Live Workshops ARE BACK!
Is NETA the Best Choice For Me?

There are many organizations providing fitness certifications. So, how do you know if NETA is the best choice for you?

NETA has a long history of educating fitness professionals, and is now celebrating 45 years, longer than virtually all other certifying bodies in the industry. Our Personal Trainer and Group Exercise Instructor Certifications are accredited by the National Commission for Certifying Agencies (NCCA), and our growing list of specialty certificates will prepare you to lead specific class formats or guide clients on their unique health journeys.

When you select NETA, you are choosing a non-profit organization with passionate staff and educators who are ready to help you navigate a successful career. You will have the option to attend live, hands-on training and exam preparation workshops instructed by well-qualified professionals, or work at your own pace through our numerous self-guided home study and online options.

In addition, NETA offers the following:
• the most affordable NCCA-accredited certification programs in the fitness industry;
• over 1,100 continuing education and specialty certification workshops across the U.S. each year;
• a Yoga Alliance-approved 200-Hour Yoga Teacher Training Program;
• a wide variety of online specialty certification programs and e-learning modules;
• an experienced team of knowledgeable and personable presenters;
• group discounts and complimentary registrations for facilities that host NETA workshops; and
• a menu of over 125 home study courses, providing a convenient way to continue your education and maintain professional certifications.

Let NETA help begin and advance your career in the fitness industry! Contact us today!
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

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 paper/pencil exam. Recommended study materials sold separately.**

Credits: 14 NETA
Times: Saturday Workshop 8 am–5 pm
        Sunday Workshop 8 am–4 pm
Fees: Early Bird $549*
      Standard $599

Option 2: Premier Plus Package BEST VALUE
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, and Certification Exam. Item# 120 • $549

Personal Trainer Test Only: Item #899 • $449**
Computer-based exam is administered via live remote online proctoring with ProctorU. See NETA’s website for more information.

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.

See NETA’s website for schedule of Primary Review live webinars.

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

<table>
<thead>
<tr>
<th>Study Package</th>
<th>Regular Price</th>
<th>Basic Package</th>
<th>Premier Package</th>
<th>Premier Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>The Fitness Professional's Manual, 5th ed.</em></td>
<td>$59</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td><em>The Fitness Professional's Workbook for PT's</em></td>
<td>$29</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Personal Trainer Online Review Modules</td>
<td>$189</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Education Department (phone/email) Support</td>
<td>NA</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Personal Trainer Practice Exam, Item #15</td>
<td>$10</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Voucher for $10 Your First NETA CEC Course</td>
<td>NA</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Personal Trainer Certification Exam</td>
<td>$449</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$736</strong></td>
<td><strong>$79</strong></td>
<td><strong>$199</strong></td>
<td><strong>$549</strong></td>
</tr>
</tbody>
</table>

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

**Please visit NETA’s website to learn about the test-only option. NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Personal Trainer Certification exam. 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.*

1.800.237.6242
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 four 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 paper/pencil exam. Recommended study materials sold separately.**

Credits: 6 NETA
Times: Workshop 8 am–5 pm
Fees: Early Bird $299* Standard $349

Option 2: Premier Plus Package BEST VALUE
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 Suppor, and Certification Exam. Item# 121 • $399

Group Exercise Instructor Test Only: Item #900 • $249**
Computer-based exam is administered via live remote online proctoring with ProctorU. See NETA's website for more information.

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.

See NETA’s website for schedule of Primary Review live webinars.
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 Instructor Online Review Modules
Prepare for NETA’s NCCA-accredited Group Exercise Instructor certification exam using NETA’s new online prep modules. NETA’s Group Exercise Instructor Certification Online Review consists of six modules incorporating both lecture and visual demonstration. Module one presents the role of a group exercise instructor, relationship skills, behavioral change and motivation. Module two covers the exercise sciences. Module three includes nutrition and weight management. Module four reviews health screening, as well as physical activity recommendations and programming. Module five covers medical conditions, special populations, and injury management. The final module presents information and practical demonstration of designing and delivering a group exercise class. NETA’s online review modules compliment The Fitness Professional’s Manual and serve as an excellent resource for those who are serious about becoming an effective and certified group exercise instructor. Item #125 • $169

<table>
<thead>
<tr>
<th>Group Exercise Study Packages</th>
<th>Regular Price</th>
<th>Basic Package Item #171</th>
<th>Premier Package Item #173</th>
<th>Premier Plus Item #121</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Fitness Professional's Manual, 5th ed.</td>
<td>$59</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>The Fitness Professional’s Workbook for GEI’s</td>
<td>$29</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Group Exercise Online Review Modules</td>
<td>$169</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Education Department (phone/email) Support</td>
<td>NA</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Voucher for $10 Your First NETA CEC Course</td>
<td>NA</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Group Exercise Practice Exam, Item #14</td>
<td>$10</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Group Exercise Certification Exam</td>
<td>$249</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$516</strong></td>
<td><strong>$79</strong></td>
<td><strong>$179</strong></td>
<td><strong>$399</strong></td>
</tr>
</tbody>
</table>

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

*Please visit NETA's website to learn about the test-only option. NETA does not require one to attend a workshop or to purchase NETA study materials to be eligible to take the Group Exercise Instructor Certification exam. 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.
SPECIALTY
CERTIFICATIONS

Our Specialty Certifications help you develop superior expertise in specialized disciplines and also provide continuing education credits (CECs).

