

3 WAYS TO REGISTER!

BY PHONE: 1-800-582-1814

ON-LINE: www.ifta-fitness.com

Look for the Raleigh Fitness Weekend link on the IFTA Home page.

CHECK/MONEY ORDER:

Send to the IFTA address above.
After Sept. 10th, \$50 Late Fee.

Weekend Packages include Certifications listed on the days you choose!

(Except YOGA I and KettleBell)

Each 1 Hour Session = **\$25**

Take **All Saturday** = **\$90**

Take **All Sunday** = **\$90**

Take **All Sat & Sun** (excludes Yoga I & KettleBell) = **\$125**

SAVE! Sat & Sun Package if registering on line = \$120

Take **All Weekend** (excludes Yoga I) = **\$175**

Take **All Weekend** (with Yoga I) = **\$250**

Yoga I Certification (includes text & DVD) = **\$175**

Take Yoga I Certification + All Sunday = **\$215**

Take **All** Including Yoga I Certification = **\$275**

KettleBell = **\$229** - separate from any of above packages



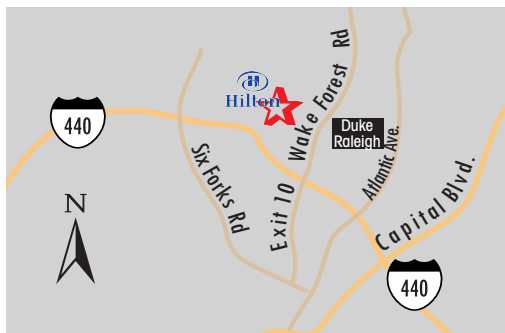
Fri/Sat/Sun CEC's for IFTA, AFAA, AEA, AAAI/ISMA, ACE (Applied For)

IFTA is dedicated to great quality while keeping certifications/education affordable.

We have lowered our pricing for 2010!

IFTA chooses not to be listed in some publications/website lists, etc., in order to pass the savings on to the consumer. Get certified and/or attend our superior programs and experience the difference.

THANK YOU FOR YOUR SUPPORT!



For directions: mapquest from your city to Hilton North Raleigh



FILMING LIVE VIDEOS THROUGHOUT WEEKEND!



7 NEW DVD'S!

"Strong" Muscle Workout
with Greg Sims

"FitCamp" Bootcamp Ideas
with Tony Stiller

"Athletic Yoga"
with Greg Sims

"Speed Cycle" Cycle Workout
with Tony Stiller

"Cardio Kickbox Blast" 30 Minute Burnout!
with Greg Sims

"Group Fitness Certification Practical"
Ideas for Exercises to Expect for Testing
with Greg Sims

"Personal Trainer Certification Practical"
Ideas for Exercises to Expect for Testing
with Greg Sims

~These 2 Practical Training Videos include sample written test~



No Refunds. Transfer fee to another person \$75, with written request. IFTA is not responsible for acts of God, war, or last minute changes. Each presenter has signed a contract of business. Equipment availability not guaranteed with late registrants/walk-in's.

ifta

Interactive Fitness Trainers

O F A M E R I C A

312 W. Millbrook Rd., Suite 145 • Raleigh, North Carolina 27609

Presents Raleigh, NC Fitness Weekend

Group Fitness/Personal Training/Aqua/Yoga/Pilates/Kickbox/Step/**Latin Dance**

September 17-19, 2010

Some Friday Certs
held at various locations
see inside for details.

Saturday & Sunday



Hilton North Raleigh

3415 Wake Forest Road • Raleigh 27609

1-800-HILTONS • \$89 Room rate while available

Ask for IFTA GROUP REFERENCE "FIT"

CEC'S: IFTA, AFAA,
AAAI/ISMA, AEA, ACE
(ACE CEC's applied for)
See sessions/schedule for details.
May petition for other companies.

IFTA is listed as one of the TOP nationally recognized certification companies
in the U.S. ~ by Personal Fitness Professional Magazine

A W E S O M E P R E S E N T E R S



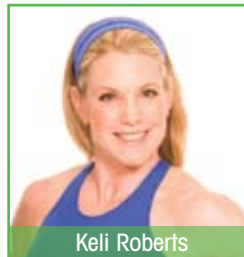
Pepper Von



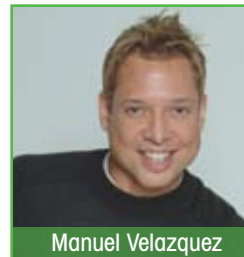
Gay Gasper



Greg Sims



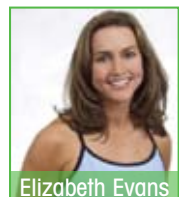
Keli Roberts



Manuel Velazquez



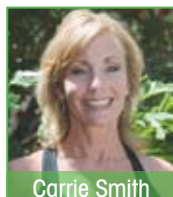
Jeff Borden



Elizabeth Evans



Tony Stiller



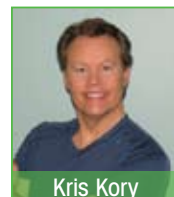
Carrie Smith



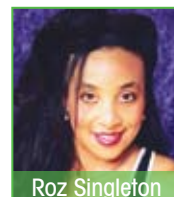
Cheryl Westerman



Darise Barron



Kris Kory



Roz Singleton



Marideth Stiller

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PRESENTER BIOGRAPHIES

Jeff Borden - Co-owner of IFTA and star of many workout DVD's. Jeff's fitness passion includes a variety of disciplines including senior workouts, cycling, aqua and dance.

