



Welcome Fitness Professionals!

NETAs 3rd Annual Twin Cities Fit Fest offers new and exciting workshops for all fitness professionals. You're sure to get what you need: get credits, get certified, get connected, and get inspired! All workshops provide ACE, AFAA, and NETA CECS.

This registration packet contains workshop descriptions, prices, CEC info and how to register for this event. If you have specific questions, please feel free to contact us at 763-545-2505.

Space is limited. Register by Friday February 12, 2010 to reserve a spot in your favorite workshop!

Friday February 19, 2010

Time	Studio	Cycling	Multi 1	Multi 2	Conf 1	Conf 2
6-9 pm	Boot Camp	Theme Ride	Yo Yo Qi Gong	Music Mastery	Active Older Adults	Injury Management (PT Lecture)

Saturday February 20, 2010

Time	Studio	Cycling	Multi 1	Multi 2	Conf 1	Conf 2
8-11 am	Kick it Up	Indoor Cycling Certificate (8:00-3 pm)	Core on Command	Kettlebell Basics	Group Exercise Certification (8:00-4:30 pm)	Personal Trainer Certification Day 1 8:00-5:00 pm
11:30-2:30 pm	Studio closed for GX Cert Practical Training		Fusion Strength	Kettlebell Basics		
3-6 pm	Step Evolution		No Equipment Needed	Ultimate Balance Challenge		

Sunday February 21, 2010

Time	Studio	Cycling	Multi 1	Multi 2	Conf 1	Conf 2	Pool
8-11 am	Retro Hi-Lo	Rev Rides	Fusion BOSU	Drums Alive Certificate (8:00-3 pm)	Circuit Training w/ the Mini E Fit	Personal Trainer Day 2 8:00-3:00 pm	Aqua Box
12-3 pm	The Psychology of Teaching Group Exercise	Cycle Coach	Pilates Progressions		Functional Training (PT Lecture)		



Friday February 19, 2010

6:00-9:00 pm

Boot Camp - Presented by Libby Baker

Step out of the boot camp box! Blend traditional boot camp principles to the step and create a memorable fitness experience full of intervals, circuits, obstacles and games. Endless options, a variety of challenges and tons of fun!!

Theme Ride Extravaganza - Developed and presented by Rosie Ward

Theme rides are a great way to add variety and fun into your group cycling program. Come experience a variety of adventures with the queen of themes - Rosie Ward. You'll leave inspired to use just about anything to create your own special theme ride. Ride notes and song lists included! Heart Rate monitors strongly encouraged. This workshop is a Fit Fest Exclusive!

New! Yo Yo Qi Gong - Developed and presented by Sheila Chenier

A blend of energetic exercises from one of the oldest form of group fitness (Qi –Gong) combined with the flow of Yoga. The practice of Qi-Gong will aid in teaching your clients standing moving balance that replicate daily life, while Yoga will aid in training the mind, body and spirit to unit/yoke/center. This workshop is a Fit Fest Exclusive!

New! Music Mastery - Developed and presented by Katie Haggerty

Bring your classes to the next level by learning the newest tricks of the trade through making your very own song lists that will ROCK your members to a whole new level! Become the DJ in this interactive workshop, and get ready for members knocking down the doors to get into your classes to hear your mixes! This workshop is a Fit Fest Exclusive!

Active Older Adults - Presented by Shayne Adair

Learn about specific issues that aging participants may encounter, including medical considerations, orthopedic concerns, and the normal effects of aging and how these issues relate to exercise and health.

New! Injury Management (PT Lecture) - Developed and presented by Jon Giese

Designing training programs for your clients involves many variables. Personal trainers must understand their client's short- and long-term goals, exercise preferences, and current level of fitness before establishing reps, sets, resistance levels and frequency of training and rest periods. This workshop teaches you how to progress or modify your client's strength training routine based on the most common musculoskeletal injuries. This workshop is a Fit Fest Exclusive!



Saturday February 20, 2009

8:00-11:00 am

Kick It Up - Presented by Shannon Schritz

Form meets Function.... cover the 1-2-3 basics of traditional cardio kickboxing and learn to expand intensities and complexities. You will be provided with tons of ideas from interval and circuit to strength and endurance training all kickboxing based with elements of functional, balance and core training.

