

IFTA FITNESS WEEKEND

INTERNATIONALLY RECOGNIZED CERTIFICATIONS & TRAININGS

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

INSTAGRAM: IFTAFITNESS

WHEN

January 19-20, 2019

WHERE

Harrisburg JCC

Harrisburg, PA.

3301 N. Front Street

Local contact: Linda I.skulsky@jewishfedhbg.org

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

PRESENTER: GREG SIMS CEC'S: IFTA, ACE, AFAA, AAAI

Personal Trainer Certification CEC / Workout Classes

WWW.IFTA-FITNESS.COM

SCHEDULE

CERTIFICATION

Saturday Jan. 19

\$99.00 Personal Trainer
9:00am-3:00pm

Textbook: \$46.00

Audit for cec's: \$79.00

CEC's: 4 IFTA, 4 AFAA, 4 AAAI, 4 NASM

CEC WORKOUTS

Sunday Jan. 20

\$25 each

9-10 Total Body Pump Up

10-11 Med Ball Core

11-12 Cycle Fusion

Each: 1 IFTA, 1 AFAA, 1 AAAI, .1 ACE

P.T. CERT DETAILS

Register by calling or on the website. Textbook is shipped.

The course 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