

IFTA

FT. MILL, S.C.

**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 March 21-22, 2020

WHERE

Baxter Close YMCA

857 Promenade Walk Ft. Mill, S.C.

Local contact: Beth bethevansek@upymca.org

SEE ALL DETAILS + COUPON CODE (EXP MAR 5)

WWW.IFTA-FITNESS.COM "LIVE EVENTS CALENDAR"

Presenters: Greg Sims, Gay Gasper

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SCHEDULE

SATURDAY CLASSES

\$25 Each Class

10-11am Athletic Cardio

11am-12pm Muscle Core Target

12:15-1:15pm Kickbox with Props

1:15-2:15pm Barre Conditioning

2:30-3:30pm Yoga Chill

CEC's per class:

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

SUNDAY CERTIFICATIONS

Time: 1:00pm-6:00pm

\$99 Group Fitness Certification

Textbook \$81

Time: 1:00pm-6:00pm

\$99 Cycle Certification

Textbook \$25 emailed / \$39 shipped

CEC's for each Certification:

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

CERTIFICATION DETAILS

Register by calling or on the website. Choose textbook option

The course 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