Barre Connect
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.
Credits: 8 NETA, .8 ACE Times: 8 am–5 pm Fee: $249

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 Times: 8 am–3 pm Fee: $249

Intermediate Indoor Group Cycling
Take your indoor group cycle classes to the next level! The Intermediate Indoor Group Cycling Specialty Certification workshop will go in-depth into the physiology of cycling, provide practical instruction on programming classes, and identify how to create a motivating atmosphere through effective cueing. *NETA's Indoor Group Cycle Specialty Certification or an equivalent certification is a prerequisite for this workshop
Credits: 8 NETA, .8 ACE Times: 8 am–3 pm Fee: $249

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 Times: 8 am–3 pm Fee: $249

Advanced Kettlebell
Mastered the basics of kettlebells? This course will take your instruction to the next level! The Advanced Kettlebell Specialty Certification is designed for instructors and trainers who have a basic understanding of the kettlebell swing, clean, and snatch. Participants will learn the science behind kettlebells, drills to correct swing errors, and advanced exercises including the windmill and the Turkish get-up.
Credits: 7 NETA Times: 8 am–3 pm Fee: $249
Nutrition Coach
Designed for group exercise instructors and personal trainers seeking to further their profession by providing quality nutrition education and behavioral change strategies to clients and participants. In-depth look at the essential nutrients and how they are utilized, a review of the Dietary Guidelines for Americans, an overview of dietary supplements, and tips for influencing participants toward healthier eating habits, to include motivational interviewing strategies, all while staying within scope of practice.
Credits: 8 NETA, .8 ACE Times: 8 am–3 pm Fee: $249

Senior Fitness
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 Times: 8 am–3 pm Fee: $249

Youth Fitness
Created for instructors and trainers interested working with children and adolescents. Current statistics and general physical activity recommendations for ages 3 to 18 in addition to stages of child development. Learn to safely develop youth athletes through multilateral training, as well as how to promote physical activity for a healthier weight.
Credits: 8 NETA, .8 ACE Times: 8 am–3 pm Fee: $249

Advanced Pilates Mat
This workshop provides detailed review of Pilates principles, and how to apply these principles to mat exercises using equipment such as Pilates rings and bands. *NETA’s Mat Pilates Specialty Certification or equivalent is a prerequisite for this workshop.
Credits: 8 NETA, .8 ACE Times: 8 am–5 pm Fee: $249

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 Times: Saturday: 8 am–5 pm Sunday: 8 am–2 pm Fees: Early Bird $449 Standard $499 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 Times: Saturday: 8 am–5 pm Sunday: 8 am–2 pm Fees: Early Bird $449 Standard $499
Required Materials: NETA Pilates Reformer Manual Item #138 • $35

Materials: Provided at the workshop unless otherwise indicated.

Online Options
No workshops near you? NETA is now offering specialty certifications in an online format. This option allows you to experience training wherever and whenever fits your schedule. See page 10 for details.
ONLINE
SPECIALTY CERTIFICATIONS

NETA’s online options for Specialty Certification provides the feeling of a live workshop without leaving home.

**Online Advanced Kettlebell Specialty Certification**
You’ll learn the science of kettlebell training, tips for identifying and correcting common swing errors, and video demonstration. NETA’s Kettlebell Specialty Certification or an equivalent certification is a prerequisite for the Advanced Kettlebell Specialty Certification. **Credits:** NETA 6, .4 ACE **Fee:** $229 Item #9285

**Online Youth Fitness Specialty Certification Online Module**
The Youth Fitness Specialty Certification is designed for instructors who are currently working with children and adolescents. Current statistics and general physical activity recommendations for youth ages 3 to 18 will be addressed in addition to stages of child development and age-appropriate activities. Participants will learn how to safely develop youth athletes through multilateral training, as well as how to promote physical activity for a healthier weight. **Credits:** 6 NETA, .6 ACE **Fee:** $229 Item #9285

**Online Barre Connect Specialty Certification**
You’ll learn the form and technique of movements through video demonstrations, practice combining and progressing exercises with the performance variables, and even experience a full connection cycle master class. **Credits:** 8 NETA, .6 ACE, .8 NASM, 8 AFAA **Fee:** $229 Item #9279

**Online Indoor Group Cycling Specialty Certification**
This comprehensive course provides instructors with the practical knowledge, skills, and safety to become a dynamic indoor cycling coach. **Credits:** 5 NETA, .3 ACE, .5 NASM, 5 AFAA **Fee:** $229 Item #9277

**Online Kettlebell Specialty Certification**
This course teaches the basics of kettlebell training, including safety, body positioning, alignment and starting weights. You’ll learn the technique of foundation exercises along with accessory exercises and workout ideas. **Credits:** 5 NETA, .3 ACE, .5 NASM, 5 AFAA **Fee:** $229 Item #9278

**Online Senior Fitness Specialty Certification**
Narrative provides the standards and recommendations for older adult exercise, with video demonstration of Senior Fitness Testing protocol. **Credits:** 5 NETA, .5 ACE, .5 NASM, 5 AFAA **Fee:** $229 Item #9282

**Online Pilates Mat Specialty Certification**
Upon completion instructors will be able to analyze, perform and instruct 33 different Pilates exercises; design, deliver, and progress a Pilates class; and provide effective cues for Pilates exercises. **Credits:** 20 NETA, ACE TBD **Fee:** $299 Item #9297

1.800.237.6242  NETAFIT.org
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.

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

Learn at your own pace utilizing NETA’s user friendly online prep modules. Includes; Online Review Modules, Practice Exam, Education Department Support, and Computer-based Certification Exam administered via remote online proctoring with ProctorU.

Credits: 20 NETA (granted upon passing the exam)  Item# 898 • $299

Additional Recommended Materials

Motivational Interviewing, 2nd Edition A wealth of examples illustrate the "dos and don'ts" of successful motivational interviewing.  Item #146 • $65

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, OR Credentials (e.g., licensed) as an allied health professional. See website for full list of accepted prerequisite certifications and credentials.
Two Day Yoga Specialty Certifications

- **Yoga Foundations**
  Learn the basics of yoga instruction, including an introduction to yoga philosophy, cueing, yoga-based anatomy and physiology, and a breakdown of 20 basic poses. *Yoga Foundations* is the first required module for NETA’s 200-Hour Yoga Teacher Training Program.

- **Fitness Yoga**
  A hands-on experience in teaching multi-level flow-based classes in the fitness center environment, including pose progression and regression as well as sequencing.

