

NETA Course Catalog

Spring–Summer 2018



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CREATING HEALTHY CAREERS
for over 40 years

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NETA Fit Fest
Fit Fest Schedule
Please visit NETAfit.org



If you are serious about a career in health & fitness, make no mistake: The people you choose to inspire, train and support you are going to make all the difference. It is the reason more than 130,000 of your peers have already put their trust in the industry experts at NETA. We do more than just open the door to fitness careers. We unlock your professional potential.

Comprehensive

From initial certification to advanced education, every one of our programs is designed to engage, challenge and prepare you for real leadership. In fact, NETA is one of only two organizations in the country whose certifications in Personal Training and Group Exercise are both accredited by the National Commission for Certifying Agencies (NCCA).

Inclusive

With dozens of educators across every discipline, NETA provides the kind of depth and diversity you need to expand your professional expertise. In addition to a primary certification in Personal Training and Group Exercise, we also offer specialty certifications in Wellness Coaching, Yoga, Pilates Mat, Pilates Reformer, Senior Fitness, Kettlebell and Indoor Cycling, and continuing education in Tabata, HIIT, Barre and other growth categories.

Progressive

After 40 years of training exercise professionals, we have experienced just about everything the industry has to offer. That perspective not only helps us anticipate what is next, but evaluate the potential impact on your career. The results include proprietary programs you will not get anywhere else and a graduated curriculum that gets you exactly where you want to be.

Interactive

No matter how you choose to leverage our learning options, NETA promotes a level of interaction, collaboration and adaptation that make it more enjoyable and effective. Our time-tested, client-centric, hands-on approach helps you move seamlessly from research-based instruction to practical application, so you are ready to hit the ground running.

Committed

As a nonprofit organization, our vision is clearly focused on providing accessible, affordable career instruction that forwards better health and greater opportunity.

Put it all together and you have all the insights, ideas, research and resources to enhance your life and the lives of every client you'll ever serve.

PERSONAL TRAINER CERTIFICATION

NETA certification can be an important step toward establishing credibility and earning respect as a qualified exercise professional. Our Personal Trainer Certification is among the best in the industry and has been accredited by NCCA. Developed for those who plan to work with apparently healthy individuals, our curriculum is updated continuously according to the latest research and techniques to help you challenge, guide, support and motivate your clients.



Topics

- Exercise Science (Anatomy, Exercise Physiology, Kinesiology, Biomechanics)
- Preparticipation Screening and Health & Fitness Assessments
- Exercise Programming for Healthy Adults
- Principles of Nutrition & Weight Management
- Dynamics of Communication & Behavioral Change



***Register Early & Save \$50!**
Early Bird: Register 30 days in advance.

Option 1: Self-Study + 2-Day Live Review Workshop
The Personal Trainer 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 written exam.

Credits: 14 NETA, 1.4 ACE
14 AFAA, 1.4 NASM
Times: Saturday Workshop 8 am–5 pm
Sunday Workshop 8 am–4 pm
Fees: Early Bird \$399*
Standard \$449

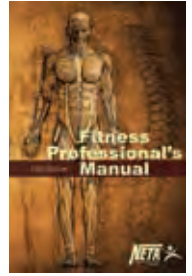
Option 2: Self Study + Computer-Based Exam
Schedule the computer-based “Test Only” option and complete the exam at one of over 500 Comira/PSI Testing Centers across the U.S.
Fee: \$349 Test Only

Option 3: Premier Plus Package
Learn at your own pace utilizing NETA’s user friendly online prep modules. Includes; Online Review Modules, Fitness Professional’s Manual, Fitness Professional’s Workbook, Practice Exam, Education Department Support. Computer based exam administered at over 500 Comira/PSI Testing Centers. Item# 120 • \$499

Study Materials

NETA's *The Fitness Professional's Manual, 5th Edition*

The Fitness Professional's Manual is the primary resource recommended for candidates preparing for NETA's Personal Trainer certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including relationship-building and communication, theories of behavior change, exercise science, nutrition and weight management, preparticipation screening, health and fitness assessments, guidelines for exercise program design, exercise programming for special populations and medical conditions, and legal considerations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. **Item #135 • \$59**



The Fitness Professional's Workbook for Personal Trainers

More than 100 practical activities including the Personal Trainer Practice Test (\$10 value), labeling, matching, fill-in-the-blank and math problems—all designed to help you master the material in *The Fitness Professional's Manual*. This is an excellent tool to prepare you for the Personal Trainer review workshop and certification exam. **Item #16 • \$29**

Personal Trainer Online Review Modules

Prepare for NETA's NCCA-accredited Personal Trainer certification exam using NETA's new online prep modules. NETA's Personal Trainer Certification Online Review consists of six modules. Module one presents communication skills and behavior change. Module two covers the exercise sciences. Module three includes nutrition and weight management. Module four reviews health screening and fitness assessment. Module five covers physical activity and exercise program design. The final module presents exercises considerations for special populations, emergency response, and legal considerations. **Item #124 • \$189**

Personal Trainer Study Packages	Regular Price	Basic Package Item #170	Premier Package Item #172	Premier Plus Item #120
<i>The Fitness Professional's Manual, 5th ed.</i>	\$59	•	•	•
<i>The Fitness Professional's Workbook for PT's</i>	\$29	•	•	•
Personal Trainer Online Review Modules	\$189		•	•
Education Department (phone/email) Support	NA		•	•
Personal Trainer Practice Exam, Item #15	\$10	•	•	•
Voucher for \$10 Your First NETA CEC Course	NA		•	•
Personal Trainer Certification Exam*	\$349			•
Total	\$626	\$79	\$199	\$499

Note: Prices do NOT include applicable shipping and handling fees.

*NETA's Personal Trainer certification exam is administered at secure PSI Testing Centers. NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Personal Trainer and Group Exercise Instructor Certification exams. Workshop end times may vary depending on class size. Proof of current Adult CPR/AED is required for Personal Trainer Certification. Please refer to the *Exam Candidate Handbook* found on NETA's website for more information. NETA's Personal Trainer Certification is valid for 2 years from the date of issue.

GROUP EXERCISE CERTIFICATION

Created for those interested primarily in leading exercise in a group setting, NETA's Group Exercise Instructor Certification is one of only three in America that have earned NCCA accreditation. Our curriculum is continuously updated to keep you on the cutting edge of the fitness industry, promote safe and effective teaching strategies, and help you develop the critical skills required to become an effective Group Exercise Instructor.



Topics

- Anatomy, Kinesiology, Physiology, and Nutrition
- Cuing, Choreography, Communication, and Music Skills
- Components of Physical Activity and Fitness



Option 1: Self-Study + Live Review Workshop

Attend a 1 day exam preparation workshop and gain insight into the basics of teaching group exercise. NETA's experienced trainer will help you develop the critical skills required to become an effective Group Exercise Instructor. Includes proctored written exam.

Credits: 6 NETA **Times:** Workshop 8 am–5 pm
Fees: Early Bird \$249* Standard \$299

Option 2: Self-Study + Computer Based Exam

Schedule the computer based “Test Only” option and complete the exam at one of over 500 Comira/PSI Testing Centers across the U.S. **Fee: \$239**

Option 3: Self-Study + Live Review Webinar + Computer Based Exam

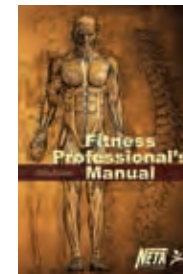
The Group Exercise Instructor webinar features interactive lectures with a live trainer to help you develop the technical knowledge and leadership skills to become an effective and successful Group Exercise Instructor. After completing the webinar you can schedule the computer-based “Test Only” option and complete the exam at one of over 500 Comira/PSI Testing Centers across the U.S.

Credits: 3 NETA **Fee: \$239**

Study Materials

NETA's *The Fitness Professional's Manual, 5th Edition*

The Fitness Professional's Manual is the primary resource recommended for candidates preparing for NETA's Group Exercise Instructor certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including exercise science, nutrition and weight management, fundamentals of group exercise, communication and leadership, guidelines for exercise programming, and special populations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. **Item #135 • \$59**



The Fitness Professional's Workbook for Group Exercise Instructors

More than 100 practical activities including the Group Exercise Instructor Practice Test (\$10 value), labeling, matching, fill-in-the-blank and math problems—all designed to help you master the material in *The Fitness Professional's Manual*. This is an excellent tool to prepare you for the Group Exercise review workshop and certification exam. **Item #26 • \$29**

Group Exercise Study Packages	Regular Price	Basic Package Item # 171	Premier Package Item # 173
<i>The Fitness Professional's Manual, 5th ed.</i>	\$59	•	•
The Fitness Professional's Workbook for GEI's	\$29	•	•
Practical Skills for Group Exercise Instructors DVD	\$29		•
Education Department (phone/email) Support	NA		•
Voucher for \$10 Your First NETA CEC Course	NA		•
Group Exercise Practice Exam, Item #14	\$10	•	•
Total	\$117	\$79	\$99

Note: Prices do NOT include applicable shipping and handling fees.

