Is NETA the Best Choice For Me?
There are many organizations providing fitness certifications, so how do I know if NETA is the best choice for me?

Reputation
NETA has been educating fitness professionals for over 40 years, longer than virtually all other certifying bodies in the fitness industry. Our primary certifications (i.e., group exercise instructor and personal trainer) are accredited by the NCCA, ensuring that the NETA credentials meet industry standards and are accepted at most fitness facilities. The principal difference between NETA and other certifying organizations is that we provide live, hands-on exam preparation workshops presented by our own well-qualified instructors, not just self-study like many organizations. Our dedicated staff is passionate about fitness and ready to help you throughout a successful career.

Value
As a not-for-profit organization, NETA is able to provide the best value of any certifying organization. In most situations NETA provides a live exam preparation workshop presented by an experienced NETA educator and the exam for less than other organizations charge for just the exam. NETA’s renewal fees are significantly lower than other organizations, so maintaining your certification is more affordable. In addition, we also offer group discounts and complimentary registrations for facilities that host our workshops.

Continuing Education & Support
NETA schedules over 1,150 continuing education and specialty certification workshops every year all across the U.S., more than any fitness certification company. The workshops are conducted by NETA’s own personable and knowledgeable presenters. We also offer over 125 home study courses, making it convenient and easy to continue your education and to maintain your professional certification. NETA is also the most flexible organization accepting continuing education credits from many other organizations and is a continuing education provider for other major certifying organizations. Our friendly customer service and education advisors are always available to help you. Call us today!
PERSONAL TRAINER CERTIFICATION

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

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

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 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

Study Materials

Table: Personal Trainer Study Packages

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<thead>
<tr>
<th>Package Description</th>
<th>Regular Price</th>
<th>Basic Package Price</th>
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Note: Prices do NOT include applicable shipping and handling fees.

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

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

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

Option 1: Self-Study + Live Review Workshop
Attend a 1 day exam preparation workshop and gain insight into the basics of teaching group exercise. NETA’s experienced trainer will help you develop the critical skills required to become an effective Group Exercise Instructor. Includes proctored written exam.

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

Option 2: Self-Study + Computer Based Exam
Schedule the computer based “Test Only” option and complete the exam at one of over 500 PSI Testing Centers across the U.S. Fee: $239

Option 3: Self-Study + Live Review Webinar + Computer Based Exam
The Group Exercise Instructor webinar features interactive lectures with a live trainer to help you develop the technical knowledge and leadership skills to become an effective and successful Group Exercise Instructor. After completing the webinar you can schedule the computer-based “Test Only” option and complete the exam at one of over 500 PSI Testing Centers across the U.S.

Credits: 3 NETA Fee: $239

Study Materials

NETA’s The Fitness Professional’s Manual, 5th Edition
The Fitness Professional’s Manual is the primary resource recommended for candidates preparing for NETA’s Group Exercise Instructor certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including exercise science, nutrition and weight management, fundamentals of group exercise, communication and leadership, guidelines for exercise programming, and special populations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. Item #135 • $59

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

Group Exercise Study Packages

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

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

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

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

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

Option 1: Self-Study + Live Review Workshop
The 2 day live workshop, led by an experienced Wellness Coach, provides the essential skills necessary to help others achieve lasting, positive, lifestyle and behavioral change. Participants will also spend time role playing and practicing wellness coaching skills and techniques. Includes proctored written exam.

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

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

| Fee:              | **$329 Test Only** |

Study Materials

Lifestyle Wellness Coaching, 3rd Edition
An evidence-based and systematic coaching methodology that professionals can apply in helping their clients move efficiently toward effective long-term health and wellness. Item #143 • $89

Wellness Coach Study Package
This package includes the following products and will be shipped to you directly.

- Lifestyle Wellness Coaching, 3rd Edition
- Motivational Interviewing: Helping People Change, 3rd Edition
- Wellness Coach Practice Exam

Item #174 • $139

Wellness Coach Practice Exam Item #28 • $10

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

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

"NETA is dialed in. Every time I choose to attend a NETA workshop/certification I am never disappointed. Jon in particular is a bright guy - a super presenter and a gifted educator. I am already putting what I learned into practice and getting results. Thanks NETA!"
— Workshop Attendee Minneapolis, MN

"I believe that the skills offered in Wellness Coaching fill a vacuum in the fitness industry. Activity engaging the mind is of equal, if not greater importance than involving the body. As I continue to review, apply and hone my skills - I become a better listener, trainer and coach. Gosh, I love my job!"
— Workshop Attendee Minneapolis, MN

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

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

Barre Connect
In this one day, Specialty Certification you will learn the fundamentals necessary to design safe and effective multi-level Barre Connect classes. Leave with an understanding of the science, technique, and 4 main components behind Barre Connect. Discover how to connect the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardio Training to create a FUN, total body workout.
Credits: 8 NETA, .8 ACE, 8 AFAA, .8 NASM
Times: 8 am–5 pm Fee: $189
Materials: Provided at the workshop.