Core on Command - Presented by Heather Sawdey

Are you bored with the same old ab routine? Core on command takes a functional approach to traditional core crunches with the added element of balance work, Pilates and equipment options that can be incorporated into any core workout. A sure way to re-energize any abdominal workout!

New! Kettlebell Basics - Developed and presented by Kathy Brazil

Learn the basics of Kettlebell training in this introductory workshop. This popular piece of equipment can be used in a group setting or with personal training clients. Learn the history of this fascinating workout, important safety techniques, body positioning, alignment and appropriate starting weights. You will experience 10 of the most popular exercises including **the Swing (1 & 2 handed)**, **the Clean and Press**, **the Snatch** and **many** more. Take home lesson plans for a beginner workout. Session Repeats.

Saturday February 20, 2009

11:30-2:30 pm

Fusion Strength - Developed and presented by Jan Johnson

Bring a deeper awareness to the body, mind, breath and spirit! Fusion Strength blends the focus of yoga, the precision of Pilates, and the muscular engagement of strength training with free weights. The added component of resistance challenges will take your workout to a new level!

New! Kettlebell Basics - Developed and presented by Kathy Brazil

Learn the basics of Kettlebell training in this introductory workshop. This popular piece of equipment can be used in a group setting or with personal training clients. Learn the history of this fascinating workout, important safety techniques, body positioning, alignment and appropriate starting weights. You will experience 10 of the most popular exercises including **the Swing (1 & 2 handed)**, **the Clean and Press**, **the Snatch** and **many** more. Take home lesson plans for a beginner workout. Repeat Session.



Saturday February 20, 2009

3:00-6:00 pm

New!

Step Evolution - Developed and presented by Katie Haggerty

Evolve your step classes by taking basic movements and turning them into complex choreography. This workshop provides a fresh approach by helping you think outside the box. Learn how to teach multi-level classes that satisfy both basic and advanced participants. Get ready for a brand new level of step!

No Equipment Needed - Presented by Jodee Thomas Hollenbeck

All of the workout none of the mess. Minimize the use of equipment and learn how to use your focus, body weight and exercise sequencing to develop fabulous equipment free workouts! Review basic concepts of resistance training, break down and practice no equipment exercises, and learn how to safely build progressively challenging workouts.

Ultimate Balance Challenge - Presented by Shannon Schritz

Balanced Challenged? Balance training is the most forgotten aspect of any training program. Get reconnected to your center of gravity by taking a step by step process to training balance in the body. Utilizing various equipments, unstable environments and the power of the core, you will learn how to optimize balance training in your workouts to maximize your power potential.

Sunday February 21, 2009

8:00-11:00 am

Revolutionary Rides - Developed and presented by Rosie Ward

Take your indoor cycling classes to the next level as you explore mechanics of designing effective, goal-oriented rides; theme rides, special event rides, perfecting pedal stroke, and how to do group heart rate assessments. You will walk away with several sample rides and tons of new ideas. Heart rate monitor strongly encouraged.

Retro Hi-Lo - Developed and presented by Cathy O'Donnell

Get back to the origins of aerobics with this retro workout. We will combine traditional hi-lo choreography with flavors and flairs of the dance world. This workout will layer intensity and complexity, building to the grand finalé - a fabulous hi-lo performance from beginning to end. You won't want to miss this one!!

Fusion BOSU® - Presented by Molly Bell

Integrate the mind-body experience of yoga and Pilates with the BOSU, bringing your current balance trainer workout to a whole new level! Mind-body exercises will be fused with the BOSU to challenge your mental and physical strength and balance allowing you more movement freedom and exercise challenges than you ever dreamed of.



Aquabox - Developed & presented by Christine Simpson

The **Fusion** of kickboxing in the water comes to bring you the traditional mind and body disciplines of kickboxing combined with the resistive forces of water. With emphasis on breath and form and technique this experience takes you to stronger heights in the physical, mental, and emotional components of fitness and wellbeing in the securities of water. This workshop is a Fit Fest Exclusive!

