



NETA Fit Fest University of Wisconsin Oshkosh, Oshkosh WI

Thursday, September 27, 2018

8:00-6:00 pm

Yoga Foundations Specialty Certification (Day 1) Early Bird Fee: \$349 * Standard \$399

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, September 28, 2018

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, September 28, 2018

6:00-9:00 pm

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

Boxing Fusion--- This workshop only-No ACE, AFAA or NASM Credits offered

Interested in teaching boxing or incorporating boxing movements into your group exercise class? In this course you'll learn basic boxing techniques. Plus, learn how to fuse elements of plyometrics & strength to make a quick 30-minute high intensity circuit, guaranteed to get your participants the toned and powerful body of a boxer. Learn how to design classes using a simple 30-minute format that will make class easy to follow, but tough to do! Note: this course will review the basic boxing fundamentals and is a non-contact format.

Exercise for Parkinson's and MS *New!!*

This classroom-based seminar addresses two prevalent neurodegenerative diseases: Parkinson's disease and Multiple Sclerosis. Topics covered include the basic pathophysiology and common symptoms of disease, benefits (and risks) associated with physical activity, and exercise recommendations and considerations for individuals having these conditions.

HIIT 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 seemingly different formats together is clearly a "win-win" approach for successful cardiovascular exercise improvement and overall performance thus, we have 'HIIT it with Yoga'.

NETA Fit Fest University of Wisconsin Oshkosh, Oshkosh WI

Medicine Ball Power

Power is needed in various sports and activities, and the medicine ball is the perfect power training tool! In this workshop, you'll learn a wide variety of medicine ball exercises and strategies to incorporate medicine balls into any group exercise class, small group training session, or one-on-one with clients. Participants will learn to easily develop workouts that balances strength, and power!

101 Ways to Bootcamp

Bootcamp classes are challenging, fun, and a fantastic workout! If you're looking for new ideas then this workshop is for you! Refresh your classes with the ideas generated in this nonstop, action packed, and high energy workshop. You'll walk away with new formats, techniques, and ideas to include in your bootcamp classes all year long.

Foundations of Resistance Training Program Design

Need some ideas to develop innovative programs for your clients? With unlimited exercise possibilities and an endless array of approaches to design resistance training programs, selecting the right options for your clients will help them feel successful and stay motivated. This classroom-based workshop reviews the current guidelines for resistance training, manipulation of acute training variables, classic and contemporary program design methodologies, and safe and effective strategies to develop resistance training programs for clients of all abilities.





NETA Fit Fest

University of Wisconsin Oshkosh, Oshkosh WI

Saturday, September 29, 2018

8:00 am

Group Exercise Certification (1 day) Early Bird Fee: \$249 * Standard \$299

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 (2 days) Early Bird Fee: \$399 * Standard \$449

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, 1.4 NASM

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.

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, 2nd ed. \$75

Motivational Interviewing, 3rd ed. \$65.00

Credits: 14 NETA, 1.2 ACE, 14 AFAA, 1.4 NASM

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.

Topics include:

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

Saturday, September 29, 2018



NETA Fit Fest
University of Wisconsin Oshkosh, Oshkosh WI

8:00-3:00 pm

Indoor Group Cycling Specialty Certification (1 day)

8:00-3:00 p.m. Fee: \$189 Credits: 7 NETA, .6 ACE, 7 AFAA, .7 NASM

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.

8:00-6:00 pm

Prenatal Yoga Specialty Certification

8:00-6:00 pm Fee: \$189 Credits: 10 NETA, 1.0 ACE, 10 AFAA, 1.0 NASM

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

Yoga Strong Specialty Certification (2 Days)

Saturday and Sunday 8:00-6:00 pm Fee: \$399 Credits: 20 NETA, 2.0 ACE, 15 AFAA, 1.9 NASM

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

Saturday, September 29, 2018



NETA Fit Fest University of Wisconsin Oshkosh, Oshkosh WI

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

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 classroom-based workshop 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.

Foam Roller Pilates *New!!*

In this course, you'll learn how to use the foam roller to promote alignment, core strength, and body symmetry. This workout mimics many of the moves traditionally executed in a Pilates mat class, providing you with a new catalog of Pilates-based exercises you can use to help your participants decrease stress and move with greater mobility, control, and precision.

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

Fitness Industry Updates

Stay informed of important issues that may impact your fitness career! This session will provide important fitness industry updates with regard to the Coalition for the Registration of Exercise Professionals (CREP), the United States Registry of Exercise Professionals (USREPS), legislation pertaining to the regulation of exercise professionals, and top fitness industry trends.

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

Glutes, Core, & More *New!!*

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.

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

Medicine Ball Pilates

In this workshop, you'll learn how to take your basic mat Pilates workout, and mix and match movements with the medicine ball, resulting in a unique combination sure to give your basic Pilates workout a boost. Be challenged with the added intensity of the medicine ball, build your exercise library and optimize results for your Pilates class participants.

