



**NETA Fit Fest
YMCA of the Fox Cities , Appleton, WI**

Thursday, April 25, 2019

8:00-6:00 pm

Yoga Foundations Specialty Certification (Day 1)

Our intensive, two-day Yoga Basics workshop provides hands-on experience in teaching beginner yoga formats through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. In addition to the basics of class formatting, you'll discuss yoga history through exploration of the 8 limbs, learn the anatomy and physiology of the nervous and respiratory systems, as well as discover ways to encourage and motivate your participants through verbal refinements and inclusive cuing. This certification will provide 2 sample beginning yoga classes as well as time for practice teacher under the supervision of an experienced yoga teacher.

Friday, April 26, 2019

8:00-6:00 pm

Yoga Foundations Specialty Certification (Day 2)

Our intensive, two-day Yoga Basics workshop provides hands-on experience in teaching beginner yoga formats through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. In addition to the basics of class formatting, you'll discuss yoga history through exploration of the 8 limbs, learn the anatomy and physiology of the nervous and respiratory systems, as well as discover ways to encourage and motivate your participants through verbal refinements and inclusive cuing. This certification will provide 2 sample beginning yoga classes as well as time for practice teacher under the supervision of an experienced yoga teacher.

Friday, April 26, 2019

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

Trauma-Sensitive Yoga Practices *New!!*

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.

Exercise & Physical Activity for Arthritis *New!!*

This classroom-based seminar addresses two common types of arthritis: osteoarthritis (OA) and rheumatoid arthritis (RA). Topics covered include the basic pathophysiology, epidemiology, and common symptoms of disease, benefits (and risks) associated with physical activity, and exercise recommendations and special considerations for individuals with arthritis.

Thursday, April 25, 2017 & Friday, April 26, 2019



**NETA Fit Fest
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Saturday, April 27, 2019

8:00 am

Group Exercise Certification Review (1 day) Early Bird Fee: \$249 * Standard \$299

8:00–5:00 pm

Recommended Study Material: The Fitness Professional’s Manual, 5th ed. \$59

Credits: 6 NETA

The GX Instructor Certification review workshop features interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to become an effective and successful group exercise instructor. Includes proctored exam administered at conclusion of workshop.

Personal Training Certification Review (2 days) Early Bird Fee: \$399 * Standard \$449

Saturday: 8:00–5:00pm, Sunday: 8:00-4:00 pm

Recommended Study Material: The Fitness Professional’s Manual, 5th ed. \$59

Credits: 14 NETA, 1.4 ACE, 15 AFAA

The PT Certification review workshop features 14 hours of interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to implement safe, effective, motivational exercise programming for your clients. Includes proctored exam administered at conclusion of workshop.

Restorative Yoga Specialty Certification (1 day) *New!!*

8:00-6:00 pm Fee: \$199 Credits: 10 NETA, 1.0 ACE, 10 AFAA

Restorative yoga is a way to experience true relaxation. As stress and tension are released, healing and upliftment are promoted in body, mind, and spirit. In this workshop, participants will learn a series of restorative yoga poses, learn modifications and prop variations needed for students with special conditions, practice Yoga Nidra, and participate in hands-on teaching sessions.

*Restorative Yoga can be taken as a stand-alone certification and/or can be taken as part of the advanced 200 Hour Yoga Program.

Senior Fitness Specialty Certification (1 day)

8:00-3:00 pm Fee: \$199 Credits: 7 NETA, .7 ACE, 6 AFAA

Meet the growing demand for fitness classes geared specifically for active older adults! NETA's new Senior Fitness Specialty certification is designed for fitness professionals wanting tools to safely and effectively train and teach the older adult population. In this foundational course, you'll master exercise selection principles for chronic conditions, practice fall prevention techniques, learn functional fitness assessment protocols, and discuss ways to best communicate with senior class participants. This course will improve your professional adaptability and help unlock your career potential.

Yoga Strong Specialty Certification (2 Days)

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

Saturday: 8:00-6:00pm, Sunday: 8:00-6:00 pm

Credits: 20 NETA, ACE 2.0, AFAA 15

Yoga Strong blends power flow yoga with exercise techniques to specifically increase strength and endurance. It offers the discipline of a yoga practice and intensity options similar to a challenging fitness class. Participants in NETA's Yoga Strong Yoga training will learn to teach a multi-level yoga class with multiple intensity variations, a focus on the breath, traditional asana and stretching sequences, and encouragement of mental focus to help maintain yoga integrity. Yoga for strength classes may be structured to include yoga based flow sequences, body weight exercises, resistance training with hand-held weights, cardiovascular drills, and core focused training. This training will focus on a foundation of hatha yoga infused with basic principles of cardiorespiratory endurance and long holds for increased strength and muscle.