Indoor Group Cycling
NETA’s Indoor Group Cycling Specialty Certification covers all the basics of teaching cycling classes, including setting up the room, managing a variety of situations and the many body positions for a safe but challenging ride. Other key topics include contraindications, terminology, class formatting, music selection and cuing.
Credits: 7 NETA, .7 ACE, 7 AFAA, .7 NASM
Times: 8 am–3 pm Fee: $189
Materials: Provided at the workshop.
(1 Credit Bike Fit Home Study, see pg 30)

NEW! Online Indoor Group Cycling
NETA’s Online Indoor Group Cycling Specialty Certification provides baseline information for fitness professional who currently instruct or have an interest in instructing classes. This comprehensive course provides instructors with the practical knowledge, skills, and safely to become a dynamic indoor cycling coach. Earn this certification whenever and wherever, you set your own schedule with this online opportunity. Includes online module and exam. Credits: 5 NETA Item #9277
Fee: $169

Senior Fitness
Meet the growing demand for fitness classes geared for active older adults! NETA’s Senior Fitness Specialty Certification is designed for fitness professionals wanting tools to safely and effectively train and teach the older adult population. In this foundational course, you will master exercise selection principles for chronic conditions, practice fall prevention techniques, learn functional fitness assessment protocols, and discuss ways to best communicate with senior class participants.
Credits: 7 NETA, .7 ACE, 7 AFAA, .7 NASM
Times: 8 am–3 pm Fee: $189
Materials: Provided at the workshop.

Kettlebell
Kettlebells are a popular strength training tool in group exercise settings or with personal training clients. This course teaches the basics of kettlebell training, including safety, body positioning, alignment and appropriate weights. Learn and experience the popular exercises—like the swing, clean and press, snatch and others.
Credits: 7 NETA, .6 ACE, 7 AFAA, .7 NASM
Times: 8 am–3 pm Fee: $189
Materials: Provided at the workshop.

Pilates Mat Register Early & Save $50!
This workshop introduces the fundamental principles of Pilates, and teaches you how to apply them through 40 different exercises. You will also learn effective ways of cuing, correcting form and applying modifications.
Credits: 14 NETA, 1.3 ACE, 14 AFAA, 1.4 NASM
Required Materials: NETA Pilates Manual Item #136 • $35

Pilates Reformer Register Early & Save $50!
This progressive course teaches aspects of Pilates Reformer and how to safely guide participants through a total body workout. Review of NETA’s Pilates Mat principles. Reformer-specific exercises will be introduced.
Credits: 14 NETA, 1.2 ACE, 14 AFAA, 1.4 NASM
Required Materials: NETA Pilates Reformer Manual Item #138 • $35

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

1.800.237.6242

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

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

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

**Two Day Yoga Specialty Certifications:**

**Yoga Foundations**

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

**Fitness Yoga**

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

**NEW! Senior Yoga**

NETA's Senior Yoga Certification will prepare instructors to lead dynamic, yet safe yoga classes for an aging population. Participants will spend time in hands-on practice of poses with chair adaptations, learn the basics of teaching techniques for chronic conditions and injury prevention, as well as discuss the physiological effects of aging, using props, and introducing meditation to your classes.

**Two Day Yoga Specialty Certification**

| Credits: | 20 NETA, 2.0 ACE, 15 AFAA, 1.9 NASM |
| Times: | Saturday 8 am–6 pm; Sunday 8 am–6 pm |
| Fee: | **Early Bird $349** each module  
Standard $399* |
| Materials: | Provided at the workshop. |

**NEW! Yoga Strong**

Yoga Strong blends power flow yoga with exercise techniques to specifically increase strength and endurance. It offers the discipline of a yoga practice and intensity options similar to a challenging fitness class. Participants in NETA's Yoga Strong training will learn to teach a multi-level yoga class with multiple intensity variations, a focus on the breath, traditional asana and stretching sequences, and encouragement of mental focus to help maintain yogic integrity. Yoga for strength classes may be structured to include yoga based flow sequences, body weight exercises, resistance training with hand-held weights, cardiovascular drills, and core focused training. This training will focus on a foundation of hatha yoga infused with basic principles of cardiorespiratory endurance and long holds for increased strength and muscle adaptation.

