



**NETA Fit Fest**  
**Drake University, Des Moines, IA**

**Thursday, October 25, 2018 & Friday, October 26, 2018**

**8:00-6:00 pm**

**Yoga Foundations Specialty Certification (2 Days) Early Bird Fee: \$349 \* Standard \$399**

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, October 26, 2018**

**6:00-9:00 pm**

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

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

**Exercise for Parkinson's and MS New!!**

This classroom-based seminar addresses two prevalent neurodegenerative diseases: Parkinson's disease and Multiple Sclerosis. Topics covered include the basic pathophysiology and common symptoms of disease, benefits (and risks) associated with physical activity, and exercise recommendations and considerations for individuals having these conditions.

**101 Ways to Bootcamp**

Bootcamp classes are challenging, fun, and a fantastic workout! If you're looking for new ideas then this workshop is for you! Refresh your classes with the ideas generated in this nonstop, action packed, and high energy workshop. You'll walk away with new formats, techniques, and ideas to include in your bootcamp classes all year long.

**Foundations of Resistance Training Program Design**

Need some ideas to develop innovative programs for your clients? With unlimited exercise possibilities and an endless array of approaches to design resistance training programs, selecting the right options for your clients will help them feel successful and stay motivated. This classroom-based workshop reviews the current guidelines for resistance training, manipulation of acute training variables, classic and contemporary program design methodologies, and safe and effective strategies to develop resistance training programs for clients of all abilities.

**Body Weight Training**

Body weight training is a great option to elevate your level of fitness with little to no equipment. Although you may try to lose some of it, your body weight is the one piece of equipment you can take with you anywhere! Learn how to use your body to boost both cardiovascular and muscular fitness. Join us to find new ways to incorporate body weight exercises into your current group fitness and personal training sessions to provide both results and variety to any workout.



## NETA Fit Fest

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Saturday, October 27, 2018

8:00 am

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

8:00–5:00 pm

**Recommended Study Material: The Fitness Professional's Manual, 5<sup>th</sup> 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 (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, 5<sup>th</sup> ed. \$59**

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

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.

**Wellness Coach Specialty Certification (2 Days)      Early Bird Fee: \$349 \* Standard \$399**

**Saturday: 8:00-5:00pm, Sunday: 8:00-3:30 pm**

**Recommended Study Materials: Lifestyle Wellness Coaching, 2<sup>nd</sup> ed. \$75**

**Motivational Interviewing, 3<sup>rd</sup> ed. \$65.00**

**Credits: 14 NETA, 1.2 ACE, 14 AFAA, 1.4 NASM**

Wellness Coaching has emerged as a growing trend in the health and fitness industries. At NETA, we see wellness coaching as an exciting and immersive way to improve people's lives through fitness and well-being. Being a wellness coach gives you the unique opportunity to provide individuals one-on-one help with building strength, both physical and mental.

**Topics include:**

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



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**8:00-3:00 pm**

### **Senior Fitness Specialty Certification (1 day)**

**8:00-3:00 pm Fee: \$189 Credits: 7 NETA, .7 ACE, 7 AFAA, .7 NASM**

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.

**8:00-5:00 pm**

### **Barre Connect Specialty Certification (1 day)**

**8:00-5:00 p.m. Fee: \$189 Credits: 8 NETA, .8 ACE, 8 AFAA, .8 NASM**

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

**8:00-11:00 am**

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

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

### **Get Rock Solid New!!**

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!

### **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 classroom-based workshop 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.

**11:15-11:45 am**

**Free Informational Workshop**

**Credits: 1 NETA**

### **Fitness Industry Updates**

Stay informed of important issues that may impact your fitness career! This session will provide important fitness industry updates with regard to the Coalition for the Registration of Exercise Professionals (CREP), the United States Registry of Exercise Professionals (USREPS), legislation pertaining to the regulation of exercise professionals, and top fitness industry trends.

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**12:00-3:00 pm**

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

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

**Glutes, Core, & More New!!**

Clients want a ripped core and for decades trainers and coaches alike have told athletes to “work the core” – the muscles of the torso that support your every move. The gluteal muscles are so commonly left out of a strength training program and it’s the combination of a strong core and powerful glutes that allows for a properly functioning body. In this workshop, you’ll learn how to asses core stability and strength, and how to design a glutes and core program that will challenge all.

**3:30-6:30 pm**

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

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

**Foam Roller Pilates New!!**

In this course, you'll learn how to use the foam roller to promote alignment, core strength, and body symmetry. This workout mimics many of the moves traditionally executed in a Pilates mat class, providing you with a new catalog of Pilates-based exercises you can use to help your participants decrease stress and move with greater mobility, control, and precision.





