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

Option 1: Self-Study + 2-Day Live Review Workshop
The Personal Trainer Certification review workshop features 14 hours of interactive lectures, demonstrations and hands-on applications that help you develop the technical knowledge and leadership skills to implement safe, effective, motivational exercise programming for your clients. Includes proctored written exam.

Credits: 14 NETA, 1.4 ACE, 14 AFAA
Times: Saturday Workshop 8 am–5 pm
           Sunday Workshop 8 am–4 pm
Fees: Early Bird $399*
      Standard $449

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: $349 Test Only

Option 3: Premier Plus Package
Learn at your own pace utilizing NETA’s user friendly online prep modules. Includes: Online Review Modules, Fitness Professional’s Manual, Fitness Professional’s Workbook, Practice Exam, Education Department Support. Computer based exam administered at over 500 PSI Testing Centers.
Item# 120 • $499

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

1.800.237.6242
Study Materials

The Fitness Professional's Manual is the primary resource recommended for candidates preparing for NETA's Personal Trainer certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including relationship-building and communication, theories of behavior change, exercise science, nutrition and weight management, preparticipation screening, health and fitness assessments, guidelines for exercise program design, exercise programming for special populations and medical conditions, and legal considerations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. Item #135 • $59

The Fitness Professional's Workbook for Personal Trainers
More than 100 practical activities including the Personal Trainer Practice Test ($10 value), labeling, matching, fill-in-the-blank and math problems—all designed to help you master the material in The Fitness Professional's Manual. This is an excellent tool to prepare you for the Personal Trainer review workshop and certification exam. Item #16 • $29

Personal Trainer Online Review Modules
Prepare for NETA's NCCA-accredited Personal Trainer certification exam using NETA's new online prep modules. NETA's Personal Trainer Certification Online Review consists of six modules. Module one presents communication skills and behavior change. Module two covers the exercise sciences. Module three includes nutrition and weight management. Module four reviews health screening and fitness assessment. Module five covers physical activity and exercise program design. The final module presents exercises considerations for special populations, emergency response, and legal considerations. Item #124 • $189

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*NETA's Personal Trainer certification exam is administered at secure PSI Testing Centers. 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/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: Premier Plus Package
Learn at your own pace utilizing NETA's user friendly online prep modules. Includes; Online Review Modules, Fitness Professional’s Manual, Fitness Professional’s Workbook, Practice Exam, Education Department Support. Computer based exam administered at over 500 PSI Testing Centers. Item# 121 • $399

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.

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

1.800.237.6242
Fitness Professional’s Manual, 5th Edition
The Fitness Professional’s Manual is the primary resource recommended for candidates preparing for NETA’s Group Exercise Instructor certification exam. The updated fifth edition includes 27 comprehensive chapters and over 380 pages covering topics including exercise science, nutrition and weight management, fundamentals of group exercise, communication and leadership, guidelines for exercise programming, and special populations. Each chapter concludes with review questions to test your knowledge. Highly recommend that candidates study for at least 45 days in advance of the certification exam. Item #135 • $59

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

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

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

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 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.

- **Credits:** 14 NETA, 1.2 ACE, 14 AFAA
- **Times:**
  - Saturday 8 am–5 pm
  - Sunday 8 am–3:30 pm
- **Fees:**
  - **Early Bird** $349*
  - Standard $399

**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

**Option 3:** Coming Soon
Online Certification Option

*Register Early & Save $50!
Early Bird: Register 30 days in advance.
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,* and 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, and AFAA. 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, 7 AFAA
Times: 8 am–5 pm Fee: $199
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
Times: 8 am–3 pm Fee: $199
Materials: Provided at the workshop.
(1 Credit Bike Fit Home Study, see pg 30)

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, 6 AFAA
Times: 8 am–3 pm Fee: $199
Materials: Provided at the workshop.

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.
**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  
**Times:** 8 am–3 pm  
**Fee:** $199  
**Materials:** Provided at the workshop.