Gay Gasper - Featured in numerous best selling workout DVD's, QVC presenter, aerobic champion, and now full time with IFTA! Her latest DVD's include: "Step Sensation" and "Med Ball Cardio".

Greg Sims - Co-owner of IFTA, Greg has traveled all over the world as a fitness presenter and has been featured in a 2009 NYC fitness TV commercial, and numerous workout DVD's. His latest DVD's include: "Athletic Yoga", "Strong" and "Cardio Kickbox Blast".

Keli Roberts - One of the most requested international presenters, Keli is an expert in many different disciplines of fitness. Check her out in some equipment sessions and the KettleBell Training.

Pepper Von - Star of TV's "Fitness Pros", MTV appearances, coached/trained the "Jabbawokeyz" season 1 winner of "America's Best Dance Crew". One of IFTA's favorites!

Manuel Velazquez - From Puerto Rico, now living in Mexico, he is a bilingual presenter and educator for major international fitness seminars and convention events. **HOT** Latin moves!

Elizabeth Evans - is the owner of Body & Soul Pilates and Personal Training Studio. Having mastered this discipline, she is one of the featured Pilates experts. Learn from the best!

Carrie Smith - From Savannah, Georgia, IFTA has sent Carrie all over the US as a featured presenter. She appears in a number of IFTA workout DVD's and always has fresh new ideas!

Marideth Stiller - Travelling all over the U.S. for IFTA, she presents everything from Aqua to Cycle, Kickbox to Yoga, Senior Fitness to Step. This weekend she presents Yoga I and Yoga II.

Darise Jeffcoat - Learn from one of the best presenters/motivators around. She's teaching "Putting it All Together" and "Weightless Toning" for a reason - talent and personality plus!

Tony Stiller - One of the best Cycle and Athletic Bootcamp presenters known. His latest DVD's are "Fitcamp" and "Speed Cycle".

Roz Singleton - With a background in jazz dance, group fitness, college and professional cheerleading, her classes are guaranteed to rock the house!

Jodi Heimrich - She's the director of fitness programming for a series of Hospital based facilities. Learn how to make your Aqua program amazing.

Kamisha Colvin - From Alabama, this presenter teaches all disciplines of fitness. We put her at the pool and in a muscle class because we know you'll have a blast from her energetic workouts!

Cheryl Westerman - From Marble Falls, TX. Owner of SCULPT-moves Fitness Studio that caters to personal training. Check out her "Build-A-Butt" and "Towel Moves" sessions!

Kris Kory LMT - An internationally acclaimed presenter in fitness and pilates for over 25 years. He is a former professional ballet dancer and the owner of a pilates fitness studio called "Korlates Fitness". He is presenting Advanced Pilates this weekend.

Dana Farrell - In fitness segments for Good Day New York as well as Good Morning America. She was a Philadelphia Eagles Cheerleader and choreographer for Lucille Roberts TV Commericals.

Erica Dixon - National jumprope champion and director of Campus Recreation and Wellness at NCCU. Don't miss her in Jump Rope session "Hop, Skip, Jam", and her "Latin Moves" workout.

Gabriella Kuznik - Well known for her Zumba style Latin workouts - she's got great ideas and she takes it to the pool as well!

Tyler Ramey - An amazing NEW presenter from TN...Tyler is an inspiration of many! Don't miss his "Interval-ocity" session.

Brenda Schnable - Teaching Yoga and Aqua sessions this year, Brenda comes to us with tons of experience. Enjoy these relaxing workouts towards the end of each day.

Mary Wooten - This IFTA presenter is from Wilmington. She keeps busy teaching Aqua, Pilates, Senior Fitness, Step, Cycle and more!

MaryBeth Winstead - P presents for IFTA, AEA, DCAC and comes to us with lots of experience with Pilates, Pre- and Post- Natal workouts.

Jolene Puffer - From Asheville, NC, Jolene is the creator of the "Mini-Ball" workouts. She stars in several IFTA workout dvd's - you don't want to miss her "Bootcamp by a Bootstrap" session!

Melissa Towey - Educator and Presenter from NYC, Melissa is the director of the fitness programs for MediFit - all over the U.S. Don't miss her sessions including her "Rave Reviews" lecture.