- **Senior Yoga**
  Instructors will be prepared to lead a safe, dynamic yoga class for an aging population incorporating poses with chair adaptations and props.

- **Yoga Strong**
  Learn how to blend power flow yoga with exercise techniques to increase strength and endurance, incorporating yoga-based flow sequences, body weight exercises, resistance training, cardiovascular drills and core training.

- **Intermediate Yoga**
  Instructors will learn to safely introduce intermediate and advanced poses, provides hands-on assists, and fine-tune alignment cues.

Credits: 20 NETA, 2.0 ACE
Times: Saturday 8 am–6 pm
        Sunday 8 am–6 pm
Fee: Early Bird $399* ea module
     Standard $449*
Materials: Provided at the workshop
One Day Yoga Specialty Certifications

• Kids Yoga
Designed to help yoga teachers and fitness professionals create classes for a younger audience. Training will provide an overview of child development, hands-on practice in storytelling and teaching to creatively manage a class of young practitioners.

• Prenatal Yoga
Learn the basic techniques necessary to adapt their traditional yoga classes to be safe and effective for expecting participants.

• Becoming a Yoga Professional
Instructors will learn to better connect as a yoga coach, as well as discover ways to market themselves and earn income.

• Yoga for Special Populations
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.

• Restorative Yoga
Participants will learn restorative yoga poses, modifications and prop variations for students with special conditions, practice Yoga Nidra, and participate in hands-on teaching sessions.

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

Advanced Yoga Instructor Certification
Apply learning from the 200-hour training program to practice teaching, skills assessments, final projects and a cumulative final exam. This course serves as the final preparatory step for teachers wishing to apply for Yoga Alliance registration. The Advanced Yoga Certification must be taken as the last course in the 200 HR NETA Yoga Certification track.

Credits: 30 NETA
Times: Friday 8 am–6 pm
Saturday 8 am–6 pm
Sunday 8 am–6 pm
Fee: $499

Credits: 10 NETA
Times: Saturday 8 am–6 pm
Fee: $229 ea module
Materials: Provided at the workshop.

1.800.237.6242
NETAFIT.org
CONTINUING EDUCATION WORKSHOPS

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!

Cycle 360
Online Module combines lecture, video, and hands-on activities to introduce you to self-myofascial release techniques utilizing foam rollers and small balls. Self-myofascial release helps to improve muscle function by promoting mobility, flexibility and restoring muscle balance. Walk away from this workshop with a greater understanding of both the fascial system and myofascial release and the types of techniques that can ease tightness, inflammation, and reduce injuries.

Kick It!
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.

Trauma Sensitive Yoga Practices
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 be addressed, providing participants with the insight to handle victims of trauma in a mainstream class. Trauma-Sensitive Yoga Practices is NOT a part of the NETA 200-Hour Yoga Program curriculum, and may only be used for continuing education credits. .5 ACE CECs

Credits: 5 NETA
Times: 8 am–1 pm
Fee: $149
Ride + Renew
Fusion-classes have continued to gain popularity, as they offer participants the benefits of two formats in half the time. Ride and Renew combines the benefits of an intense cycling workout with counter-balancing yoga poses to restore the body. Learn the effects that high intensity interval training via cycling has on the body, and how to both maximize the benefits and counteract the stressors through the combination of cycle and yoga. Completion of either the Indoor Cycling Specialty Certification OR Yoga Foundations Specialty Certification OR experience in one of the formats is highly recommended prior to taking this workshop.

HIIT The Step
Dust off those steps that have been sitting in the studio closet and re-visit this tool in a new light. Participants in this workshop will discuss the benefits of aerobic versus anaerobic training, and how to use steps and risers in a fusion between traditional step movements and innovative high-intensity exercises. Upon completion of this workshop, instructors will be able to program and deliver a class that appeals to both traditional steppers and a contemporary crowd. .5 ACE CECs.

NEW! Yoga for Athletes
A regular yoga practice can enhance athletic performance by increasing mobility and range of motion, igniting enhanced recovery after training, improving efficiency of breath, and inviting mental stamina and focus. Participants in this workshop will learn the physical, physiological, and psychological benefits yoga can explicitly provide athletes; programming and progression for specific sports. Participants in this workshop must have access to a device capable of connecting to a Zoom meeting, to include a functioning webcam and mic. *Yoga for Athletes* is NOT a part of the NETA 200 Hour Yoga Program curriculum, and may only be used for continuing education credits.
8am-6pm. Fee $229 Credits: 10 CECs

Virtual Workshops:
See schedule NETAfit.org

Earn One More NETA CEC...on Us!
Workshop attendees may earn one additional NETA CEC by completing a complimentary post-workshop 10-question online quiz. More info will be provided at the conclusion of each workshop.

1.800.237.6242
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.

**NETA 200-Hour Yoga Teacher Training Program**
NETA now offers a 200-hour Yoga Alliance approved weekend modular program for new and seasoned fitness professionals.

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 Teacher Training program) that is Yoga Alliance Approved.

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

**Virtual Fit Fest**
February 21–27, 2022

**Virtual Yoga Retreat**
April 18–24, 2022

**Kent State Fit Fest (in person)**
June 9-12, 2022

see schedule at NETAfit.org

Register Now and Save $$$
Online Workshops
June-August 2022

Live Online Workshops
Via Zoom Meetings For Interactive Virtual Learning

LIVE workshops via Zoom are here to stay!! Please visit NETAfit.org to view our current workshop schedule. We have many live online workshops available for you to choose from.

