Cloud) Sta Fit - Sartell	Nov 2/3	Yoga Foundations Spec Certification
	Shakopee (25 min. SW Mpls.) Shakopee Community Center	Nov 23 Nov 24	Senior Fitness Specialty Certification Kick It
	St Cloud SCSU Office of Sports/Campus Rec Fitness	Nov 2/3	Personal Trainer Certification
	Victoria (25 mi W Minneapolis) Victoria Recreation Center	Nov 9/10	Pilates Specialty Certification

WORKSHOP SCHEDULE

November & December 2019

MISSOURI	Kansas City North Kansas City YMCA	Nov 2/3	Personal Trainer Certification
NEW HAMPSHIRE	Keene (SW NH) Keene Family YMCA	Nov 9/10	Yoga Foundations Specialty Certification
NEW JERSEY	Parlin ESCNJ Aquatics & Fitness Center	Dec 7/8	Personal Trainer Certification
NEW YORK	Baldwinsville (Near Syracuse) Northwest Family YMCA	Nov 2	Restorative Yoga Specialty Certification
	Buffalo Dani-Fit	Nov 16 Nov 17	Kettlebell Specialty Certification Cycle 360
	Liverpool (20 min NW Syracuse) North Area Family YMCA	Nov 3	Cycle 360
	Oneonta (Central NY) Oneonta Family YMCA	Nov 9 Nov 10	Barre Connect Specialty Certification 101 Ways To Bootcamp
NORTH CAROLINA	Greensboro (SW Greensboro) Bryan Family YMCA	Nov 9 Nov 10	Group Exercise Certification Kettlebell Specialty Certification
NORTH DAKOTA	Bismark Missouri Valley Family YMCA	Dec 14/15	Personal Trainer Certification
	Grand Forks Choice Health and Fitness	Dec 7/8	Yoga Foundations Spec Certification
OHIO	Akron Ellet Community Center	Nov 16 Nov 17	Restorative Yoga Spec Certification Yoga For Special Populations Cert
	Boardman Davis Family YMCA	Nov 2/3 Dec 7/8	Yoga Foundations Spec Certification Yoga Strong Specialty Certification
	Mentor (30 min NE Cleveland) LiveHealthy Fitness Center	Nov 16 Nov 17	Group Exercise Certification Indoor Cycling Specialty Certification
	Van Wert YWCA of Van Wert County	Dec 14/15	Yoga Foundations Spec Certification
	Warren Trumbull Family Fitness	Nov 23 Nov 24	Group Exercise Certification Indoor Cycling Specialty Certification
OKLAHOMA	Shawnee (35 mi E Oklahoma City) OBU Recreation & Wellness Center	Nov 9/10 Nov 16/17	Wellness Coach Spec Certification Pilates Specialty Certification
PENNSYLVANIA	Bloomsburg Bloomsburg Area YMCA	Nov 2 Nov 3	Kick It Cycle 360
	Kittanning (45 mi NE Pittsburgh) Richard G Snyder YMCA	Dec 7/8	Personal Trainer Certification
SOUTH CAROLINA	Anderson (NW SC) Anderson Area YMCA	Nov 9 Nov 10	Kettlebell Specialty Certification H.I.I.T. It With Yoga
	Irmo Ballentine Family YMCA	Dec 7 Dec 8	Group Exercise Certification Senior Fitness Specialty Certification
SOUTH DAKOTA	Aberdeen (NE SD) Aberdeen Family YMCA	Nov 2/3 Nov 16/17	Yoga Foundations Spec Certification Reformer Specialty Certification
TENNESSEE	Jackson (Southern TN) LIFT Wellness Center	Nov 9 Nov 10	Indoor Cycling Specialty Certification Kick It

WORKSHOP SCHEDULE

November & December 2019

TEXAS	Corpus Christi Texas A&M Dugan Wellness Center	Nov 2/3	Personal Trainer Certification
	Dripping Springs (Central TX) Springs Family YMCA	Dec 7/8	Personal Trainer Certification
	Richardson (30 min NE Dallas) Youfit Health Club	Nov 9/10	Yoga Foundations Spec Certification
VIRGINIA	Bedford (25 mi E Roanoke) Bedford Area Family YMCA	Nov 2/3	Personal Trainer Certification
	Suffolk East Suffolk Recreation Center	Nov 23 Nov 24 Dec 14/15	Group Exercise Certification H.I.I.T. It With Yoga Personal Trainer Certification
	Appleton Crunch	Dec 7 Dec 8	Group Exercise Certification Indoor Cycling Specialty Certification
WISCONSIN	Hales Corners (15 min SW Milwaukee) Xperience Fitness	Nov 9 Nov 10	Group Exercise Certification Cycle 360
	Menasha (E WI) Xperience Fitness	Nov 9 Nov 10	Restorative Yoga Spec Certification Yoga For Special Populations Cert
	Pleasant Prairie RecPlex	Dec 7 Dec 8	Restorative Yoga Spec Certification Yoga For Special Populations Cert
	St. Croix Falls Snap Fitness St. Croix Falls	Dec 7 Dec 8	Barre Connect Specialty Certification Kick It
	Trempealeau (Near La Crosse) Fit for You with Mandy Scow	Nov 2 Nov 3	Kettlebell Specialty Certification 101 Ways To Bootcamp