**Advanced Kettlebell Coming Soon!**

**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, 13 AFAA  
**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, 13 AFAA  
**Required Materials:** NETA Pilates Reformer Manual  
**Item #138 • $35**

**Online Options**

No workshops near you? NETA is now offering specialty certifications in an online format. This option allows you to experience training wherever and whenever fits your schedule. Experience the feeling of a live workshop without leaving home!

**NEW! Online Kettlebell**

Credits: 5 NETA, .3 ACE  
Fee: $169  
**Item #9278**

**NEW! Online Barre Connect**

Credits: 8 NETA, .6 ACE  
Fee: $169  
**Item #9279**

**NEW! Online Indoor Group Cycling**

Credits: 5 NETA, .3 ACE  
Fee: $169  
**Item #9277**

**Pilates Mat & Pilates Reformer**

**Times:** Saturday: 8 am–5 pm  
Sunday: 8 am–2 pm  
**Fees:**  
**Early Bird $349**  
**Standard $399**
NETA's 200-Hour Yoga Teacher Training Program is 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.

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 as well as 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.

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, cueing, 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.

Two Day Yoga Specialty Certifications
• Yoga Foundations
• Fitness Yoga
• Senior Yoga
• Yoga Strong

Two Day Yoga Specialty Certification
Credits: 20 NETA, 2.0 ACE, 15 AFAA
Times: Saturday 8 am–6 pm
Sunday 8 am–6 pm
Fee: Early Bird $349* ea module
Standard $399*
Materials: Provided at the workshop.
Why Choose NETA's 200-Hour RYT Program?
NETA’s modular program is both flexible and cost-effective, as participants are able to build their hours as it fits their schedule and budget. There is no large upfront cost nor time commitment. The program also allows participants to learn from the wealth of experience and knowledge of NETA’s diverse team of qualified instructors, each delivering the scientifically-based curriculum with professionalism and personality.

One Day Yoga Specialty Certifications

• Kids Yoga
Designed to help yoga teachers and fitness professionals create classes for a younger audience.

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

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

• Yoga for Special Populations
An in-depth look at creating an open environment, teaching to students with special needs or conditions, and learn ways to help every individual meet their goal in a group setting through a coaching approach.

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

One Day Yoga Specialty Certification
Credits: 10 NETA, 1.0 ACE, 10 AFAA
Times: Saturday 8 am–6 pm
Fee: $199 ea module

*Register Early & Save $50! Early Bird: Register 30 days in advance.
101 Ways to Bootcamp
Bootcamp classes are challenging, fun, and a fantastic workout! If you are looking for new ideas then this workshop is for you! Refresh your classes with intense, explosive routines designed to melt fat, heighten cardiovascular efficiency and increase strength. The ideas generated in this nonstop, action packed, high energy workshop will push participants to new levels and leave you with new formats, techniques, and ideas to include in your bootcamp classes all year long.

Senior Power
Can and should older adults perform power training? YES! Power training is essential for maintaining activities of daily living and enhance functional capacity in older adults. In this workshop, you’ll learn all the critical aspects of a safe and effective functional power program for older adults, including equipment, technique, moves, and contraindications. POWER up your seniors!

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’.

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.
NEW! **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. Credits: 5 NETA, .4 ACE, 5 AFAA

NEW! **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. *Trauma-Sensitive Yoga Practices is NOT a part of the NETA 200 Hour Yoga Program curriculum, and may only be used for continuing education credits.* Credits: 5 NETA, .4 ACE, 5 AFAA
Join us at Fit Fest!

This is an exciting time for NETA as we continue to develop new, innovative, progressive programs that keep you on the cutting edge of our industry. These exhilarating events continue to earn rave reviews for bringing fitness professionals together in the perfect environment to learn, collaborate and even play.

NCCA Accredited Certifications

NETA certifications are nationally recognized, accepted and trusted.

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

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

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 CECs.