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

**One Day Yoga Specialty Certifications:**

**Kids Yoga**

NETA's Kids Yoga workshop is a fun, interactive and educational experience. This kids' yoga training is designed to help yoga teachers and fitness professionals create an easy bridge to adapting classes to a younger audience. This training will provide an overview of child development, hands-on practice in storytelling and teaching, as well as address ways to creatively and effectively manage a class of young practitioners.

**Prenatal Yoga**

In this training, instructors will learn the basic techniques necessary to adapt their traditional yoga classes to be safe and effective for expecting participants. This workshop provides an in-depth look at the anatomy and physiology of pregnancy, provides hands on practice of a sample prenatal yoga class, and gives the opportunity for each instructor to practice and teach a series of pose adaptations. Learn to lead challenging and effective workouts that effectively use props and careful class design to make it safe and comfortable for every participant.

**Becoming a Yoga Professional**

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

**Yoga for Special Populations**

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

**One Day Yoga Specialty Certification**

| Credits: | 10 NETA, 1.0 ACE, 10 AFAA, 1.0 NASM |
| Times: | Saturday 8 am–6 pm |
| Fee: | **$189 each module** |

*Register Early & Save $50!  
Early Bird: Register 30 days in advance.*
HIIT it with Yoga
High intensity interval training (HIIT) is fun, effective, and challenging for all. Yoga is the practice of poses that combines deep, meditative breathing with slow strengthening movements which is incredibly healthy for your mind, body, and spirit. Fusing these two different formats together is clearly a “win-win” approach for successful cardiovascular exercise improvement and overall performance thus, we have ‘HIIT it with Yoga’.

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

Cycle 360: Cycle, Strength, & Core
This course adds variety to your everyday indoor cycling class by combining the best of indoor cycling, off-the-bike strength training and core training. The result is a total-body circuit training program that allows participants to experience an amazing aerobic workout while strengthening their upper body and core. Completion of the Indoor Cycling Certificate is highly recommended and heart rate monitors are strongly encouraged.
### 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.

### NETA Accredited Certifications

NETA certifications are nationally recognized, accepted and trusted.

- **Group Exercise Instructor**
  
  NETA offers the only NCCA Accredited Group Exercise Instructor Certification that provides hands-on training.

- **Personal Trainer**
  
  This NCCA Accredited certification is designed to prepare trainers to work with clients on an individual basis or in small groups.

### Specialty Certifications

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

### CEC Workshops

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

### Fit Fest Locations

- **University of Wisconsin–Oshkosh, WI** September 27–30, 2018
- **Drake University–Des Moines, IA** October 25–28, 2018
- **Normandale Community College–Bloomington, MN** February 14–17, 2019

Please visit our website for complete list of Fit Fest locations

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## WORKSHOP SCHEDULE

**September & October 2018**

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<tr>
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<td>Medicine Ball Power</td>
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<td>Tampa</td>
<td>Personal Trainer Certification</td>
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<td>University of South Florida</td>
<td>Barre Connect Specialty Certification</td>
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<td>Indoor Cycling Specialty Certification</td>
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<td>Aurora (45 min SW Chicago)</td>
<td>Group Exercise Certification</td>
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<td>Vaughan Athletic Center</td>
<td>101 Ways To Bootcamp</td>
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<td>Chicago (12 min from downtown Chicago)</td>
<td>Personal Trainer Certification</td>
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<td>Salvation Army Ray Community Center</td>
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<td>Roscoe</td>
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<td>NorthPointe Wellness</td>
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<td>INDIANA</td>
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<td>Franciscan Omni Health &amp; Fitness</td>
<td>Senior Fitness Specialty Certification</td>
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<td>Body Weight Training</td>
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<td>Indianapolis (Downtown)</td>
<td>Pilates Specialty Certification</td>
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<td>YMCA at CityWay</td>
<td>Yoga Foundations Specialty Certification</td>
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<td>Indianapolis</td>
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<td></td>
<td>Plymouth (N IN)</td>
<td>Becoming A Yoga Professional Certification</td>
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<td>Fitness Forum Sports &amp; Wellness</td>
<td>Yoga For Special Populations Certification</td>
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<td>Indoor Cycling Specialty Certification</td>
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<td>101 Ways To Bootcamp</td>
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<td>Valparaiso (N IN)</td>
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<td>Valparaiso Family YMCA</td>
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<td>IOWA</td>
<td>Cedar Falls, IA</td>
<td>Yoga Strong Specialty Certification</td>
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<td>Cedar Falls Rec Center</td>
<td>Senior Yoga Specialty Certification</td>
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## WORKSHOP SCHEDULE
### September & October 2018

