



NETA Fit Fest
University of Wisconsin Oshkosh, Oshkosh WI

Thursday, September 26, 2019

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 27, 2019

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 27, 2019

6:00-9:00 pm

Fee: \$69 each, 3 or more \$59

Credits: 3 NETA, .3 ACE, 3 AFAA, .3 NASM

Exercise & Physical Activity for Arthritis *New!!*

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.

Trauma-Sensitive Yoga Practices *New!!*

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.

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.

Thursday, September 26, 2019 & Friday, September 27, 2019

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Get Rock Solid

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!

#fitech *New!!*

This classroom-based seminar reviews the effects of fitness technology on adherence to exercise. Topics covered include the emergence and growth of technology (wearables and mobile apps) in the fitness industry, the impact of fitness tech on the adoption of and adherence to regular physical activity, and strategies to leverage technology to influence behavior change among your clients.





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Saturday, September 28, 2019

8:00 am

Group Exercise Certification (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 (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.

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

Motivational Interviewing, 3rd ed. \$65.00

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.

Topics include:

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

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8:00-3:00 pm

Kettlebell Specialty Certification (1 day)

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

8:00-6:00 pm

Intermediate Yoga Specialty Certification (2 day)

8:00–6:00 pm Early Bird Fee: \$349 * Standard \$399 Credits: 20 NETA, 2.0 ACE, 15 AFAA

Take your teaching to the next level with NETA’s Intermediate Yoga Specialty Certification. Learn to safely introduce intermediate and advanced poses, provide hands on assists and discover ways to fine-tune your 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.

KEY TOPICS:

- In-depth practice of 15 intermediate yoga postures
- Basics of teaching inversions and arm balances
- The chakra system
- The art of hands on assists
- Bhagavad Gita
- Alignment refinement: Loops, spirals and bhandas
- Participation in two practice classes
- Practice teaching





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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

Kick It! *New!!*

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.

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

Let's Get Functional! *New!!*

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.

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

Foam Roller Pilates

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.

Saturday, September 28, 2019



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Sunday, September 29, 2019

8:00 -3:00 pm

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.

Indoor Group Cycling Specialty Certification (1 day)

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

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

Advanced Kettlebell: Beyond the Basics *New!!*

Mastered the basics of kettlebells? This course will take your instruction to the next level with creative exercises to perfect participants' swing form. Advanced movements, such as the Turkish get-up and windmill will be broken down into progressions, providing you with the tools to incorporate these exercises with participants of varying fitness levels.

12:00-3:00 pm 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 asses core stability and strength, and how to design a glutes and core program that will challenge all.

Sunday, September 29, 2019



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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, September 27, 2019: <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 28, 2019: <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 29, 2019: <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)		\$ _____



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Certifications / Specialty Certification Workshops

Certification / Workshop Name / Price	Price
Personal Training Certification / \$449* *Early Bird Rate. Register 30 days in advance. Standard rate: \$499	\$ _____
Group Exercise Certification / \$299* * Early Bird Rate. Register 30 days in advance. Standard rate: \$349	\$ _____
Yoga Foundations Specialty Certification / \$349* * Early Bird Rate. Register 30 days in advance. Standard rate: \$399	\$ _____
Wellness Coach 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	\$ _____
Indoor Group Cycling Specialty Certification/\$199	\$ _____
Senior 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, Personal Trainer Online 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, 2 nd Edition / \$89	_____	\$ _____
Motivational Interviewing, 3 rd Edition / \$65	_____	\$ _____
Wellness Coach Study Package (Lifestyle Wellness Coaching, Motivational Interviewing, and Wellness Coach Practice Exam. /\$139	_____	\$ _____
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, September 25, 2019**.
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)