Fit Fest Locations

Normandale Community College–Bloomington, MN February 14–17, 2019
YMCA of the Fox Cities–Appleton WI April 25–28, 2019
Kent State University–Kent OH June 6–9, 2019
University of Wisconsin–Oshkosh, WI Fall 2019
Drake University–Des Moines, IA Fall 2019

*Please visit our website for complete list of Fit Fest locations*
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<td>Durango (SW Colorado)</td>
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<td>Indianapolis</td>
<td>Butler University HRC</td>
<td>Jun 29/30</td>
<td>Wellness Coach Specialty Certification</td>
</tr>
<tr>
<td>Indianapolis</td>
<td>Arthur R Baxter YMCA</td>
<td>Jun 22/23</td>
<td>Indoor Cycling Specialty Certification</td>
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<tr>
<td><strong>KANSAS</strong></td>
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<tr>
<td>Prairie Village</td>
<td>Paul Henson Family YMCA</td>
<td>May 4/5</td>
<td>Personal Trainer Certification</td>
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<tr>
<td><strong>KENTUCKY</strong></td>
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<tr>
<td>Louisville</td>
<td>Blairwood Tennis, Swim &amp; Fitness Club</td>
<td>Jun 22/23</td>
<td>Wellness Coach Specialty Certification</td>
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<tr>
<td><strong>MARYLAND</strong></td>
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<tr>
<td>Baltimore</td>
<td>The Weinbery Y</td>
<td>May 4/5</td>
<td>Personal Trainer Certification</td>
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<tr>
<td><strong>MASSACHUSETTS</strong></td>
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<tr>
<td>Great Barrington</td>
<td>Berkshire South Regional Community</td>
<td>May 4/5</td>
<td>Wellness Coach Specialty Certification</td>
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<tr>
<td><strong>MICHIGAN</strong></td>
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<tr>
<td>Belmont</td>
<td>Snap Fitness</td>
<td>May 4/5</td>
<td>Personal Trainer Certification</td>
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<tr>
<td><strong>MINNESOTA</strong></td>
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<tr>
<td>Center City (S MN)</td>
<td>North Woods Yoga and Fitness</td>
<td>May 18/19</td>
<td>Group Exercise Certification</td>
</tr>
<tr>
<td>Edin Prairie</td>
<td>Eden Prairie Community Center</td>
<td>Jun 29/30</td>
<td>Senior Fitness Specialty Certification</td>
</tr>
<tr>
<td>Eden Prairie</td>
<td>(20 miles SW Mpls)</td>
<td></td>
<td>Cycle 360</td>
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</tbody>
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**NETAFIT.org**
## WORKSHOP SCHEDULE
### May & June 2019