**Saturday July 9**
- Zone Training For Gex
- Group Exercise On-Line Workshop
- Indoor Cycling Specialty Certification

**Saturday/Sunday July 9/10**
- Intermediate Yoga Specialty Certification

**Sunday July 10**
- Hit The Step
- Trauma Sensitive Yoga Practices
- H.I.I.T. It With Yoga

**Saturday July 16**
- Prenatal Yoga Specialty Certification
- Kettlebell Specialty Certification
- Intermediate Group Cycle Specialty Certification

**Sunday July 17**
- Cycle 360
- Ride And Renew
- Advanced Kettlebell Specialty Certification
- Restorative Yoga Specialty Certification

**Saturday July 23**
- Intro To Meditation
- Meditation 2.0
- Senior Fitness Specialty Certification

**Saturday/Sunday, July 23/24**
- Yoga Foundations Specialty Certification

**Sunday, July 24**
- Medicine Ball Power
- Medicine Ball Pilates
- Senior Power

**Saturday July 30**
- Ageless Intervals
- Senior Fitness Connect!

**Saturday/Sunday July 30/31**
- Fitness Yoga Specialty Certification

**Sunday July 31**
- Senior Fall Prevention Triad
- Senior Balance & Brain Health

**Saturday August 6**
- Barre Connect Specialty Certification
- Youth Fitness Specialty Certification

**Saturday/Sunday August 6/7**
- Senior Yoga Specialty Certification

**Sunday August 7**
- Barre + Bike
- Adaptive Fitness

**Saturday August 13**
- Breathing Better
- Understanding HRV
- Yoga For Athletes

**Saturday/Sunday August 13/14**
- Pilates Specialty Certification

**Sunday August 14**
- Trauma Sensitive Yoga Practices

**Saturday August 20**
- Suspension Trainers: Mobility & Metabolic Makeover
- Group Exercise On-Line Workshop
- Advanced Pilates Specialty Certification
- Yoga For Special Populations Cert

**Sunday August 21**
- Foam Rollers & More
- Bodyweight Boot Camp
- Becoming A Yoga Professional
- Foam Roller Pilates
- Roller Reset

**Friday/Saturday/Sunday August 26-28**
- Advanced Yoga Specialty Certification

**Saturday August 27**
- Nutrition Coach Specialty Certification
- Senior Fitness Specialty Certification

**Sunday August 28**
- Zone Training For Gex
- Today's Food Conversation: The Plant Based Diet
- Senior Balance & Brain Health
<table>
<thead>
<tr>
<th>State</th>
<th>Location</th>
<th>Certification(s)</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>COLORADO</td>
<td>Eaton (30 min E Fort Collins)</td>
<td>Pilates Specialty Certification, Personal Trainer Certification</td>
<td>Jul 16/17, Aug 13/14</td>
</tr>
<tr>
<td></td>
<td>Eaton Area Park &amp; Rec District</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CONNECTICUT</td>
<td>Mystic (20 min E of New London)</td>
<td>Pilates Specialty Certification</td>
<td>Aug 6/7</td>
</tr>
<tr>
<td></td>
<td>Mystic Branch - Ocean Comm YMCA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DISTRICT OF COLUMBIA</td>
<td>Washington American University</td>
<td>Indoor Cycling Spec Certification, HIIT The Step</td>
<td>Jul 23, Jul 24</td>
</tr>
<tr>
<td>INDIANA</td>
<td>Brownsburg (25 min W Indianapolis)</td>
<td>Group Exercise Certification, Zone Training For Gex Ageless Intervals</td>
<td>Aug 6, Aug 7, Aug 7</td>
</tr>
<tr>
<td></td>
<td>Connection Pointe Christian Church</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MASSACHUSETTS</td>
<td>North Attleboro (SE MA)</td>
<td>Personal Trainer Certification</td>
<td>Jul 9/10</td>
</tr>
<tr>
<td></td>
<td>North Attleboro YMCA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MICHIGAN</td>
<td>Battle Creek</td>
<td>Personal Trainer Certification, Pilates Specialty Certification</td>
<td>Jul 23/24, Aug 27/28</td>
</tr>
<tr>
<td></td>
<td>Battle Creek Family YMCA</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grand Blanc (5 min S Flint)</td>
<td>Group Exercise Certification, Indoor Cycling Spec Certification</td>
<td>Jul 16, Jul 17</td>
</tr>
<tr>
<td></td>
<td>Genesys Athletic Club</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Royal Oak (30 min N Detroit)</td>
<td>Group Exercise Certification, Indoor Cycling Spec Certification</td>
<td>Aug 13, Aug 14</td>
</tr>
<tr>
<td></td>
<td>South Oakland YMCA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MINNESOTA</td>
<td>Arden Hills Johanna Shores</td>
<td>Senior Yoga Spec Certification</td>
<td>Jul 16/17</td>
</tr>
<tr>
<td></td>
<td>Becker Community Center</td>
<td>Nutrition Coach Spec Certification, Youth Fitness Spec Certification</td>
<td>Aug 27, Aug 28</td>
</tr>
<tr>
<td></td>
<td>St Cloud Whitney Senior Center</td>
<td>Pilates Specialty Certification</td>
<td>Jul 23/24</td>
</tr>
<tr>
<td>State</td>
<td>City</td>
<td>Location</td>
<td>Dates</td>
</tr>
<tr>
<td>-------------</td>
<td>-----------------------------</td>
<td>---------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>MISSISSIPPI</td>
<td>Columbus</td>
<td>The Fitness Factor</td>
<td>Aug 27/28</td>
</tr>
<tr>
<td>NEW JERSEY</td>
<td>Somerville</td>
<td>Somerville YMCA</td>
<td>Jul 9/10</td>
</tr>
<tr>
<td>NEW YORK</td>
<td>Bay Shore</td>
<td>Equity Reformer Studio at Drew Patricks Spa</td>
<td>Jul 16/17</td>
</tr>
<tr>
<td></td>
<td>Syracuse</td>
<td>Aspen Athletic Club</td>
<td>July 30 / July 31</td>
</tr>
<tr>
<td>OHIO</td>
<td>Fremont (30 min SE Toledo)</td>
<td>Sandusky County YMCA</td>
<td>Jul 23/24</td>
</tr>
<tr>
<td></td>
<td>Kent</td>
<td>Kent State University</td>
<td>Jun 9-12</td>
</tr>
<tr>
<td>PENNSYLVANIA</td>
<td>Coatesville (40 miles W Philadelphia)</td>
<td>Brandywine YMCA</td>
<td>Aug 6/7</td>
</tr>
<tr>
<td>TEXAS</td>
<td>Houston</td>
<td>Hackberry Fitness Center</td>
<td>Jul 16/17</td>
</tr>
<tr>
<td></td>
<td>San Antonio</td>
<td>TruFit Athletic Clubs</td>
<td>Jul 30 / Jul 30</td>
</tr>
</tbody>
</table>