Questions? When you need assistance, it is good to know NETA is just a quick call away by phone, online, or in person, knowledgeable representatives are always ready to help.

NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Personal Trainer and Group Exercise Instructor Certification exams. Workshop end times may vary depending on class size. Proof of current adult CPR is required for Group Exercise Instructor Certification. Please refer to the Exam Candidate Handbook found on NETA's website for more information. NETA's Group Exercise Instructor Certification is valid for 2 years from the date of issue.



WELLNESS COACH SPECIALTY CERTIFICATION

Wellness coaching has emerged as a growing trend in the health and fitness industries and our Wellness Coach Specialty Certification can help you advance your career by providing the essential skills necessary to help others achieve lasting, positive, lifestyle and behavioral change. Wellness Coaches are health and fitness professionals who work collaboratively with individuals in a client-centered process to facilitate the achievement of self-determined goals related to balanced healthy living.

Topics

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



***Register Early & Save \$50!**
Early Bird: Register 30 days in advance.



Option 1: Self-Study + Live Review Workshop

The 2 day live workshop, led by an experienced Wellness Coach, provides the essential skills necessary to help others achieve lasting, positive, lifestyle and behavioral change. Participants will also spend time role playing and practicing wellness coaching skills and techniques. Includes proctored written exam.

Credits: 14 NETA, 1.2 ACE
14 AFAA, 1.4 NASM
Times: Saturday 8 am–5 pm
Sunday 8 am–3:30 pm
Fees: Early Bird \$349*
Standard \$399

Option 2: Self-Study + Computer-Based Exam

Schedule the computer-based “Test Only” option and complete the exam at one of over 500 Comira/PSI Testing Centers across the U.S.

Fee: \$329 Test Only

Study Materials

Lifestyle Wellness Coaching, 2nd Edition

An evidence-based and systematic coaching methodology that professionals can apply in helping their clients move efficiently toward effective long-term health and wellness.

Item #143 • \$75



Wellness Coach Study Package

This package includes the following products and will be shipped to you directly. *Lifestyle Wellness Coaching, 2nd Edition*, *Motivational Interviewing: Helping People Change, 3rd Edition*, and Wellness Coach Practice Exam.

Item #174 • \$129

Wellness Coach Practice Exam **Item #28 • \$10**

Prerequisite:

You Must Have One of the Following:

- ✓ NETA Personal Trainer, Group Exercise Instructor, or another NCCA-accredited health/fitness certification
- ✓ Bachelor's degree or higher in a health-or fitness-related major field of study
- ✓ Credentials (e.g., licensed) as an allied health professional

See website for full list of accepted prerequisite certifications and credentials.



“This was without a doubt, the best workshop I've ever attended.”

—Workshop Attendee Kent, OH

“Great application of coaching concepts, role playing, and lots of instructor examples of coaching. As a coach already, I am positioned to better my coaching practice as a result of this course.”

— Workshop Attendee Andover, MN

“Great workshop! I would do it again just to absorb more info.”

—Workshop Attendee St Cloud, MN

NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Wellness Coach Specialty Certification exam. Workshop end times may vary depending on class size. Please refer to the *Wellness Coaching Study Guide* found on NETA's website for more information. NETA's Wellness Coach Specialty Certification is valid for 2 years from the date of issue.

SPECIALTY CERTIFICATIONS

Have you already earned an NCCA-accredited certification as a Group Exercise Instructor or Personal Trainer? Our Specialty Certifications help you develop superior expertise in specialized disciplines and also provide continuing education credits (CECs) approved by NETA, ACE, AFAA and NASM. Workshops include interactive lectures, practical hands-on activities and a final exam that allows you to earn your Specialty Certification.

Barre Connect

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

Credits: 8 NETA, .8 ACE, 8 AFAA, .8 NASM

Times: 8 am–5 pm **Fee:** \$189

Materials: Provided at the workshop.

Senior Fitness

Meet the growing demand for fitness classes geared for active older adults! NETA's 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 will 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.

Credits: 7 NETA, .7 ACE, 7 AFAA, .7 NASM

Times: 8 am–3 pm **Fee:** \$189

Materials: Provided at the workshop.

Indoor Group Cycling

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 contraindications, terminology, class formatting, music selection and cuing.

Credits: 7 NETA, .7 ACE, 7 AFAA, .7 NASM

Times: 8 am–3 pm **Fee:** \$189

Materials: Provided at the workshop.

(1 Credit Bike Fit Home Study, see pg 30)



Kettlebell

Kettlebells are a popular strength training tool in group exercise settings or with personal training clients. This course teaches the basics of kettlebell training, including safety, body positioning, alignment and appropriate weights. Learn and experience the popular exercises—like the swing, clean and press, snatch and others.

Credits: 7 NETA, .6 ACE, 7 AFAA, .7 NASM

Times: 8 am–3 pm **Fee:** \$189

Materials: Provided at the workshop.



Pilates Mat **Register Early & Save \$50!**

This workshop introduces the fundamental principles of Pilates, and teaches you how to apply them through 40 different exercises. You will also learn effective ways of cuing, correcting form and applying modifications.

Credits: 14 NETA, 1.3 ACE, 14 AFAA, 1.4 NASM

Required Materials: NETA Pilates Manual **Item #136 • \$35**

Pilates Reformer **Register Early & Save \$50!**

This progressive course teaches aspects of Pilates Reformer and how to safely guide participants through a total body workout. Review of NETA's Pilates Mat principles. Reformer-specific exercises will be introduced.

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

Required Materials:

NETA Pilates Reformer Manual **Item #138 • \$35**



Pilates Mat & Pilates Reformer

Times: Saturday: 8 am–5 pm Sunday: 8 am–2 pm

Fees: Early Bird \$349 Standard \$399

No Workshops Near You? You can earn a Pilates Mat Specialty Certification, through our Home Study programs. Call for details or download the info sheet at NETAfit.org.



200-Hour YOGA Teacher Training Program

YOGA ALLIANCE APPROVED



Become a leader in mind-body exercise. NETA is pleased to announce the launch of our 200-Hour Yoga Teacher Training Program designed for both new and seasoned fitness professionals. Strengthen your own yoga practice, learn how to transform lives and build the foundation for safe and effective yoga teaching. NETA's 200-Hour Yoga Teacher Training is a weekend modular program. Certification courses can be used as stand-alone continuing education opportunities or completed as a full curriculum to earn the 200-Hour Registered Yoga Teacher designation.

NETA's full 200-Hour Yoga Teacher Training Program includes five 2-day specialty certifications, five 1-day specialty certifications, one 3-day specialty certification and independent home-study.

In these courses you will learn how to build confidence and strength in your yoga practice and daily life, how to teach yoga as an all-encompassing workout for the body, mind and spirit, how to avoid injury, along with basic anatomy, and proper yoga alignment, how to sequence yoga postures with breathing, and how to create and teach dynamic yoga classes with progressive levels of difficulty.

Two Day Yoga Specialty Certifications:

Yoga Foundations

This intensive, two-day Yoga workshop provides hands-on experience in basic yoga class development through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. This course will provide an introduction to yoga philosophy, cueing, and yoga-based anatomy and physiology. You will even have an opportunity to practice teaching! *Yoga Foundations is the first required module for NETA's 200-Hour Yoga Teacher Training Program.*

Fitness Yoga

The intensive-two day Fitness Yoga Certification provides hands-on experience in teaching multi-level flow-based yoga classes in the fitness center environment. Students will learn multiple regressions and progressions of 15 yoga poses, learn anatomy of the muscular and skeletal systems as it relates to asana demonstration, and learn the basic techniques behind sequencing classes for safety and balance. In addition, students will discover ways to better relate to their audience, communicate with their audience, and create their very own vinyasa-based flow practice.

NEW! Senior Yoga

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 basics 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.

Credits: 20 NETA, 2.0 ACE, AFAA and NASM Pending

Two Day Yoga Specialty Certification

Credits: 20 NETA, 2.0 ACE, 15 AFAA, 1.9 NASM

Times: Saturday 8 am–6 pm; Sunday 8 am–6 pm

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

Materials: Provided at the workshop.



***Register Early & Save \$50!**
Early Bird: Register 30 days in advance.

NEW! Yoga Strong

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 yogic 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 adaptation.