NETA's Yoga Specialty Certifications

Are now Yoga Alliance Approved & eligible for NETA's 200 Hour Yoga Certification Program.



Fit Fest Event Schedule

Drake University—Des Moines, IA October 24–27, 2019
Normandale Community College—Bloomington, MN
February 13–16, 2020

HOST A NETA WORKSHOP



IT'S EASY, FUN + FREE!

You provide the place and we provide all the training—at no cost to you. In fact, when you host any NETA Certification or CEC workshop, both you and your staff also receive free training and special discounts!



Certification Workshops

Personal Trainer
Group Exercise Instructor



Specialty + CEC Workshops

Choose from a wide variety of our most popular workshops including Wellness Coach, Kettlebell, Kickboxing, Adaptive Fitness, Barre, Indoor Cycling, Pilates, Reformer, Senior, and Yoga; including our new 200-Hour Yoga Teacher Training Program and more. For complete descriptions, see pages 10–15.

To schedule your workshop or request more information, contact Annemarie Hoyt at 1.800.237.6242 (ext 4728) or annemarie@netafit.org.

ONLINE SPECIALTY CERTIFICATIONS

NETA's online options for Specialty Certification provides the feeling of a live workshop without leaving home.

NEW! Online Senior Fitness Specialty Certification

Narrative provides the standards and recommendations for older adult exercise, with video demonstration of Senior Fitness Testing protocol. Class and program design is reviewed with practical activities and a library of recommended exercises. **Credits:** 5 NETA

Fee: \$179 **Item #9282** 📄

NEW! Online Kettlebell Specialty Certification

Kettlebells continue to be one of the most popular and functional strength training tools in 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 learn the technique of foundation exercises such as the swing, clean and press, and snatch; along with accessory exercises and workout ideas. NETA's new Online Kettlebell Specialty Certification option allows you to experience this training wherever and whenever fits your schedule. **Credits:** 5 NETA, .3 ACE **Fee:** \$179 **Item #9278** 📄

NEW! Online Barre Connect Specialty Certification

NETA's online option for the Barre Connect Specialty Certification provides the feeling of a live workshop without leaving home. You'll learn the form and technique of movements through video demonstrations, practice combining and progressing exercises with the performance variables, and even experience a full connection cycle master class. **Credits:** 8 NETA, .6 ACE

Fee: \$179 **Item #9279** 📄

NEW! Online Indoor Group Cycling Specialty Certification

NETA's Indoor Group Cycling Specialty Certification provides baseline information for fitness professional who currently instruct or have an interest in instructing classes. This comprehensive course provides instructors with the practical knowledge, skills, and safety to become a dynamic indoor cycling coach. Earn this certification whenever and wherever, you set your own schedule with this online opportunity. **Credits:** 5 NETA, .3 ACE **Fee:** \$179 **Item #9277** 📄



HOME STUDY COURSES

Home Study Symbol Key

📄 Downloadable Course 📖 Online Course

High-Performance Training for Sports

An elite group of international strength and conditioning specialists and sport physiotherapists explain the most effective applications of exercise science and sports medicine to enhance athletic performance. Whether you are working with high-performance athletes or with those recovering from injury, *High-Performance Training for Sports* is the definitive guide for developing all aspects of athletic performance. Includes book, workbook, and exam.

Credits: 20 NETA **Item #9231 • \$199**

Maximum Interval Training

Utilizing nontraditional equipment like heavy ropes, suspension devices, and sandbags, *Maximum Interval Training* introduces a proven plan for developing power, strength, and agility. 147 exercises and numerous programs for athletes and serious strength and conditioning enthusiasts alike. Includes book, workbook, and exam.

Credits: 20 NETA **Item #9234 • \$199**

The Strength Training Anatomy Workout

600+ illustrations reveal primary muscles worked along with all the relevant surrounding structures. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9173 • \$59**

Yikes! Could I Really Be Sued?

In our litigious society, learn how to stay out of court and in the fitness center. This online module presents important legal information essential for exercise professionals. Learn strategies to minimize your liability and gain valuable insights through a review of several case study lawsuits filed against Personal Trainers and fitness facilities.

