



*Dear fitness professional,*

*Thank you for your interest in the Normandale Fitness Event! NETA has been committed to educating fitness professionals for over 32 years. At this event, you can become certified in Group Exercise and earn your CEC's!*

*This packet contains workshop descriptions, prices, CEC info and how to register for this event. If you have specific questions, please feel free to contact us at 1-800-237-6242.*

**Space is limited. Register by Friday October 16, 2009 to reserve a spot in your favorite workshop!**

**Saturday October 24, 2009**

Workshop	Time	NETA Credits	ACE Credits	AFAA Credits
Group Fitness Certification	8:00 - 4:30	na	na	na
Pilates Mat Certificate	8:00 - 5:00	14	1.3	9
Kick it Up	11:30 - 2:30	3	.3	3
Fusion BOSU	11:30 - 2:30	3	.3	3
Mini E Fit w/Natalie Heckert	3:00 - 6:00	3	tbd	tbd
Active Older Adults	3:00 - 6:00	3	.3	3

**Sunday October 25, 2009**

Workshop	Time	NETA Credits	ACE Credits	AFAA Credits
Pilates Mat Certificate	8:00-2:00	14	1.3	9
Core on Command	8:00 - 11:00	3	.3	3
Revolutionary Rides	8:00 - 11:00	3	.3	3
Total Body Conditioning	11:30 - 2:30	3	.3	3
No Equipment Needed	11:30 - 2:30	3	.3	3



## CEC Workshops

**Saturday October 24, 2009**

**11:30-2:30 pm**

### **Kick it Up!**

Form meets function...cover the 1-2-3 basics of traditional cardio kickboxing and discover how to increase intensity and complexity. All kickboxing moves are based with elements of functional balance and core training. Leave with tons of ideas for your classes including interval, circuit, strength and endurance training.

### **Fusion BOSU**

Integrate the mind-body experience of yoga and Pilates with the BOSU, bringing your current balance trainer workout to a whole new level! Mind-body exercises will be fused with the BOSU to challenge your mental and physical strength and balance allowing you more movement freedom and exercise challenges than you ever dreamed of.

**3:00-6:00 pm**

### **Mini E Fit with Natalie Heckert**

This class is action packed with many different amazing Mini E Fit fitness routines. Learn formats and class design techniques for kids, seniors, sports specific training, bootcamp, upper body & lower body. Participants will go home with tons of ideas they can use right away to spice up their classes.

### **Active Older Adults**

Learn about specific issues that aging participants may encounter, including medical considerations, orthopedic concerns, and the normal effects of aging and how these issues relate to exercise and health.

**Sunday October 25, 2009**

**8:00-11:00 am**

### **Core on Command**

Are you bored with the same old ab routine? Core on Command takes a functional approach to traditional core crunches with the added element of balance work, Pilates and equipment options that can be incorporated into any core workout. A sure way to re-energize any abdominal workout!

### **Revolutionary Rides**

Take your indoor cycling classes to the next level as you explore mechanics of designing effective, goal-oriented rides; theme rides, special event rides, perfecting pedal stroke, and how to do group heart rate assessments. You will walk away with several sample rides and TONS of new ideas. Heart rate monitor strongly encouraged.

**11:30-2:30 pm**

### **No Equipment Needed**

All of the workout none of the mess. Minimize the use of equipment and learn how to use your focus, body weight and exercise sequencing to develop fabulous equipment free workouts!

### **Total Body Conditioning**

**The name says it all.** Investigate safety, efficacy, biomechanics and coaching skills for a wide variety of resistance exercises using body weight, rubberized tubing and/or hand held weights. Course material includes exercise programming that targets the core, upper and lower body musculature.



