



NETA Fit Fest Normandale Community College, Bloomington, MN

Thursday, February 14, 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, February 15, 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, February 15, 2019

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

Motivational Interviewing for the Exercise Professional

Are your clients achieving their goals? Well-designed exercise programs and sound nutritional advice often fall short when the client is not motivated to adhere to the plan. Learn how to empower your clients to make lasting change! Motivational interviewing (MI) is an effective strategy to help clients overcome ambivalence to lifestyle change. This classroom-based workshop introduces the framework of MI including the core principles, key processes, and interviewing skills. Participants will also practice using this new skill through role playing activities.

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.

Exercise for Parkinson’s and MS

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

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Barre Meets Bike

In this workshop, we'll mix Barre combinations off the bike with indoor cycling that will be sure to chisel the whole body! You'll discover how to create the perfect barre & cycling combinations for your participants that will challenge their cardiorespiratory system, build strength, and keep participants flexible. Check out how the two of these formats fuse together perfectly!

Heartsaver CPR/AED Certification Course

This instructor-led course teaches cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) for an adult victim following the guidelines of the American Heart Association (AHA). This course provides a basic understanding of adult CPR principles and covers fundamental skills necessary to sustain life until EMS personnel arrives at the scene. Registration fee includes CPR Pocket Mask.

Fee: \$60 No Discounts applied for this workshop. Credits: No CECS.

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.





NETA Fit Fest
Normandale Community College, Bloomington, MN

Saturday, February 16, 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, 14 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.

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)

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 adaption.

Saturday, February 16, 2019



NETA Fit Fest
Normandale Community College, Bloomington, MN

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, 1.4 AFAA

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.

Indoor Group Cycling Specialty Certification (1 day)

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

NETA's Indoor Group Cycling specialty certification covers all the basics of teaching cycling classes, including setting up the room, managing a variety of situations and the many body positions for a safe but challenging ride. Other key topics include contra-indications, terminology, class formatting, music selection and cuing. We've also added a special section on helping individuals determine the proper level of exercise intensity to meet their goals. Includes free study guide.

Barre Connect Specialty Certification (1 day)

8:00-5:00 p.m. Fee: \$199 Credits: 8 NETA, .8 ACE, 7 AFAA

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.

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.

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.

Saturday, February 16, 2019



NETA Fit Fest
Normandale Community College, Bloomington, MN

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

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.

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

#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.

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.

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."



NETA Fit Fest
Normandale Community College, Bloomington, MN

Sunday, February 17, 2019

8:00-3:00 pm

Kettlebell Specialty Certification (1 day)

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

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).

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

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!

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

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.

8:00-6:00 pm

Kids Yoga Specialty Certification

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

NETA's Yoga for Kids workshop is a fun, interactive and educational experience. This workshop is designed to help yoga teachers and fitness professionals create an easy bridge for 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.

Sunday, February 17, 2019

NETA Fit Fest
Normandale Community College, Bloomington, MN

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 free informational session will provide important fitness industry updates from the past 12 months.

12:00-3:00 pm 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.

Today's Food Conversation: The Plant Based Diet *New!!*

Plant based diets have been shown to help prevent many chronic diseases. In this workshop, we'll give you a glimpse of the research and benefits behind a plant based diet, and a few easy-to-implement strategies to start including more plants into your diet. Don't miss this food conversation!

Sunday, February 17 2019





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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, February 15, 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, February 16, 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, February 17, 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	_____	\$ _____
11:15am –11:45 am	_____	\$ _____
12:00 am – 3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (Transfer to Total Event Registration)		\$ _____



NETA Fit Fest
Normandale Community College, Bloomington, MN

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	\$ _____
Pilates Mat Specialty Certification / \$349* * Early Bird Rate. Register 30 days in Advance. Standard rate: \$399	\$ _____
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	\$ _____
Indoor Group Cycling Specialty Certification/\$199	\$ _____
Barre Connect: Specialty Certification/\$199	\$ _____
Senior Fitness Specialty Certification/\$199	\$ _____
Restorative Yoga Specialty Certification/\$199	\$ _____
Kids Yoga Specialty Certification/\$199	\$ _____
Kettlebell 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, Practical Skills for Group Exercise Instructors, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$99	_____	\$ _____
Lifestyle Wellness Coaching, 3rd Edition / \$89	_____	\$ _____
Wellness Coach Practice Exam (recommended) /\$10	_____	\$ _____
NETA Pilates Manual (recommended) /\$35	_____	\$ _____
Total Cost for Study Materials (Transfer to Total Event Registration)		\$ _____



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Normandale Community College, Bloomington, MN

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, February 13, 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 Normandale Community College 9700 France Ave South, Bloomington, MN 55431

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)