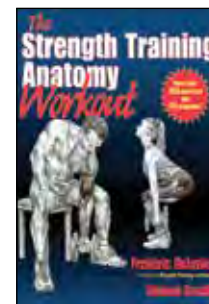
Credits: 4 NETA **Item #9238 • \$49** 📄

Motivating People To Be Physically Active 2nd Edition

Improve client motivation by learning to assess activity patterns, readiness for change, and barriers to exercise. Includes book, study guide, and exam. **Credits:** 5 NETA, .5 ACE, 5 ACSM, **Item #990 • \$99**

Practical Yoga For Personal Trainers 2nd Edition

Learn yoga postures, meditation, breathing, visualization, affirmations, and other yogic methods. Includes manual, worksheets, online video, and exam. **Credits:** 22 NETA, 2.2 ACE **Item #949 • \$249**



NETA's Practical Personal Trainer Exercises

Learn to set up your client, cue the exercise, modify, and understand the scientific basis behind the exercises. Work with clients on machines, stability balls, BOSU's, barbells, and dumbbells. Includes workbook, DVD, and exam.

Credits: 15 NETA **Item #9110 • \$159**

Business Mastery 5th Edition

This course helps personal trainers establish practices and supports seasoned personal trainers in taking their businesses to the next level. Includes book, workbook, and exam.

Credits: 20 NETA **Item #9146 • \$199**

Catching Some Zzzz's: Sleeping Your Way to Better Health and Performance

Are you getting adequate sleep necessary to optimize your health, fitness, and performance? This online module 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.

Credits: 6 NETA **Item #9256 • \$79**

Muscle Mechanics 2nd Edition

Learn to train for strength, definition, and muscle size using the most effective exercises covering all the major muscle groups. This course will help you how to target specific muscles by using the most efficient alignment, positioning, and lifting techniques. Includes book, workbook, and exam.

Credits: 6 NETA **Item #9221 • \$89**

Strength Training Past 50 3rd Edition

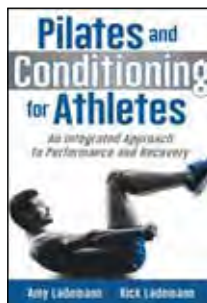
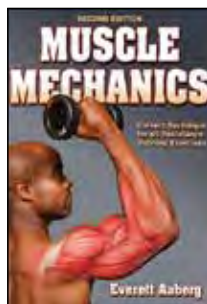
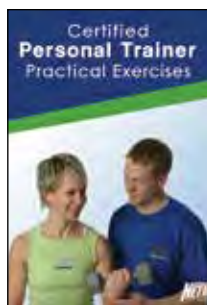
The all-new third edition features 83 exercises for free weights, machines, kettlebells, stability balls, and elastic bands and 30 programs for endurance, speed, and strength. Includes book, workbook, and exam.

Credits: 6 NETA **Item #9249 • \$89**

NEW! Pilates and Conditioning for Athletes

This science-based, multidimensional approach to athletic conditioning helps you build a strong and flexible foundation by infusing Pilates into training, resulting in complete training programs that tap into the seven pillars of training needed for success. Includes workbook and exam.

Credits: 15 NETA **Item #9283 • \$149**



NEW! Smarter Workouts

What are the biggest obstacles to sticking to a workout plan? You don't have enough time? It costs too much? You don't have enough equipment? You don't know how to get the results you want? Now you can set those excuses aside. Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals. Includes workbook and exam.

Credits: 20 NETA **Item #9281 • \$199**

Physical Activity Guidelines for Americans 2nd Edition

The Physical Activity Guidelines for Americans is issued by the U.S. Department of Health and Human Services. The second edition of the Physical Activity Guidelines for Americans provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity. This second edition is publicly available at: <https://health.gov/paguidelines/second-edition/>. To earn the CECs you must purchase and successfully complete the home study exam.

Credits: 6 NETA **Item #9310 • \$79**

Strong and Sculpted

This program takes you from where you are to where you want to be, then keeps you there. You'll start by building a foundation for muscle development, then progress to more targeted sculpting and shaping. Includes book, workbook, and exam.

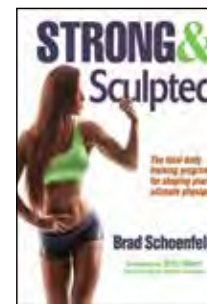
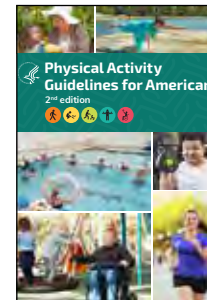
Credits: 6 NETA **Item #9251 • \$89**

Fitness Running 3rd Edition

From personalized workouts to expert running advice, This course contains programs from one of America's most respected coaches. The 13–26 week programs, color coded and customizable, cover every goal, from staying in shape to preparing for races from 1,500 meters to the marathon. Includes book, workbook, and exam.

