

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

Fri-Sun August 2-4, 2019

WHERE

**Golds Gym Tierra Este
El Paso, TX.**

12040C Tierra Este Rd

**Local contact: Andrea agonzales@goldsgym.net and
Maggie maghurley@hotmail.com**

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

Presenters: Greg Sims, Maggie Hurley, Brian Guzman

WWW.IFTA-FITNESS.COM

SCHEDULE

Friday Aug. 2: 4:30pm--8:30pm

Cycle \$99

Textbook emailed \$25 or shipped \$39

Senior Fitness \$99

Textbook emailed \$25 or shipped \$39

Saturday Aug. 3:

9am-3pm Group Fitness \$125

Textbook \$81 (only available as shipped)

Written test available in English + Spanish

9am-5pm Yoga \$199

Includes Textbook + 75 online yoga videos

Sunday Aug. 4:

9am-10am "Cardio Resistance Core" \$25

10:15am-3:15pm

Personal Trainer \$99

Textbook \$49 (only available as shipped)

Written test available in English + Spanish

CEC'S OFFERED

IFTA, AFAA, AAAI, ACE, NASM

DETAILS

Register on website or call.

The Certifications 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