## NETA Fit Fest

### Drake University, Des Moines, IA

**Sunday, October 28, 2018**

**8:00-3:00 pm**

#### **Kettlebell Specialty Certification (1 day)**

**8:00-3:00 pm Fee: \$189 Credits: 7 NETA, .6 ACE, 7 AFAA, .7 NASM**

This introductory course teaches the basics of Kettlebell training, the history of this fascinating workout, safety techniques, body positioning, alignment, and appropriate starting weights. You will experience the most popular exercises including swing, clean and press, the snatch, and many more. Workshop includes exam (valid for 2 years).

**8:00-6:00 pm**

#### **Kids Yoga Specialty Certification**

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

NETA's Kids Yoga workshop is a fun, interactive and educational experience. This kids' yoga training is designed to help yoga teachers and fitness professionals create an easy bridge to adapting classes to a younger audience. This training will provide an overview of child development, hands-on practice in storytelling and teaching, as well as address ways to creatively and effectively manage a class of young practitioners.

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

#### **Physical Activity for Special Medical Considerations**

Until the middle of the 20th century, infectious disease was the major health threat to society. Today, chronic diseases related to unhealthy lifestyle behaviors, are the leading cause of disability and premature mortality in the U.S. This classroom-based workshop reviews the public health burden of chronic diseases including hypertension, cardiovascular disease, obesity, diabetes, and osteoporosis, as well as the evidence that regular physical activity reduces the risk for and helps to manage these medical conditions. This workshop will also review programming considerations and provide exercise guidelines for those affected by chronic disease.

#### **9 Rounds To A TKO New!!**

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.

#### **Fun Group Training: Tread –N-Shred**

This FUN small group training course is designed to increase cardiovascular fitness through treadmill interval training and improve strength with super circuits. In this course, you'll learn the benefits of small group training, formats options, and how to design a 'Tread –N- Shred' class! This FUN format will eliminate boredom, improve performance, and challenge your class participants and/or clients.

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

#### **Medicine Ball Power**

Power is needed in various sports and activities, and the medicine ball is the perfect power training tool! In this workshop, you'll learn a wide variety of medicine ball exercises and strategies to incorporate medicine balls into any group exercise class, small group training session, or one-on-one with clients. Participants will learn to easily develop workouts that balances strength, and power!



**NETA Fit Fest**  
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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, October 26, 2018:** Check-in table opens at 5:30 pm and is located near the main entrance.

Time	Workshop Name	Price
6:00 pm – 9:00 pm	_____	\$_____

**Saturday, October 27, 2018:** Check-in table opens at 7:30 am and is located near the main entrance.

Time	Workshop Name	Price
8:00 am -11:00 am	_____	\$_____
12:00 am -3:00 pm	_____	\$_____
3:30 pm - 6:30 pm	_____	\$_____

**Sunday, October 28, 2018:** Check-in table opens at 7:30 am and is located near the main entrance.

Time	Workshop Name	Price
8:00 am – 11:00 am	_____	\$_____
11:15am –11:45 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**

<b><u>Certification / Workshop Name / Price</u></b>	<b><u>Price</u></b>
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	\$ _____
Wellness Coach Specialty Certification / \$349*	\$ _____
* Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Kids Yoga Specialty Certification/\$189	\$ _____
Senior Fitness Specialty Certification/\$189	\$ _____
Kettlebell Specialty Certification/\$189	\$ _____
<b>Total Cost for Certifications / Specialty Certification Workshops</b>	
(Transfer to Total Event Registration)	\$ _____



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**Study Materials**

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

<b>Manual Name / Price</b>	<b>Quantity</b>	<b>Price</b>
NETA's The Fitness Professional's 5 <sup>th</sup> 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	_____	\$ _____
Group Fitness Practice Exam (recommended) / \$10	_____	\$ _____
Personal Trainer Practice Exam (recommended) / \$10	_____	\$ _____
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	_____	\$ _____
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	_____	\$ _____
Lifestyle Wellness Coaching, 2 <sup>nd</sup> Edition / \$75	_____	\$ _____
Motivational Interviewing, 3 <sup>rd</sup> Edition / \$65	_____	\$ _____
Wellness Coach Practice Exam (recommended) /\$10	_____	
Wellness Coach Study Package (Lifestyle Wellness Coaching, Motivational Interviewing, and Wellness Coach Practice Exam.) /\$129	_____	\$ _____
<b>Total Cost for Study Materials</b> (Transfer to Total Event Registration)		\$ _____



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**Total Event Registration**

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

1. Registration deadline is **Wednesday, October 24, 2018**.
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](http://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:  
Drake University –Bell Center  
1421 27<sup>th</sup> Street  
Des Moines, IA 50311

<b>Merchandise S&amp;H Charges</b>			
<b>Order Total</b>	<b>Amount</b>	<b>Order Total</b>	<b>Amount</b>
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)