2017 RALEIGH FITNESS WEEKEND CERTIFICATION TEXTBOOK
INFO AND DESCRIPTIONS IN NO PARTICULAR ORDER.

PLEASE NOTE:
SOME TITLES ARE SELF DESCRIPTIVE…THOSE WILL NOT BE INCLUDED IN THESE DESCRIPTIONS.

ALWAYS KEEP IN MIND WHETHER IT IS A CYCLE CLASS, YOGA, STEP, DANCE, ETC – THE CONTENT IS BASED ON WHAT THE PRESENTER FEELS IS RELEVANT AND POPULAR. REGARDLESS OF THE DESCRIPTION – WE BELIEVE YOU ARE GOING TO ENJOY THE EXPERIENCE AND YOU WILL OBTAIN YOUR CEC’S EVEN IF YOU WATCH WITHOUT PARTICIPATING IN THE WORKOUT. SOME CLASSES THAT STATE A PIECE OF EQUIPMENT HAVE BEEN LEFT OFF THE DESCRIPTION LIST.

YOU DO NOT HAVE TO TAKE CLASSES THAT RELATE TO YOUR CERTIFICATION…YOU MAY TAKE ANY CLASS AND OBTAIN THE CEC’S TOWARDS RENEWAL YOUR CERTIFICATION.

IFTA CERTIFICATIONS LISTED ON FRIDAY: ALL INCLUDE LECTURE OF THE STUDY MATERIALS (PLEASE ORDER THE MATERIALS IF YOU DO NOT HAVE THEM), PRACTICAL MOVEMENT (IF APPLICABLE) AND WRITTEN TEST.

IF YOU DO NOT PASS THE CERTIFICATION, THERE IS A RE-TEST AVAILABLE FOR $45.00

SOME SATURDAY, AND SUNDAY CERTIFICATIONS HAVE A DESCRIPTION ON THE PROMOTIONAL PIECE THAT IS ON THE WEBSITE.

IFTA TEXTBOOKS – LOCATIONS OF CERTIFICATION/TRAINING COURSES:
THIS WILL BE IN YOUR CONFIRMATION LETTER AND LISTED BELOW.
NC STATE CARMICHAEL STUDENT RECREATION CENTER: 2611 CATES AVE.
ALOFT HOTEL: 2100 HILLSBOROUGH ST.

PERSONAL TRAINER (WITH BRIAN GUZMAN) – NC STATE, FRIDAY
“PERSONAL FITNESS TRAINING: BEYOND THE BASICS” EDITION 2

GROUP FITNESS (WITH DARISE BARRON) – NC STATE, FRIDAY: “FITNESS PROFESSIONAL’S HANDBOOK” EDITION 7 (NEW!)

CYCLE (WITH TONY STILLER) – NC STATE, FRIDAY: IFTA’S CYCLE TEXT, UPDATED 2012

PILATES (WITH KRIS KORY) – NC STATE, FRIDAY:
IFTA’S PILATES TEXT, WRITTEN BY ELIZABETH EVANS PETERSON 2011

YOGA (WITH MARIDETH STILLER) – ALOFT HOTEL, FRIDAY:
“INSTRUCTING HATHA YOGA” 2ND EDITION. INCLUDES 75 VIDEO CLIPS ON LINE

AQUA (WITH JODI HEIMRICH) – NC STATE, SATURDAY: IFTA’S TEXT, UPDATED 2011
SENIOR FITNESS (WITH MARLENE JACOBS) – NC STATE, SATURDAY: IFTA’S TEXT, UPDATED 2013

TAI CHI CERTIFICATION (WITH DR. DUANE CRIDER) – ALOFT HOTEL, SATURDAY. TEXT WRITTEN BY DR. CRIDER TEXT WILL BE MAILED TO YOU.

NUTRITIONAL COACH CERTIFICATION (WITH ADITA LANG) – NC STATE, FRIDAY TEXT WILL BE EMAILED TO YOU

ADVANCED NUTRITION COURSE (WITH ADITA LANG) – ALOFT HOTEL, SUNDAY TEXT WILL BE EMAILED

BARRE TRAINING COURSE – NC STATE, FRIDAY MATERIALS WILL BE GIVEN TO YOU THERE ON SITE

AQUA II CERTIFICATION (WITH MARLENE JACOBS) – NC STATE, SUNDAY INCLUDES MATERIALS HANDED TO YOU ON SITE.

DESCRIPTIONS THAT WE HAVE AVAILABLE: _______________________

ALL AQUA CLASSES ARE BASED ON SHALLOW WATER WORKOUTS AND INCLUDE CREATIVE, FUN IDEAS TO ADD TO YOUR CURRENT ROUTINE, WITH AN EXCELLENT LINE-UP OF PRESENTERS!

