

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

Friday May 18, 2012

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

Core on Command

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!

Orthopedic Injuries and Exercise

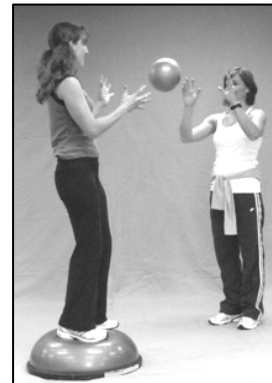
This course focuses on common injuries to the major joints, and teaches you ways to manage and progress clients safely. This will also talk about ways to prevent further injury. Specific topics include injuries of the knees, hips, shoulders, and spine as well as itis's. Learn the basics of taking a client out of pain and back to favorite activities.

Athletic Bootcamp

Not just another sports drills workout! Apply the components of skill development, mental focus, and goal setting to a traditional boot camp workout. This bootcamp workshop forces the mind and body to work together to create a true athletic experience. Participants will have fun, refine form, improve function and create memorable workouts. Create effective athletic bootcamp workouts for your class, clients, or sports teams. Athletic Bootcamp will inspire the inner athlete in all of us!

Latin Dance Fitness

Create fun, safe, and energetic Latin dance fitness classes. The importance of a proper warm up, safety, and modifications will be covered. Learn popular Latin dance styles: Salsa, Cumbia, Merengue, and more! Basic dance steps are taught, experienced and practiced throughout the workshop. Once the dance moves are learned, discover how to incorporate them into a group fitness workout.





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Saturday May 19th, 2012

8:00 am

Group Exercise Certification (1 day)

Early Bird Fee: \$199 * Standard \$249

8:00–4:30 pm

Study Material: Fitness Professional's Manual \$49

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. Workshop includes exam and National Certification (Valid for 2 years).

Personal Training Certification (2 days)

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

Sat: 8:00–5:00pm, Sun: 8:00-3:00 pm

Study Material: Fitness Professional's Manual \$49

Credits: 14 NETA, 1.4 ACE, 11 AFAA, 1.4 NASM

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. Workshop includes exam and National Certification (Valid for 2 years)

Prerequisite Proof of current CPR or provide proof after exam to receive certificate.

Pilates Mat Specialty Certification (2 days)

Early Bird Fee: \$299 * Standard \$349

Sat: 8:00-5:00 pm, Sun: 8:00-2:00 pm

Study Material: Pilates Manual \$35

Credits: 14 NETA, 1.3 ACE, 9 AFAA, 1.3 NASM

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

8:00-11:00 am

Fee: \$69 each, 3 or more \$59

Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM

Kicks 4 Kids

Get ready to play. Learn games to incorporate active fun for kids ages 3-13. Kicks 4 Kids emphasizes non-competitive, inclusive movement that develops fine motor skills, creativity and imagination.

Hands-on Yoga

It's time to get your hands on yoga! Take your yoga practice and your teaching skills to the next level with this yoga adjustment workshop. Learn to teach off the mat to help your students find more depth and ease in poses. Special focus on anatomy, alignment and meeting the needs of special populations, such as athletes and children and students who are prenatal, aging, overweight or injury.

Saturday May 19th, 2012



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

11:30-2:30 pm **Fee: \$69 each, 3 or more \$59** **Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM**

Essence of Tai Chi

This mind-body exercise uses gentle movements with a martial arts foundation to provide a great warm-up or cool down for group exercise classes and personal training clients. Tai chi focuses on breathing and balance while promoting tranquility, agility, longevity and good health.

Cardio Crazy

Bogged down by choreography? Cardio Crazy is the ultimate blend of cardio workouts. Combine multiple cardio formats into one hour that makes participants smile and sweat. Revisit the basics, remember safety, and revitalize creativity. Create and practice moves you can apply Monday morning!

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

Team Bootcamp

Jumpstart your boot camp programming with teamwork. By building camaraderie we foster positive energy that creates an inclusive atmosphere. This motivates participants to achieve new levels of fitness with others. Get new ideas, practice team building skills, encourage partner work, and facilitate fun competition.

H.I.I.T. the Road

Take your indoor group cycling intervals to the next level with High-intensity interval training (HIIT). HIIT is physically demanding and not for the timid; completion of the *Indoor Cycling Certificate* or *Revolutionary Rides* is a prerequisite and heart rate monitors are strongly encouraged.

Pilates Reformer on the Floor

All the fun none of the bulk! Take the inspiration of Pilates Reformer exercises to the floor using small equipment such as balls, bands, and weights. This workshop is designed for students who have a good understanding of the Pilate's principles and essential mat exercises. Reformer experience helpful, but not required.

Saturday May 19th, 2012



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

Sunday May 20th, 2012

8:00 -3:00 pm

PT Hands-On Behavior, Motivation, and Goals Training

Time: 8:00-3:00 pm Fee: \$149 Credits: 7 NETA, .7 ACE, 5.5 AFAA, .8 NASM

The best program in the world does no good unless it is actually used! Starting with the behavioral aspect of personal training allows the trainer to build a rapport and trusting relationship with the client. This workshop teaches you how to use the Health Status tool to role play while it introduces Motivational Interviewing and teaches the importance of self-efficacy. The class participant will have a better appreciation for the importance, and complexity, of the behavioral aspect of personal training.