**LIVE WORKSHOP SCHEDULE**

Workshops are added daily, for a complete list visit [www.NETAfit.org/workshops](http://www.NETAfit.org/workshops)
Fit Fest Kent State University
June 9-12, 2022

Fit Fest is back in person and better than ever! Don’t miss out on this opportunity to engage with like-minded fitness professionals and industry-leading presenters in this unique experience that only be created at a live event. Choose from numerous primary and specialty certifications as well as continuing education opportunities to further your career, fuel your passion, and forge the way to inspire more people toward healthier living. NETA is so excited to bring this event back to Kent State in June 2022 and to see your smiling faces there!

Fit Fest Kent State

**Thursday/Friday, June 9/10**
- Yoga Foundations Spec Certification
- Pilates Specialty Certification

**Friday, June 10**
- Exercise For Lifelong Brain Health
- Ageless Intervals
- Intro To Meditation
- Beyond The Gym Series VIRTUAL
- Foam Rollers and More

**Saturday/Sunday, June 11/12**
- Personal Trainer Certification
- Yoga Strong Specialty Certification

**Saturday, June 11**
- Medicine Ball Pilates
- Kick It!
- HIIT The Step
- Meditation 2.0 VIRTUAL
- Group Exercise Certification
- Yoga For Athletes
- Zone Training For GEX
- Suspension Trainers: Mobility & Metabolic Makeover
- Senior Fitness Connect!

**Sunday, June 12**
- Kettlebell Specialty Certification
- Senior Balance & Brain Health
- Bodyweight Boot Camp
- Trauma Sensitive Yoga Practices
- Nutrition Coach Specialty Certification

Many workshops offer NETA, ACE, AFAA and NASM credits.
Register Now and Save
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!

Private Virtual Workshops
Interested in hosting your own private virtual workshop for your instructors? Contact annemarie@netafit.org to request more information!

Primary Certification Workshops
Personal Trainer
Group Exercise Instructor
NETA 200-Hour Teacher Training Program

Specialty + CEC Workshops
Choose from a wide variety of our most popular workshops including Advanced Kettlebell, Kettlebell, Barre, Indoor Cycling, Youth Fitness, Pilates, Reformer, Senior Fitness, and Yoga; including our new 200-Hour Yoga Teacher Training Program and more. For complete descriptions, see pages 8-9 and 12-15.

To schedule your workshop or request more information, contact Annemarie Hoyt at 1.800.237.6242 (ext 4728) or annemarie@netafit.org.
ONLINE SPECIALTY CERTIFICATIONS

NETA’s online options for Specialty Certification provides the feeling of a live workshop without leaving home.

**Online Advanced Kettlebell Specialty Certification**
You’ll learn the science of kettlebell training, tips for identifying and correcting common swing errors, and video demonstration. NETA’s Kettlebell Specialty Certification or an equivalent certification is a prerequisite. **Credits:** NETA 6, .4 ACE **Fee:** $229 Item# 9285

**Online Barre Connect Specialty Certification**
You’ll learn the form and technique of movements through video demonstrations, practice combining and progressing exercises with the performance variables, and even experience a full connection cycle master class. **Credits:** 8 NETA, .8 NASM, .6 ACE, 8 AFAA **Fee:** $229 Item #9279

**Online Indoor Group Cycling Specialty Certification**
This course provides instructors with the practical knowledge, and safety skills. **Credits:** 5 NETA, .5 NASM, .5 ACE, 5 AFAA **Fee:** $229 Item #9277

**Online Senior Fitness Specialty Certification**
Narrative provides the standards and recommendations for older adult exercise, with video demonstration of Senior Fitness Testing protocol. **Credits:** 5 NETA, .5 NASM, .5 ACE, 5 AFAA **Fee:** $229 Item #9282

**Online Kettlebell Specialty Certification**
This course teaches the basics of kettlebell training, including safety, body positioning, alignment and starting weights. You’ll learn the technique of foundation exercises along with accessory exercises and workout ideas. **Credits:** 5 NETA, .5 NASM, .5 ACE, 5 AFAA **Fee:** $229 Item #9278

**Online Wellness Coach Specialty Certification**
NETA’s Wellness Coach Specialty Certification can help you advance your career, strengthening your level of expertise in regard to health, fitness, and nutrition, while partnering with a client to assist them in self-discovery, problem solving, and behavioral change to improve their status on the illness-wellness continuum. **Credits:** 20 NETA (upon completion of exam) **Fee:** $299 Item #898

**Online Youth Fitness Specialty Certification**
Designed for instructors and trainers who are currently working with children or are interested in doing so. Participants learn how to safely develop youth athletes through multilateral training. **Credits** 6 NETA, 6 ACE **Fee:** $229 Item #9291

**Online Pilates Mat Specialty Certification**
Upon completion instructors will be able to analyze, perform and instruct 33 different Pilates exercises; design, deliver, and progress a Pilates class; and provide effective cues. **Credits:** 20 NETA, ACE TBD **Fee:** $299 Item #9297
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 • $69

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

Credits: 20 NETA Item #9234 • $229

The Strength Training Anatomy Workout
600+ illustrations reveal primary muscles worked along with all the relevant surrounding structures. Includes book, workbook, and exam.