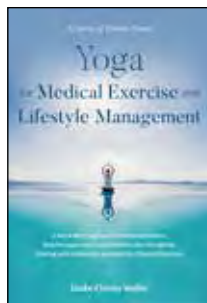
Credits: 6 NETA **Item #9222 • \$89**

Short A Few Credits? Please visit our website for a complete list of online home study courses as well as courses available for download at NETAfit.org



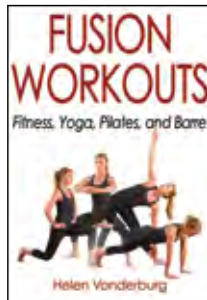
Yoga for Medical Exercise and Lifestyle Management

Designed for fitness professionals who want to incorporate yoga and mind-body fitness modalities into their clients' training protocols for conditions and issues that include stress reduction, pain management, corrective exercise, post rehab, and addictions. Learn to manage symptoms associated with stress, anxiety, and other issues by teaching slow, deep, and mindful breathing and yoga postures. Includes book, study guide and exam. **Credits:** 20 NETA, 2.1 ACE **Item #9273 • \$259**



Fusion Workouts

Fitness, Yoga, Pilates, and Barre. Combine four disciplines to help you gain strength, muscle definition, flexibility, balance, and overall mind-body health. This five-step system accounting for your fitness level, goals, time available, activity preferences, and more. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9252 • \$89**



Yoga for Athletes

The ultimate yoga resource for athletes offers instruction on improving strength, flexibility and balance. Step-by-step instruction, expert advice, and pose variations focus on active muscles and movements across sports such as these: Football, Soccer, Running, Swimming, Cycling, Tennis, Golf, Baseball, and Basketball. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9253 • \$89**

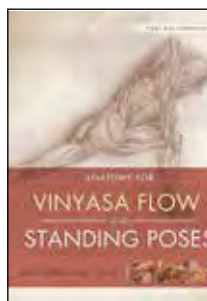


Mind-Body Fitness for Personal Trainers

In this course you will sample a variety of mind-body fitness techniques including Energy Exercises, Chi self-care, Chakra-activation postures, Meridian-stimulating postures, The Five Tibetans, Ascending Energy, Descending Energy, Somatic Symmetry, Somatic Shielding, and Pose/Counter-pose Yoga. Includes manual, study guide, and exam. **Credits:** 12 NETA, 1.2 ACE **Item #9258 • \$159**

Anatomy for Backbends and Twists

Master the science behind the backbends and twists of hatha yoga. *The Mat Companion* series provides you with instructions on how to use scientific principles to obtain the maximum benefit from your practice. Includes book and exam. **Credits:** 6 NETA **Item #9245 • \$89**



Anatomy for Vinyasa Flow and Standing Poses

Master the science behind Vinyasa Flow and the standing poses of hatha yoga. *The Mat Companion* series provides you with step-by-step instructions to benefit your practice. Includes book and exam. **Credits:** 6 NETA **Item #9243 • \$89**

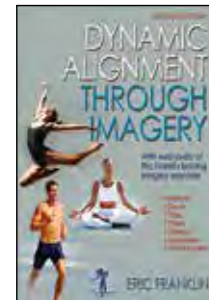
Qi Breathing

Our fast-paced lifestyles are reflected in our fast-paced breathing. It is affecting us at all levels. Learning how to breathe better is the quickest, easiest and simplest thing you can do to improve your health and energy levels. Use this information to help your clients and students improve their breathing. Includes book, DVD, CD, workbook and exam. **Credits:** 12 NETA **Item #9232 • \$159**



Dynamic Alignment Through Imagery

Experience the biomechanical and anatomical principles that are crucial to dancers, other performing artists, yoga and Pilates teachers and practitioners, and athletes. The techniques and exercises presented in the book will guide you in improving your posture and they will positively affect your thoughts and attitude about yourself and others. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9205 • \$199**

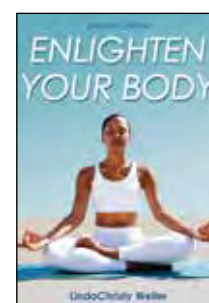


Stretching Anatomy

Your guide to improving flexibility and muscular strength. Detailed instruction and full color illustrations. Includes book and exam. **Credits:** 2 NETA **Item #929 • \$39**

Yoga Anatomy

Expert instruction, detailed anatomical drawings for most common asanas. Includes book and exam. **Credits:** 6 NETA **Item #9125 • \$89**