AQUA II CERTIFICATION:
THIS COURSE IS ALL LECTURE AND NO TIME IN THE POOL. THE TOPICS INCLUDE SPECIAL POPULATIONS, INJURIES AND REHAB, POST SURGERIES, SENIOR ISSUES, CONDITIONS AND DISEASES, ETC.
THE PRE-REQUISITE IS THE IFTA (OR ANOTHER COMPANY) AQUA CERTIFICATION (IFTA’S AQUA CERTIFICATION IS OFFERED SATURDAY).

TAI CHI CERTIFICATION WITH DR DUANE CRIDER:
DR DUANE CRIDER WILL BE USING THE TEXTBOOK HE AUTHORED AND WILL TEACH YOU THE CORRECT AND POWERFUL MOVEMENTS THAT ALLOW YOU TO WALK AWAY FROM THIS COURSE READY TO LEAD A TAI CHI CLASS.
Upon registering and selecting that you want the textbook, it will be shipped.

YOGA CERTIFICATION: Once someone registers for the course, we ship the text (includes75 video clips on line from the text), outline-study guide.
On the day of the Certification, the presenter, Marideth (who has owned a Yoga studio for years and is quite knowledgeable) goes through the material as an exam review and there is a comprehensive hands on training for the Yoga movements/poses, etc.
The written test is the last hour.
You will enjoy Marideth's style and technique.
Nutritional Coach (F.N.C.) Certification Outline

Presented By Adita Yrizarry – Lang, BS, HLC, CPT

Nutrition should be a major part of a client’s training program. True results are created with a balanced approach to health, which include the nutritional component. As a Personal Trainer or Group Exercise Specialist, we are limited as to educate without prescription, with this in mind the Fierce4 Fitness Nutritional Coach (F.N.C.) is your program for nutritional excellence. Our goal is to teach you all of the components of food and health that will assist your clients to maximize their wellbeing. We call it the Nutritarian Food Plan, one that emphasizes nutritional density, thereby minimizing useless calories and creating a solid foundation for a lean body, zest for life, and unlimited health!

This 8 hour course is broken down in the following:

Nutrition 101 1.5 hours

Learning the basic components of foods – Carbohydrates, Proteins, Fats, Vitamins, Minerals, Enzyme, and Water

Myths and Misconceptions 1.5 hours

What really works and what doesn’t, understand the research and how to interpret which are the right things to follow.

Understand Organic, GMO, Fortification, and much more

Dieting and Fat Loss 1 hour

How do we gain it and how do we get rid of it permanently

Food Challenges 1 hour

Anorexia, bulimia, food allergies, food intolerances, and other issues we have with foods

The 4 Components of Foundational Health 1 hour

Exercise, Nutrition, Sleep and Relaxation, and Happiness – Balance these and you have maximized your health for life

Creating Your Customized Livet© 1 hour

Optimal Food Plan Design

Certification Exam 1 hour

Program Total: 7 Class room hours + 1 hour Exam = 8 hour course

Band Booty Workout v.2

Learn ways to integrate the Versa-Loop Band in your classes to strengthen, lift and sculpt the glutes. From beginners to experienced athletes, many can benefit from training with the Versa-Loop. The loop can condition and strengthen calf muscles, hamstrings, and glutes in one dynamic leg movement. The Versa-Loop challenges your focus on specifically targeted muscles, improving muscle endurance.
Iron Man Workout

A total body workout with dumbbells only. Seamless transitioning from exercise to exercise utilizing your bodyweight and dumbbells. A workout flow to sculpt that hard body while maximizing time to get the most out of your effort. Plan on keeping those dumbbells in your hands the entire working time.

Planks, Planks and More Planks - 2nd Edition

Moves to improve your core strength, stability, mobility and agility on the ground. You will be working against gravity and imbalances through a series of progressions that will challenge your body and your mind. Active stretches built in to re-energize and re-fresh body.

Dynamic Stretching & Warmups

An overview of dynamic stretching and dynamic warm-ups that will ultimately lead to improved strength and flexibility, and range of motion when done consistently and strategically. This increased flexibility will help to improve your athletic performance and decrease your risk of injuries with increased blood flow and range of motion. The goal is to improve our movement quality over time by incorporating stretches like these into our classes and workouts!

Rev it Up (Cycle) - check out some of Brian’s favorite single tracks for one fantastic Cycling journey.

Sexy Biscuits Too! (Cycle) – this Cycle class with Brian will be a non-stop fitness challenge sure to make sure your “biscuits” are always sweet and appealing!

Flexi Buns - work your buns like they have never been worked before. No need to try and sit down the next day.

Beast Mode Fit Camp - learn how to put together a class that will labor you as BEAST! for the rest of your fitness carrier.