Credits: 20 NETA, 2.0 ACE, AFAA and NASM Pending

One Day Yoga Specialty Certifications:

Kids Yoga

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.

Prenatal Yoga

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 lead challenging and effective workouts that effectively use props and careful class design to make it safe and comfortable for every participant.



Becoming a Yoga Professional

NETA's innovative Becoming a Yoga Professional Workshop goes beyond the fundamentals of leading a class by discussing topics that everyone who is approaching yoga as a business opportunity should know. Instructors will learn to manage difficult situations and relationships, discover ways to better connect as a yoga coach, as well as discover ways to market themselves and earn income. Find your unique voice and put it to use by becoming a yoga professional.



Yoga for Special Populations

Yoga is for everybody! With NETA's Yoga for Special Populations Workshop, instructors will take an in-depth look at creating an open environment, teaching to students with special needs or conditions, and learn ways to help every individual meet their goal in a group setting through a coaching approach. Explore pose adaptations, specialty class themes, and learn ways to make every individual feel comfortable in your class environment.

One Day Yoga Specialty Certification

Credits: 10 NETA, 1.0 ACE, AFAA, NASM Pending

Times: Saturday 8 am–6 pm

Fee: \$189 each module

CONTINUING EDUCATION WORKSHOPS

Credits: 5 NETA, .5 ACE*, 5 AFAA*, .5 NASM

Times: 8 am–1 pm

Fee: \$119

*ACE and AFAA credits may vary slightly depending on course.

101 Ways to Bootcamp

Bootcamp classes are challenging, fun, and a fantastic workout! If you are looking for new ideas then this workshop is for you! Refresh your classes with intense, explosive routines designed to melt fat, heighten cardiovascular efficiency and increase strength. The ideas generated in this nonstop, action packed, high energy workshop will push participants to new levels and leave you with new formats, techniques, and ideas to include in your bootcamp classes all year long.

Rope Burn:

The Ultimate Circuit Training Workout

In this workshop you will learn how to strategically combine the cardio benefits of jumping rope, the muscular benefits of strength training, and the functional benefits of core training to create a total body circuit. Learn new movements and sequences that will keep your circuit workouts fresh, exciting and challenging! GET READY TO JUMP!

Senior Power

Can and should older adults perform power training? YES! Power training is essential for maintaining activities of daily living and enhance functional capacity in older adults. In this workshop, you'll learn all the critical aspects of a safe and effective functional power program for older adults, including equipment, technique, moves, and contraindications. POWER up your seniors!

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 will 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!



HIIT it with Yoga

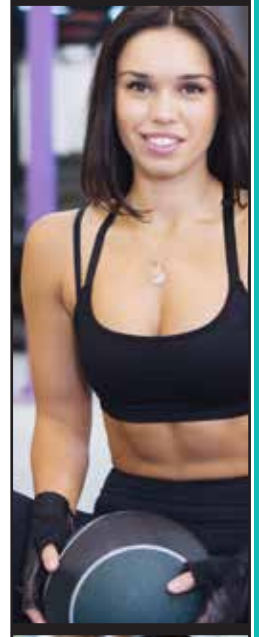
High intensity interval training (HIIT) is fun, effective, and challenging for all. Yoga is the practice of poses that combines deep, meditative breathing with slow strengthening movements which is incredibly healthy for your mind, body, and spirit. Fusing these two different formats together is clearly a “win-win” approach for successful cardiovascular exercise improvement and overall performance thus, we have ‘HIIT it with Yoga’.

Body Weight Training: No Equipment, No Problem!

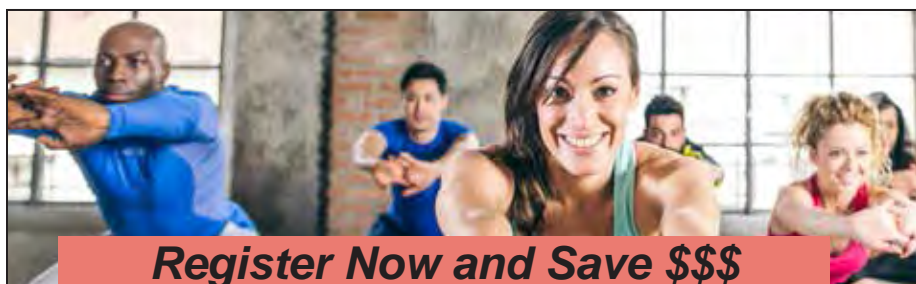
Your body is a piece of equipment you can never lose or forget at home. It can be used when space is limited, if you are outdoors, or as a great tool when you have no other equipment. In this course you will discover fun ways to create total body workouts that focus on the 8 primal movement patterns. Develop workouts that improve cardiovascular fitness, total body strength, and core stability simply using your own body weight.

Cycle 360: Cycle, Strength, & Core

This course adds variety to your everyday indoor cycling class by combining the best of indoor cycling, off-the-bike strength training and core training. The result is a total-body circuit training program that allows participants to experience an amazing aerobic workout while strengthening their upper body and core. *Completion of the Indoor Cycling Certificate is highly recommended and heart rate monitors are strongly encouraged.*



FIT FEST 2018



Register Now and Save \$\$\$

Join us at Fit Fest!

This is an exciting time for NETA as we continue to develop new, innovative, progressive programs that keep you on the cutting edge of our industry. These exhilarating events continue to earn rave reviews for bringing fitness professionals together in the perfect environment to learn, collaborate and even play.

NCCA Accredited Certifications



NETA certifications are nationally recognized, accepted and trusted.

- ▶ **Group Exercise Instructor**
NETA offers the only NCCA Accredited Group Exercise Instructor Certification that provides hands-on training.
- ▶ **Personal Trainer**
This NCCA Accredited certification is designed to prepare trainers to work with clients on an individual basis or in small groups.

Specialty Certifications For fitness professionals who want to enhance their primary certifications, expand their knowledge and develop greater expertise in specialized areas. In addition, **NETA now offers a 200-hour yoga program that is Yoga Alliance Approved.**

CEC Workshops Innovative workshops that provide progressive ideas and practical info for improving your classes. Earn, NETA, ACE, AFAA, & NASM CECs.

Fit Fest Locations

Normandale Community College Bloomington, MN February 15–18, 2018

YMCA of the Fox Cities Appleton, WI April 26–29, 2018

Kent State University Kent, OH June 7–10, 2018

Please visit our website for complete list of Fit Fest locations

WORKSHOP SCHEDULE

March & April 2018

ARIZONA	Window Rock Window Rock Wellness Center	Mar 24 Mar 25	Group Exercise Certification 101 Ways To Bootcamp
ARKANSAS	Sheridan (Central AR) Temple Fitness	Mar 3 Mar 4	Group Exercise Certification 101 Ways To Bootcamp
CONNECTICUT	Farmington (Northern CT) Farmington Farms Tennis & Athletic Club	Apr 7 Apr 8	Barre Connect Specialty Certification Senior Fitness Specialty Certification
FLORIDA	Fort Myers FSW Fitness Center Building AA Room 177	Apr 28 Apr 29	Group Exercise Certification 101 Ways To Bootcamp
	Ft Myers Florida Gulf Coast University	Mar 24/25	Yoga Foundations Specialty Certification
	Lakeland (45 min E Tampa) Florida Southern College-Hollis Wellness	Mar 24/25 Apr 21 Apr 22	Pilates Specialty Certification Barre Connect Specialty Certification Indoor Cycling Specialty Certification
	Naples (S FL) Naples YMCA	Mar 3/4	Personal Trainer Certification
GEORGIA	Columbus (W GA) RAM Fit	Mar 10/11	Yoga Foundations Specialty Certification
	Marietta (30 min NW Atlanta) Wellstar Health Place	Mar 17/18 Mar 24 Mar 25	Personal Trainer Certification Group Exercise Certification Senior Power
	Peachtree City (30 min S Atlanta) World Gym	Mar 17/18 Apr 14/15	Yoga Foundations Specialty Certification Wellness Coach Specialty Certification
ILLINOIS	Sycamore (N IL) DNA Holistic Center	Mar 17/18	Wellness Coach Specialty Certification
INDIANA	Brownsburg (25 min W Indianapolis) Connection Pointe Christian Church	Apr 7 Apr 8	Group Exercise Certification H.I.I.T. It With Yoga
	Indianapolis (NW Side) Pike YMCA	Mar 10/11	Personal Trainer Certification
	Indianapolis Avondale Meadows YMCA	Apr 28/29	Personal Trainer Certification
	McCordsville (Central IN) Hancock Wellness Center	Mar 10 Mar 11	Kettlebell Specialty Certification Cycle 360
	Muncie (Ball State University) Jo Ann Gora Student Recreation	Apr 7/8	Pilates Specialty Certification
	Peru (N IN) Miami County YMCA	Mar 3/4	Personal Trainer Certification
	Plymouth (N IN) Fitness Forum Sports & Wellness	Apr 7/8	Fitness Yoga Specialty Certification
	Schererville (N IN) Franciscan Health Fitness Centers	Mar 4/5	Reformer Specialty Certification
IOWA	Carter Lake (1 hr W Ames) The Feel Good Factory	Apr 7/8	Wellness Coach Specialty Certification
	Waterloo YWCA of Blackhawk County	Mar 24 Mar 25 Apr 14/15	Group Exercise Certification Body Weight Training Personal Trainer Certification
KANSAS	Kansas City Southwest Boulevard Family Fitness	Mar 10 Mar 11	Group Exercise Certification Body Weight Training
	Kansas City 8th St YMCA	Mar 3/4	Personal Trainer Certification
KENTUCKY	Lexington YMCA of Central KY	Mar 10 Mar 11	Kettlebell Specialty Certification Boxing Fusion
	Owensboro (45 min S Evansville IN) Owensboro Health Healthpark	Mar 10/11 Apr 14 Apr 15	Personal Trainer Certification Group Exercise Certification Indoor Cycling Specialty Certification
LOUISIANA	Baton Rouge ExxonMobil YMCA	Apr 21/22	Personal Trainer Certification
	Baton Rouge (East Side) Paula G Manship YMCA	Mar 24 Mar 25	Group Exercise Certification Body Weight Training