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

H.I.I.T.

H.I.I.T. (High Intensity Interval Training) exercises are very popular in the industry right now. Learn how to properly apply H.I.I.T. techniques to both your classes and your clients. Some of the topics include energy systems, EPOC, and appropriate application of methodology.

No Equipment Needed

Minimize the use of equipment and learn how to use your focus, body weight, and exercise sequencing to develop fun and effective workouts. This active, experiential workshop is designed to make you think about your exercise choices and develop your creative muscle. No Equipment Needed. All of the workout and none of the mess!

Stress Reduction & Relaxation

Discover simple techniques to reduce stress and tension. This workshop incorporates breathing, yoga, tai chi, chi gong and meditation. Learn the science behind stress reduction and ways to relax anywhere. A perfect workshop for overwhelmed fitness professionals and the perfect opportunity to share this knowledge with your students and clients.

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

Group Strength Training

Group Strength Training is a highly structured strength training class using a variety of equipment. You will learn to teach participants to push their weight training experience to a higher level using upbeat entertaining music mixed with exciting and innovative choreography! From the beginner to the hardcore lifter there is something for everyone in this training.

Sunday May 20th, 2012



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

Name:		NETA Customer #:	
Address:			
City:	State:	Zip:	
Phone #:		Email:	

CEC Workshops

CEC Workshops Selections \$69 Each

(Register for 3 or more 3 hour CECs and pay only \$59 each!)

PT Hands-On Behavior, Motivation, and Goals Training \$149

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

Friday May 18, 2012: <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 May 19, 2012: <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 May 20, 2012: <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	_____	\$ _____
8:00 am – 3:00 pm	_____	\$ _____
12:00 pm –3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (Transfer to Total Event Registration)		\$ _____



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Certifications / Specialty Certification Workshops

<u>Certification / Workshop Name / Price</u>	<u>Price</u>
Personal Training Certification / \$349* *Early Bird Rate. Register 30 days in advance. Standard rate: \$399 (Saturday May 19 th 8:00 am –5:00 pm & Sunday May 20 th , 8 am – 3:00pm)	\$ _____
Group Exercise Certification / \$199* * Early Bird Rate. Register 30 days in advance. Standard rate: \$249 (Saturday May 19 th 8:00 am - 4:30 pm)	\$ _____
Pilates Mat Specialty Certification / \$299* * Early Bird Rate. Register 30 days in Advance. Standard rate: \$349 (Saturday May 19 th 8:00 am –5:00 pm & Sunday May 20 th 8:00 am-2:00 pm)	\$ _____
Total Cost for Certifications / Specialty Certification Workshops (Transfer to Total Event Registration)	\$ _____

Study Materials

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

<u>Manual Name / Price</u>	<u>Quantity</u>	<u>Price</u>
NETA Fitness Professional Manual / \$49 (recommended for GX and PT Workshops)	_____	\$ _____
GX Study Workbook (recommended) / \$25	_____	\$ _____
PT Study Workbook (recommended) / \$25	_____	\$ _____
PT Practice Exam (recommended) / \$10	_____	\$ _____
NETA Pilates Manual (recommended) /\$35	_____	\$ _____
Pilates Practice Exam (recommended) /\$10	_____	\$ _____
Total Cost for Study Materials (Transfer to Total Event Registration)		\$ _____



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Total Event Registration

Total Cost for CEC Workshops	\$ _____
Total Cost for Certification/Specialty Certification Workshops	\$ _____
Total Cost for Study Materials	\$ _____
Add shipping and handling ONLY ; If you are purchasing study materials (S&H below)	\$ _____
Total cost of registrations and study materials	\$ _____

1. Registration deadline is **Friday May 18, 2012**.
2. Additional discount offers not applicable to CEC workshops.
3. On-site registrations are subject to a \$10 additional fee per workshop.
4. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers available.
5. Registration and payment can be made via web www.netafit.org, phone 763-545-2505, fax 763-545-2524 or mail to: **NETA 5955 Golden Valley Road, Suite 240, Minneapolis, MN 55422**.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at Kent State University: 1550 Ted Boyd Dr, Kent, OH 44242
www.recservices.kent.edu

Merchandise S&H Charges			
Order Total	Amount	Order Total	Amount
Up to \$15.00	\$3.50	\$70.00-\$89.99	\$11.50
\$15.01-\$29.99	\$6.75	\$90.00-\$109.99	\$13.50
\$30.00-\$49.99	\$8.50	\$110.00-\$149.99	\$14.50
\$50.00-\$69.99	\$10.50	\$150.00-& UP	\$15.50

Payment

Method of Payment (complete below) **Amount Enclosed \$** _____

Check # _____
 Money Order

Credit Card # _____ Exp Date _____ / _____

CVC Code _____ (last three digits on back of credit card)

NAME AS IT APPEARS ON CREDIT CARD _____