

IFTA

MONROE, N.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 May 2-3, 2020

WHERE

Monroe Aquatics and Fitness Ctr.

Address: 2325 Hanover Dr, Monroe, NC 28110

Local contact: Carrie Hodges chodges@monroenc.org

SEE ALL DETAILS + COUPON CODE (EXP APR 10)

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

WWW.IFTA-FITNESS.COM

SCHEDULE

SATURDAY CLASSES

\$25 Each Class

9-10am Muscle Core Target

10-11am Athletic Mix

11am-12pm Dance Till You Drop

OR... Cycle Intervals

12:15-1:15pm Bodyweight Burn

1:30-2:30pm Kickbox Cardio

OR... Aqua Power

CEC's per class:

SUNDAY CERTIFICATIONS

Time: 10:00am-3:00pm

\$99 Group Fitness Certification

Textbook \$81

CEC's for Certification:

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

CERTIFICATION DETAILS

Register by calling or on the website. Choose textbook.

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