

# 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 January 4-5, 2020**

## **WHERE**

**Golden Isles YMCA  
Brunswick, GA**

**144 Scranton Connector**

**Local contact: Zohra [Zohra.waye@ymcaofcoastalga.org](mailto:Zohra.waye@ymcaofcoastalga.org)**

**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 January 4:**

**8am--12pm**

**Cycle Certification \$99**

**Textbook emailed \$25 or shipped \$39**

**12:30pm--4:30pm**

**Aqua Certification \$99**

**Textbook emailed \$25 or shipped \$39**

**CEC's for each Certification:**

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

### **Sunday January 5:**

**9am--3pm**

**Group Fitness Certification**

**\$99 Textbook \$81**

**CEC'S: 4 IFTA, .2 ACE, 4 AFAA, 4 AAAI**

**\$175 for 2 Certifications**

## **DETAILS**

**Register on website or call.**

**The Certifications include re-view of study materials as an exam prep, practical movement /workout, written test.**

## **BENEFITING**

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