### MINNESOTA
- St Cloud
  - SCSU Office of Sports/Campus Rec Fitness
  - Personal Trainer Certification
  - Sept 22/23
- St Cloud
  - Roosevelt Studios
  - Personal Trainer Certification
  - Wellness Coach Specialty Certification
  - Oct 13/14
  - Oct 27/28
- St Paul
  - Downtown St Paul YMCA
  - Yoga Foundations Specialty Certification
  - Oct 20/21
- St Cloud
  - Trix Rivieres Training
  - Fitness Yoga Specialty Certification
  - Sept 8/9
- Waconia
  - Safarian Island Community Center
  - Group Exercise Certification
  - H.I.T.T. It With Yoga
  - Sept 8
  - Sept 9
- MONTANA
  - Bozeman
    - Gallatin Valley YMCA
    - Senior Fitness Specialty Certification
    - Oct 20
    - Oct 21
- NEW JERSEY
  - Somerville (W NJ)
    - Somerset Valley YMCA
  - Personal Trainer Certification
  - Oct 27/28
- NEW YORK
  - Lockport (30 min N Buffalo)
  - Group Exercise Certification
  - Ultimate Physique
  - Oct 6
  - Oct 7
  - Oct 20
  - Oct 21
- NORTH CAROLINA
  - Asheville (Downtown)
    - Woodfin YMCA
    - Yoga Strong Specialty Certification
    - Prenatal Yoga Specialty Certification
    - Becoming A Yoga Professional
    - Yoga Foundations Specialty Certification
    - Sept 29/30
    - Oct 6
    - Oct 7
    - Oct 20
    - Oct 21
- NORTH DAKOTA
  - Dickinson (50 mi W Bismarck)
  - West River Community Center
  - Pilates Specialty Certification
  - Oct 13/14
- OHIO
  - Marietta
    - Marietta YMCA
    - Kids Yoga Specialty Certification
    - Prenatal Yoga Specialty Certification
    - Oct 13
    - Oct 14
  - Twinsburg (20 min SE Cleveland)
    - Twinsburg Fitness Center
    - Group Exercise Certification
    - H.I.T.T. It With Yoga
    - Oct 15
    - Oct 16
  - Westerville (20 min NE Columbus)
    - The Westerville Community Center
    - Group Exercise Certification
    - Prenatal Yoga Specialty Certification
    - Oct 13
    - Oct 14
  - Xenia (Near Dayton OH)
    - YMCA of Greater Dayton Xenia YMCA
    - Personal Trainer Certification
    - Sept 22/23
  - Youngstown
    - YSU Andrews Student Recreation Center
    - Group Exercise Certification
    - Body Weight Training
    - Personal Trainer Certification
    - Sept 22
    - Sept 23
    - Oct 13/14
- OKLAHOMA
  - Mustang (10 mi W Oklahoma City)
    - Mustang Community Center
    - Group Exercise Certification
    - Rope Burn
    - Sept 15
    - Sept 16
  - Oklahoma City
    - Earlywine Park YMCA
    - Group Exercise Certification
    - Indoor Cycling Specialty Certification
    - H.I.T.T. It With Yoga
    - Oct 20/21
  - Shawnee (35 mi E Oklahoma City)
    - OBU Recreation & Wellness Center
    - Group Exercise Certification
    - Indoor Cycling Specialty Certification
    - H.I.T.T. It With Yoga
    - Oct 6
    - Oct 7
- OREGON
  - Sherwood (N OR)
    - YMC of Columbia Willamette
    - Personal Trainer Certification
    - Oct 13/14
  - Tualatin (N OR)
    - Stafford Hills Club
    - Barre Connect Specialty Certification
    - Indoor Cycling Specialty Certification
    - Sept 22
    - Sept 23

### IOWA
- Des Moines (Central Des Moines)
  - Drake University Bell Center
  - Yoga Foundations Specialty Certification
  - Exercise For Parkinsons And MS
  - Foundations Of Resistance Training
  - Body Weight Training
  - 101 Ways To Bootcamp
  - Barre Connect Specialty Certification
  - Fitness Industry Updates
  - Catching Some Zzzz
  - Group Exercise Certification
  - Senior Fitness Specialty Certification
  - Glutes, Core, And More
  - Get Rock Solid
  - Foam Roller Pilates
  - Wellness Coach Specialty Certification
  - Personal Trainer Certification
  - Tread-N-Shred
  - Physical Activity For Medical Conditions
  - Kids Yoga Specialty Certification
  - Kettlebell Specialty Certification
  - Aquatic Kickboxing - 9 Rounds To A TKO
  - Medicine Ball Power
  - Oct 25/26
  - Oct 26
  - Oct 27
  - Oct 20/28
  - Oct 28

