

# IFTA

## AQUA FITNESS!

**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 November 21-22, 2020**

### WHERE

**Hamilton Family YMCA  
Chattanooga, TN.**

**Address: 7430 Shallowford Rd, Chattanooga, TN 37421**

**Local contact: [ajthec clown@epbf i.com](mailto:ajthec clown@epbf i.com)**

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

**Presenter: Tim Stephenson**

**WWW.IFTA-FITNESS.COM**

### SCHEDULE

#### **Saturday November 21:**

**8am-12pm Aqua Certification \$99**

**Textbook options:**

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

#### **Sunday November 22:**

**8-9am How to handle Special Needs in Health**

**9:30-10:30am Dancing in the Water**

**11am-12pm Personal Training in Water**

**Each class \$25**

**See more info on the website: [www.ifta-fitness.com](http://www.ifta-fitness.com)**

### CEC'S OFFERED

**IFTA, AFAA, AAAI, ACE**

### DETAILS

**Register on website or call.**

**The Certification include review 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**