Beat and Pulse - This class incorporates both cardio dance with strength intervals for a full body workout. Rhythms would mostly include Bollywood, Belly Dancing, and African with some dance mixes of popular hits for the strength intervals.

Lean Body & Core Barre Mat - Barre exercises designed to build a strong and lean body with intense core work on the mat. Participants will leave feeling longer and empowered by what their bodies can do.

Ola Aqua! (Aqua) – Jose’ brings his Latin style to the water for a powerful and useful aqua workout!
Myofascial Release and Stretch - More of a lecture/presentation and is one of the things Jose’ is most passionate about. He will go over proper technique and exercises. Depending on equipment availability (foam roller + pinky ball) there's different ways to explore this topic.

**Kardio Kickbox**

Challenge yourself and your students with a unique blend of non-stop intense cardio kickboxing combinations. Explore easy to follow 32-count choreography, develop inner strength, flexibility and muscle tone for the entire body. Let the martial attitude take over in this 45-minute workout and walk away with news ideas to kick it up a notch in your kickboxing classes back home!

**Hardcore Cardio Blast – Dynamix Signature Class**

Blast fat & challenge yourself and your students with a unique blend of non-stop intense cardio kickboxing combinations and unique body–weight exercises. Explore easy to follow 32-count choreography, develop inner strength, flexibility and muscle tone for the entire body. Let the martial attitude take over in this workout and walk away with news ideas to kick it up a notch in your kickboxing classes back home!

**Super Sculpt-Get Strong! Get Lean!**

Combat fat and shake things up with this new total-body program. Using tubing, weights, step, etc., you'll expand your group strength repertoire with these super-set combinations that alternate between upper- and lower-body exercises. In addition, you'll utilize a multitude of isotonic, isometric and compound patterns that will add variety to your classes, and your students will see improvements in their core stability, strength and flexibility.

**Martial Attitude!**

Challenge yourself and your students with a unique blend of non-stop intense cardio kickboxing combinations and unique body–weight exercises. Explore easy to follow 32-count choreography, develop inner strength, flexibility and muscle tone for the entire body. Let the martial attitude take over in this 45-minute workout and walk away with news ideas to kick it up a notch in your kickboxing classes back home!

**Super-Charged TABATA**

This Tabata–style high–intensity interval cardio–strength program is designed to redefine and create the body you and your students want. Using weights, tubing, step, etc. and unique body–weight exercises, this workout consists of eight work–rest intervals of 20 seconds and 10 seconds respectively, followed by a 60–second recovery period. Come to this high–energy session that includes explosive plyometrics, core training, speed and agility drills, cardio training and flexibility for a sweat–inducing, calorie–burning workout.
The “Zoomers” Workout
This class provides variety for Baby Boomers to see results by combining fun cardio combinations with specific muscle conditioning that will be tailored to the class and the music of the 60’s, 70’s and 80’s.

TRX Bootcamp... fitness games using the TRX that will keep your students interested in doing more and passes the time beautifully

Aqua Bootcamp (Aqua)... not your grandmother's aqua class – this one will push you and your students over the edge!

Metabolic Burn.. the power of dumbbells that nearly guarantees to keep you burning for 72 hrs

TRX HIIT.. high intensity interval training using TRX will target virtually every muscle group in a hugely effective way

Nutrition 101 (Lecture) – Nutrition is so much easier than we make it out to be. Join Adita as she simplifies the basic ingredients of great nutrition so that you can easily implement it and share with your clients

Nutritional Controversies – So much information and which do we choose for the best interest of us and our clients? Adita breaks down the top nutritional controversies and easily explains what is good and what is not so good for your health.
General Nutrition for Longevity – Food and nutrition are the fuel that make you strong, energized and healthy. This class will breakdown the key ingredients to maximize every bite to enhance your energy and your day to day!

Bootcamp 360
Turn it up full circle in this hot and heavy bootcamp blast!

“Urban Extreme Hip Hop Dance” and “Reggae Fusion”
Whatever you do...don’t miss this one. Bryant is known as one of the best. The names really say it all – and the man leading it? You will see...

Tai Chi Fitness:
Take this calm meditative workout for yourself or to use as part of your Tai Chi classes. Greg breaks down the movements so that you are able to walk away with the tools needed to practice and teach Tai Chi Fitness classes. No experience needed – just an open heart, mind and meditative spirit.

Putting It All Together!
Certified Group Exercise Instructors (or those planning to be)! Join Darise in this interactive workshop putting it all together, learning Smooth Transitions, Cuing to Music, Getting Creative with Freestyle Movement! Have Fun! Gain confidence, Walk away with Choreography for your Next or First Class! Please note that this class is slotted for 1.5 hours.

D.I.G. TRX
Tone and shape your body in this class using a combination of strength, cardio and body weight exercises. By combining weights, treadmills and TRX suspension
trainers, you’ll reach your optimum fitness level in no time! Class is for all levels and instructor will provide modifications and alternative exercises if and when needed.