### KANSAS
- Overland Park
  - Tomahawk Ridge Community Center
  - Group Exercise Certification
  - Body Weight Training
  - Oct 20
  - Oct 21
  - Kerrville (Central IA)
  - Real Fitness
  - Kettlebell Specialty Certification
  - Rope Burn
  - Sep 29
  - Sep 30
  - Overland Park
    - Tomahawk Ridge Community Center
    - Group Exercise Certification
    - Body Weight Training
    - Oct 20
    - Oct 21

### KENTUCKY
- Richmond (15 mi S Lexington)
  - Eastern Kentucky University Campus Rec
  - Pilates Specialty Certification
  - Oct 6/7

### MAINE
- Old Town (Central Maine)
  - Old Town Orono YMCA
  - Personal Trainer Certification
  - Sep 8/9

### MICHIGAN
- Ann Arbor (30 min W Detroit)
  - Ann Arbor YMCA
  - Personal Trainer Certification
  - Sep 29/30
  - Farmington Hills (40 min NW Detroit)
  - Farmington Family YMCA
  - Group Exercise Certification
  - Indoor Cycling Specialty Certification
  - Sep 9/16
  - Midland
    - Greater Midland Community Center
    - Group Exercise Certification
    - Rope Burn
    - Oct 6
    - Oct 7
  - Milan (W MI)
    - Say Yes Fitness Studio
    - Yoga Strong Specialty Certification
    - Sep 8/9

### MINNESOTA
- Alexandria (N MN)
  - Vital Fit Club
  - Yoga Foundations Specialty Certification
  - Sep 22/23
  - Becker
    - Becker Community Center
    - Kettlebell Specialty Certification
    - H.I.T.T. It With Yoga
    - Sep 22
    - Sep 23
  - Center City (S MN)
    - North Woods Yoga and Fitness
    - Barre Connect Specialty Certification
    - H.I.T.T. It With Yoga
    - Oct 6
    - Oct 7
  - Chaska
    - Chaska Community Center
    - Yoga Strong Specialty Certification
    - Personal Trainer Certification
    - Sep 15/16
    - Oct 27/28
  - Inver Grove Hght
    - Veterans Memorial & The Grove Comm Ctr
    - Personal Trainer Certification
    - Group Exercise Certification
    - Indoor Cycling Specialty Certification
    - Wellness Coach Specialty Certification
    - Sep 15/16
    - Sep 22
    - Sep 23
    - Sep 29/30
  - Mankato
    - Campus Recreation, Myers Field House 135
    - Personal Trainer Certification
    - Oct 13/14
  - New Ulm (20 mi NW Mankato)
    - Barre Connect Specialty Certification
    - Medicine Ball Power
    - New Ulm Recreation Center
    - Sep 22
    - Sep 23

### NEW YORK
- Lockport (30 min N Buffalo)
  - Woodfin YMCA
  - Group Exercise Certification
  - Ultimate Physique
  - Oct 6
  - Oct 7
  - Oct 20
  - Oct 21

### NORTH CAROLINA
- Asheville (Downtown)
  - Woodfin YMCA
  - Yoga Strong Specialty Certification
  - Prenatal Yoga Specialty Certification
  - Becoming A Yoga Professional
  - Yoga Foundations Specialty Certification
  - Sep 29/30
  - Oct 6
  - Oct 7
  - Oct 20
  - Oct 21
- Marion (S NC)
  - Corpening Memorial YMCA
  - Personal Trainer Certification
  - Oct 20/21

### NORTH DAKOTA
- Dickinson (50 mi W Bismarck)
  - West River Community Center
  - Pilates Specialty Certification
  - Oct 13/14

### OHIO
- Marietta
  - Marietta YMCA
  - Kids Yoga Specialty Certification
  - Prenatal Yoga Specialty Certification
  - Oct 13
  - Oct 14
  - Twinsburg (20 min SE Cleveland)
    - Twinsburg Fitness Center
    - Group Exercise Certification
    - H.I.T.T. It With Yoga
    - Sep 15
    - Sep 16
  - Westerville (20 min NE Columbus)
    - The Westerville Community Center
    - Group Exercise Certification
    - Prenatal Yoga Specialty Certification
    - Oct 13
    - Oct 14
  - Xenia (Near Dayton OH)
    - YMCA of Greater Dayton Xenia YMCA
    - Personal Trainer Certification
    - Sep 22/23
  - Youngstown
    - YSU Andrews Student Recreation Center
    - Group Exercise Certification
    - Body Weight Training
    - Personal Trainer Certification
    - Sep 22
    - Sep 23
    - Oct 13/14