<table>
<thead>
<tr>
<th>Location</th>
<th>Organizer</th>
<th>Dates</th>
<th>Certifications</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MINNESOTA</strong></td>
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<tr>
<td>Inver Grove Hght</td>
<td>The Grove Community Center</td>
<td>May 18/19</td>
<td>Personal Trainer Certification</td>
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<td></td>
<td>Jun 1</td>
<td>Group Exercise Certification</td>
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<td>Jun 2</td>
<td>Indoor Cycling Specialty Certification</td>
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<tr>
<td>Lindstrom</td>
<td>St Croix Regional Wellness</td>
<td>Jun 22</td>
<td>Group Exercise Certification</td>
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<td>Jun 23</td>
<td>Senior Fitness Specialty Certification</td>
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<tr>
<td>Mankato (80 mi S</td>
<td>Sun/Moon Studios</td>
<td>Jun 22</td>
<td>Trauma Sensitive Yoga Practices</td>
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<tr>
<td>Minneapolis)</td>
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<td>Jun 23</td>
<td>Senior Power</td>
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<tr>
<td>Maple Grove</td>
<td>My Impact Fitness</td>
<td>May 4/5</td>
<td>Personal Trainer Certification</td>
</tr>
<tr>
<td>New Hope (15 min NW Minneapolis)</td>
<td>YMCA</td>
<td>May 5</td>
<td>Barre Connect Specialty Certification</td>
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<tr>
<td>Northfield</td>
<td>Northfield Area Family YMCA</td>
<td>Jun 1/2</td>
<td>Personal Trainer Certification</td>
</tr>
<tr>
<td>North Oaks (10 mins downtown St Paul)</td>
<td>Waverly Gardens</td>
<td>May 4</td>
<td>Group Exercise Certification</td>
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<td></td>
<td>May 5</td>
<td>Barre Connect Specialty Certification</td>
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<td></td>
<td>Jun 8/9</td>
<td>Personal Trainer Certification</td>
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<tr>
<td>Rochester (70 mi SE Minneapolis)</td>
<td>125 Live</td>
<td>May 4</td>
<td>Indoor Cycling Specialty Certification</td>
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<td>May 5</td>
<td>Kick It</td>
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<tr>
<td>Willmar (90 mi W of Mpls)</td>
<td>Bethesda</td>
<td>Jun 1</td>
<td>Group Exercise Certification</td>
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<td>Jun 2</td>
<td>Senior Power</td>
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<td>Windom</td>
<td>Windom Area Health</td>
<td>Jun 29/30</td>
<td>Personal Trainer Certification</td>
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<td>Jun 29</td>
<td>Group Exercise Certification</td>
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<td></td>
<td>Jun 30</td>
<td>101 Ways To Bootcamp</td>
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<tr>
<td><strong>MISSISSIPPI</strong></td>
<td>Poplarville (80 mi N New Orleans)</td>
<td>Jun 8/9</td>
<td>Personal Trainer Certification</td>
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<td>Pearl River Community College</td>
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<tr>
<td><strong>MISSOURI</strong></td>
<td>Blue Springs (40 min S Kansas City)</td>
<td>Jun 1</td>
<td>Kids Yoga Specialty Certification</td>
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<td>Blue Springs Family YMCA</td>
<td>Jun 2</td>
<td>Yoga For Special Populations Certification</td>
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<tr>
<td>Warrensburg</td>
<td>Warrensburg Park &amp; Recreation</td>
<td>May 18/19</td>
<td>Personal Trainer Certification</td>
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<tr>
<td><strong>NEW HAMPSHIRE</strong></td>
<td>Keene (SW NH)</td>
<td>Jun 22/23</td>
<td>Wellness Coach Specialty Certification</td>
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<td>Keene Family YMCA</td>
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<tr>
<td><strong>NEW JERSEY</strong></td>
<td>Old Bridge (30 min S Newark)</td>
<td>May 18</td>
<td>Kick It</td>
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<td></td>
<td>Old Bridge YMCA</td>
<td>May 19</td>
<td>Trauma Sensitive Yoga Practices</td>
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<td>Somerville</td>
<td>Somerville YMCA</td>
<td>May 18/19</td>
<td>Personal Trainer Certification</td>
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<td>Union</td>
<td>Wellness Center Y</td>
<td>Jun 8/9</td>
<td>Personal Trainer Certification</td>
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<tr>
<td><strong>NEW MEXICO</strong></td>
<td>Grants</td>
<td>May 18</td>
<td>Senior Fitness Specialty Certification</td>
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<td></td>
<td>JHM Fitness Center</td>
<td>May 19</td>
<td>Senior Power</td>
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<tr>
<td><strong>NEW YORK</strong></td>
<td>Angola</td>
<td>Jun 29</td>
<td>Group Exercise Certification</td>
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<td></td>
<td>Apex Health and Wellness Gym</td>
<td>Jun 30</td>
<td>101 Ways To Bootcamp</td>
</tr>
<tr>
<td>Baldwinsville (Near Syracuse)</td>
<td>Northwest Family YMCA</td>
<td>May 4</td>
<td>Trauma Sensitive Yoga Practices</td>
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<td>May 5</td>
<td>Kick It</td>
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<tr>
<td>East Aurora (W NY)</td>
<td>Erie 2 BOCES</td>
<td>May 4/5</td>
<td>Personal Trainer Certification</td>
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</table>
# WORKSHOP SCHEDULE
May & June 2019

