

## **Welcome Fitness Professionals!**

*NETAs 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 CEC workshops provide ACE, AFAA, NASM 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 September 24, 2010 to reserve a spot in your favorite workshop!**

## **Friday October 1, 2010**

**6:00 – 9:00pm**

### **Boot Camp - Presented by Angie Schroeder**

**Fun Work - Hard Play!** An exercise format that is sure to rev up the most avid exercisers. Endurance games, intervals, circuits and obstacle courses are just a few of the innovative ideas used to train the entire body for serious results. **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

### **Injury Management (PT Lecture) - Developed and presented by Jon Giese**

**New!**

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! **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

### **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! **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

### **Ultimate Balance Challenge - Presented by Cathy O'Donnell**

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. **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

### **Theme Ride Extravaganza - Presented by Christy O'Neill**

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! **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

## **Saturday October 2, 2010**

**11:30am – 2:30pm**

**New!**

### **Pilates Progressions - 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. **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

**3:00 – 6:00pm**

### **Core on Command - Presented by Cathy O'Donnell**

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! **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

### **Step Evolution - Presented by Christy O'Neill**

**New!**

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. **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

## **Sunday October 3, 2010**

**8:00 – 11:00am**

### **Fusion Strength - Presented by Christy O'Neill**

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! **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

### **Revolutionary Rides - Presented by Christine Simpson**

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. **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

**12:00pm – 3:00pm**

### **Kick It Up - Presented by Holly Krohn**

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. **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

### **Kettlebell Basics - Presented by Cathy O'Donnell**

***New!***

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. **(NETA 3 CEC's, ACE .3 CEC's, AFAA 3 CEC's, .3 NASM CEC's)**

## Certifications and Certificate Workshops

### Group Exercise Certification (1 day)

**Presented by – Holly Krohn**

**Saturday October 2 8:00am-4:30pm**

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**

**Recommended:** Fitness Professional's Manual \$45

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### Indoor Cycling Certificate Training (1 day)

**Presented by Christine Simpson**

**Saturday October 2 8:00am – 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 NETA CEC's, .7 ACE CEC's, AFAA 4.25 CEC's)**

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### Personal Training Certification (2 days)

**Presented by Jon Giese**

**Saturday October 2 8:00am-5:00pm**

**Sunday October 3 8:00am-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 NETA CEC's, 1.4 ACE CEC's, 11 AFAA CEC's)**

**Recommended:** Fitness Professional's Manual \$45

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## **Pilates Mat Certificate (2 days)**

**Presented by Angie Schroeder**

**Saturday October 2 8:00am-5:00pm**

**Sunday October 3 8:00am-2:00pm**

This specialty certificate covers the fundamental principles of core stabilization and postural alignment as they apply to basic Pilates matwork. These principles are relevant to all types of movement and can be applied to everything you do!

This workshop includes:

- Full analysis of 33 Pilates exercises
- Designing a Pilates class
- Progressing a Pilates class
- Cueing and correcting form
- Exploring modifications for all purposes

**Fee: \$299 (14 NETA CEC's, 1.3 ACE CEC's, 9 AFAA CEC's)**

**Required: Pilates Mat Manual \$35**

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## 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.

<b>Friday October 1, 2010:</b> <i>Check-in table opens at 5:30pm and is located near the main entrance.</i>		
<b>Time</b>	<b>Workshop Name</b>	<b>Price</b>
6:00 pm – 9:00 pm	_____	\$ _____
<b>Saturday October 2, 2010:</b> <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
<b>Time</b>	<b>Workshop Name</b>	<b>Price</b>
11:30 am – 2:30 pm	_____	\$ _____
3:00 pm – 6:00 pm	_____	\$ _____
<b>Sunday October 3, 2010:</b> <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
<b>Time</b>	<b>Workshop Name</b>	<b>Price</b>
8:00 am – 11:00 am	_____	\$ _____
12:00 pm – 3:00 pm	_____	\$ _____
<b>Total Cost for CEC Workshops</b> (transfer this amount to Total Event Reg. page 8 )		\$ _____

**Certifications**

**Certificates**

<u>Certification / Certificate Workshop Name / Price</u>	<u>Price</u>
Group Exercise Certification / \$199 (Saturday October 2, 8 am - 4:30 pm)	\$ _____
Indoor Cycling Certificate / \$119 (Saturday October 2, 8 am – 3:00 pm)	\$ _____
Personal Training Certification/ \$349 (Saturday October 2, 8am – 5pm & Sunday October 3, 8am – 3pm)	\$ _____
Pilates Certificate/ \$299 (Saturday October 2, 8 am – 5:00 pm & Sunday October 3, 8 am- 2:00pm)	\$ _____
<b>Total Cost for Certification/Certificate Workshops</b> (transfer this amount to page 6)	\$ _____

**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 & PT Workshop)	_____	\$ _____
GX Study Workbook (recommended) / \$25	_____	\$ _____
PT Study Workbook (recommended) / \$25	_____	\$ _____
Pilates Manual (required) / \$35	_____	\$ _____
Pilates Practice Exam (optional) / \$10	_____	\$ _____
<b>Total Cost for Study Materials</b> (transfer to Total Event Registration page 8)		\$ _____