### OKLAHOMA
- Mustang (10 mi W Oklahoma City)
  - Mustang Community Center
  - Group Exercise Certification
  - Rope Burn
  - Sep 15
  - Sep 16
  - Oklahoma City
    - Earlywine Park YMCA
    - Group Exercise Certification
    - Indoor Cycling Specialty Certification
    - H.I.T.T. It With Yoga
    - Oct 20/21
  - Shawnee (35 mi E Oklahoma City)
    - OBU Recreation & Wellness Center
    - Indoor Cycling Specialty Certification
    - H.I.T.T. It With Yoga
    - Oct 6
    - Oct 7

### OREGON
- Sherwood (N OR)
  - YMC of Columbia Willamette
  - Personal Trainer Certification
  - Oct 13/14
  - Tualatin (N OR)
    - Stafford Hills Club
    - Barre Connect Specialty Certification
    - Indoor Cycling Specialty Certification
    - Sep 22
    - Sep 23
HOST A NETA WORKSHOP

IT’S EASY, FUN + FREE!

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

Certification Workshops
Personal Trainer
Group Exercise Instructors

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

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

Home Study Symbol Key
❌ Downloadable Course ❌ Online Course

High-Performance Training for Sports
An elite group of international strength and conditioning specialists and sport physiotherapists explain the most effective applications of exercise science and sports medicine to enhance athletic performance. Whether you are working with high-performance athletes or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. Includes book, workbook, and exam.
Credits: 20 NETA Item #9231 • $199

Maximum Interval Training
Utilizing nontraditional equipment like heavy ropes, suspension devices, and sandbags, Maximum Interval Training introduces a proven plan for developing power, strength, and agility. 147 exercises and numerous programs for athletes and serious strength and conditioning enthusiasts alike. Includes book, workbook, and exam.
Credits: 20 NETA Item #9234 • $199

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 • $59

Yikes! Could I Really Be Sued?
In our litigious society, learn how to stay out of court and in the fitness center. This online module presents important legal information essential for exercise professionals. Learn strategies to minimize your liability and gain valuable insights through a review of several case study lawsuits filed against Personal Trainers and fitness facilities.
Credits: 4 NETA Item #9238 • $49

Motivating People To Be Physically Active 2nd Edition
Improve client motivation by learning to assess activity patterns, readiness for change, and barriers to exercise. Includes book, study guide, and exam.
Credits: 5 NETA, .5 ACE, 5 ACSM, Item #990 • $99

Practical Yoga For Personal Trainers 2nd Edition
Learn yoga postures, meditation, breathing, visualization, affirmations, and other yogic methods. Includes manual, worksheets, online video, and exam.
Credits: 22 NETA, 2.2 ACE Item #949 • $229

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

Business Mastery 5th Edition
This course helps personal trainers establish practices and supports seasoned personal trainers in taking their businesses to the next level. Includes book, workbook, and exam.
Credits: 20 NETA Item #9146 • $199

Kinetic Anatomy 3rd Edition
Knowledge of anatomical structures involved with physical movement helps prevent injury. Includes book, study guide, and exam.
Credits: 25 NETA, 2.5 ACE, 1.9 NASM, 25 ACSM Item #9135 • $239

Catching Some Zzzz's: Sleeping Your Way to Better Health and Performance
Are you getting adequate sleep necessary to optimize your health, fitness, and performance? This online module will cover the architecture of sleep, the potential negative impact of sleep deprivation on overall health and weight management, the importance of sleep for optimal fitness and athletic performance, and the positive impact of regular exercise on sleep.
Credits: 6 NETA Item #9256 • $79

Muscle Mechanics 2nd Edition
Learn to train for strength, definition, and muscle size using the most effective exercises covering all the major muscle groups. This course will help you how to target specific muscles by using the most efficient alignment, positioning, and lifting techniques.
Credits: 6 NETA Item #9221 • $89

Strength Training Past 50 3rd Edition
Credits: 6 NETA Item #9249 • $89

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

1.800.237.6242
**Strong and Sculpted**
This program takes you from where you are to where you want to be, then keeps you there. You'll start by building a foundation for muscle development, then progress to more targeted sculpting and shaping. Includes book, workbook, and exam. **Credits:** 6 NETA  **Item #9251 • $89**

**Fitness Running 3rd Edition**
From personalized workouts to expert running advice, this course contains programs from one of 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 #9253 • $89**

