



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

**Thursday, October 24, 2019 & Friday, October 25, 2019**

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

**Yoga Foundations Specialty Certification (2 Days)**

Our intensive, two-day Yoga Basics workshop provides hands-on experience in teaching beginner yoga formats through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. In addition to the basics of class formatting, you'll discuss yoga history through exploration of the 8 limbs, learn the anatomy and physiology of the nervous and respiratory systems, as well as discover ways to encourage and motivate your participants through verbal refinements and inclusive cuing. This certification will provide 2 sample beginning yoga classes as well as time for practice teacher under the supervision of an experienced yoga teacher.

**Friday, October 25, 2019**

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

**Trauma-Sensitive Yoga Practices *New!!***

It's estimated that one-third of participants in a mainstream yoga class have experienced significant trauma. In this workshop, yoga's effects on the autonomic nervous system will be examined, as well as recommended practices and contraindicated positions. Class and instructor considerations will also be addressed, providing participants with the insight to handle victims of trauma in a mainstream class.

**#fitech *New!!***

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

**Exercise for Parkinson's and MS**

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

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**Saturday, October 26, 2019**

**8:00 am**

**Group Exercise Certification Review (1 day)      Early Bird Fee: \$299 \* Standard \$349**

**8:00–5:00 pm**

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

**Credits: 6 NETA**

The GX Instructor Certification review workshop features interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to become an effective and successful group exercise instructor. Includes proctored exam administered at conclusion of workshop.

**Personal Training Certification Review (2 days)      Early Bird Fee: \$449 \* Standard \$499**

**Saturday: 8:00–5:00pm, Sunday: 8:00-4:00 pm**

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

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

The PT Certification review workshop features 14 hours of interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to implement safe, effective, motivational exercise programming for your clients. Includes proctored exam administered at conclusion of workshop.

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

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

**Recommended Study Materials: Lifestyle Wellness Coaching, 3<sup>rd</sup> ed. \$89**

**The Fitness Professional’s Manual, 5<sup>th</sup> ed. \$59**

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

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

**Intermediate Yoga Specialty Certification (2 day)**

**8:00–6:00 pm      Early Bird Fee: \$349 \* Standard \$399      Credits: 20 NETA, 2.0 ACE, 15 AFAA**

Take your teaching to the next level with NETA’s Intermediate Yoga Specialty Certification. Learn to safely introduce intermediate and advanced poses, provide hands on assists and discover ways to fine-tune your alignment cues. Participants will have the opportunity to plan and lead a mini-class, practice intermediate postures, and dig deep into yoga history and philosophy.

- In-depth practice of 15 intermediate yoga postures
- Basics of teaching inversions and arm balances
- The chakra system
- The art of hands on assists
- Bhagavad Gita
- Alignment refinement: Loops, spirals and bhandas
- Participation in two practice classes
- Practice teaching

Saturday, October 26 2019



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

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

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

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

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

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

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

### **Kick It! *New!!***

Help your participants kick and punch their way to a fun, challenging, and intense workout. This workshop will provide you with the knowledge and skills to teach and demonstrate basic martial arts techniques, create kicking and punching combinations, integrate martial arts-inspired agility and speed drills, and use those moves/combinations to design a high intensity workout for your participants.

### **Exercise & Physical Activity for Arthritis *New!!***

This classroom-based seminar addresses two common types of arthritis: osteoarthritis (OA) and rheumatoid arthritis (RA). Topics covered include the basic pathophysiology, epidemiology, and common symptoms of disease, benefits (and risks) associated with physical activity, and exercise recommendations and special considerations for individuals with arthritis.

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

**Free Informational Workshop**

**Credits: 1 NETA**

### **Fitness Industry Updates**

Stay informed of important issues that may impact your fitness career! This free informational session will provide important fitness industry updates from the past 12 months.

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

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

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

### **Let's Get Functional! *New!!***

Make your workouts work for you! Set your participants up for enhanced athletic performance, pain-free living, or sustained independence by coaching them through a balanced, "functional" workout. Whether your audience is athletes, young moms, active adults, or a mix, this workshop will give you an easy plug-and-play method of incorporating multiple exercise modalities into a fast-paced, multi-level circuit.

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

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

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

### **Foam Roller Pilates**

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



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**Sunday, October 27, 2019**

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

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

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

Meet the growing demand for fitness classes geared specifically for active older adults! NETA's new Senior Fitness Specialty certification is designed for fitness professionals wanting tools to safely and effectively train and teach the older adult population. In this foundational course, you'll master exercise selection principles for chronic conditions, practice fall prevention techniques, learn functional fitness assessment protocols, and discuss ways to best communicate with senior class participants. This course will improve your professional adaptability and help unlock your career potential.

