

# 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 April 13-14, 2019**

## **WHERE**

**Baptist Healthplex  
Clinton, MS**

**102 Clinton Parkway**

**Local contact: Brandi [bderrick@healthplexclinton.com](mailto:bderrick@healthplexclinton.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 Apr 13:**

**9am-1pm \$99**

**Cycle Certification \$99**

**Textbook emailed \$25 or shipped \$36**

**1:30-2:30pm Cycle Intervals \$25**

**2:30-3:30pm Mat-Flex \$25**

### **Sunday April 14:**

**Each class is \$25**

**9-10am Cardio Bootcamp**

**10-11am Total Body Pump Up**

**11:15am-12:15pm Xtreme Aqua**

## **CEC'S OFFERED**

**CYCLE CERTIFICATION:**

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

**EACH 1 HOUR WORKOUT CLASS:**

**1 IFTA, 1 AFAA, 1 AAAI, .1 ACE**

## **DETAILS**

**Register by calling or on the website.**

**The Certification includes 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**