Saturday, April 27, 2019



NETA Fit Fest YMCA of the Fox Cities , Appleton, WI

Sunday, April 28, 2019

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

9 Rounds to a TKO

Train like a fighter with this shallow water circuit style format that brings together the 3-D effect of water with the powerful fundamental movements of kickboxing. Take your class through 9 rounds of cardio, punches, kicks and core that will test their strength and endurance for a non-stop workout that is worthy of a championship belt. Get back into the ring with this TKO of a workout that's fun, intense, and easy to implement into your aquatic programming.

Let's Get Functional! *New!!*

Make your workouts work for you! Set your participants up for enhanced athletic performance, pain-free living, or sustained independence by coaching them through a balanced, "functional" workout. Whether your audience is athletes, young moms, active adults, or a mix, this workshop will give you an easy plug-and-play method of incorporating multiple exercise modalities into a fast-paced, multi-level circuit.

8:00-6:00 pm

Prenatal Yoga Specialty Certification

8:00-6:00 pm Fee: \$189 Credits: 10 NETA, 1.0 ACE, 10 AFAA

In this training, instructors will learn the basic techniques necessary to adapt their traditional yoga classes to be safe and effective for expecting participants. This workshop provides an in-depth look at the anatomy and physiology of pregnancy, provides hands on practice of a sample prenatal yoga class, and gives the opportunity for each instructor to practice and teach a series of pose adaptations. Learn to more effectively use props and design classes that are safe and comfortable for every participant.

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

Kick It! *New!!*

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.

Get Rock Solid

Dumbbells, resistance bands, body bars, and medicine balls are equipment staples in most fitness studios. However, if you have been instructing long enough, you're probably teaching the same old strength routine and it may be time to reexamine your class design. In this workshop, you'll learn how to add variety and help your class participant's bust through training plateaus with a few program design strategies such as super-setting, tri-setting, and more!



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

CEC Workshops

CEC Workshops Selections \$69 Each

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

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

Friday, April 26, 2019: <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, April 27, 2019: <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am – 11:00 am	_____	\$ _____
12:00 am – 3:00 pm	_____	\$ _____
Sunday, April 28, 2019: <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am – 11:00 am	_____	\$ _____
12:00 am – 3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (Transfer to Total Event Registration)		\$ _____



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Certifications / Specialty Certification Workshops

<u>Certification / Workshop Name / Price</u>	<u>Price</u>
Personal Training Certification / \$399* *Early Bird Rate. Register 30 days in advance. Standard rate: \$449	\$ _____
Group Exercise Certification / \$249* * Early Bird Rate. Register 30 days in advance. Standard rate: \$299	\$ _____
Yoga Foundations Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Yoga Strong Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Senior Fitness: Specialty Certification/\$199	\$ _____
Restorative Yoga Specialty Certification/\$199	\$ _____
Prenatal Yoga Specialty Certification/\$199	\$ _____
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's The Fitness Professional's 5 th Edition Manual / \$59 (recommended for GX and PT Workshops)	_____	\$ _____
The Fitness Professional's Workbook for Group Exercise Instructors (recommended) / \$29	_____	\$ _____
The Fitness Professional's Workbook for Personal Trainers (recommended) / \$29	_____	\$ _____
Personal Trainer Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Personal Trainers) /\$79	_____	\$ _____
Group Exercise Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Group Exercise Instructors) /\$79	_____	\$ _____



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Personal Trainer Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Personal Trainers, Online Exercise Science Review Modules, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$199	_____ \$ _____
Group Exercise Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Group Exercise Instructors, Practical Skills for Group Exercise Instructors, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$99	
Total Cost for Study Materials (Transfer to Total Event Registration)	\$ _____

Total Event Registration

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

1. Registration deadline is **Wednesday, April 24, 2019**.
2. Additional discount offers not applicable to CEC workshops.
3. On-site registrations are subject to a \$10 additional fee per workshop.
4. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers available.
5. Registration and payment can be made via web www.netafit.org, phone 763-545-2505, fax 763-545-2524 or mail to: **NETA 12800 Industrial Park Blvd, Suite 220, Minneapolis, MN 55441**.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at **Appleton YMCA 218 East Lawrence Street Appleton, WI, 54911**

Merchandise S&H Charges			
Order Total	Amount	Order Total	Amount
Up to \$15.00	\$4.50	\$70.00-\$89.99	\$12.50
\$15.01-\$29.99	\$7.75	\$90.00-\$109.99	\$14.50
\$30.00-\$49.99	\$9.50	\$110.00-\$149.99	\$15.50
\$50.00-\$69.99	\$11.50	\$150.00-& UP	\$16.50

Payment

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

Check # _____ Money Order

Credit Card # _____ **Exp Date** _____ / _____

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