

IFTA

GROUP FITNESS CERTIFICATION + WORKOUT CLASSES

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

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

INSTAGRAM: IFTAFITNESS

WHEN

Sunday October 27, 2019

WHERE

Commack, N.Y.

Lucille Roberts Health Club

6534 Jericho Turnpike

Local Contacts: Cindy and Vicki 516-819-3921

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

Presenter: Greg Sims

WWW.IFTA-FITNESS.COM

DETAILS

Note: Combination of 3 workouts worth 3 CEC's + Group Fitness Certification:

10:30am-3:30pm

Certification Price:

\$99.00 Textbook: \$81

3 Workout Classes \$25 each:

10:30-12:30 Class content:

Total Body / Body Bar / Core

CEC'S

Certification:

4 IFTA, 4 AFAA, 4 AAAI, 2 ACE

Workout Classes 10:30-12:30:

1 extra CEC per workout class of

Total Body / Body Bar / Core:

1 IFTA, 1 AFAA, 1 AAAI, 1 ACE

CERT. INFO:

Register by calling or on the website. Order textbook.

Certification includes 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