Circuit Training with the Mini E Fit - Developed and presented by Natalie Heckert

Be ready to move and mix it up. This class is action packed with 10 different amazing E-Fit™ fitness routines; Chair E-Fit™, Total E-Fit™ Kids, Seniors gone E-Fit™, Total E Sports, Total E Fat Blast, Total E Bootcamp, Total E Core & Abs, E-Fit™ Pilates & Balance, Upper & Lower Body Burners, Total E Combo Mix. Personal Trainers and Group X instructors will walk out of this class fired up with tons of ideas, plus 10 totally new and different fitness routines.

Sunday February 21, 2009

12:00-3:00 pm

The Cycle Coach - Developed and presented by Rosie Ward

A great cycling instructor goes beyond the workout and inspires people by being a true coach. Cycle Coach will expand on your training to explore different types of motivation, creating “killer cues” and the power of language to create an unforgettable and inspirational riding experience – an *experience* that keeps participants coming back for more!

Pilates Progressions - Developed and presented by Cathy O'Donnell

As Pilates enters mainstream fitness, instructors need to know how to teach multiple levels and progress participants safely. Explore why it is important to encourage beginners to appreciate their current level of Pilates awareness. Learn when a participant is physically ready to move onto the next level, what that next step for them is and how to cue them through it. Pilates Progressions will teach you how to handle the open mat class with confidence so everyone leaves class feeling successful.

New! The Psychology of Teaching GX - Developed & presented by Christine Simpson

Come experience the differences of simply cueing moves in your class and leading the total, complete individual. Explore the avenues, philosophies and theories that will complete your class and help you establish that professional relationship that keeps bringing your participants back and marks you as a leader in your field. This class consists of both lecture and practical. This workshop is a Fit Fest Exclusive!

New! Functional Training (PT Lecture) - Developed and presented by Jon Giese

Give members/clients the fitness that they really need to perform to their best everyday – the strength and cardiovascular health to live life to their fullest with the least amount of time invested in exercising. Learn safe effective routines that integrate form and function into exercise sessions that can guarantee results – results such as improved strength, balance, posture, cardiovascular endurance and overall improvement in daily function. This workshop is a Fit Fest Exclusive!



Certifications and Certificate Workshops

Group Exercise Certification (1 day)

Presented by - Jessica Longtine

Saturday February 20 8:00-5pm

Aspiring and experienced instructors get certified with the most comprehensive one-day certification in the industry. Classroom review and demonstrations include: anatomy, kinesiology, physiology, nutrition, cueing, choreography and practical skills training. Exam and National Certification (Valid for 2 years)

Fee: \$199

Required: Fitness Professional's Manual \$45

Personal Training Certification (2 days)

Presented by Jon Giese, Stephanie Maks, and Randy Micheau

Saturday February 20 8:00-5:00pm

Sunday February 21 8:00-3:00pm

Becoming certified is the first step in being recognized as a competent personal trainer. NETA's NCCA accredited Personal Trainer Certification provides the credentials needed to begin a successful career. This 2-day curriculum includes: Anatomy, physiology, exercise science, kinesiology, fitness assessments, nutrition, behavior modification and exercise programming. National Certification (Valid for 2 years)

Fee: \$ 349 14 CEC's

Required: Fitness Professional's Manual \$45

Indoor Cycling Certificate Training (1 day)

Developed and presented by Rosie Ward

Saturday February 20 8:00 – 3:00 pm

NETA's new indoor group cycling certificate covers all of the basics of teaching cycling classes including getting started, setting up the room, managing a variety of situations (dealing with new and experienced participants, late arrivals, broken equipment, etc.). Learn the many body positions for a safe and challenging ride, contraindications, terminology, class formatting, music selection, cuing and more. A special section has been added to determine exercise intensity to assist individuals to guide themselves through the ride they need to meet their goals.

Fee: \$119 7 CEC's

Drums Alive Certificate Training (1 day)

Presented by Lyssa Lovejoy

Sunday February 21 8:00 – 3:00pm

Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this high-energy dance and rhythm program. Drums Alive combines traditional aerobic movements with powerful drum beats and rhythms done on a stability ball. It is a workout for the entire body, mind and spirit!

Fee: \$119 7 CEC's

Required: Drums Alive Manual \$45



Accommodations

Below is a list of hotels that are in close vicinity of the Fit Fest Event. To reserve a room, contact the hotel directly.