## Certifications

### Group Exercise Certification (1 day)

Saturday October 24<sup>th</sup> 8:00-4:30pm

Aspiring and experienced instructors get certified with the most comprehensive one-day certification in the industry. Classroom review and demonstrations include: anatomy, kinesiology, physiology, nutrition, cueing, choreography and practical skills training. Exam and National Certification (Valid for 2 years)

**Fee: \$259**

**Recommended:** Fitness Professional's Manual \$45

**Recommended:** Group Exercise Study Workbook \$25

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## Certificate Program

### Pilates Mat Certificate (2 days)

Saturday October 24<sup>th</sup> 8:00-5:00pm

Sunday October 25<sup>th</sup> 8:00-2:00pm

This specialty certificate covers the fundamental principles of core stabilization and postural alignment as they apply to basic Pilates matwork. These principles are relevant to all types of movement and can be applied to everything you do! This workshop includes:

- Full analysis of 33 Pilates exercises
- Designing a Pilates class
- Progressing a Pilates class
- Cueing and correcting form
- Exploring modifications for all purposes

**Fee: \$299 14 CEC's**

**Required:** Pilates Mat Manual \$35

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**Session Selections**

**CEC Workshops \$69 Each**

**Register for 3 or more workshops and pay \$59 each!**

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

<b>Saturday October 24, 2009</b>		
<i>Check-in table opens at 7:30 am.</i>		
<b>Time</b>	<b>Session Name</b>	<b>Price</b>
11:30 am – 2:30 pm	_____	\$ _____
3:00 pm – 6:00 pm	_____	\$ _____

<b>Sunday October 25, 2009</b>		
<i>Check-in table opens at 7:30 am.</i>		
<b>Time</b>	<b>Session Name</b>	<b>Price</b>
8:00 am – 11:00 am	_____	\$ _____
11:30 am – 2:30 pm	_____	\$ _____
<b>Total Cost for CEC Workshops</b>		<b>\$ _____</b>

<b>Certifications / Certificate Programs</b>		
<i>Check-in table opens at 7:30 am..</i>		
<b>Workshop Name / Price</b>	<b>Price</b>	
Group Exercise Certification / \$259 (Saturday 8 am - 4:30 pm)	\$ _____	
Pilates Mat Certificate / \$299 (Saturday 8 am – 5 pm & Sunday 8 am – 2 pm)	\$ _____	
<b>Total Cost for Certification / Specialty Workshops</b>		<b>\$ _____</b>

<b>Certificate and Certification Manuals</b>		
The following manuals are either recommended or required for specific workshops.		
<b>Manual / Price</b>	<b>Quantity</b>	<b>Price</b>
NETA Fitness Professional Manual (recommended) / \$45	_____	\$ _____
Group Exercise Study Workbook (recommended) / \$25	_____	\$ _____
Pilates Mat Manual (required) / \$35	_____	\$ _____
<b>Total Cost for Manuals</b>		<b>\$ _____</b>



**Event Registration Payment**

<b>Name:</b>		<b>NETA Customer #:</b>	
<b>Address:</b>			
<b>City:</b>	<b>State:</b>	<b>Zip:</b>	
<b>Phone #:</b>	<b>Email:</b>		

<b>Total Cost for CEC Workshops</b>	\$ _____
<b>Total Cost for Certification / Specialty Workshops</b>	\$ _____
<b>Total Cost for Manuals</b>	\$ _____
<b>Shipping and Handling</b>	\$ <b>8.50</b>
<b>TOTAL EVENT REGISTRATION</b>	\$ _____

1. Registration deadline is **Friday October 16, 2009**. Registrations after this date are subject to an additional \$10.00 fee per workshop.
2. On-site registrations are subject to a \$10 additional fee per workshop.
3. Workshops are subject to cancellation or change. We have a **no refund** policy for all registrations. Credit vouchers will be available.
4. Registration and payment can be made via web [www.netafit.org](http://www.netafit.org), phone 763-545-2505, fax 763-545-2524 or mail NETA 5955 Golden Valley Road, Suite 240, Minneapolis, MN 55422.

**Method of Payment:**                      **Amount Enclosed \$** \_\_\_\_\_

Check # \_\_\_\_\_ *Made payable to NETA*     Money Order

Visa or MasterCard # \_\_\_\_\_ Exp Date \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_