Barre Meets Bike *New!!*

In this workshop, we'll mix Barre combinations off the bike with indoor cycling that will be sure to chisel the whole body! You'll discover how to create the perfect barre & cycling combinations for your participants that will challenge their cardiorespiratory system, build strength, and keep participants flexible. Check out how the two of these formats fuse together perfectly!



NETA Fit Fest
University of Wisconsin Oshkosh, Oshkosh WI

Sunday, September 30, 2018

8:00-3:00 pm

Kettlebell Specialty Certification (1 day)

8:00–3:00 pm Fee: \$189 Credits: 7 NETA, .6 ACE, 7 AFAA, .7 NASM

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

Senior Fitness Specialty Certification (1 day)

8:00-3:00 pm Fee: \$189 Credits: 7 NETA, .7 ACE, 7 AFAA, .7 NASM

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.

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

Get Rock Solid *New!!*

Dumbbells, resistance bands, body bars, and medicine balls are equipment staples in most fitness studios. However, if you have been instructing long enough, you're probably teaching the same old strength routine and it may be time to reexamine your class design. In this workshop, you'll learn how to add variety and help your class participant's bust through training plateaus with a few program design strategies such as super-setting, tri-setting, and more!

Physical Activity for Special Medical Considerations

Until the middle of the 20th century, infectious disease was the major health threat to society. Today, chronic diseases related to unhealthy lifestyle behaviors, are the leading cause of disability and premature mortality in the U.S. This classroom-based workshop reviews the public health burden of chronic diseases including hypertension, cardiovascular disease, obesity, diabetes, and osteoporosis, as well as the evidence that regular physical activity reduces the risk for and helps to manage these medical conditions. This workshop will also review programming considerations and provide exercise guidelines for those affected by chronic disease.

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

Body Weight Training

Body weight training is a great option to elevate your level of fitness with little to no equipment. Although you may try to lose some of it, your body weight is the one piece of equipment you can take with you anywhere! Learn how to use your body to boost both cardiovascular and muscular fitness. Join us to find new ways to incorporate body weight exercises into your current group fitness and personal training sessions to provide both results and variety to any workout.

Sunday, September 30, 2018



NETA Fit Fest
University of Wisconsin Oshkosh, Oshkosh WI

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, September 28, 2018: <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, September 29, 2018: <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 am -3:00 pm	_____	\$ _____
3:30 pm - 6:30 pm	_____	\$ _____
Sunday, September 30, 2018: <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	_____	\$ _____
11:15am –11:45 am	_____	\$ _____
12:00 am – 3:00 pm	_____	\$ _____
Total Cost for CEC Workshops (Transfer to Total Event Registration)		\$ _____



**NETA Fit Fest
University of Wisconsin Oshkosh, Oshkosh WI**

Certifications / Specialty Certification Workshops

<u>Certification / Workshop Name / Price</u>	<u>Price</u>
Personal Training Certification / \$399* *Early Bird Rate. Register 30 days in advance. Standard rate: \$449	\$ _____
Group Exercise Certification / \$249* * Early Bird Rate. Register 30 days in advance. Standard rate: \$299	\$ _____
Yoga Foundations Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Yoga Strong 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	\$ _____
Prenatal Yoga Specialty Certification/\$189	\$ _____
Indoor Group Cycling Specialty Certification/\$189	\$ _____
Senior Fitness Specialty Certification/\$189	\$ _____
Kettlebell Specialty Certification/\$189	\$ _____
Total Cost for Certifications / Specialty Certification Workshops (Transfer to Total Event Registration)	\$ _____



NETA Fit Fest
University of Wisconsin Oshkosh, Oshkosh WI

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	_____	\$_____
Group Fitness Practice Exam (recommended) / \$10	_____	\$_____
Personal Trainer Practice Exam (recommended) / \$10	_____	\$_____
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, Practical Skills for Group Exercise Instructors, Education Department Support, and Voucher for \$10 your first NETA CEC course) /\$99	_____	\$_____
Lifestyle Wellness Coaching, 2 nd Edition / \$75	_____	\$_____
Motivational Interviewing, 3 rd Edition / \$65	_____	\$_____
Wellness Coach Practice Exam (recommended) /\$10	_____	\$_____
Wellness Coach Study Package (Lifestyle Wellness Coaching, Motivational Interviewing, and Wellness Coach Practice Exam. /\$129	_____	\$_____
Total Cost for Study Materials (Transfer to Total Event Registration)		\$_____



NETA Fit Fest University of Wisconsin Oshkosh, Oshkosh WI

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, September 26, 2018**.
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:
University of Wisconsin Oshkosh -Student Recreation Wellness Center (SRWC)
735 Pearl Ave
Oshkosh, WI 54901

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)