



NETA Fit Fest Kent State University, Kent, OH

Thursday, June 6, 2019 & Friday, June 7, 2019

8:00-6:00 pm

Yoga Foundations Specialty Certification (2 Days)

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, June 7, 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.

#fitech *New!!*

This classroom-based seminar reviews the effects of fitness technology on adherence to exercise. Topics covered include the emergence and growth of technology (wearables and mobile apps) in the fitness industry, the impact of fitness tech on the adoption of and adherence to regular physical activity, and strategies to leverage technology to influence behavior change among your clients.

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.

Cycle 360

"How do you keep your indoor group cycling class relevant with the emergence of hybrid and non-traditional boutique-style formats? NETA's updated Cycle 360 workshop will equip you to provide a safe, effective, engaging class that can attract both traditional outdoor cyclists as well as mainstream fitness participants. Drawing upon the metabolic and aerobic benefits of cycling, complementary off the bike strength training exercises, and targeted core work, you'll learn how to create workouts that come full circle. Elements such as music and lighting that can aid in creating an experience will also be addressed. Completion of the Indoor Group Cycling Specialty Certification is highly recommended prior to taking this workshop."



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Saturday, June 8, 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, 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, 3rd ed. \$89

The Fitness Professional’s Manual, 5th ed. \$59

Credits: 14 NETA, 1.2 ACE, 12 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.

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.

Pilates Mat Specialty Certification (2 days) Early Bird Fee: \$349 * Standard \$399
Saturday: 8:00-5:00 pm, Sunday: 8:00-2:00 pm

Study Material: Pilates Manual \$35

Credits: 14 NETA, 1.3 ACE, 13 AFAA

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)

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Senior Yoga Specialty Certification (2 Days)
Saturday: 8:00-6:00pm, Sunday: 8:00-6:00 pm
Credits: 20 NETA, ACE 2.0, AFAA 15

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

NETA's Senior Yoga Certification will prepare instructors to lead dynamic, yet safe yoga classes for an aging population. Participants will spend time in hands-on practice of poses with chair adaptations, learn the basic of teaching techniques for chronic conditions and injury prevention, as well as discuss the physiological effects of aging, using props, and introducing meditation to your classes.

8:00-11:00 am 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.

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

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.

3:30-6:30 pm Fee: \$69 each, 3 or more \$59 Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM

Foam Roller Pilates

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.

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Sunday, June 9, 2019

8:00-5:00 pm

Barre Connect Specialty Certification (1 day)

8:00-5:00 p.m. Fee: \$189 Credits: 8 NETA

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

Advanced Kettlebell: Beyond the Basics *New!!*

Mastered the basics of kettlebells? This course will take your instruction to the next level with creative exercises to perfect participants' swing form. Advanced movements, such as the Turkish get-up and windmill will be broken down into progressions, providing you with the tools to incorporate these exercises with participants of varying fitness levels.

8:00-1:00 pm Fee: \$119 Credits: 5 NETA, .5 ACE, 5 AFAA, .3 NASM

Adaptive Fitness *New!!*

This course provides education and training for fitness instructors and personal trainers wanting to learn more or who are interested in working with clients requiring scaling or adaptations due to a temporary or permanent disability. The course will introduce disability awareness and understanding, discuss and display various general adaptations to upper extremity, lower extremity, seated and neuromuscular clients through sample workouts.

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

Glutes, Core, & More

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 assess core stability and strength, and how to design a glutes and core program that will challenge all.



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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, June 7, 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, June 8, 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	_____	\$ _____
3:30 pm - 6:30 pm	_____	\$ _____
Sunday, June 9, 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	_____	\$ _____
8:00 am –1:00 pm	_____	\$ _____
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	\$ _____
Pilates Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Senior Yoga 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	\$ _____
Barre Connect: Specialty Certification/\$189	\$ _____
Restorative Yoga Specialty Certification/\$199	\$ _____
Total Cost for Certifications / Specialty Certification Workshops (Transfer to Total Event Registration)	\$ _____



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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	_____	\$ _____
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, Group Exercise Online Review Modules, Practical Skills for Group Exercise Instructors, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$179	_____	\$ _____
Lifestyle Wellness Coaching, 3rd Edition / \$89	_____	\$ _____
Wellness Coach Practice Exam (recommended) /\$10	_____	\$ _____
Pilates Manual / \$35	_____	\$ _____
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 **Wednesday, June 5, 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 Kent State University 1550 Ted Boyd Dr. Kent, OH 44242

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)