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

**Advanced Kettlebell: Beyond the Basics *New!!***

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

**Aquatic Kickboxing**

Train like a fighter with this shallow water circuit style format that brings together the 3-D effect of water with the powerful fundamental movements of kickboxing. Take your class through 9 rounds of cardio, punches, kicks and core that will test their strength and endurance for a non-stop workout that is worthy of a championship belt. Get back into the ring with this TKO of a workout that's fun, intense, and easy to implement into your aquatic programming.

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

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

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

Sunday, October 27, 2019



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Name:		NETA Customer #:	
Address:			
City:	State:	Zip:	
Phone #:	Email:		

**CEC Workshops**

**CEC Workshops Selections \$69 Each**

(Register for 3 or more 3 hour CECs and pay only \$59 each!)

Fill in the session name and price for each CEC workshop you are attending.

<b>Friday, October 25, 2019:</b> <i>Check-in table opens at 5:30 pm and is located near the main entrance.</i>		
<b>Time</b>	<b>Workshop Name</b>	<b>Price</b>
6:00 pm – 9:00 pm	_____	\$ _____
<b>Saturday, October 26, 2019:</b> <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
<b>Time</b>	<b>Workshop Name</b>	<b>Price</b>
8:00 am -11:00 am	_____	\$ _____
12:00 am -3:00 pm	_____	\$ _____
3:30 pm - 6:30 pm	_____	\$ _____
<b>Sunday, October 27, 2019:</b> <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
<b>Time</b>	<b>Workshop Name</b>	<b>Price</b>
8:00 am – 11:00 am	_____	\$ _____
8:00 am –1:00 pm	_____	\$ _____
12:00 am – 3:00 pm	_____	\$ _____
<b>Total Cost for CEC Workshops (Transfer to Total Event Registration)</b>		<b>\$ _____</b>



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**Certifications / Specialty Certification Workshops**

<b>Certification / Workshop Name / Price</b>	<b>Price</b>
Personal Training Certification / \$449* *Early Bird Rate. Register 30 days in advance. Standard rate: \$499	\$ _____
Group Exercise Certification / \$299* * Early Bird Rate. Register 30 days in advance. Standard rate: \$349	\$ _____
Yoga Foundations Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Intermediate Yoga Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Senior Fitness Specialty Certification / \$199	\$ _____
Wellness Coach Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Kettlebell Specialty Certification/\$199	\$ _____
<b>Total Cost for Certifications / Specialty Certification Workshops</b> (Transfer to Total Event Registration)	\$ _____



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

### Study Materials

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

<u>Manual Name / Price</u>	<u>Quantity</u>	<u>Price</u>
NETA's The Fitness Professional's 5 <sup>th</sup> Edition Manual / \$59 (recommended for GX and PT Workshops)	_____	\$ _____
The Fitness Professional's Workbook for Group Exercise Instructors (recommended) / \$29	_____	\$ _____
The Fitness Professional's Workbook for Personal Trainers (recommended) / \$29	_____	\$ _____
Personal Trainer Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Personal Trainers) /\$79	_____	\$ _____
Group Exercise Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Group Exercise Instructors) /\$79	_____	\$ _____
Personal Trainer Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Personal Trainers, Online Exercise Science Review Modules, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$199	_____	\$ _____
Group Exercise Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Group Exercise Instructors, Group Exercise Online Review Modules, Practical Skills for Group Exercise Instructors, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$179	_____	\$ _____
Lifestyle Wellness Coaching, 3rd Edition / \$89	_____	\$ _____
Wellness Coach Practice Exam (recommended) /\$10	_____	\$ _____
<b>Total Cost for Study Materials</b> (Transfer to Total Event Registration)		<b>\$ _____</b>



**NETA Fit Fest  
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**Total Event Registration**

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

1. Registration deadline is **Wednesday, October 23, 2019**.
2. Additional discount offers not applicable to CEC workshops.
3. On-site registrations are subject to a \$10 additional fee per workshop.
4. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers available.
5. Registration and payment can be made via web [www.netafit.org](http://www.netafit.org), phone 763-545-2505, fax 763-545-2524 or mail to: **NETA 12800 Industrial Park Blvd, Suite 220, Minneapolis, MN 55441**.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at Drake University 1421 27<sup>th</sup> St Des Moines, IA 50311

<b>Merchandise S&amp;H Charges</b>			
<b>Order Total</b>	<b>Amount</b>	<b>Order Total</b>	<b>Amount</b>
Up to \$15.00	\$4.50	\$70.00-\$89.99	\$12.50
\$15.01-\$29.99	\$7.75	\$90.00-\$109.99	\$14.50
\$30.00-\$49.99	\$9.50	\$110.00-\$149.99	\$15.50
\$50.00-\$69.99	\$11.50	\$150.00-& UP	\$16.50

**Payment**

**Method of Payment** (complete below)                      **Amount Enclosed \$** \_\_\_\_\_

Check # \_\_\_\_\_       Money Order

**Credit Card #** \_\_\_\_\_ **Exp Date** \_\_\_\_\_ / \_\_\_\_\_

**CVC Code** \_\_\_\_\_ (last three digits on back of credit card)