



NETA Fit Fest Normandale Community College, Bloomington, MN

Thursday, February 13, 2020

8:00-6:00 pm Credits: 20 NETA, 2.0 ACE, 15 AFAA

Yoga Foundations Specialty Certification (Day 1)

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

Friday, February 14, 2020

8:00-6:00 pm

Yoga Foundations Specialty Certification (Day 2)

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

Friday, February 14, 2020

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

Let's Get Functional!

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

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.

Exercise & Physical Activity for Arthritis

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

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Heartsaver CPR/AED Certification Course

This instructor-led course teaches cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) for an adult victim following the guidelines of the American Heart Association (AHA). This course provides a basic understanding of adult CPR principles and covers fundamental skills necessary to sustain life until EMS personnel arrives at the scene. Registration fee includes CPR Pocket Mask.

Fee: \$60 No Discounts applied for this workshop. Credits: No CECS.

The Truth About Eating Disorders *New!!*

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

Cycle 360

"How do you keep your indoor group cycling class relevant with the emergence of hybrid and non-traditional boutique-style formats? NETA's updated Cycle 360 workshop will equip you to provide a safe, effective, engaging class that can attract both traditional outdoor cyclists as well as mainstream fitness participants. Drawing upon the metabolic and aerobic benefits of cycling, complementary off the bike strength training exercises, and targeted core work, you'll learn how to create workouts that come full circle. Elements such as music and lighting that can aid in creating an experience will also be addressed. Completion of the Indoor Group Cycling Specialty Certification is highly recommended prior to taking this workshop."





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Saturday, February 15, 2020

8:00 am

Group Exercise Certification Review (1 day) Early Bird Fee: \$299 * Standard \$349
8:00–5:00 pm

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

Credits: 6 NETA

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

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

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

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

Credits: 14 NETA, 1.4 ACE, 14 AFAA

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

Pilates Mat Specialty Certification (2 days) Early Bird Fee: \$349 * Standard \$399

Saturday: 8:00-5:00 pm, Sunday: 8:00-2:00 pm

Study Material: Pilates Manual \$35

Credits: 14 NETA, 1.3 ACE, 13 AFAA

This specialty certification covers the fundamental principles of Pilates, and teaches you how to apply them to 40 different exercises. Additionally, learn how to cue, correct form, and apply modifications. Workshop includes exam (Valid for 2 years)

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

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

Credits: 20 NETA, ACE 2.0, AFAA 15

Instructors will learn to safely introduce intermediate and advanced poses, provide hands-on assists, and fine tune alignment cues. Participants will have the opportunity to plan and lead a mini-class, practice intermediate postures, and dig deep into yoga history and philosophy.

Senior Fitness Specialty Certification (1 day)

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

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

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Wellness Coach Specialty Certification (2 Days) **Early Bird Fee: \$349 * Standard \$399**
Saturday: 8:00-5:00pm, Sunday: 8:00-3:30 pm
Recommended Study Materials: Lifestyle Wellness Coaching, 3rd ed. \$89
The Fitness Professional's Manual, 5th ed. \$59
Credits: 14 NETA, 1.2 ACE, 14 AFAA

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

Indoor Group Cycling Specialty Certification (1 day)
8:00-3:00 p.m. Fee: \$199 Credits: 7 NETA, .7 ACE, 5 AFAA

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 contra-indications, terminology, class formatting, music selection and cuing. We've also added a special section on helping individuals determine the proper level of exercise intensity to meet their goals. Includes free study guide.

Barre Connect Specialty Certification (1 day)
8:00-5:00 p.m. Fee: \$199 Credits: 8 NETA, .8 ACE, 7 AFAA

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

Kettlebell Specialty Certification (1 day)
8:00-3:00 pm Fee: \$199 Credits: 7 NETA, .6 ACE, 6 AFAA

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

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

Hiit the Step *New!!*

Dust off those steps that have been sitting in the studio closet and re-visit this tool in a new light. Participants in this workshop will discuss the benefits of aerobic versus anaerobic training, and how to use steps and risers in a fusion between traditional step movements and innovative high-intensity exercises. Upon completion of this workshop, instructors will be able to program and deliver a class that appeals to both traditional steppers and a contemporary crowd.

11:15-11:45 am Free Informational Workshop Credits: 1 NETA

NETA Digital Credentials 101

NETA has partnered with Accredible to issue digital credentials to those who have earned NETA's Group Exercise Instructor or Personal Trainer certification. Please join us for a complimentary presentation to learn more about NETA's digital credentials and how to promote your accomplishment.