Credits: 4 NETA Item #9173 • $69

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 • $229

Assessments for Sport & Athletic Performance
Assessments for Sport and Athletic Performance is a practical, user-friendly guide to performance-based evaluation. A perfect resource for coaches and exercise professionals, this homes study course is a streamlined guide through the process of identifying appropriate tests for clients, athletes, or teams, making use of common low-cost equipment to administer the tests, interpreting data, adjusting training programs based on the results, and continually monitoring training. Includes book, workbook, and exam.

Credits: 8 NETA Item #9290 • $109
Catching Some Zzz’s: Sleeping Your Way to Better Health & Performance  
Best Seller

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 • $89

Foundations of Resistance Training

This online module reviews guidelines for resistance training, manipulation of acute training variables, classic and contemporary program design methodologies, and safe and effective strategies to develop resistance training programs for clients of all abilities. As a foundational course, this module is ideally suited for those with less program design experience, but may also serve as a valuable review for more experienced exercise professionals. Credits: 4 NETA Item # 9287 • $69

Muscle Mechanics 2nd Edition

Learn to train for strength, definition, and muscle size using effective exercises covering all the major muscle groups. 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 • $99

Strength Training Past 50 3rd Edition

The 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 • $99

Pilates and Conditioning for Athletes

This science-based, multidimensional approach to athletic conditioning helps you build a strong and flexible foundation by infusing Pilates into training, resulting in complete training programs that tap into the seven pillars of training needed for success. Includes book, workbook and exam. Credits: 15 NETA Item #9283 • $169

Short A Few Credits? Please visit our website for a complete list of online home study courses as well as courses available for download at NETAfit.org

1.800.237.6242
NETAFIT.org
**Smarter Workouts Best Seller**

What are the biggest obstacles to sticking to a workout plan? You don’t have enough time? It costs too much? You don’t have enough equipment? You don’t know how to get the results you want? Now you can set those excuses aside. Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals. Includes book, workbook and exam. **Credits:** 20 NETA Item #9281 • $229

**Physical Activity Guidelines for Americans 2nd Edition**

The Physical Activity Guidelines for Americans is issued by the U.S. Department of Health and Human Services. The second edition of the Physical Activity Guidelines for Americans provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity. This second edition is publicly available at: https://health.gov/paguidelines/second-edition/. To earn the CECs you must purchase and successfully complete the home study exam. **Credits:** 6 NETA Item #9310 • $89

**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 • $99

**Fitness Running 3rd Edition**

From personalized workouts to expert running advice, this course contains programs from one of America’s 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 • $99

**One Credit Courses** Please visit our website for a complete list of our One Credit Courses at NETAFit.org
Adaptive Yoga
Research studies confirm that Yoga relieves stress, improves mental and emotional health, enhances sleep, relieves low back pain and neck pain, promotes weight loss, and even enables smoking cessation. Adaptive Yoga takes these studies onto the yoga mat to empower individuals with disabilities or chronic health conditions to create an effective and safe yoga practice. Find guidance and recommended poses for some of the most common conditions and disabilities, including low back pain, arthritis, spinal cord injury, stroke, cerebral palsy, lower limb amputation, Parkinson’s disease, and multiple sclerosis. Includes book, workbook and exam. Credits: 6 NETA Item #9316 • $99

Yoga for Athletes
The ultimate yoga resource for athletes offers instruction on improving strength, flexibility, and balance in any sport or activity. Packed with full-color photos, the book demonstrates poses, breathing, and guided visualization to elevate sport performance. Includes book, workbook, and exam. Credits: 6 NETA Item #9253 • $99

Anatomy for Backbends and Twists
A visual narrative through the anatomy, biomechanics, and physiology of this ancient art, decoding each pose along the way. Includes book and exam. Credits: 6 NETA Item #9245 • $99

Movement Through The Chakras
Learn cutting edge practices that bring yoga and dance to a deeper level. Get two great workouts, while becoming more balanced, more flexible and more physically fit as you gain greater awareness of the messages your body is sending you. Perfect for novice or seasoned instructors to bring variety to your workouts and to your students. Includes workbook, 2 DVDs, and exam. Credits: 4 NETA Item #9147 • $79

Anatomy for Vinyasa Flow and Standing Poses
Master the science behind Vinyasa Flow and the standing poses of Hatha Yoga. A visual narrative through the anatomy, biomechanics, and physiology of this ancient art, decoding each pose along the way. Includes book and exam. Credits: 6 NETA Item #9243 • $99

Short A Few Credits? Please visit our website for a complete list of online home study courses as well as courses available for download at NETAfit.org

1.800.237.6242
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 • $169*

Dynamic Alignment Through Imagery 2nd Edition
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 • $229*

Stretching Anatomy
Learn and master the entire mat and apparatus repertoire of this mind-body system. With more than 800 photos and 210 exercises, this home study provides a meaningful way to categorize and sequence the vast collection of exercises presented. Includes book and exam. **Credits:** 2 NETA  *Item #929 • $49*

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 • $99*

Yoga Anatomy
See inside every yoga pose! With clear expert instruction and full-color anatomical detailed drawings for the most common asanas. Gain a deeper understanding of how each muscle is used, how slight alterations of a pose can enhance or reduce effectiveness, and how the spine, breathing and body position are all fundamentally linked. Includes 221-page book and exam. **Credits:** 6 NETA  *Item #9125 • $99*

Hatha Yoga
Features 94 poses and variations for all skill levels. Poses are taught in a sequential step by step process with 12 pre-designed yoga routines encompassing Iyengar, Astranga, Anasura, and Bikram. Includes book and exam. **Credits:** 6 NETA  *Item #935 • $99*
Beyond Barre Basics
This Beyond Barre 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 how to motivate and inspire yourself, your students and your clients through positive thinking and positive self talk. See the improvement in attitude and self esteem in this mind-body-spirit connection. Includes book, workbook, CD, and exam. Credits: 4 NETA Item #9111 • $69