**NEW! Yoga for Medical Exercise and Lifestyle Management**
Designed for fitness professionals who want to incorporate yoga and mind-body fitness modalities into their clients’ training protocols for conditions and issues that include stress reduction, pain management, corrective exercise, post rehab, and addictions. Learn to manage symptoms associated with stress, anxiety, and other issues by teaching slow, deep, and mindful breathing and yoga postures. Includes book, study guide and exam. **Credits:** 20 NETA, 2.1 ACE, 13 AFAA and 21 ACSM  **Item #9273 • $249**

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

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

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

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

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

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

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

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

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

**Anatomy for Arm Balances and Inversions**
Master the science behind the arm balances and inversions of hatha yoga. The Mat Companion series provides you with instructions on how to use scientific principles to obtain maximum benefit from your practice. Includes book and exam. **Credits:** 6 NETA  **Item #9246 • $89**
**Qi Breathing**
Our fast-paced lifestyles are reflected in our fast-paced breathing. It is affecting us at all levels. Learning how to breathe better is the quickest, easiest and simplest thing you can do to improve your health and energy levels. Use this information to help your clients and students improve their breathing. Includes book, DVD, CD, workbook and exam. **Credits:** 12 NETA Item #9232 • $159

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

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

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

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

**Total Pilates 2nd Edition**
Master the entire mat apparatus repertoire of this mind body system. Provides a way to categorize and sequence the vast collection of exercises. Includes book and exam. **Credits:** 6 NETA Item #914 • $89

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

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

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

**Dancing With Divinity Positive Affirmations For Any Situation**
Learn to motivate and inspire through positive thinking. Includes book, workbook, CD, and exam. **Credits:** 4 NETA Item #9111 • $59

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

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

**Pilates Anatomy**
A visual perspective on correct alignment, posture, and movements. Features illustrations and step-by-step instructions for 46 of the most effective mat exercises. Includes book, workbook, and exam. **Credits:** 4 NETA Item #963 • $149

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

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

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

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

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

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

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

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

**Total Pilates 2nd Edition**
Master the entire mat apparatus repertoire of this mind body system. Provides a way to categorize and sequence the vast collection of exercises. Includes book and exam. **Credits:** 6 NETA Item #914 • $89

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

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

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

**Pilates Anatomy**
A visual perspective on correct alignment, posture, and movements. Features illustrations and step-by-step instructions for 46 of the most effective mat exercises. Includes book, workbook, and exam. **Credits:** 4 NETA Item #963 • $149

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

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

**NETA’s Intro to Teaching Reformer Pilates**
This course reviews Pilates Principles. Completion of NETAs Intro to Teaching Mat Pilates strongly recommended. Successful completion of this course is required for the NETAs Home Study Pilates Reformer Specialty Certification. Includes manual, workbook, and exam. **Credits:** 15 NETA Item #9168 • $149
How to Make More Money in the Fitness Industry
This course will help you take action toward increasing your net worth and making your dreams come true. Includes book, workbook, and exam. Credits: 10 NETA Item #9204 • $99

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

NEW! 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 textbook, workbook and exam. Credits: 20 NETA Item #9272 • $199

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

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

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

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

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

Strength Ball Training 3rd Edition
Including assessments; exercises; and programs for injury prevention, mobility, conditioning, strength, and special populations, as well as access to online video demonstrations. Includes book, workbook, and exam. Credits: 6 NETA Item #9250 • $89

Martial Fitness Kickboxing (Revised 2017)
The most comprehensive Kickboxing/MMA Fitness Instructor training program in the industry. This is a blending of the old revision Martial Fitness Kickboxing course and the FitStrike course. Includes 2 manuals, 4 DVD’s and exam. Credits: 20 NETA, 2.0 ACE, 1.9 NASM and 1.5 AFAPA Item #9259 • $199

Health Fitness Management 2nd Edition
This home study course provides an in-depth picture of the energetic, varied, and rewarding role of the health and fitness club manager. This second edition is the most authoritative and field-tested guide to management success. Includes book, workbook, and exam. Credits: 20 NETA Item #9225 • $199

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NEW! **Empower Self Defense** Course provides the fitness professional with personal and professional benefits. Enhance 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. Topics Include: Differences between fitness/martial arts/self-defense training. Teaching self-defense techniques according to biomechanical principles. Proper conditioning routines for self-defense training. Performing combinations of techniques for many types of attacks (strikes, grabs, holds, etc.). Legal liabilities of self-defense. Includes textbook, worksheets and exam. **Credits:** 20 NETA, 2.0 ACE, 19 AFAA and 1.5 NASM  Item #9276 • $199