Enlighten Your Body

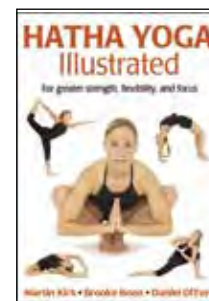
Yoga and Pilates combines concepts of balanced movement, mind-body and core strength. Includes book, manual, online video, and exam. **Credits:** 20 NETA, 2.0 ACE **Item #9103 • \$249**

Total Pilates 2nd Edition

Master the entire mat apparatus repertoire of this mind body system. Provides a way to categorize and sequence the vast collection of exercises. Includes book and exam. **Credits:** 6 NETA **Item #914 • \$89**

Movement Through The Chakras

Bring yoga and dance to a deeper level. Get two great workouts for novice or seasoned instructors. Includes workbook, 2 DVDs, and exam. **Credits:** 4 NETA **Item #9147 • \$69**



Hatha Yoga

Poses for all skill levels, taught in a step-by-step process with 12 yoga routines encompassing Iyengar, Astanga, Anasura and Bikram. Includes book and exam. **Credits:** 6 NETA **Item #935 • \$89**

BeyondBarre Basics

This BeyondBarre Basics home study (Revised from Simply Barre) incorporates creative design and limitless workout variations to ensure a full-body workout. Each body-sculpting, fat-burning, endurance-building class incorporates barre exercises designed to gain control, increase flexibility, and develop beautiful lean muscles. Includes manual, DVD, and exam. **Credits:** 20 NETA **Item #9203 • \$199**



Holistic Fitness

Use holistic fitness protocols to support therapeutic process of recovery from eating disorders, traumatic stress, and depression. Includes book, DVD, worksheets, and exam. **Credits:** 20 NETA, 2.0 ACE **Item #9131 • \$249**

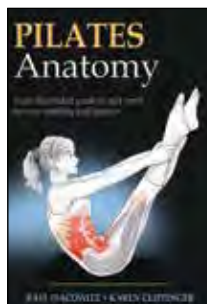


Dancing With Divinity Positive Affirmations For Any Situation

Learn to motivate and inspire through positive thinking. Includes book, workbook, CD, and exam. **Credits:** 4 NETA **Item #9111 • \$59**

NETA's Intro To Teaching Mat Pilates

A guide for analyzing, practicing, and teaching basic mat Pilates exercises. Includes NETA Pilates Manual, workbook, and exam. *This course is the first requirement for NETA's Pilates Home Study Specialty Certification.* **Credits:** 15 NETA **Item #963 • \$149** 🇺🇸



Pilates Anatomy

A visual perspective on correct alignment, posture, and movements. Features illustrations and step-by-step instructions for 46 of the most effective mat exercises. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9163 • \$59**

New Ideas for Today's Yoga Class

In this contemporary yoga course you will study the benefits of Yoga, as well as Yoga for Flexibility and Strength. Includes manual, worksheets and exam. **Credits:** 12 NETA, 1.2 ACE **Item #9174 • \$159**



NETA's Intro to Teaching Reformer Pilates

This course reviews Pilates Principles. *Completion of NETA Intro to Teaching Mat Pilates strongly recommended. Successful completion of this course is required for the NETA's Home Study Pilates Reformer Specialty Certification.* Includes manual, workbook, and exam. **Credits:** 15 NETA **Item #9168 • \$149** 🇺🇸

How to Make More Money in the Fitness Industry

This course will help you take action toward increasing your net worth and making your dreams come true. Includes book, workbook, and exam. **Credits:** 10 NETA **Item #9204 • \$99**

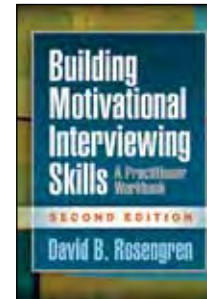


The Mind/Body Guide to Wellness

Designed to assist you and your students and clients with a deeper psychological perspective to release old patterns specific to exercise, nutrition, conscious eating and more. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9169 • \$59**

Building Motivational Interviewing Skills: A Practitioner Workbook

This course helps personal trainers and wellness coaches develop and sharpen their skills in motivational interviewing (MI). Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities. You will build proficiency for moving through the four processes of MI using open-ended questions, affirmations, reflective listening, and summaries. Includes textbook, workbook and exam. **Credits:** 20 NETA **Item #9272 • \$199**



Stress Management: A Wellness Approach

Stress is an unavoidable part of our lives—some can even be good. However, too much stress can be detrimental to our health, and most of us do not know how to handle stress effectively. This course presents tools for managing stress in six dimensions: physical, emotional, intellectual, social, spiritual, and environmental. The course takes a holistic view of managing stress rather than looking only at the symptoms and draws heavily from research and best practices from experts. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9235 • \$89**