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

Kick It!

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

Exercise and Lifelong Brain Health *New!!*

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

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

Roller Reset *New!!*

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

Ride and Renew *New!!*

Fusion-classes have continued to gain popularity, as they offer participants the benefits of two formats in half the time. Ride and Renew combines the benefits of an intense cycling workout with counter-balancing yoga poses to restore the body. Learn the effects that high intensity interval training via cycling has on the body, and how to both maximize the benefits and counteract the stressors through the combination of cycle and yoga. Completion of either the Indoor Group Cycling Specialty Certification OR Yoga Foundations Specialty Certification OR experience in one of the formats is highly recommended prior to taking this workshop.



NETA Fit Fest
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Sunday, February 16, 2020

8:00-3:00 pm

Youth Fitness Specialty Certification *New!!*

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

Advanced Kettlebell Specialty Certification

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

Mastered the basics of Kettlebell? The course will take your instruction to the next level! The Advanced Kettlebell Specialty Certification is designed for instructors and trainers who have a basic understanding of the kettlebell swing, clean and snatch. Participants will learn the science behind kettlebell, drills to correct wing errors, and advanced exercises including the windmill and the Turkish get-up.

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

Glutes, Core, & More

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

8:00-6:00 pm

Yoga for Special Populations Specialty Certification

8:00-6:00 pm Fee: \$199 Credits: 10 NETA, 1.0 ACE, 10 AFAA

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 post adaptations, specialty class themes, and learn ways to make every individual feel comfortable in your class environment.

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

Assessment of Athletic Ability *New!!*

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

Senior Fall Prevention Triad *New!!*

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

Sunday, February 16, 2020



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

CEC Workshops

CEC Workshops Selections \$69 Each

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

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

Friday, February 14, 2020: <i>Check-in table opens at 5:30 pm and is located near the main entrance.</i>		
Time	Workshop Name	Price
6:00 pm – 9:00 pm	_____	\$ _____
Saturday, February 15, 2020: <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am -11:00 am	_____	\$ _____
12:00 pm -3:00 pm	_____	\$ _____
3:30 pm - 6:30 pm	_____	\$ _____
Sunday, February 16, 2020: <i>Check-in table opens at 7:30 am and is located near the main entrance.</i>		
Time	Workshop Name	Price
8:00 am – 11:00 am	_____	\$ _____
12:00 pm – 3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (Transfer to Total Event Registration)		\$ _____



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Certifications / Specialty Certification Workshops

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



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Study Materials

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

<u>Manual Name / Price</u>	<u>Quantity</u>	<u>Price</u>
NETA's The Fitness Professional's 5 th Edition Manual / \$59 (recommended for GX and PT Workshops)	_____	\$ _____
The Fitness Professional's Workbook for Group Exercise Instructors (recommended) / \$29	_____	\$ _____
The Fitness Professional's Workbook for Personal Trainers (recommended) / \$29	_____	\$ _____
Personal Trainer Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Personal Trainers) /\$79	_____	\$ _____
Group Exercise Basic Package (The Fitness Professional's Manual & The Fitness Professional's Workbook for Group Exercise Instructors) /\$79	_____	\$ _____
Personal Trainer Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Personal Trainers, Online Exercise Science Review Modules, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$199	_____	\$ _____
Group Exercise Premier Package (The Fitness Professional's Manual, The Fitness Professional's Workbook for Group Exercise Instructors, Group Exercise Online Review Modules, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$179	_____	\$ _____
Lifestyle Wellness Coaching, 3rd Edition / \$89	_____	\$ _____
Wellness Coach Practice Exam (recommended) /\$10	_____	\$ _____
NETA Pilates Manual (recommended) /\$35	_____	\$ _____
Total Cost for Study Materials (Transfer to Total Event Registration)		\$ _____



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Total Event Registration

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

1. Registration deadline is **Wednesday, February 12, 2020**.
2. Additional discount offers not applicable to CEC workshops.
3. On-site registrations are subject to a \$10 additional fee per workshop.
4. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers available.
5. Registration and payment can be made via web www.netafit.org, phone 763-545-2505, fax 763-545-2524 or mail to: **NETA 12800 Industrial Park Blvd, Suite 220, Minneapolis, MN 55441**.
6. All registrants will receive a confirmation letter in the mail.
7. Event takes place at Normandale Community College 9700 France Ave South, Bloomington, MN 55431

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

Payment

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

Check # _____ Money Order

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

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