

# IFTA FITNESS WEEKEND

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

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

**INSTAGRAM: IFTAFITNESS**

## **WHEN**

**February 1-3, 2019**

## **WHERE**

**EP Fitness**

**El Paso, TX**

**145 Paragon Lane**

**Local contact: Maggie maghurley@hotmail.com**

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

**Presenters: Greg Sims, Monica Godfrey,**

**[WWW.IFTA-FITNESS.COM](http://WWW.IFTA-FITNESS.COM)**

## **DETAILS**

### **CERTIFICATIONS**

**Friday Feb 1:**

**\$85 Mat-Flex or \$99 Cycle**

**Saturday Feb 2:**

**\$99 Group Fitness, or**

**\$125 Adv. Weight Room**

**Sunday Feb 3:**

**\$99 Personal Trainer + 3**

### **CEC WORKOUTS**

**Each \$25**

**Sun Feb 3:**

**9:00-10:00 P.R.E.S.S.**

**10:00-11:00 Yoga Sculpt**

**11:00-12:00 Cycle it Up**

**CEC's for each:**

### **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. CEC's listed on**

### **BENEFITING**

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