Motivational Interviewing in Nutrition and Fitness


This course presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. Includes book, workbook, and exam. **Credits:** 10 NETA **Item #9239 • \$109**

Winning Health Promotion Strategies

The books address physical activity, nutrition, and preventive care. Information on benefits of wellness that will help you gain support for your programs. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9220 • \$89**




Facilitating the Adoption and Maintenance of Physical Activity

This online module reviews the *Physical Activity Guidelines for Americans* as well as several observational studies that have reported physical activity habits among U.S. adults. Strategies to facilitate the adoption and maintenance of a physically-active lifestyle. Learn about theories and models related to behavioral change, effective goal-setting, and coaching strategies to increase motivation and exercise adherence. **Credits:** 6 NETA **Item #9208 • \$79** 



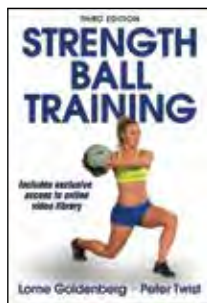
Step It Up!

This home study course is based on the document, *Step It Up! - The Surgeon General's Call to Action to Promote Walking and Walkable Communities*. The *Step it Up!* call to action focuses on promoting health before disease occurs by encouraging Americans to walk more as a mode of physical activity and provides strategies that communities can use to support walking. The document is available at <http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/call-to-action-walking-and-walkable-communities.pdf>. Includes workbook and exam. **Credits:** 4 NETA **Item #9248 • \$49** 



Strength Ball Training 3rd Edition

Including assessments; exercises; and programs for injury prevention, mobility, conditioning, strength, and special populations, as well as access to online video demonstrations. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9250 • \$89**



Martial Fitness Kickboxing (Revised 2017)

The most comprehensive Kickboxing/MMA Fitness Instructor training program in the industry. This is a blending of the old revision *Martial Fitness Kickboxing* course and the *FitStrike* course. Includes manual, 4 DVD's and exam. **Credits:** 20 NETA, 2.0 ACE and 1.5 AFAA, 1.9 NASM **Item #9259 • \$199**

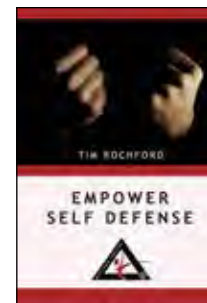
Health Fitness Management 3rd Edition

Health Fitness Management, Third Edition, provides an in-depth picture of the challenging and rewarding role of the health and fitness club manager. Leading experts in the fitness industry share their insights in a practical manner, making this text the most authoritative and field-tested guide to fitness management success. Updates to the third edition include: new case studies regarding legal responsibilities and obligations; best practices and tips for managing social media pages to maximize marketing efforts; and reproducible form templates for agreements and records. **Credits:** 20 NETA **Item #9284 • \$199**



Empower Self Defense **Best Seller**

Gain the knowledge and abilities to teach basic level self-defense. Master a new skill set that could translate into an additional revenue source for the fitness professional. Includes textbook, worksheets and exam. **Credits:** 20 NETA, 2.0 ACE, 19 AFAA, 1.5 NASM **Item #9276 • \$199**



Running A to Z

From the 5K to the marathon, from the jogger to the elite long distance runner, this course will give you the knowledge to exceed your goals. Includes book, workbook, and exam. **Credits:** 8 NETA **Item #9166 • \$99**

Motivational Interviewing for the Exercise Professional

A well-designed exercise program and sound nutritional advice often fall short when the client is not motivated to adhere to the plan. Motivational interviewing (MI) is an effective coaching skill to help clients overcome ambivalence to lifestyle change. This online module introduces the framework of MI including the core principles, processes, and interviewing skills.

Credits: 4 NETA **Item #9275 • \$49** 



HIIT Fit

This online module examines the many health benefits associated with high intensity interval training. This course focuses on the instructor's roles, and provides a number of different HIIT programs designs. Includes online access to e-learning module and exam.

Credits: 3 NETA **Item #9229 • \$45** 

Running Anatomy 2nd Edition

Learn how to improve your running strength, speed, and endurance with *Running Anatomy*, 2nd Edition. This new edition of the best-selling running guide delivers more exercises, more insight, and more illustrations to show you how to increase your muscle strength, optimize the efficiency of your running motion, and minimize your risk of injury. Includes book, workbook, and final exam. **Credits:** 6 NETA **Item #9216 • \$89**



NEW! Online Kettlebell Specialty Certification

This introductory course teaches the basics of kettlebell training, safety techniques, body positioning, alignment and appropriate starting weights. NETA's new Online Kettlebell Specialty Certification option allows you to experience this training wherever and whenever fits your schedule. Includes online module and exam.

