

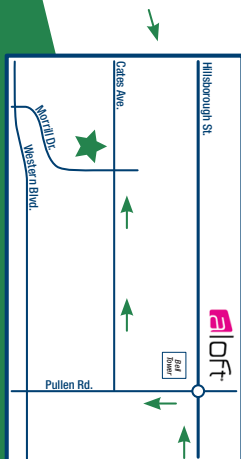
RALEIGH, NC FITNESS WEEKEND

September 22,23,24 ~ 2017
19th Annual ~ 22 Years

CEC's: For each 1 hour on Saturday and Sunday: 0.1 ACE, 1 IFTA, 0.1 NASM, 1 AFAA, 1 AAI (See Certifications for exact CEC's)

HOST HOTEL:

 **Aloft Hotel (919) 828-9900**
2100 Hillsborough St. • Raleigh, NC
CALL EDIE FOR RATE. ROOMS MAY BE LIMITED.



SAME PRICES AS LAST YEAR

\$225 ALL Weekend
\$179 ALL Sat-Sun

at the NC State
University 
Carmichael Complex
See map on back.

**REGISTER ONLINE AT
WWW.IFTA-FITNESS.COM
AND SAVE \$20 OFF ANY
2 OR 3 DAY PACKAGE!**

Register for any Saturday, Sunday and/or All package ONLINE ONLY and be entered in a live drawing to WIN a FREE weekend registration! (Winner will be reimbursed on the day of the event.)

PRESENTERS

Janis Saffell
Greg Sims
Gay Gasper
Kris Kory
Tony Stiller
Marlene Jenkins
Darise Barron
Roz Singleton
Marideth Stiller
JoJo Polk
Adyana de la Torre
Jodi Heimrich
Brian Guzman
Adita Lang
Dr. Duane Crider
Darcy Kent
José Garcia
Bryant Newsome
Jody Kohsla
Monica Godfrey
Paula Weaver
Greg Bowen
Ken Tan


Interactive Fitness Trainers
OF AMERICA

Each 1 Hour Class	\$25
All Saturday	\$99
All Sunday	\$99
All Sat & Sun	\$179
All Weekend, Fri-Sun	\$225
Barre Training Course with Gay Gasper, 3:30-7:30 Friday* any package)	\$99 (\$50 with any package)
Nutritional Coach Certification, Friday*	\$185
Advanced Nutritional Coach Course, Sunday*	\$99
Aqua Certification, Sat*	\$99 \$34 textbook
Aqua II Certification, Sun*	\$99 includes materials
Tai Chi Certification w/ Dr. Duane C, Sat 9-4*	\$99 \$39 textbook
Senior Fitness Certification, Sat 3-7*	\$99 \$34 textbook
Yoga Certification, Friday* (includes text, shipping & online videos)	\$199

*NOT INCLUDED IN ANY PACKAGE: Nutritional Certification & Advanced,

Tai Chi Certification, Barre Training Course, Senior Fitness & Yoga Certifications

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HAS YOUR CERTIFICATION EXPIRED?

Re-certify for \$99 and
an email "Test-out."

See details
on web site.

Other Friday Certifications offered: Group
Fitness, Personal Trainer, Cycle, Pilates.
Each is \$99 and textbooks are separate.
All details are at www.ifta-fitness.com

Personal Training

BOSU

Group Fitness

Aqua / Aqua II

Yoga

Tai Chi

Barre

Pilates

TRX

Step

Kickbox

Dance

Cycle

Nutrition

Senior

Athletic

Hip Hop

Body Weight

Tabata

Sponsors:



Active You
361°