

IFTA FITNESS WEEKEND

INTERNATIONALLY RECOGNIZED CERTIFICATIONS & TRAININGS

WWW.IFTA-FITNESS.COM (SEE ALL DETAILS) 919-870-0600 M-F

INSTAGRAM: IFTAFITNESS

WHEN

January 12-13, 2019

WHERE

Golden Isles YMCA
Brunswick, GA

144 Scranton Connector

Local contact: Zohra zohra.waye@ymcaofcoastalga.org

SEE ALL DETAILS WWW.IFTA-FITNESS.COM "UPCOMING EVENTS"

Presenters: Greg Sims and Darise Barron

WWW.IFTA-FITNESS.COM

DETAILS

CERTIFICATIONS

Sat Jan 12th 8am-12pm:

\$99 Personal Trainer or

\$99 Senior Fitness

12:30-5:00pm:

\$99 Cycle or Aqua

Sun Jan 13th 1-5pm

\$99 Group Fitness

CEC'S OFFERED + TEXTBOOK INFO

Each Certification offers these CEC's:
4 IFTA, 4 AFAA, 4 AAAI, .4 ACE

Group and PT also offer .4 NASM

Textbooks listed on website.

Personal Trainer = \$46 shipped

Senior Fitness, Aqua, Cycle =

\$25 emailed or \$36 shipped

Group Fitness = \$81 shipped

CERT. INFO:

Register by calling or on the website. Order textbook(s).

Courses include review of study materials as an exam prep, practical movement, written test.

BENEFITING

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