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

NEW! **Motivational Interviewing for the Exercise Professional**
Are your clients achieving their goals? A well-designed exercise program and sound nutritional advice often fall short when the client is not motivated to adhere to the plan. Learn how to empower your clients to make lasting change! 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, key processes, and interviewing skills. **Credits:** 4 NETA  Item #9275 • $49

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

**Running Anatomy 2nd Edition**
Learn information on understanding running anatomy and 50 of the most effective strength exercises for runners. You will also learn how to evaluate and rehabilitate common injuries including low back pain, knee aches, strains, and torn muscles and tendons. Includes book, workbook and exam. **Credits:** 6 NETA  Item #9216 • $89

NEW! **Online Indoor Group Cycling**
NETA’s Indoor Group Cycling Specialty Certification provides baseline information for fitness professional who currently instruct or have an interest in instructing classes. This comprehensive course provides instructors with the practical knowledge, skills, and safety to become a dynamic indoor cycling coach. Earn this certification whenever and wherever, you set your own schedule with this online opportunity. Includes online module and exam. **Credits:** 5 NETA  Item #9277 • $169

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

**High Intensity Interval Training (HIIT) Tabata & Rest-Based Training**
Learn how to develop interval workouts to accommodate participants with a variety of goals. This course will help you to bridge the gap between exercise science and interval programming. Includes workbook and exam. **Credits:** 4 NETA  Item #9209 • $59

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

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

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

**Mastering the Marathon: Training for 26.2**
This online module reviews historical highlights of the marathon race as well as physiological considerations, training essentials, and strategies to maximize marathon performance. **Credits:** 6 NETA  Item #9210 • $79

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

Exercise and Wellness for Older Adults 2nd Edition
Exercise and Wellness for Older Adults, Second Edition, features an age-neutral focus on maximizing functional ability for older adults with 120 land-based and 72 water-based programming options. It also helps readers shift from a focus on fitness to a whole-person wellness approach. Includes book, workbook, and exam. Credits: 20 NETA Item #9240 • $199

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

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

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

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

Dietary Guidelines for Americans 2015-2020
This home study course is based on the newest edition of Dietary Guidelines for Americans. Published every 5 years, each edition reflects the current body of nutrition of science. These recommendations help Americans make healthy food and beverage choices. The document is available at http://health.gov/dietaryguidelines/2015/guidelines/. Includes workbook and exam. Credits: 6 NETA Item #9247 • $79

NEW! Healthy Eating Every Day
Improve your health and quality of life through balanced eating! Healthy Eating Every Day is a practical, evidence-based program that teaches you how to improve your eating habits in ways that fit your lifestyle. Newly updated with the most recent version of the national dietary guidelines and the latest nutrition science, Healthy Eating Every Day gives you the resources and confidence you need to improve your health by eating right. Includes book and exam. Credits: 20 NETA Item #9274 • $199

Nancy Clark’s Sport Nutrition Guidebook 5th Edition
Boost your energy, manage stress, build muscle, lose fat, and improve performance. Learn what to eat before and during exercise and how to refuel. Includes book, workbook, and exam. Credits: 20 NETA Item #9223 • $199

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

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

Physical Activity and Diabetes: 2016 Position Statement
This home study exam is based on the American Diabetes Association’s (ADA) position statement titled, Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. The position statement paper is publicly available at: http://care.diabetesjournals.org/content/39/11/2065. To earn the NETA CECs, one must purchase and successfully complete the home study exam. Credits: 2 NETA Item #9266 • $29

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

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Exercise & Arthritis 7th Edition
Half of older adults will develop some form of arthritis in their lifetime. Through exercise, you can safely alleviate pain and stiffness associated with this condition. Includes workbook and exam. Credits: 6 NETA, .6 ACE, 6 ACSM Item #991 • $109

Exercise for Parkinson’s and MS
This online module addresses two prevalent neurodegenerative diseases: Parkinson’s Disease and Multiple Sclerosis. Topics covered include the basic pathophysiology and common symptoms of disease, benefits (and risks) associated with physical activity, and exercise recommendations and considerations for individuals having these conditions. Credits: 4 NETA Item #9267 • $49

The BEST Exercise For Osteoporosis 3rd Edition
Effective exercises for preventing osteoporosis and improving bone density in postmenopausal women. Learn training protocols, specific programming and motivational strategies for optimal bone health. Includes workbook, handouts, and exam. Credits: 8 NETA, .8 ACE, 8 ACSM Item #995 • $139

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

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

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

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

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

Fantastic Water Workouts
This home study course includes more than 130 exercises that use the natural resistance of water to improve overall fitness, cross-training, and to improve performance. Learn specific routines for pregnancy, physical rehabilitation, cardiac recovery, or older adults. 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 • $49

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