WORKSHOP SCHEDULE

March & April 2018

LOUISIANA	Baton Rouge (East Side) Woman's Center for Wellness	Mar 10/11 Apr 21 Apr 22	Reformer Specialty Certification Body Weight Training H.I.I.T. It With Yoga
	Franklin (S LA) WHY Fitness	Apr 14 Apr 15	Indoor Cycling Specialty Certification 101 Ways To Bootcamp
	New Orleans (S LA) Tulane University	Mar 3/4 Apr 7 Apr 8	Personal Trainer Certification Group Exercise Certification Indoor Cycling Specialty Certification
	Sulphur (S LA) SPAR Recreation & Aquatic Center	Mar 3 Mar 4	Group Exercise Certification H.I.I.T. It With Yoga
MAINE	Wells (S ME) Seacoast Fitness	Mar 10 Mar 11	Group Exercise Certification Senior Power
MARYLAND	Parkville (N MD) Parkville Y	Mar 17/18	Personal Trainer Certification
MASSACHUSETTS	Boston Boston Athletic Club	Mar 24/25	Personal Trainer Certification
MICHIGAN	East Lansing (Central MI) Michigan Athletic Club	Mar 10/11	Pilates Specialty Certification
	Ann Arbor (S MI) All Out Fitness	Mar 3/4	Yoga Foundations Specialty Certification
MINNESOTA	Alexandria (Central MN) Alexandria Area YMCA	Mar 10 Mar 11	Group Exercise Certification Indoor Cycling Specialty Certification
	Center City North Woods Yoga and Fitness	Apr 7/8	Yoga Foundations Specialty Certification
	Chaska Chaska Community Center	Mar 17 Mar 18	Kids Yoga Becoming A Yoga Professional
	Duluth (NE MN) Univ of Minn-Duluth Sports & Health Ctr	Mar 17 Mar 17/18 Mar 18 Mar 18	Group Exercise Certification Personal Trainer Certification 101 Ways To Bootcamp Medicine Ball Power
	Forest Lake YMCA Forest Lake	Apr 21/22	Personal Trainer Certification
	Inver Grove Hght Veterans Memorial & The Grove Comm Ctr	Mar 10/11 Mar 17 Mar 18	Personal Trainer Certification Group Exercise Certification Kettlebell Specialty Certification
	Mankato Campus Recreation, Myers Field House 135	Mar 24/25	Personal Trainer Certification
	Maple Grove My Impact Fitness	Mar 10 Mar 11	Group Exercise Certification Kettlebell Specialty Certification
	Minneapolis YMCA Cora McCorvey	Mar 3/4	Wellness Coach Specialty Certification
	Minneapolis University of Minnesota- Rec & Wellness	Mar 3 Mar 4	Cycle 360 Boxing Fusion
	Northfield Northfield Area Family YMCA	Apr 7/8	Personal Trainer Certification
	North Oaks (Central MN) Waverly Gardens	Apr 14 Apr 15	Group Exercise Certification Senior Power
	North St Paul LUV Ice Cream Cafe	Apr 21/22	Wellness Coach Specialty Certification
	Rochester Shorewood Senior Campus	Apr 21 Apr 22	Group Exercise Certification Senior Fitness Specialty Certification
	Rosemount Scott Sutherland Fitness	Apr 7 Apr 8 Apr 14/15	Group Exercise Certification 101 Ways To Bootcamp Personal Trainer Certification
	St Paul (15 min E of Minneapolis) Concordia University	Apr 28/29	Personal Trainer Certification

WORKSHOP SCHEDULE

March & April 2018

MISSISSIPPI	Flowood (Central MS) Flowood YMCA	Mar 3/4	Reformer Specialty Certification
MISSOURI	Grain Valley (C MO) Midwest Dance Center	Apr 7/8	Wellness Coach Specialty Certification
	Kansas City Linwood Family YMCA	Mar 24/25 Apr 21	Personal Trainer Certification Group Exercise Certification
	Maryville (40 mi N St Joseph) Maryville Community Center	Apr 21/22 Apr 28 Apr 29	Personal Trainer Certification Senior Fitness Specialty Certification Indoor Cycling Specialty Certification
	Springfield Missouri State University Campus Rec	Mar 24 Mar 25 Apr 14/15	Barre Connect Specialty Certification Indoor Cycling Specialty Certification Fitness Yoga Specialty Certification
NEW YORK	Binghamton Binghamton Univer East Gym Rec Center	Apr 14/15	Yoga Foundations Specialty Certification
	Brockport (20 min NW Rochester) The College at Brockport-The SERC	Mar 3/4 Apr 7 Apr 8	Yoga Foundations Specialty Certification Group Exercise Certification Barre Connect Specialty Certification
	East Aurora (W NY) Erie 2 BOCES	Apr 28/29	Wellness Coach Specialty Certification
	Rochester Rochester Athletic Club for Women	Apr 14 Apr 15	Indoor Cycling Specialty Certification Barre Connect Specialty Certification
	Skaneateles (Central NY) YMCA	Mar 17/18	Wellness Coach Specialty Certification
	Williamsville (Buffalo) Made 2 Move Fitness	Mar 10/11	Personal Trainer Certification
NORTH CAROLINA	Asheville (Downtown) Woodfin YMCA	Mar 3 Mar 4	Yoga For Special Populations Kids Yoga
	Cary (10 min W Raleigh) Woodland Terrace Kisco Senior Living	Mar 10 Mar 11	Senior Fitness Specialty Certification Senior Power
	Elizabethtown (between Fayetteville & Wilmington) Healthworks Fitness & Wellness	Apr 28 Apr 29	Group Exercise Certification Senior Fitness Specialty Certification
	Kernersville Kernersville Family YMCA	Apr 14/15	Personal Trainer Certification
	Wingate (W NC) McGee Center	Mar 24/25	Personal Trainer Certification
NORTH DAKOTA	Fargo Court Plus Community Fitness	Mar 17 Mar 18 Apr 28/29	Barre Connect Specialty Certification Senior Fitness Specialty Certification Yoga Foundations Specialty Certification
OHIO	Akron (35 miles S Cleveland) Akron Recreation Bureau	Apr 14 Apr 15	Group Exercise Certification Senior Power
	Cincinnati (Uptown West Campus) Univ of Cincinnati Campus Rec Center	Apr 14/15 Apr 21 Apr 22	Personal Trainer Certification Group Exercise Certification Barre Connect Specialty Certification
	Dayton Wright State University	Mar 17/18	Fitness Yoga Specialty Certification
	Columbus Grandview Center	Apr 7 Apr 8	Senior Yoga Senior Fitness Specialty Certification
	Hudson (N OH) Central Wellness	Apr 14/15	Wellness Coach Specialty Certification
	Kent (11 mi E Akron) Kent State Student Rec & Wellness Ctr	Mar 3 Mar 4	Kids Yoga Yoga For Special Populations
	Medina (N OH) Rise Fitness	Mar 10 Mar 11	Group Exercise Certification Senior Fitness Specialty Certification
	Oxford Miami University Ohio	Apr 14	Barre Connect Specialty Certification
	Oxford (S OH) Chestnut Functional Fieldhouse	Apr 15	Kettlebell Specialty Certification
	Ravenna (N OH) I'MPOWER Fitness Center	Apr 28 Apr 29	Group Exercise Certification Medicine Ball Power

