

IFTA – Live Raleigh, NC Fitness Weekend Oct 22-24, 2021

***HIGHLIGHTED = 15 CLASSES BOTH LIVE & VIRTUAL**

ALL MANUEL'S CLASSES WILL BE VIRTUAL ONLY

Darcy Kent is subbing Manuel's "Aqua Dance!" Sun 12pm

ALL Details, Presenters + Pricing: www.ifta-fitness.com "Live + Virtual Calendar"

OR CLICK HERE FOR DIRECT LINK: <https://www.ifta-fitness.com/product/raleigh-fitness-weekend-sat-and-or-sun-10-23-20-24-1-hour-cec-class-options-location-lifetime-athletic/>

Host: **LIFETIME ATHLETIC** 8515 Falls of Neuse Rd. Raleigh, NC 27615

Friday 10/22 4pm-8pm CERTIFICATIONS: 2 HOURS OF PRACTICAL MOVEMENT AND A TAKE HOME TEST!

Studio 1	4-6pm Senior Fitness Certification	Indoor Pool	6-8pm Aqua Certification
Studio 1	6-8pm Group Fitness Certification	Fitness Floor	6-8pm Personal Trainer Certification

CEC's per Certification: 3 IFTA, 3 AFAA, 3 AAI, .2 ACE

BONUS CLASS! 5-6pm "Warrior Sculpt" in the Yoga Studio with Donna Dixon & Erin Jensen

Saturday 10/23 12pm-5pm 1 Hour Classes CEC's per Hour /Class: 1 IFTA, 1 AFAA, 1 AAI, .1 ACE

Rooms:	Studio 1	Studio 2	Cycle Studio	Yoga Studio	Conference Room
12:00pm	TOTAL BODY TRAINING	*MOVE & GROOVE FUNK	CYCLE MERRY GO ROUND	PILATES 55+	*(2 HR PT LECTURE: BE THE
1:00pm	FITCAMP REBOOT	*SENIOR 50 REPS	CYCLE POWER MAX	HIIT YOUR BEST MAT	*CONSIDERATE TRAINER)
2:00pm	KETTLEBELL KRUSH	*MIND & BODY BOOTCAMP	PSYCLING	MOVEMENT WITH MAR	*HEALTHY MENU HACKS
3:00pm	TURN IT UP CARDIO	KILLER BOOTY & THIGHS	XXXX	PILATES YOGA FUSION	*YOUR IMMUNE SYSTEM
4:00pm	FOAM & FASCIA	*SIMPLIFY 24 YANG	HEART RACING RIDE	ESTELATTE YOGA FLOW	*GROCERY STORE TOUR

Sunday 10/24 12pm-5pm 1 Hour Classes CEC's per Hour /Class: 1 IFTA, 1 AFAA, 1 AAI, .1 ACE

Rooms:	Studio 1	Studio-2	Indoor Pool	Yoga Studio
12:00pm	XXXX	YOSTRONG BOOTCAMP	AQUA DANCE! (Darcy Kent)	PILATES FOR ATHLETES
1:00pm	SENIOR BALANCE	*DYNAMIC FUNCTIONAL STRENGTH	AQUA BOOTCAMP	KILLER KORE
2:00pm	AB RIPPER	*D.I.G. LADDERS	AQUA CARDIO STRENGTH	STRENGTHENING STRETCH
3:00pm	*BOOTY BUTT BUILDER	STRENGTH + CARDIO POWER	AQUA RHYTHMS	BARRE TO BARRELESS
4:00pm	CORE CRUSHER	*DANZ INSANITY	AQUA-FLEX	RHYTHMIC YOGA