



## **Equipment Requirement Sheet**

### **Senior Fitness Specialty Certification**

Meet the growing demand for fitness classes geared specifically 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'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.

#### **Space Needed:**

Group Exercise Studio: 8am – 3pm

#### **Equipment Required:**

\_\_\_ Steel, banquet-style chairs, folding chairs or SilverSneakers chairs

\_\_\_ Table and chairs for lecture

\_\_\_ One pair of 5 lb dumbbells and one pair of 8 lb dumbbells

\_\_\_ Two cones



Questions regarding equipment please contact: Darci at [darci@netafit.org](mailto:darci@netafit.org)