FRIDAY LOCATIONS/ ADDRESSES:
 Ladies Fitness & Wellness • (919) 845-9200
 700 Exposition Place, Suite 181, Raleigh, NC
 Camden Overlook Complex • (919) 622-6130
 4703 Summit Overlook Dr., Raleigh, NC
 Body & Soul Studios • (919) 876-1100
 2400 Summer Blvd, Suite 120, Raleigh, NC
 Seaboard Fitness & Wellness • (919) 833-5800
 802 Semart Dr., Suite 120, Raleigh, NC

SESSION DESCRIPTIONS (SATURDAY)

Some titles are self descriptive and may not appear here.

7-8 Lucille Roberts TV Commercial Workout - Feel like a star of the hottest music video on TV today. Learn an easy to follow, fun, challenging dance routine.

8-9 Latin Groove - Bring your spicy attitude to this hot Latin-style cardio workout. You'll be dancing like the stars because this class is guaranteed to have that Pepper Sizzle.

8-9 Step Sensation - Gay always has perfect combinations that build seamlessly. Get some great moves from a Step Pro!

9-10 KettleBell + Med Ball - Harness momentum & enhance sports performance with progressive explosive movement!

10-11 Step Movement Magic - Let's take it to the next level - but don't be scared. This class is for everybody. We're just going to break it down, rip it up, play hard and go home.

10-11 Just Bounce - (Resistaball) - Cardio + Strength + Core = a Perfect Class!

11-12 Bosu Ball - Options for utilizing these two pieces of equipment to their fullest potential.

11-12 Zumba - Hot moves that will add to your current routine. Have Fun!

12-1 Cardio + Core - Blast away calories and train your core to the max with the BOSU Balance Trainer! Instructors will learn simple, multi-level high intensity cardio drills with an emphasis on functional movement, balance and power.

1-2 Power Zone - Circuit style class with intervals utilizing various equipment options. Great ideas for your bootcamp class.

1-2 BOStep - A cardiovascular journey incorporating traditional step aerobics choreography using two BOSU balls as your platform. Progressions that can be taught on single or double equipment.

1-2 SpinGym - for a low-impact, muscle toning workout you can take virtually anywhere, the **Forbes Riley SpinGym® Upper Body Shaper** packs a lot of punch for its size. This innovative, easy-to-use fitness device weighs less than a pound and is small enough to fit in the palm of your hand.

2-3 Hop Skip Jam Jump Rope - Combine skill & athleticism with energy and enthusiasm. The combination is phenomenal. Some jump rope experience is helpful.

2-3 Towel Moves - Explore the many ways to sculpt your body using just a towel - it might surprise you!

3-4 Athletic Yoga - Yoga moves in a non-traditional setting. You'll stretch and tone while you challenge balance and core.

3-4 Foam Roller - Relaxing and effective, Keli gives us some perfect options for reaching deep into the muscles.

3-4 Mini Ball Basics - Need a workout that appeals to a functional group of fitness guru's? Bring mini ball basics to your club and be a superstar.

SESSION DESCRIPTIONS (SUNDAY)

7-8 Bootcamp by a Bootstrap - Small budget fitness equipment for a big payoff. Put together a bootcamp with materials you get at the hardware store. Easy to take with you, this bootcamp class is a small investment with a big return.

7-8 Interval-ocity - Interval-ocity is a circuit style class in which no equipment is needed. Insane cardio intervals mixed with stretches/abs to create an intense sweat session.

7-8 Zumba - More HOT moves to add to your current routine.

8-9 Fit Seniors - 3 rounds of interval training. Step, low, kick boxing, chairs, strength with band and weights.

8-9 Funk is Back! - That was then. This is now. Join Pepper as he re-ignites the power of Funk, where beginners look like pros and anything goes!

8-9 Fit Camp 2010 - NEW DVD starring Tony - offering some nice additions to your current equipment based bootcamp class. He walks you through and gives you the chance to try it.

8-9 Musclebar - A new infomercial this year, this piece of equipment is sure to jump start your system and activate a big calorie burn! Stop by their booth and see it.

9-10 Hot Dance - Take this class and have fun while learning moves that ramp up your class! Dance your butt off!

9-10 Build a Butt Circuit - Cheryl knows what she's doing. She gets great results for all of her clients. This session will NOT disappoint you!

10-11 The Secret (Musicality Workshop) - Rediscover and develop your relationship with rhythm. A rhythm training session of timing, movement dynamics and musical phrasing.

1-2 Weightless Toning - Great workout using natural resistance. It will surprise you what you can accomplish.

2-3 Fun with Toys - FUNctional FUNdamentals using various types of equipment options! Very usable ideas.

3-4 Rave Reviews - Instructor evaluation process, developing, conducting & delivering reviews. Includes risk management and legal issues as it relates to group fitness.

3-4 Yoga Vinyasa Galore - Experience a yoga workout performing sun salutations, moon salutations and other vinyasas.

AQUA SESSIONS

Each of these sessions are meant to give new and experienced instructors ideas to add to a current routine. The titles are self-descriptive and are always the particular presenter's ideas on how to make a class better and more exciting.

NEW THIS YEAR!



Advanced Pilates

Yoga II

Musclebar

TRX

MORE Latin Dance Classes

SpinGym