**Hip Hop Sculpting**

Besides a killer playlist, Hip Hop Sculpting will feature fun, cardio-based choreography with full body sculpting exercises in-between. You will shake and lift your way to a better body in a fun and inspiring atmosphere. Come and shake it with JoJo!!

**TRX Circuit**

TRX with a circuit format. Challenge yourself with different and creative workouts each day. Always incorporating the TRX…get stronger, leaner, and increase your overall performance level in this class!!! Don't just take my word for it. Come see for yourself.

**Fitness Management 1 and 2**

Marlene Jacobs has lectured on this topic for years as she is considered an expert in this field. Having held fitness management positions over the years – in charge of staff and sales – she has been in the fitness industry nearly all of her life. Attend one or both hours and learn from the best!

**Aqua Cardio Burn (Aqua)**

Jodi leads an incredible athletic based class that will challenge nearly every part of your body. Tons of info to take back with you.

Note: If you are attending the Aqua Certification – this is a required class for you.

**Aqualates (Aqua)**

The perfect blending of liquid and Pilates….a great way to end the day!

**Creative Core BOSU!**

Rock it out with Roz as she leads our only BOSU class in this event! She is the star of one of IFTA’s latest workout / cec dvd’s “BOSU Booty Bottom”….need we say more?
Seniors Stay Strong
Gay Gasper – a legend in this industry – always gives you creative and effective movement that is immediately usable. She stars in one of IFTA’s latest workout / cec dvd’s “Senior Strength”.

The Fine Eye of Personal Training (Lecture)

Adita Lang is an Industry standard! You cannot miss this class if you are wanting to grow your business and learn as much as possible in a one hour time slot.

Liquid Lines (Aqua)

Join Gay Gasper in the pool for a non-stop but controlled aquatic experience – she teaches nearly every type of fitness and aqua is one of her best!

Advanced Nutritional Course:
If you already have a fundamental knowledge of nutrition and food...or if you are attending (or have attended in the past) the Nutritional Coach Certification - this course is for you!
You will be given a better understanding of cooking methods, food prep and storage for healthier meal plans.
As fitness professional you need to understand the myths and misconceptions surrounding nutrition. Additionally receive all the tools necessary to clean out your client's pantry and take them on a grocery tour of a lifetime.

Step Nation:
Gay Gasper once again brings her expertise as a Step Aerobic Champion to the table...step table that is! Enjoy the beautifully choreographed movement and excellent cues in this workout. This Step workshop is designed for the instructors that still have a diehard group of steppers. This interactive workout session will focus on step fundamentals, the art of step class design, breakdown methods and choreography ideas.
**Fitness Management 1 and 2:**
These lectures are designed so that you may attend one or both. Sometimes we need good information and not tons of movement while we obtain our Cec's. Marlene Jenkins is widely known and respected for the educational value she delivers in a concise and pleasant way. Learn ideas to increase your capacity to lead others and transform your fitness career to help you become all you can be...whether it's a new position or starting your own business...you will be one of the best as you have the opportunity to be with this expert in the field!

**Bodyweight Rising:**
Ken is here all the way from Singapore to deliver his best bodyweight moves! He always comes up with fresh and exciting ways to get the best results. Don’t miss the opportunity to be with one of our latest presenters and one of our representatives from IFTA Singapore!

**Mat Dance Combos**
A new way to get mat related moves groovin to music using your mind! Build combinations standing and on the mat!

**Intermediate to Advanced Pilates**
This is the next level in mat work. Go beyond the basics! Time to get those legs up!

**Floor Barre Ballet Perfections**
This ain’t no Barre class! Learn what real dancers do to keep in shape without jumping. Ballet moves are performed at all angles on the floor.

**Reformer moves for Mat and Personal Training.**
Engage your students with moves that are similar to working with Pilates reformer machines. Learn moves to use solo and with partners. Simple equipment will be used to add extra resistance, balance, and coordination.
Pilaba:
The very talented Paula Weaver brings the fusion of Pilates and Balance….Pilaba is one of her most popular classes. Give theis one a try for some interesting movements to add to your current routine.

Athletic Zone – Gay Gasper
This workshop is designed to explore various interval timing and exercises using function movement patterns. Experience timed sets of athletic conditioning designed with modifications for all levels of fitness. Discuss the value of high intensity workouts and the danger of over training. Experience a high intensity total body workout designed to achieve various results, from weight loss to muscle growth.

Russian Roulette
JoJo will lead you through a fitness game that is a fun team building class. It delivers a hard core full body workout. You can use whatever equipment you have or none at all. New ideas and making it fun....perfect!

Yoga Recharge:
You cannot go wrong with this class. It is perfectly placed on the schedule as one of the last hours of the conference.