<table>
<thead>
<tr>
<th>Location</th>
<th>Venue</th>
<th>Dates</th>
<th>Certifications Offered</th>
</tr>
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<tbody>
<tr>
<td>NEW YORK</td>
<td>Middleport Village Spin</td>
<td>Jun 1/2</td>
<td>Personal Trainer Certification</td>
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<tr>
<td></td>
<td>Penn Yan</td>
<td>May 18/19</td>
<td>Group Exercise Certification</td>
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<tr>
<td></td>
<td>Yates Community Center</td>
<td>May 19/22/23</td>
<td>Senior Fitness Specialty Certification, Personal Trainer Certification</td>
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<tr>
<td></td>
<td>Syracuse</td>
<td>Jun 1/2</td>
<td>Group Exercise Certification, Kick It</td>
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<tr>
<td></td>
<td>Westfield</td>
<td>Jun 22/23</td>
<td>Group Exercise Certification, 101 Ways To Bootcamp</td>
</tr>
<tr>
<td>NORTH CAROLINA</td>
<td>Asheville (Downtown)</td>
<td>May 18/19</td>
<td>Yoga Foundations Specialty Certification, Prenatal Yoga Specialty Certification, Becoming A Yoga Professional</td>
</tr>
<tr>
<td></td>
<td>Woodfin YMCA</td>
<td>May 1/2</td>
<td>Senior Yoga Specialty Certification</td>
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<td>Kernersville YMCA of NWNC</td>
<td>May 18/19</td>
<td>Senior Yoga Specialty Certification</td>
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<tr>
<td>NORTH DAKOTA</td>
<td>Dickinson (90 mi W Bismarck)</td>
<td>Jun 1/2</td>
<td>Group Exercise Certification, Senior Fitness Specialty Certification</td>
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<td>West River Community Center</td>
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<tr>
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<td>Grand Forks (NE North Dakota)</td>
<td>Jun 29/30</td>
<td>Kettlebell Specialty Certification, H.I.I.T. It With Yoga</td>
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<tr>
<td>OHIO</td>
<td>Dayton</td>
<td>Jun 1/2</td>
<td>Group Exercise Certification, Restorative Yoga Specialty Certification</td>
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<td>Wright State University</td>
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<tr>
<td>PENNSYLVANIA</td>
<td>Hillsboro Balance Fitness</td>
<td>Jun 22/23</td>
<td>Yoga Foundations Specialty Certification</td>
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<td></td>
<td>Holmes Retro Fitness of Holmes</td>
<td>May 25/26</td>
<td>Personal Trainer Certification</td>
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<td>Lewisburg YMCA Express</td>
<td>Jun 1/2</td>
<td>Yoga Foundations Specialty Certification</td>
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<td>Morgantown Village Library of Morgantown</td>
<td>May 18/19</td>
<td>Group Exercise Certification, Barre Connect Specialty Certification</td>
</tr>
<tr>
<td></td>
<td>Mountain Top The Fitness Place</td>
<td>Jun 1/2</td>
<td>Personal Trainer Certification</td>
</tr>
</tbody>
</table>

NETAFIT.org
## WORKSHOP SCHEDULE

**May & June 2019**

<table>
<thead>
<tr>
<th>STATE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>CERTIFICATIONS</th>
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<tbody>
<tr>
<td>PENNSYLVANIA</td>
<td>Pittsburgh Community Recreation Center Boyce</td>
<td>May 4/5 Jun 1/2</td>
<td>Yoga Foundations Specialty Certification, Reformer Specialty Certification</td>
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<tr>
<td></td>
<td>Pittsburgh Allegheny YMCA</td>
<td>May 18 May 19</td>
<td>Senior Fitness Specialty Certification, Senior Power</td>
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<tr>
<td>RHODE ISLAND</td>
<td>East Greenwich Absolute Fitness</td>
<td>Jun 29/30</td>
<td>Personal Trainer Certification</td>
</tr>
<tr>
<td>SOUTH CAROLINA</td>
<td>Irmo Ballentine Family YMCA</td>
<td>May 11/12</td>
<td>Personal Trainer Certification</td>
</tr>
<tr>
<td></td>
<td>Simpsonville (N SC) GHS Family YMCA</td>
<td>May 4 May 5</td>
<td>Group Exercise Certification, H.I.T. It With Yoga</td>
</tr>
<tr>
<td>SOUTH DAKOTA</td>
<td>Sioux Falls GreatLIFE Golf &amp; Fitness Club</td>
<td>May 4 May 5</td>
<td>Group Exercise Certification, Kettlebell Specialty Certification</td>
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<tr>
<td>TEXAS</td>
<td>Arlington (30 min W Dallas) YMCA of Arlington</td>
<td>May 4/5</td>
<td>Personal Trainer Certification</td>
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<td></td>
<td>Canadian (N Tx) Canadian Community Center</td>
<td>Jun 22/23</td>
<td>Personal Trainer Certification</td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>Kenosha (30 mi S Milwaukee) Kenosha YMCA</td>
<td>May 18 May 19</td>
<td>Indoor Cycling Specialty Certification, Barre Connect Specialty Certification</td>
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<tr>
<td></td>
<td>Menasha (E WI) Xperience Fitness</td>
<td>May 10/11</td>
<td>Fitness Yoga Specialty Certification</td>
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<td></td>
<td>Pleasant Prairie RecPlex</td>
<td>May 18 May 19</td>
<td>Restorative Yoga Specialty Certification, Yoga For Special Populations Certification</td>
</tr>
</tbody>
</table>