Credits: 5 NETA, .3 ACE **Item #9278 • \$179** 



NEW! Online Indoor Group Cycling Specialty Certification This comprehensive online course provides instructors with the knowledge to become a dynamic indoor cycling coach. Earn this certification whenever and wherever, you set your own schedule. Includes online module and exam. **Credits:** 5 NETA, .3 ACE **Item #9277 • \$179** 📄



Cycling Anatomy 2nd Edition

Improve your performance by increasing strength. Contains 74 exercises and illustrations. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9161 • \$59**

NEW! Online Barre Specialty Certification

NETA's online option for the Barre Connect Specialty Certification provides the feeling of a live workshop without leaving home. You'll learn the form and technique of movements through video demonstrations, practice combining and progressing exercises with the performance variables, and even experience a full connection cycle master class. **Credits:** 8 NETA, .6 ACE **Item #9279 • \$179** 📄

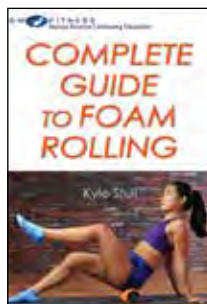


High Intensity Interval Training (HIIT) Tabata & Rest-Based Training

This course helps bridge the gap between exercise science and interval programming. Includes workbook and exam. **Credits:** 4 NETA **Item #9209 • \$59** 📄

Complete Guide to Foam Rolling

Step-by-step instructions for foam techniques for muscle preparation and recovery. Includes online exam. **Credits:** 8 NETA, .8 ACE, and 8 ACSM **Item #9213 • \$79**



Bike Fit

Learn techniques to accurately fit participants to indoor cycle bikes. Includes Bike Fit information and guidelines, goniometer, plumb-line, and exam. **Credits:** 1 NETA **Item #9152 • \$29**

Triathlon Science

From fine-tuning your physiology for each of the three disciplines to plotting the best race strategy for your fitness level, personal goals and competitive conditions. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9206 • \$199**

Mastering the Marathon: Training for 26.2

This online module reviews historical highlights of the marathon race as well as physiological considerations, training essentials, and strategies to maximize marathon performance. **Credits:** 6 NETA **Item #9210 • \$79** 📄



Exercise and Wellness for Older Adults 2nd Edition This home study features an age-neutral focus on maximizing functional ability for older adults with 120 land-based and 72 water-based programming options. It also helps readers shift from a focus on fitness to a whole-person wellness approach. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9240 • \$199**



NEW! The Biomechanics Method Corrective Exercise Specialist (TBMM-CES)

This course consists of five modules that teach fitness professionals how to assess clients for musculoskeletal imbalances and explains how to use corrective exercise to remedy those problems. To earn your TBMM-CES credential, you will complete a comprehensive online course that consists of the following five educational components:

Module 1 The Fundamentals of Structural Assessment

Credits: 13 NETA, 1.3 ACE **\$149** 📄

Module 2 Understanding Muscles & Movement

Credits: 14 NETA, 1.4 ACE **\$179** 📄

Module 3 Fundamentals of Corrective Exercise

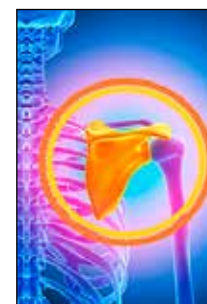
Credits: 13 NETA, 1.7 ACE **\$149** 📄

Module 4 Complete Corrective Exercise Library

Credits: 14 NETA, 2.2 ACE **\$179** 📄

Module 5 Corrective Exercise Program Design

Credits: 14 NETA, 1.3 ACE **\$169** 📄



Strength Training Older Adults

Educate older adults in benefiting from individualized strength training programs. Guidelines for senior strength training, and recommendations for modifications. Includes book, workbook, and exam. **Credits:** 12 NETA **Item #9200 • \$189**

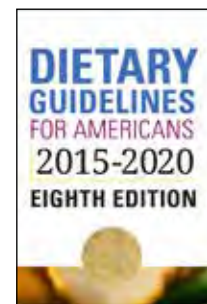


Physical Activity Instruction of Older Adults

This course details the knowledge and skills outlined in the *International Curriculum Guidelines for Preparing Activity Instructors of Older Adults*. Includes book, workbook, and exam. **Credits:** 20 NETA, 2.0 ACE, 20 ACSM **Item #9199 • \$229**

Physical Activity Guidelines for Americans Dietary Guidelines for Americans 2015-2020

Published every 5 years, each edition reflects the current body of nutrition of science. These recommendations help Americans make healthy food and beverage choices. The document is available at <http://health.gov/dietaryguidelines/2015/guidelines/>. Includes workbook and exam. **Credits:** 6 NETA **Item #9247 • \$79** 📄