NETA's Intro to Teaching Mat Pilates
Learn the origins, definitions, and benefits of Pilates. A must-have guide to analyzing, practicing and teaching 40 basic mat Pilates exercises. This course provides a sound foundation for all Pilates exercises. Includes NETA Pilates Manual, workbook, and exam. Credits: 15 NETA Item #963 • $159

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 • $79

NETA's Intro to Teaching Reformer Pilates
Basic course reviews Pilates Principles as they are applied to 46 Reformer exercises. Learn how to set up Reformer for participants based on health status and goals. In depth explanation of muscles and biomechanics for each exercise. Learn common errors, modifications, cueing tips, detailed exercise sequence, breathing patterns, and variations to challenge participants. Completion of NETA's Intro to Teaching Mat Pilates is required. Completion of NETA Intro to Teaching Mat Pilates strongly recommended. Includes manual, workbook, and exam. Credits: 15 NETA Item #9168 • $159

Short A Few Credits? Please visit our website for a complete list of online home study courses as well as courses available for download at NETAfit.org
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 • $109**

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 • $69**

Building Motivational Interviewing Skills: A Practitioner Workbook
This course helps personal trainers and wellness coaches develop and sharpen their skills in motivational interviewing (MI). Clear explanations of core MI concepts are accompanied by carefully crafted sample dialogues, exercises, and practice opportunities. You will build proficiency for moving through the four processes of MI using open-ended questions, affirmations, reflective listening, and summaries. Includes book, workbook and exam. **Credits:** 20 NETA  
**Item #9272 • $229**

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 • $99**

Motivational Interviewing in Nutrition and Fitness  
**2nd Edition**  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 • $119**
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. 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 • $59

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 • $99

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 manual, 4 DVD’s and exam. Credits: 20 NETA, 2.0 ACE and 1.9 NASM Item #9259 • $229

Health Fitness Management 3rd Edition
In-depth picture of the challenging role of the health and fitness club manager. Leading experts share their insights in a practical manner, making this text the most authoritative and field-tested guide to fitness management success. Updates to the third edition include: new case studies regarding legal responsibilities and obligations; tips for managing social media to maximize marketing; and reproducible templates. Includes book, workbook, and exam. Credits: 20 NETA Item #9284 • $229

NEW! Complete Guide to TRX® Suspension Training®
For strength, stability, core power, flexibility, and balance, Suspension Training® delivers results! Complete Guide to TRX® Suspension Training® includes instructions for more than 115 exercises. Complete with photo sequences, variations, and safety recommendations, you’ll learn how to develop and integrate strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer. Includes book, workbook, and exam. Credits: 10 NETA Item #9314 • $119
**NEW! Secrets of Successful Program Design** Your success as a fitness professional depends on your ability to reliably deliver results to clients. In Secrets of Successful Program Design, you’ll learn how to properly assess a client and design the most effective program based on their individual goal. You’ll also learn how to customize the training experience of your client on the fly, effectively progressing and regressing exercises according to day-to-day fluctuations in abilities and needs. This will ensure you are delivering the best results possible for each client every time they train. Includes book, workbook, and exam. **Credits:** 14 NETA **Item # 9315 • $169**

**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 • $109**

**Empower Self Defense**
Course provides the fitness professional with both personal and professional benefits. Enhance their personal safety and gain the knowledge and abilities to teach basic level self-defense. Master a new skill set that could translate into an additional revenue source for the fitness professional. Includes textbook, worksheets and exam. **Credits:** 20 NETA, 2.0 ACE, 19 AFAA, 1.5 NASM **Item #9276 • $199**

**Motivational Interviewing for the Exercise Professional**
A well-designed exercise program and sound nutritional advice often fall short when the client is not motivated to adhere to the plan. Motivational interviewing (MI) is an effective coaching skill to help clients overcome ambivalence to lifestyle change. This online module introduces the framework of MI including the core principles, processes, and interviewing skills. **Credits:** 4 NETA **Item #9275 • $69**

**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 • $89**

**Short A Few Credits?** Please visit our website for a complete list of online home study courses as well as courses available for download at **NETAFIT.org**

**1.800.237.6242**
The Biomechanics Method Corrective Exercise Specialist (TBMM-CES) This course consists of five modules that teach fitness professionals how to assess clients for musculoskeletal imbalances and explains how to use corrective exercise to remedy those problems. **Module 1** The Fundamentals of Structural Assessment Credits: 13 NETA, 1.3 ACE $149  
**Module 2** Understanding Muscles & Movement Credits: 14 NETA, 1.4 ACE $179  
**Module 3** Fundamentals of Corrective Exercise Credits: 13 NETA, 1.7 ACE $149  
**Module 4** Complete Corrective Exercise Library Credits: 14 NETA, 2.2 ACE $179  
**Module 5** Corrective Exercise Program Design Credits: 14 NETA, 1.3 ACE $169

**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 • $49**

**Foam Rollers and More** The Foam Rollers and More Online Module combines lecture, video, and hands-on activities to introduce you to self-myofascial release techniques utilizing foam rollers and small balls. Self-myofascial release helps to improve muscle function by promoting mobility, flexibility and restoring muscle balance. Walk away from this workshop with a greater understanding of both the fascial system and myofascial release and the types of techniques that can ease tightness, inflammation, and reduce injuries. Includes online exam. **Credits: 4 NETA Item #9312 • $69**

**Cycling Anatomy 2nd Edition** The second edition of this book contains over 150 updated exercises and variations utilizing fixed and variable modalities such as barbells, suspension trainers, kettlebells, medicine balls, and weight machines. Step by step instructions and full color anatomical illustrations are provided highlighting the primary muscles targeted. Each exercise includes a description of how each exercise will apply to and improve your cycling experience. Includes book, workbook, and exam. **Credits: 4 NETA Item #9161 • $69**

**High Intensity Interval Training (HIIT) Tabata & Rest-Based Training** This course helps bridge the gap between exercise science and interval programming. Includes workbook and exam. **Credits: 4 NETA Item #9209 • $69**