### NETA's Yoga Specialty Certifications

Are now Yoga Alliance Approved & eligible for NETA's 200 Hour Yoga Certification Program.

### Fit Fest 2019 Event Schedule

- YMCA of the Fox Cities—Appleton WI April 25–28
- Kent State University—Kent OH June 6–9
- University of Wisconsin—Oshkosh, WI September 26–29
- Drake University—Des Moines, IA October 25–28
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, Kickboxing, Adaptive Fitness, 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

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**

**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. Includes book, workbook, and exam. **Credits:** 6 NETA  **Item #9221 • $89**

**Strength Training Past 50 3rd Edition**
The all-new third edition features 83 exercises for free weights, machines, kettlebells, stability balls, and elastic bands and 30 programs for endurance, speed, and strength. Includes book, workbook, and exam. **Credits:** 6 NETA  **Item #9249 • $89**

**NEW! Physical Activity Guidelines for Americans 2nd Edition**
The Physical Activity Guidelines for Americans is issued by the U.S. Department of Health and Human Services. The second edition of the Physical Activity Guidelines for Americans provides science-based guidance to help people ages 3 years and older improve their health through participation in regular physical activity. This second edition is publicly available at: https://health.gov/paguidelines/second-edition/. To earn the CECs you must purchase and successfully complete the home study exam. **Credits:** 6 NETA  **Item #9310 • $79**
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 #9222 • $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

1.800.237.6242
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, 12 ACSM, 1.2 NASM 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, 20 ACSM 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
Beyond Barre Basics
This Beyond Barre Basics home study (Revised from Simply Barre) incorporates creative design and limitless workout variations to ensure a full-body workout. Each body-sculpting, fat-burning, endurance-building class incorporates barre exercises designed to gain control, increase flexibility, and develop beautiful lean muscles. Includes manual, DVD, and exam. Credits: 20 NETA Item #9203 • $199

Dancing With Divinity Positive Affirmations For Any Situation
Learn 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 NETAs 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 #9163 • $59

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

NETA’s Intro to Teaching Reformer Pilates
This course reviews Pilates Principles. Completion of NETA Intro to Teaching Mat Pilates strongly recommended. Successful completion of this course is required for the NETA’s 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
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 and 1.5 AFAA,1.9 NASM 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
Gain the knowledge and abilities to teach basic level self-defense. Master a new skill set that could translate into an additional revenue source for the fitness professional. Includes textbook, worksheets and exam. Credits: 20 NETA, 2.0 ACE, 19 AFAA, 1.5 NASM Item #9276 • $199

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
A well-designed exercise program and sound nutritional advice often fall short when the client is not motivated to adhere to the plan. Motivational interviewing (MI) is an effective coaching skill to help clients overcome ambivalence to lifestyle change. This online module introduces the framework of MI including the core principles, processes, and interviewing skills. Credits: 4 NETA Item #9275 • $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 how to improve your running strength, speed, and endurance with Running Anatomy, 2nd Edition. This new edition of the best-selling running guide delivers more exercises, more insight, and more illustrations to show you how to increase your muscle strength, optimize the efficiency of your running motion, and minimize your risk of injury. Includes book, workbook, and final exam. Credits: 6 NETA Item #9216 • $89