Healthy Eating Every Day Best Seller

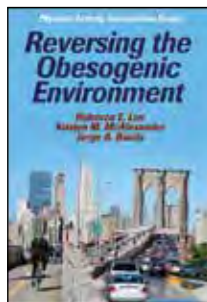
A practical, evidence-based program that teaches you how to improve your eating habits in ways that fit your lifestyle. Newly updated with the most recent version of the national dietary guidelines, nutrition science, Healthy Eating Every Day gives you the resources and confidence you need to improve your health by eating right. Includes book and exam. **Credits:** 20 NETA **Item #9274 • \$199**

**Physical Activity for Special Medical Conditions**

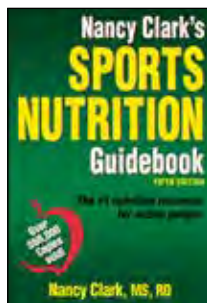
Chronic diseases related to unhealthy lifestyle behaviors are the leading cause of disability and pre-mature mortality in the U.S. This online module reviews the public health burden of chronic diseases. **Credits:** 6 NETA **Item #9211 • \$79**

Reversing the Obesogenic Environment

Learn factors that lead to obesity, including public policy, the built environment, food supply and distribution, family and cultural influences, technology, and media. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9214 • \$89**

**Physical Activity and Diabetes: 2016 Position Statement**

This exam is based on the American Diabetes Association's (ADA) position statement titled, Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. The position statement paper is publicly available at: <http://care.diabetesjournals.org/content/39/11/2065>. To earn the NETA CECs, one must purchase and successfully complete the home study exam. **Credits:** 2 NETA **Item #9266 • \$29**

**Nancy Clark's Sport Nutrition Guidebook 6th Edition**

Boost your energy, manage stress, build muscle, lose fat, and improve performance. Learn what to eat before and during exercise and how to refuel. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9223 • \$199**

Assessment and Treatment of Muscle Imbalance

This course blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9254 • \$199**

**Exercise for Parkinson's and MS**

Topics include basic pathophysiology and common symptoms of disease, associated with physical activity, and exercise recommendations and considerations for individuals having these conditions. **Credits:** 4 NETA **Item #9267 • \$49**

The BEST Exercise For Osteoporosis 3rd Edition

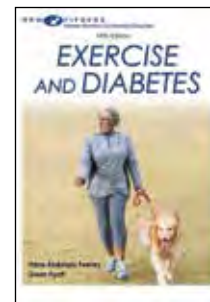
Exercises for preventing osteoporosis and improving bone density in postmenopausal women. Includes workbook, handouts, and exam. **Credits:** 8 NETA, .8 ACE, 8 ACSM **Item #995 • \$139**

**Low Back Injury Prevention and Rehab 3rd Edition**

This course is for trainers who work with clients who suffer from low back pain. Design effective injury prevention and rehabilitation programs. Includes book, study guide, and exam. **Credits:** 20 NETA, 2.0 ACE, 20 ACSM **Item #9195 • \$239**

Exercise & Diabetes 5th Edition

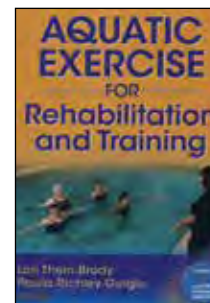
Understand the four types of diabetes, and how to respond to glycemic responses, nutrition and exercise prevention and management. Includes workbook and exam. **Credits:** 5 NETA, 5 ACSM **Item #994 • \$109**

**NEW! Physical Activity and Exercise for Arthritis**

This online module addresses two common types of arthritis. Topics include pathophysiology, epidemiology, and common symptoms associated with physical activity, and exercise recommendations. **Credits:** 4 NETA **Item #9311 • \$49**

Post-Rehab Considerations for the Exercise Professional

Review the etiology, exercise contraindications, and programming considerations related to a variety of common orthopedic conditions. **Credits:** 6 NETA **Item #9226 • \$79**

**Aquatic Exercise for Rehabilitation and Training**

This advanced course reviews benefits of aquatic exercise using a variety of therapeutic interventions, including the Halliwick Concept, the Bad Ragaz Ring Method, Ai Chi, Watsu, swim stroke training, aquatic cardiovascular training, neuromuscular training and core, upper-quarter and lower-quarter musculoskeletal training. Includes book, study guide, DVD, and exam. **Credits:** 20 NETA, 2.0 ACE **Item #9196 • \$239**

Fantastic Water Workouts

This course includes more than 130 exercises that use the natural resistance of water to improve overall fitness, cross-training, and to improve performance. Add variety to your program by trying the Tai Chi, Pilates, Yoga, Kickboxing, Country Line Dancing, Street Dancing, and Noodle workouts. Includes book and exam. **Credits:** 3 NETA **Item #9141 • \$49**





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