

# **IFTA FITNESS WEEKEND**

**INTERNATIONALLY RECOGNIZED CERTIFICATIONS & TRAININGS  
APPROVED AND VERIFIED BY THE U.S. FEDERAL GOVERNMENT**

**WWW.IFTA-FITNESS.COM 919-870-0600 M-F**

**INSTAGRAM: IFTAFITNESS**

## **WHEN**

**Sat-Sun February 1-2, 2020**

## **WHERE**

**Athens YMCA  
Athens, GA**

**Address: 915 Hawthorne Ave.**

**Local contact: Elyse [elysegiles@gmail.com](mailto:elysegiles@gmail.com)**

**SEE ALL DETAILS [WWW.IFTA-FITNESS.COM](http://WWW.IFTA-FITNESS.COM) "LIVE EVENTS"**

**Presenter: Greg Sims**

**[WWW.IFTA-FITNESS.COM](http://WWW.IFTA-FITNESS.COM)**

## **SCHEDULE**

### **Saturday February 1:**

**9:00am-3:00pm**

**Group Fitness Certification \$99**

**Textbook \$81 (only available as shipped)**

### **Sunday February 2:**

**10:00am-1:00pm**

**Tabata Certification \$89**

**Choreography handouts given in person**

## **CEC'S OFFERED**

**Group Fitness:**

**4 IFTA, 4 AFAA, 4 AAI, .2 ACE**

**Tabata:**

**3 IFTA, 3 AFAA, 3 AAI, .2 ACE**

## **DETAILS**

**Register on website or call.**

**Group Fitness includes review of study materials as an exam prep, practical movement / workout, written test.**

**Tabata is all practical / practice and no written test.**

## **BENEFITING**

**A % of all IFTA proceeds goes towards the fight against cancer through the American Cancer Society**