WORKSHOP SCHEDULE

March & April 2018

OHIO	Westerville (20 min NE Columbus) Otterbein University	Mar 24 Mar 25	Group Exercise Certification Body Weight Training
OKLAHOMA	Edmond (Central OK) Mercy Fitness Center	Mar 3/4	Reformer Specialty Certification
	Shawnee (35 mi E Oklahoma City) OBU Recreation & Wellness Center	Mar 3/4	Personal Trainer Certification
PENNSYLVANIA	Belle Vernon (40 mi S Pittsburgh) Mon Valley Center for Fitness and Health	Apr 7/8	Personal Trainer Certification
	Coraopolis (8 mi NW Pittsburgh) Western Area YMCA	Mar 10/11	Pilates Specialty Certification
	Pittsburgh Thelma Lovette YMCA	Apr 28/29	Personal Trainer Certification
	York (20 mi S Harrisburg) YWCA	Mar 24 Mar 25	Senior Fitness Specialty Certification Senior Power
SOUTH CAROLINA	Simpsonville (N SC) GHS Family YMCA	Mar 24/25	Pilates Specialty Certification
	Summerville (20 mi NW Charleston) Pivotal Fitness	Mar 3 Mar 4	Group Exercise Certification Indoor Cycling Specialty Certification
TEXAS	Odessa (W TX) Odessa College Sports Center	Apr 28/29	Personal Trainer Certification
VIRGINIA	Norfolk Old Dominion Univ-Rec & Wellness Ctr	Mar 17/18 Mar 24 Mar 25	Personal Trainer Certification Group Exercise Certification Indoor Cycling Specialty Certification
VIRGINIA	Norfolk The Salvation Army Ray and Joan Kroc	Mar 3 Mar 4	Group Exercise Certification 101 Ways To Bootcamp
	Suffolk Suffolk Parks & Recreation	Mar 10/11 Apr 14/15	Personal Trainer Certification Wellness Coach Specialty Certification
WISCONSIN	Appleton (Downtown) Appleton YMCA	Apr 26/27 Apr 27	Yoga Foundations Specialty Certification Foam Roller Pilates Exercise For Parkinsons And MS Barre Connect Specialty Certification Yoga For Special Populations Group Exercise Certification
		Apr 28/29	Personal Trainer Certification Wellness Coach Specialty Certification
		Apr 29	Fitness Yoga Specialty Certification Rope Burn Kids Yoga Senior Power Medicine Ball Power 9 Rounds At Tko
	Black River Fall District One Community Center	Apr 21/22	Personal Trainer Certification
	Green Bay (NE WI) Western Racquet & Fitness Club	Apr 21 Apr 22	Group Exercise Certification Medicine Ball Power
	Green Bay (15 min S Milwaukee) The Salvation Army of Greater Green Bay	Mar 24 Mar 25	Group Exercise Certification 101 Ways To Bootcamp
	La Crosse Uptown Cycle Fitness Bountique	Mar 3 Mar 4	Indoor Cycling Specialty Certification Kettlebell Specialty Certification
	New Richmond (40 min E St Paul) New Richmond Area Centre	Apr 7 Apr 8	Group Exercise Certification H.I.I.T. It With Yoga
	Stevens Point (Central WI) Stevens Point Area YMCA	Apr 28/29	Personal Trainer Certification
	Trempealeau (W WI) Get Fit Studio	Mar 3 Mar 4 Apr 28 Apr 29	Group Exercise Certification Body Weight Training Kettlebell Specialty Certification Prenatal Yoga



HOST A NETA WORKSHOP



IT'S EASY, FUN + FREE!

You provide the place and we provide all the training—at no cost to you. In fact, when you host any NETA Certification or CEC workshop, both you and your staff also receive free training and special discounts!



Certification Workshops

Personal Trainer
Group Exercise Instructors



Specialty + CEC Workshops

Choose from a wide variety of our most popular workshops including Wellness Coach, Kettlebell, Body Weight Training, Barre, Indoor Cycling, Pilates, Reformer, Senior, and Yoga; including our new 200-Hour Yoga Teacher Training Program and more. For complete descriptions, see pages 10–16.

To schedule your workshop or request more information, contact Amara Viaene at 1.800.237.6242 (ext 4722) or amara@netafit.org.

HOME STUDY COURSES

Home Study Symbol Key

📖 Downloadable Course 📺 Online Course

High-Performance Training for Sports

An elite group of international strength and conditioning specialists and sport physiotherapists explain the most effective applications of exercise science and sports medicine to enhance athletic performance. Whether you are working with high-performance athletes or with those recovering from injury, *High-Performance Training for Sports* is the definitive guide for developing all aspects of athletic performance. Includes book, workbook, and exam.

Credits: 20 NETA **Item #9231 • \$199**

Maximum Interval Training

Utilizing nontraditional equipment like heavy ropes, suspension devices, and sandbags, *Maximum Interval Training* introduces a proven plan for developing power, strength, and agility. 147 exercises and numerous programs for athletes and serious strength and conditioning enthusiasts alike. Includes book, workbook, and exam.

Credits: 20 NETA **Item #9234 • \$199**

Strength Training Anatomy

600+ illustrations reveal primary muscles worked along with all the relevant surrounding structures. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9173 • \$59**

Yikes! Could I Really Be Sued?

In our litigious society, learn how to stay out of court and in the fitness center. This online module presents important legal information essential for exercise professionals. Learn strategies to minimize your liability and gain valuable insights through a review of several case study lawsuits filed against Personal Trainers and fitness facilities.

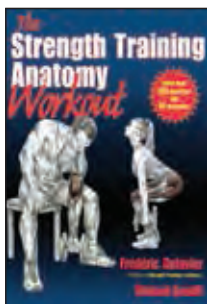
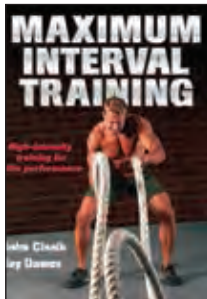
Credits: 4 NETA **Item #9238 • \$49** 📺

Motivating People To Be Physically Active 2nd Edition

Improve client motivation by learning to assess activity patterns, readiness for change, and barriers to exercise. Includes book, study guide, and exam. **Credits:** 16 NETA, 1.6 ACE, 16 ACSM, 15 AEA **Item #990 • \$169**

Practical Yoga For Personal Trainers 2nd Edition

Learn yoga postures, meditation, breathing, visualization, affirmations, and other yogic methods. Includes manual, worksheets, online video, and exam. **Credits:** 22 NETA, 2.2 ACE **Item #949 • \$229**



NETA's Practical Personal Trainer Exercises

Learn to set up your client, cue the exercise, modify, and understand the scientific basis behind the exercises. Work with clients on machines, stability balls, BOSU's, barbells, and dumbbells. Includes workbook, DVD, and exam. **Credits:** 15 NETA **Item #9110 • \$159**

Business Mastery 5th Edition

This course helps personal trainers establish practices and supports seasoned personal trainers in taking their businesses to the next level. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9146 • \$199**

Kinetic Anatomy 3rd Edition

Knowledge of anatomical structures involved with physical movement helps prevent injury. Includes book, study guide, and exam. **Credits:** 25 NETA, 2.5 ACE, 1.9 NASM, 25 ACSM **Item #9135 • \$239**

Core Assessment and Training

Assess each client's baseline core and develop an individualized program to meet their needs. Includes book, workbook, DVD, and exam. **Credits:** 10 NETA **Item #9160 • \$109**

Muscle Mechanics 2nd Edition

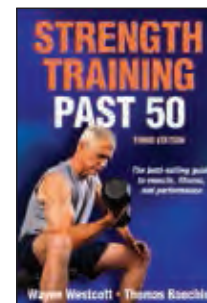
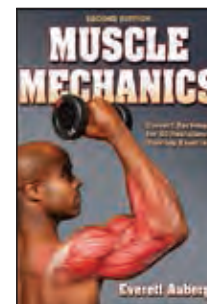
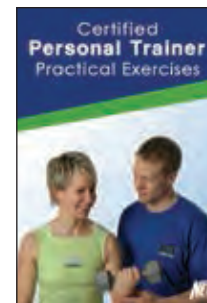
Learn to train for strength, definition, and muscle size using the most effective exercises covering all the major muscle groups. This course will help you how to target specific muscles by using the most efficient alignment, positioning, and lifting techniques. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9221 • \$89**

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 online module 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. **Credits:** 6 NETA **Item #9256 • \$79** 📺