**The HIIT Advantage** Coming Soon!
Running Anatomy 2nd Edition
Learn how to improve your running strength, speed, and endurance with Running Anatomy, 2nd Edition. This new edition delivers more exercises, more insight, and more illustrations to show you how to increase your muscle strength, optimize the efficiency of your running motion, and minimize your risk of injury. Includes book, workbook, and exam. Credits: 6 NETA Item #9216 • $99

Adaptive Fitness
NETA’s online module for fitness instructors and personal trainers wishing to learn more about adaptive populations, or who are interested in working with clients requiring scaling or adaptations due to a temporary or permanent disability. Disability awareness and understanding will be introduced, and general adaptations to upper extremity, lower extremity, seated and neuromuscular clients will be discussed and displayed through sample workouts. Credits: 5 NETA Item #9292 • Fee: $79

Strength Training Older Adults Educate adults in benefiting from individualized strength training programs. Includes book, workbook, and online exam. Credits: 12 NETA Item #9200 • $199

NEW! Exercise and Physical Activity for Older Adults A close look at the physical implications of the aging process and how health, physical activity, and exercise interact in aging adults. Includes book, workbook, and exam. Credits: 20 NETA Item #9318 • $239

Functional Fitness for Active Aging 2 courses
For best results, the program courses should be completed in sequence. Program provides instruction and information necessary to design, develop and teach safe, effective Boxing, Kickboxing & Martial Arts-based fitness workouts for the Active Aging population! It includes instruction on how to adapt these specific types of workouts to all levels of functionality. Boxing, Kickboxing & Martial Arts activities enhance balance, agility, reaction time, coordination, cognitive function, muscular and cardiovascular conditioning and flexibility!

Course 1 Technique Instruction & Program Development provides detailed instructions for technique and movement pattern performance, including potential safety modifications and effective exercise progressions, as applied to various functional levels of active agers. Includes manual, 2 DVDs and exam. Credits: 10 NETA • Item # 9294 • $119

The HIIT Advantage Coming Soon!

1.800.237.6242

NETAFIT.org
Course 2  **Skills, Drills and Workout Routines** – this course builds on Course 1 by providing information about how to integrate boxing, kickboxing and martial arts training skills and drills into functional fitness workout routines. Also includes class and periodized program plan examples that can be used as models for instructors/trainers. Includes manual, 2 DVDs and exam. **Credits:** 10 NETA  **Item #9295 • $119**

**Ride+Renew**
In this online module learn the effects that high intensity interval training via cycling has on the body. b Completion of either the Indoor Group Cycling Specialty Certification OR Yoga Foundations Specialty Certification OR experience in one of the formats is highly recommended prior to completing this online module. **Credits:** 4 NETA  **Item #9289 • $69**

**NEW! The Dietary Guidelines for Americans 2020-2025** Dietary Guidelines for Americans 2020-2025 provides advice on what to eat and drink to meet nutrient needs, promote health, and help prevent chronic disease. The full document is available at [https://www.dietaryguidelines.gov/](https://www.dietaryguidelines.gov/). Includes workbook and exam developed to correspond with the ninth edition of the Dietary Guidelines. **Credits:** 6 NETA  **Item #9317 • $89**

**Healthy Eating Everyday Best Seller**
A practical, evidence-based program that teaches you how to improve your eating habits. Includes book, workbook and exam. **Credits:** 20 NETA  **Item #9274 • $229**

**Reversing the Obesogenic Environment** Learn factors that lead to obesity, including public policy, the built environment, food supply and distribution. Includes book, workbook, and exam. **Credits:** 6 NETA  **Item #9214 • $99**

**Physical Activity and Diabetes: 2016 Position Statement** This 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. **Credits:** 2 NETA  **Item #9266 • $39**

**Nancy Clark’s Sport Nutrition Guidebook 6th Edition** Whether you’re preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. Includes book, workbook, and exam. **Credits:** 20 NETA  **Item #9286 • $229**

**1.800.237.6242**  **NETAFIT.org**
NEW! Ketosis and the Endurance Athlete
Anecdotal reports and scientific evidence have emerged to suggest that adherence to a ketogenic diet may enhance endurance performance. This online module will explore the potential impact, both positive and negative, of a keto diet on the endurance athlete and performance as an alternative to the long-standing high-carbohydrate, low-fat fueling strategy. Credits: 4 NETA Item # 9313 • $69

Exercise & Lifelong Brain Health
Learn the role of physical activity and exercise strategies to maintain brain health into older adulthood and to mitigate the onset of Alzheimer’s and other forms of dementia. Credits: 4 NETA Item # 9288 • $69

Exercise for Parkinson’s and MS Topics include basic pathophysiology and common symptoms of disease, associated with physical activity, and exercise recommendations and considerations for individuals having these conditions. Credits: 4 NETA Item #9267 • $69

Physical Activity and Exercise for Arthritis
This online module addresses two types of arthritis: osteoarthritis and rheumatoid arthritis. Topics include 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. Credits: 4 NETA Item #9311 • $69

Post-Rehab Considerations for the Exercise Professional Review the etiology, exercise contraindications, and programming considerations related to a variety of common orthopedic conditions. Credits: 6 NETA Item #9226 • $89

Assessment and Treatment of Muscle Imbalance This course blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain. Includes book, workbook, and exam. Credits: 20 NETA Item #9254 • $229

Fantastic Water Workouts
This course includes more than 130 exercises that use the natural resistance of water to improve overall fitness, cross-training, and to improve performance. Add variety to your program by trying the Tai Chi, Pilates, Yoga, Kickboxing, Country Line Dancing, Street Dancing, and Noodle workouts. Includes book and exam. Credits: 3 NETA Item #9141 • $59
NCCA Accredited
Personal Trainer &
Group Exercise Certifications

Pilates and Most Specialty
Certifications Now
Available Online

200-Hour RYT Now
Available Online
Yoga Alliance Approved