



NETA Fit Fest Kent State University, Kent, OH

Thursday, June 4, 2020 & Friday, June 5, 2020

8:00-6:00 pm

Yoga Foundations Specialty Certification (2 Days)

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

Saturday: 8:00-6:00pm, Sunday: 8:00-6:00 pm

Credits: 20 NETA, ACE 2.0, AFAA 15

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, June 5, 2020

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

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.

The Truth About Eating Disorders *New!!*

In your role as an educator, instructor, trainer or coach you come to know the eating and exercise beliefs and habits of participants, clients and athletes in a unique way. What do you do when those beliefs and habits go from being healthy to unhealthy and their performance is impacted in the club, studio, gym floor or in an athletes sport? How do recognize eating disorders symptoms in participants, clients and athletes and how can you intervene? Explore the many facets of eating disorders including the physiological impact, compulsive exercise, the athlete triad, impacts of social media and the impact fitness professionals can make and how to help.

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

Ride + Renew *New!!*

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 Group Cycling Specialty Certification OR Yoga Foundations Specialty Certification OR experience in one of the formats is highly recommended prior to taking this workshop.



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Saturday, June 6, 2020

8:00 am

Kettlebell Specialty Certification

8:00-3:00 p.m. Fee: \$199 Credits: 7 NETA, .6 ACE, 6 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).

Senior Fitness Specialty Certification

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

Group Exercise Certification Review Early Bird Fee: \$299 * Standard \$349

8:00-5:00 pm

Recommended Study Material: The Fitness Professional's Manual, 5th ed. \$59

Credits: 6 NETA

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

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

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

Recommended Study Material: The Fitness Professional's Manual, 5th ed. \$59

Credits: 14 NETA, 1.4 ACE, 14 AFAA

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

Barre Connect Specialty Certification

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

In this one day, NETA Specialty Certification you will learn the fundamentals necessary to design safe and effective multi-level Barre Connect classes. Leave with a deep understanding of the science, technique, and 4 main components behind Barre Connect. Discover how to connect the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardiovascular Training to create a FUN, total body workout.

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

Saturday: 8:00-6:00pm, Sunday: 8:00-6:00 pm

Credits: 20 NETA, ACE 2.0, AFAA 15

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

Saturday, June 6, 2020

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

Hiit the Step *New!!*

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.

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

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.

3:30-6:30 pm **Fee: \$69 each, 3 or more \$59** **Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM**

Roller Reset *New!!*

Self-myofascial release (SMR) continues to be an area of interest among many avid fitness enthusiasts. However, when strapped on time, many individuals forgo recovery activities such as SMR for exercises in which they “feel” the burn. Participants in this three-hour workshop will learn the science behind SMR, ailments common amongst group exercise members, and how to combine foam rolling and targeted core exercises to reset common muscular imbalances, alleviate chronic pain, and still leave members feeling worked and reset!





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Sunday, June 7, 2020

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

Exercise and Lifelong Brain Health *New!!*

This classroom-based seminar presents the role of physical activity and exercise to maintain brain health into older adulthood and to mitigate the onset of Alzheimer’s disease and other forms of dementia.

Glutes,Core, & More

Clients want a ripped core and for decades trainers and coaches alike have told athletes to “work the core” – the muscles of the torso that support your every move. The gluteal muscles are so commonly left out of a strength training program and it’s the combination of a strong core and powerful glutes that allows for a properly functioning body. In this workshop, you’ll learn how to asses core stability and strength, and how to design a glutes and core program that will challenge all.

8:00-3:00 pm

Youth Fitness Specialty Certification *New!!*

Fee: \$199 Credits: 8 NETA, .8 ACE, 8 AFAA

The Youth Fitness Specialty Certification is designed for instructors and trainers who are currently working with children and adolescents or are interested in doing so. Current statistics and general physical activity recommendations for youth ages 3 to 18 will be addressed in addition to stages of child development. Participants will learn how to safely develop youth athletes through multilateral training, as well as how to promote physical activity for a healthier weight. Upon completion of the workshop and the online examination you will earn the NETA Specialty Certificate in Youth Fitness.

Advanced Kettlebell Specialty Certification *New!!*

Fee: \$199 Credits: 7 NETA, .7 ACE, 7 AFAA

Mastered the basics of Kettlebell? The 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 the learn the science behind kettlebell, drills to correct wing errors, and advanced exercises including the windmill and the Turkish get-up.

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

Assessment of Athletic Ability *New!!*

During this interactive workshop, participants will learn and practice a variety of assessments to evaluate balance, mobility, agility, speed, and power. Performance-oriented assessments can add a new and fun dimension to the training programs for athletes and clients of all abilities.

Senior Fall Prevention Triad *New!!*

Falls are the leading cause of fatal injuries among seniors. If you teach or train older adults, then this session is for you! Learn the fall risk factors, educate your participants on minimizing risk, and incorporate fall prevention exercises into your regularly scheduled classes. You can make an impact and help an older adult stay independent longer.



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

CEC Workshops

CEC Workshops Selections \$69 Each

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

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

Friday, June 5, 2020: <i>Check-in opens at 5:30 pm and is located near the main entrance.</i>		
Time	Workshop Name	Price
6:00 pm – 9:00 pm	_____	\$ _____
Saturday, June 6, 2020: <i>Check-in opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am -11:00 am	_____	\$ _____
12:00 am -3:00 pm	_____	\$ _____
3:30 pm - 6:30 pm	_____	\$ _____
Sunday, June 7, 2020: <i>Check-in opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am – 11:00 am	_____	\$ _____
12:00 am – 3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (Transfer to Total Event Registration)		\$ _____



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Certifications / Specialty Certification Workshops

<u>Certification / Workshop Name / Price</u>	<u>Price</u>
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	\$ _____
Immediate Yoga Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Kettlebell Specialty Certification/\$199	\$ _____
Advanced Kettlebell Specialty Certification/\$199	\$ _____
Barre Specialty Certification/\$199	\$ _____
Youth Fitness Specialty Certification/\$199	\$ _____
Senior Fitness Specialty Certification/\$199	\$ _____
Total Cost for Certifications / Specialty Certification Workshops	
(Transfer to Total Event Registration)	\$ _____



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Study Materials

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

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



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Total Event Registration

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

1. Registration deadline is **Wednesday, June 3, 2020**.
2. Additional discount offers not applicable to CEC workshops.
3. On-site registrations are subject to a \$10 additional fee per workshop.
4. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers available.
5. Registration and payment can be made via web www.netafit.org, phone 763-545-2505, fax 763-545-2524 or mail to: **NETA 12800 Industrial Park Blvd, Suite 220, Minneapolis, MN 55441**.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at Kent State University 1550 Ted Boyd Dr. Kent, OH 44242

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

Payment

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

Check # _____ Money Order

Credit Card # _____ **Exp Date** _____ / _____

CVC Code _____ (last three digits on back of credit card)