Strength Training Past 50 3rd Edition

The all-new third edition features 83 exercises for free weights, machines, kettlebells, stability balls, and elastic bands and 30 programs for endurance, speed, and strength. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9249 • \$89**



NEW! Obstacle Race Training

This home study course prepares you to help athletes conquer the demands of obstacle course racing. From grip strength to balance, the exercises and workouts address the unique challenges of this popular sport. Includes book and exam. **Credits:** 5 NETA, .5 ACE **Item #9270 • \$99**

Strong and Sculpted

This program takes you from where you are to where you want to be, then keeps you there. You'll start by building a foundation for muscle development, then progress to more targeted sculpting and shaping. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9251 • \$89**

Fitness Running 3rd Edition

From personalized workouts to expert running advice, This course contains programs from one of Americas most respected coaches. The 13–26 week programs, color coded and customizable, cover every goal, from staying in shape to preparing for races from 1,500 meters to the marathon. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9222 • \$89**

NEW! Yoga Therapy

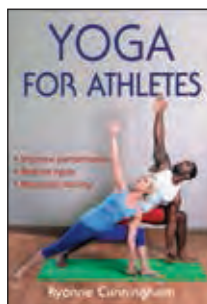
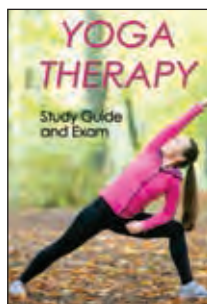
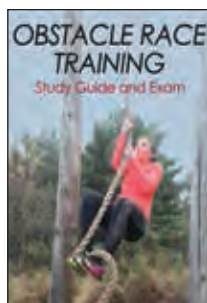
This continuing education course includes a text, study guide, and exam to help fitness professionals understand how yoga therapy can enhance client mobility, strength, recovery, and balance. Includes book and exam. **Credits:** 9 NETA, .9 ACE **Item #9268 • \$129**

Fusion Workouts

Fitness, Yoga, Pilates, and Barre. Combine four disciplines to help you gain strength, muscle definition, flexibility, balance, and overall mind–body health. This five-step system accounting for your fitness level, goals, time available, activity preferences, and more. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9252 • \$89**

Yoga for Athletes

The ultimate yoga resource for athletes offers instruction on improving strength, flexibility and balance. Step-by-step instruction, expert advice, and pose variations focus on active muscles and movements across sports such as these: Football, Soccer, Running, Swimming, Cycling, Tennis, Golf, Baseball, and Basketball. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9253 • \$89**



Anatomy For Hip Openers and Forward Bends
Master the science behind the hip openers and forward bends of hatha yoga. Learn anatomy, biomechanics, and physiology of this ancient art. Includes book and exam. **Credits:** 6 NETA **Item #9244 • \$89**

Mind-Body Fitness for Personal Trainers

In this course you will sample a variety of mind-body fitness techniques including Energy Exercises, Chi self-care, Chakra-activation postures, Meridian-stimulating postures, The Five Tibetans, Ascending Energy, Descending Energy, Somatic Symmetry, Somatic Shielding, and Pose/Counter-pose Yoga. Includes manual, study guide, and exam. **Credits:** 12 NETA, 1.2 ACE, 1.2 NASM, 1.2 ACSM **Item #9258 • \$149**

Anatomy for Backbends and Twists

Master the science behind the backbends and twists of hatha yoga. *The Mat Companion* series provides you with instructions on how to use scientific principles to obtain the maximum benefit from your practice. Includes book and exam. **Credits:** 6 NETA **Item #9245 • \$89**

The Key Muscles to Yoga

A scientific approach to understanding the practice of Hatha Yoga. Illustrations of muscles, tendons, and ligaments, Ray Long describes the practice and benefits of hatha yoga. Includes book and exam. **Credits:** 6 NETA **Item #9241 • \$89**

Anatomy for Vinyasa Flow and Standing Poses

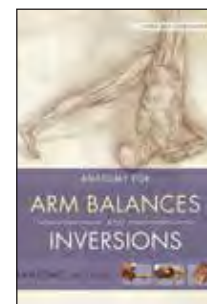
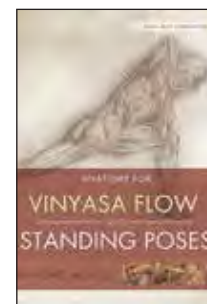
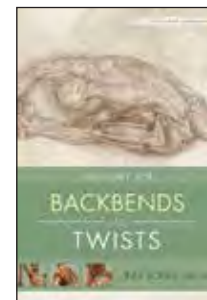
Master the science behind Vinyasa Flow and the standing poses of hatha yoga. *The Mat Companion* series provides you with step-by-step instructions to benefit your practice. Includes book and exam. **Credits:** 6 NETA **Item #9243 • \$89**

The Key Poses of Yoga

This book offers a scientific approach to understanding the practice of Hatha Yoga. Through four-color, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long describes the practice and benefits of Hatha Yoga. Includes book and exam. **Credits:** 6 NETA **Item #9242 • \$89**

Anatomy for Arm Balances and Inversions

Master the science behind the arm balances and inversions of hatha yoga. The *Mat Companion* series provides you with instructions on how to use scientific principles to obtain maximum benefit from your practice. Includes book and exam. **Credits:** 6 NETA **Item #9246 • \$89**



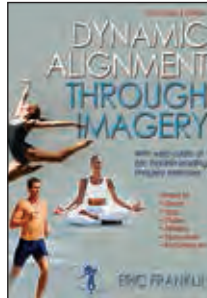
Qi Breathing

Our fast-paced lifestyles are reflected in our fast-paced breathing. It is affecting us at all levels. Learning how to breathe better is the quickest, easiest and simplest thing you can do to improve your health and energy levels. Use this information to help your clients and students improve their breathing. Includes book, DVD, CD, workbook and exam. **Credits:** 12 NETA **Item #9232 • \$159**



Dynamic Alignment Through Imagery

Experience the biomechanical and anatomical principles that are crucial to dancers, other performing artists, yoga and Pilates teachers and practitioners, and athletes. The techniques and exercises presented in the book will guide you in improving your posture and they will positively affect your thoughts and attitude about yourself and others. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9205 • \$199**

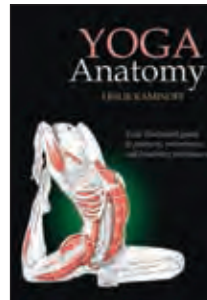


Stretching Anatomy

Your guide to improving flexibility and muscular strength. Detailed instruction and full color illustrations. Includes book and exam. **Credits:** 2 NETA **Item #929 • \$39**

Yoga Anatomy

Expert instruction, detailed anatomical drawings for most common asanas. Includes book and exam. **Credits:** 6 NETA **Item #9125 • \$89**



Enlighten Your Body

Yoga and Pilates combines concepts of balanced movement, mind-body and core strength. Includes book, workbook, online video, and exam. **Credits:** 20 NETA, 2.0 ACE, 1.9 NASM, 20 ACSM **Item #9103 • \$239**

Total Pilates 2nd Edition

Master the entire mat apparatus repertoire of this mind body system. Provides a way to categorize and sequence the vast collection of exercises. Includes book and exam. **Credits:** 6 NETA **Item #914 • \$89**

Movement Through The Chakras

Bring yoga and dance to a deeper level. Get two great workouts for novice or seasoned instructors. Includes workbook, 2 DVDs, and exam. **Credits:** 4 NETA **Item #9147 • \$69**

Hatha Yoga

Poses for all skill levels, taught in a step-by-step process with 12 yoga routines encompassing Iyengar, Astanga, Anasura and Bikram. Includes book and exam. **Credits:** 6 NETA **Item #935 • \$89**



BeyondBarre Basics

This BeyondBarre Basics home study (Revised from Simply Barre) incorporates creative design and limitless workout variations to ensure a full-body workout. Each body-sculpting, fat-burning, endurance-building class incorporates barre exercises designed to gain control, increase flexibility, and develop beautiful lean muscles. Includes manual, DVD, and exam. **Credits:** 20 NETA **Item #9203 • \$199**

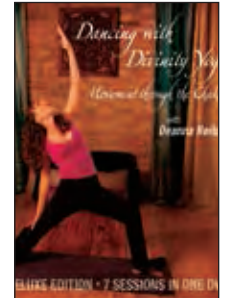


Dancing With Divinity Positive Affirmations For Any Situation

Learn to motivate and inspire through positive thinking. Includes book, workbook, CD, and exam. **Credits:** 4 NETA **Item #9111 • \$59**