Special Rates Offered at:

Mystic Lake Casino Hotel

2400 Mystic Lake Blvd., Prior Lake, MN, 55372

www.mysticlake.com/hotel

Telephone: 952-445-9000

Reservations: 1-800-262-7799

Ask for the “NETA Fit Fest Special”

Friday February 19, 2010: \$89.00

Saturday February 20, 2010 \$129.00

Price is for 2 people per room. Additional person: \$10

Other Nearby Hotels – Call for Rates

Country Inn & Suites by Carlson Shakopee

1204 Ramsey Street

Shakopee MN 55379

www.countryinns.com/shakopeemn

Telephone: 952-445-0200

Reservations: 1-800-596-2375

Super 8 Shakopee

581 S Marschall Rd 1

N County Rd 17 (2 Blocks S of 101)

Shakopee, MN 55379-2612 US

www.super8.com

Telephone: 952-445-4221

AmericInn of Shakopee, MN

4100 12th Avenue East

Shakopee, MN 55379

www.americinn.com/MN/Shakopee

Telephone: 952-445-6775

Travelodge Valleyfair Shakopee

1251 E. First Avenue

Shakopee, MN 55379 US

www.travelodge.com

Telephone: 952-445-5074

Canterbury Inn

1244 Canterbury Road

Shakopee, MN 55379 US

www.canterburyinnshakopee.com

Telephone: 952-445-3644

Toll Free (877) 291-0622



Event Registration Form			
Name:		NETA Customer #:	
Address:			
City:	State:	Zip:	
Phone #:		Email:	

CEC Workshops

CEC Workshops Selections \$69 Each
(Register for 3 or more and pay only \$59 each!)

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

Friday February 19, 2010: <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 20, 2010: <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	_____	\$ _____
11:30 am – 2:30 pm	_____	\$ _____
3:00 pm – 6:00 pm	_____	\$ _____
Sunday February 21, 2010: <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am – 11:00 am	_____	\$ _____
12:00 pm – 3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (transfer this amount to Total Event Reg. page 8)		\$ _____

Certifications

Certificates

Certification / Certificate Workshop Name / Price	Price
Personal Training Certification / \$349 (Saturday Feb 20 th 8 am – 5 pm & Sunday Feb 21 st 8 am – 3 pm)	\$ _____
Group Exercise Certification / \$199 (Saturday Feb 20 th 8 am - 4:30 pm)	\$ _____
Indoor Cycling Certificate / \$119 (Saturday Feb 20 th 8 am – 2:30 pm)	\$ _____
Drums Alive® Certificate / \$119 (Sunday Feb 21 st 8:00 am - 3 pm)	\$ _____
Total Cost for Certification/Certificate Workshops (transfer this amount to page 8)	
\$ _____	



Study Materials

Study Materials - The following manuals are required or recommended for specific workshops.

<u>Manual Name / Price</u>	<u>Quantity</u>	<u>Price</u>
NETA Fitness Professional Manual / \$45 (recommended for GX and PT Workshops)	_____	\$ _____
GX Study Workbook (recommended) / \$25	_____	\$ _____
PT Study Workbook (recommended) / \$25	_____	\$ _____
Drums Alive® Manual (required) / \$45	_____	\$ _____
Total Cost for Study Materials (transfer to Total Event Registration)		\$ _____

Totals

Total Event Registration	
Total Cost for CEC Workshops (from page 7)	\$ _____
Total Cost for Certification / Certificate Workshops (from page 7)	\$ _____
Total Cost for Study Materials (from study materials page 8)	\$ _____
Add shipping and handling ONLY If you are purchasing study materials	\$ 8.50
Total cost of registrations and study materials	\$ _____

1. Registration deadline is **Friday February 12, 2010**.
2. Additional discount offers not applicable to CEC workshops.
3. On-site registrations are subject to a \$10 additional fee per workshop.
4. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers available.
5. Registration and payment can be made via web www.netafit.org, phone 763-545-2505, fax 763-545-2524 or mail to:
NETA 5955 Golden Valley Road, Suite 240, Minneapolis, MN 55422.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at the **Dakotah! Sport and Fitness 2100 Trail of Dreams, Prior Lake, MN 55372**. See website or call for more information.

Method of Payment: **Amount Enclosed \$** _____

Check # _____ *Made payable to NETA* Money Order

Visa or MasterCard # _____ Exp Date _____

Cardholder's Signature _____