NEW! Online Kettlebell
This introductory course teaches the basics of kettlebell training, safety techniques, body positioning, alignment and appropriate starting weights. NETA’s new Online Kettlebell Specialty Certification option allows you to experience this training wherever and whenever fits your schedule. Includes online module and exam. Credits: 5 NETA, .3 ACE Item #9278 • $169
NEW! Online Indoor Group Cycling
This comprehensive online course provides instructors with the knowledge to become a dynamic indoor cycling coach. Earn this certification whenever and wherever, you set your own schedule. Includes online module and exam. Credits: 5 NETA, .3 ACE 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

NEW! Online Barre
NETA’s online option for the Barre Connect Specialty Certification provides the feeling of a live workshop without leaving home. You’ll learn the form and technique of movements through video demonstrations, practice combining and progressing exercises with the performance variables, and even experience a full connection cycle master class. Credits: 8 NETA, .6 ACE Item #9279 • $169

High Intensity Interval Training (HIIT) Tabata & Rest-Based Training
This course helps bridge the gap between exercise science and interval programming. Includes workbook and exam. Credits: 4 NETA Item #9209 • $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
Step-by-step instructions for 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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1.800.237.6242
**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**

**NEW! The Biomechanics Method Corrective Exercise Specialist (TBMM-CES)**
This course consists of five modules that teach fitness professionals how to assess clients for musculoskeletal imbalances and explains how to use corrective exercise to remedy those problems. To earn your TBMM-CES credential, you will complete a comprehensive online course that consists of the following five educational components:

**Module 1 The Fundamentals of Structural Assessment**  
**Credits: 13 NETA, 1.3 ACE $149**

**Module 2 Understanding Muscles & Movement**  
**Credits: 14 NETA, 1.4 ACE $179**

**Module 3 Fundamentals of Corrective Exercise**  
**Credits: 13 NETA, 1.7 ACE $149**

**Module 4 Complete Corrective Exercise Library**  
**Credits: 14 NETA, 2.2 ACE $179**

**Module 5 Corrective Exercise Program Design**  
**Credits: 14 NETA, 1.3 ACE $169**

**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**

**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**  
**Item #9200 • $189**
**Physical Activity Guidelines for Americans**

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/](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! 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, 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**

**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 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](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**

**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**

**1.800.237.6242**
Assessment and Treatment of Muscle Imbalance
This course blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain. Includes book, workbook, and exam. **Credits:** 20 NETA **Item #9254 • $199**

Exercise for Parkinson’s and MS
Topics include basic pathophysiology and common symptoms of disease, associated with physical activity, and exercise recommendations and considerations for individuals having these conditions. **Credits:** 4 NETA **Item #9267 • $49**

The BEST Exercise For Osteoporosis 3rd Edition
Exercises for preventing osteoporosis and improving bone density in postmenopausal women. Includes workbook, handouts, and exam. **Credits:** 8 NETA, .8 ACE, 8 ACSM **Item #995 • $139**

Low Back Injury Prevention and Rehab 3rd Edition
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 **Item #9195 • $239**

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

NEW! Physical Activity and Exercise for Arthritis
This online module addresses two common types of arthritis. Topics include pathophysiology, epidemiology, and common symptoms associated with physical activity, and exercise recommendations and special considerations for individuals with arthritis. **Credits:** 4 NETA **Item #9311 • $49**

Post-Rehab Considerations for the Exercise Professional
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**

JrFit
A collection of resources for fitness professionals interested in improving the health, fitness, and athletic performance of youth and adolescent populations. Includes 3 books; *Youth Strength Training*, *Athletic Fitness for Kids*, *Fuel For Young Athletes*, workbook, and exam. **Credits:** 20 NETA, 2.0 ACE, 1.9 NASM, 15 AFAA **Item #9179 • $299**

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Kettlebell Specialty Certifications
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