Holistic Fitness

Use holistic fitness protocols to support therapeutic process of recovery from eating disorders, traumatic stress, and depression. Includes book, DVD, worksheets, and exam. **Credits:** 20 NETA, 2.0 ACE, 1.9 NASM **Item #9131 • \$239**

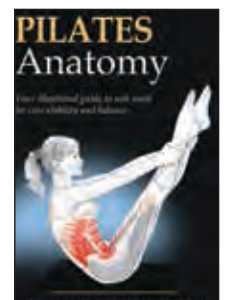


NETA's Intro To Teaching Mat Pilates

A guide for analyzing, practicing, and teaching basic mat Pilates exercises. Includes *NETA Pilates Manual*, workbook, and exam. *This course is the first requirement for NETA's Pilates Home Study Specialty Certification.* **Credits:** 15 NETA **Item #963 • \$149**

Pilates Anatomy

A visual perspective on correct alignment, posture, and movements. Features illustrations and step-by-step instructions for 46 of the most effective mat exercises. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9163 • \$59**



New Ideas for Today's Yoga Class

In this contemporary yoga course you will study the benefits of Yoga, as well as Yoga for Flexibility and Strength. Includes manual and exam. **Credits:** 12 NETA, 1.2 ACE, 12 ACSM, 12 ISSA **Item #9174 • \$149**

Intro to Teaching Reformer Pilates

This course reviews Pilates Principles. *Completion of NETA Intro to Teaching Mat Pilates strongly recommended. Successful completion of this course is required for the NETA's Home Study Pilates Reformer Specialty Certification.* Includes manual, workbook, and exam. **Credits:** 15 NETA **Item #9168 • \$149**



How to Make More Money in the Fitness Industry This course will help you take action toward increasing your net worth and making your dreams come true. Includes book, workbook, and exam. **Credits:** 10 NETA **Item #9204 • \$99**



The Mind/Body Guide to Wellness

Designed to assist you and your students and clients with a deeper psychological perspective to release old patterns specific to exercise, nutrition, conscious eating and more. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9169 • \$59**

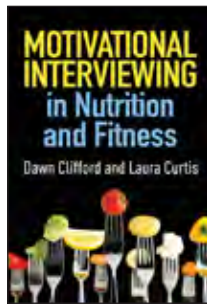
Stress Management: A Wellness Approach

Stress is an unavoidable part of our lives—some can even be good. However, too much stress can be detrimental to our health, and most of us do not know how to handle stress effectively. This course presents tools for managing stress in six dimensions: physical, emotional, intellectual, social, spiritual, and environmental. The course takes a holistic view of managing stress rather than looking only at the symptoms and draws heavily from research and best practices from experts. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9235 • \$89**



Motivational Interviewing in Nutrition and Fitness

This course presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. Includes book, workbook, and exam. **Credits:** 10 NETA **Item #9239 • \$109**



Facilitating the Adoption and Maintenance of Physical Activity

This online module reviews the *Physical Activity Guidelines for Americans* as well as several observational studies that have reported physical activity habits among U.S. adults. Strategies to facilitate the adoption and maintenance of a physically-active lifestyle. Learn about theories and models related to behavioral change, effective goal-setting, and coaching strategies to increase motivation and exercise adherence. **Credits:** 6 NETA **Item #9208 • \$79**

Winning Health Promotion Strategies

Everything you need to design, implement, and evaluate wellness programs in school, community, or worksite settings. The book's 55 programs address physical activity, nutrition, and preventive care. Information on benefits of wellness that will help you gain support for your programs. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9220 • \$89**



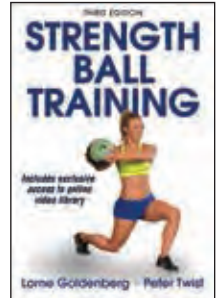
Step It Up!

This home study course is based on the document, *Step It Up! - The Surgeon General's Call to Action to Promote Walking and Walkable Communities*. The *Step it Up!* call to action focuses on promoting health before disease occurs by encouraging Americans to walk more as a mode of physical activity and provides strategies that communities can use to support walking. The document is available at <http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/call-to-action-walking-and-walkable-communities.pdf>. Includes workbook and exam. **Credits:** 4 NETA **Item #9248 • \$49**



Strength Ball Training 3rd Edition

Including assessments; exercises; and programs for injury prevention, mobility, conditioning, strength, and special populations, as well as access to online video demonstrations. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9250 • \$89**



High Intensity Interval Training (HIIT) Tabata & Rest-Based Training

Learn how to develop interval workouts to accommodate participants with a variety of goals. This course will help you to bridge the gap between exercise science and interval programming. Includes workbook and exam. **Credits:** 4 NETA **Item #9209 • \$59**

Health Fitness Management 2nd Edition

This home study course provides an in-depth picture of the energetic, varied, and rewarding role of the health and fitness club manager. This second edition is the most authoritative and field-tested guide to management success. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9225 • \$199**



Martial Fitness Kickboxing (Revised 2017)

The most comprehensive Kickboxing/MMA Fitness Instructor training program in the industry. This is a blending of the old revision *Martial Fitness Kickboxing* course and the *FitStrike* course. Includes 2 manuals, 4 DVD's and exam. **Credits:** 20 NETA, 2.0 ACE, NASM and AFAA TBD **Item #9259 • \$199**

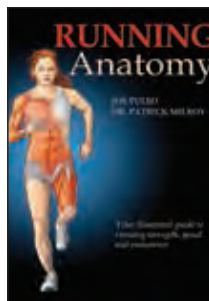
HIIT Fit

This online module examines the many health benefits associated with high intensity interval training. This course focuses on the instructor's roles, and provides a number of different HIIT programs designs. Includes online access to e-learning module and exam. **Credits:** 3 NETA **Item #9229 • \$45**



Running Anatomy

Learn information on understanding running anatomy and 50 of the most effective strength exercises for runners. You will also learn how to evaluate and rehabilitate common injuries including low back pain, knee aches, strains, and torn muscles and tendons. Includes book, workbook and exam. **Credits:** 6 NETA **Item #9216 • \$89**



Mastering the Marathon: Training for 26.2

This online module reviews historical highlights of the marathon race as well as physiological considerations, training essentials, and strategies to maximize marathon performance. **Credits:** 6 NETA **Item #9210 • \$79** 📄

Running A to Z

From the 5K to the marathon, from the jogger to the elite long distance runner, this course will give you the knowledge to exceed your goals. Includes book, workbook, and exam. **Credits:** 8 NETA **Item #9166 • \$99**

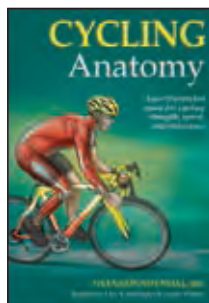


Bike Fit

Learn techniques to accurately fit participants to indoor cycle bikes. Includes Bike Fit information and guidelines, goniometer, plumb-line, and exam. **Credits:** 1 NETA **Item #9152 • \$29**

Cycling Anatomy

Improve your performance by increasing strength. Contains 74 exercises and illustrations. Includes book, workbook, and exam. **Credits:** 4 NETA **Item #9161 • \$59**



Championship Triathlon Training

Triathlon experts provide conditioning concepts and programming. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9165 • \$89**



Foam Roller Fitness

Complete Guide to Foam Rolling provides step-by-step instructions for the most effective foam rolling techniques for muscle preparation and recovery. Includes workbook and exam. **Credits:** 8 NETA, .8 ACE, 8 ACSM **Item #9213 • \$79**

Triathlon Science

From fine-tuning your physiology for each of the three disciplines to plotting the best race strategy for your fitness level, personal goals and competitive conditions. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9206 • \$199**

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Exercise and Wellness for Older Adults 2nd Edition

Age-neutral focus on maximizing functional ability with land and water programming options. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9240 • \$199**

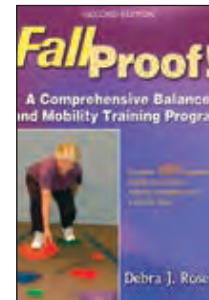


SrFit—The Personal Trainer's Resource For Sr Fitness

Designed for personal trainers to work with mature adults. Develop strategies to improve flexibility, and endurance. Includes book, study guide, DVD, CD, and exam. **Credits:** 20 NETA, 2.0 ACE, 1.9 NASM, 15 AFAA **Item #9153 • \$299**

FallProof!

Discover factors that contribute to balance and mobility problems as we age. Includes book, workbook, DVD, and exam. **Credits:** 20 NETA **Item #9159 • \$199**



ABLE Bodies Balance Training

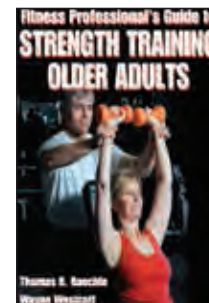
Maintain balance in everyday activities and improve self-confidence. Includes book, workbook, 16 week lesson plan, and exam. **Credits:** 20 NETA **Item #9158 • \$199**

Physical Activity Instruction of Older Adults

This course details the knowledge and skills outlined in the *International Curriculum Guidelines for Preparing Activity Instructors of Older Adults*. Includes book, workbook, and exam. **Credits:** 20 NETA, 2.0 ACE, 20 ACSM **Item #9199 • \$229**

Strength Training Older Adults

Educate older adults in benefiting from individualized strength training programs. Guidelines for senior strength training, and recommendations for modifications. Includes book, workbook, and exam. **Credits:** 12 NETA, 1.2 ACE, 12 AFAA, 1.2 NASM **Item #9200 • \$189**

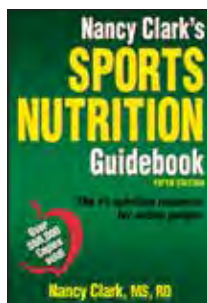


Dietary Guidelines for Americans 2015-2020

Based on the newest edition of *Dietary Guidelines for Americans*. These recommendations help Americans make healthy food and beverage choices. The document is available at <http://health.gov/dietaryguidelines/2015/guidelines/>. Includes workbook and exam. **Credits:** 6 NETA **Item #9247 • \$79** 📄

Nancy Clark's Sport Nutrition Guidebook 5th Edition

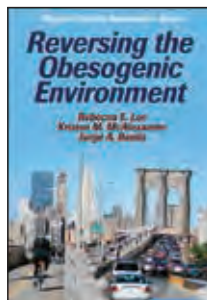
Boost your energy, manage stress, build muscle, lose fat, and improve performance. Learn what to eat before and during exercise and how to refuel. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9223 • \$199**

**Physical Activity for Special Medical Conditions**

Chronic diseases related to unhealthy lifestyle behaviors are the leading cause of disability and pre-mature mortality in the U.S. This online module reviews the public health burden of chronic diseases. **Credits:** 6 NETA **Item #9211 • \$79**

Reversing the Obesogenic Environment

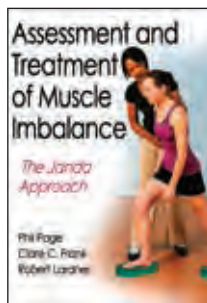
Learn factors that lead to obesity, including public policy, the built environment, food supply and distribution, family and cultural influences, technology, and media. Includes book, workbook, and exam. **Credits:** 6 NETA **Item #9214 • \$89**

**Physical Activity and Diabetes: 2016 Position Statement**

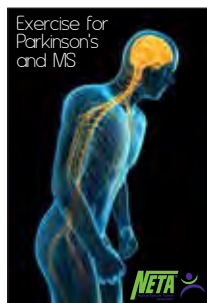
This home study exam is based on the American Diabetes Association's (ADA) position statement titled, Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. The position statement paper is publicly available at: <http://care.diabetesjournals.org/content/39/11/2065>. To earn the NETA CECs, one must purchase and successfully complete the home study exam. **Credits:** 20 NETA **Item #9266 • \$29**

NEW! Assessment and Treatment of Muscle Imbalance

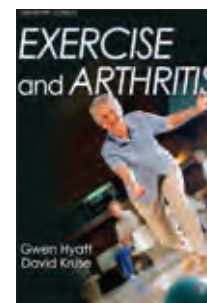
Filled with illustrations, photos, and step-by-step instructions, *Assessment and Treatment of Muscle Imbalance* uses a Janda Approach blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain and promote greater functionality. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9254 • \$199**

**Exercise for Parkinson's and MS Coming February 2018**

This online module 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. **Credits:** 4 NETA **Item #9267 • \$49**

**Exercise & Arthritis 7th Edition**

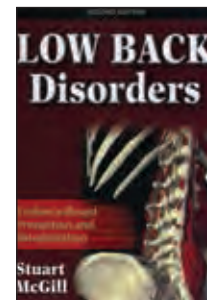
Half of older adults will develop some form of arthritis in their lifetime. Through exercise, you can safely alleviate pain and stiffness associated with this condition. Includes workbook and exam. **Credits:** 6 NETA, .6 ACE, 6 ACSM **Item #991 • \$109**

**The BEST Exercise For Osteoporosis 3rd Edition**

Effective exercises for preventing osteoporosis and improving bone density in postmenopausal women. Learn training protocols, specific programming and motivational strategies for optimal bone health. Includes workbook, handouts, and exam. **Credits:** 8 NETA, .8 ACE, 8 ACSM **Item #995 • \$139**

Low Back Injury Prevention and Rehab

This course is for trainers who work with clients who suffer from low back pain. Design effective injury prevention and rehabilitation programs. Includes book, study guide, and exam. **Credits:** 20 NETA, 2.0 ACE, 20 ACSM, 1.10 NASM **Item #9195 • \$239**

**Exercise & Diabetes 5th Edition**

Understand the four types of diabetes, blood glucose monitoring, how to respond to glycemic responses, nutrition and exercise prevention and management strategies, and the particular needs of specific populations. Includes workbook and exam. **Credits:** 5 NETA, .5 ACE, 5 ACSM **Item #994 • \$109**

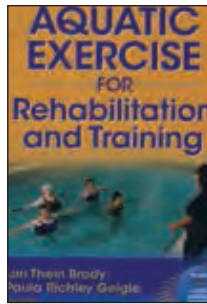
Post-Rehab Considerations for the Exercise Professional

Do your clients have a history of shoulder impingement syndrome, low back pain, ACL injury, or joint replacement? This online module will review the etiology, exercise contraindications, and programming considerations related to a variety of common orthopedic conditions. **Credits:** 6 NETA **Item #9226 • \$79**



Aquatic Exercise for Rehabilitation and Training

This advanced course reviews current literature regarding the benefits of aquatic exercise using a variety of therapeutic interventions, including the Halliwick Concept, the Bad Ragaz Ring Method, Ai Chi, Watsu, swim stroke training, aquatic cardiovascular training, neuromuscular training and core, upper-quarter and lower-quarter musculoskeletal training. Learn how to apply aquatic activities to progress individual clients and how to adapt these activities to individuals of all ages with various disease-specific conditions. Includes book, study guide, DVD, and exam. **Credits:** 20 NETA, 2.0 ACE **Item #9196 • \$239**



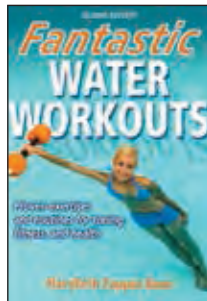
Water Fun

Learn to swim, get fit, and stay safe with *Water Fun!* Water exercise is a great first step to learning how to swim, and is an excellent way to make fitness more fun. This course outlines 116 individual and group stunts, skills and games for all ages. Learn basic water exercises, readiness skills, sport-specific, cross-training, and safety skills. Includes book, DVD, and exam. **Credits:** 6 NETA **Item #9124 • \$99**



Fantastic Water Workouts

This home study course includes more than 130 exercises that use the natural resistance of water to improve overall fitness, cross-training, and performance. Includes book and exam. **Credits:** 3 NETA **Item #9141 • \$49**



Speed Training for Young Athletes

Features skills and drills to take young athletes to the next level of training and performance. This course is designed for ages 7 to the recreational and competitive adult athlete. Includes book, workbook, DVD, and exam. **Credits:** 5 NETA, .5 ACE, 5 ACSM **Item #9197 • \$95**



JrFit

A collection of resources for fitness professionals interested in improving the health, fitness, and athletic performance of youth and adolescent populations. Includes 3 books; *Youth Strength Training*, *Athletic Fitness for Kids*, *Fuel For Young Athletes*, workbook, and exam. **Credits:** 20 NETA, 2.0 ACE, 1.9 NASM, 15 AFAA **Item #9179 • \$299**

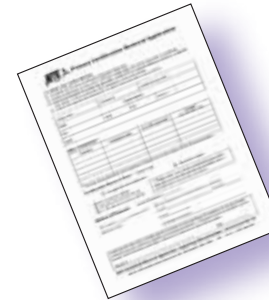
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NETA offers live continuing education workshops across the United States, as well as an extensive menu of over 125 home study courses ranging from 1 to 20 CECs.



3 Adult CPR/AED

Provide documentation of valid adult CPR (for Group Exercise and Specialty Certifications) or adult CPR/AED (for Personal Trainers). CPR/AED must include a live hands-on practical skills evaluation. Online-only CPR/AED certifications are not accepted.





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