

IFTA

October 18-20, 2019 Raleigh Fitness Weekend – Schedule at a glance

**ALL Details, Presenters and Pricing is on the IFTA website “Live” Events Calendar
www.ifta-fitness.com Scroll to October and the weekend of Oct 18-20**

**Host Hotel (directly beside Rex Wellness) is Holiday Inn Express & Suites
 11400 Common Oaks Dr Raleigh, NC 27614 Ask for IFTA discount (unless fully booked)**

Friday 10/18/19 1pm-6pm: Rex Wellness Center 11200 Galleria Ave. Raleigh, NC 27614

GX room 1	Group Fitness Certification	GX room 2	Barre Certification
Studio A	Kickbox Certification	Studio B	Mat Pilates I Certification
Studio C	Senior Fitness Certification	Cycle Room	Cycle Certification
Conference Rm	Personal Trainer Certification		

Saturday 10/19/19 12pm-5pm: Rex Wellness Center 11200 Galleria Ave. Raleigh, NC 27614

Rooms:	GX-1	GX -2	Cycle	Studio A	Studio B	Studio C	Pool
12:00pm	Sultry Step	Burn Tabata	Go Hard or Go Home	Marvelous Mat	Core Crush	Muscle Up	Splash N Burn
1:00pm	No Excuse Ninja	D.I.G. Trifecta	Intervals Gone Wild	MMA Hiit Tabata	Pilates Posture	POUND Fit	Xtreme Aqua
2:00pm	Floor Barre Dance	Turbo Sculpt	Burn Off the Crazy	Yoga Sculpt	Ropes Bootcamp	Body Bar Intervals	Aqua Pilates
3:00pm	Cardio Strength Core	Hip Hop Sculpting	Didn't Know My Strength	Journey Inner Peace	Ropes Tool Box	Body Bar Mat	Liquid Mix
4:00pm	Dance Xross Fitness	Ease into Pilates	Muscle Core Intervals	R & R	Superior Posterior	60 is the new 40	Aqua Therapy

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12pm-4pm **Tai Chi Certification**

Sunday 10/20/19 12pm-5pm: Rex Wellness Center 11200 Galleria Ave. Raleigh, NC 27614

Rooms:	GX-1	GX -2	Cycle	Studio A	Studio B	Studio C	Pool
12:00pm	BodyBar Strength	Retro Cardio	Bad A** Riding	Ropes Target	_____	TRX for PT	Aqua Bootcamp Games
1:00pm	Stretch & Mobility	Pilates Reformed Sculpt	Jam On It!	Ropes Hiit	_____	TRX Toaster	Liquid Fire!
2:00pm	Cardio BodyBar	Krav Maga Martial	The Next Big Ride	Rope Fusion	_____	Full Body TRX	Interval Aqua Max
3:00pm	BodyBar is Power	Funk Fit Dance Camp	Falling off the Wagon	Ropes H.R.	Pilates 4 Seniors	Burn Troop Bootcamp	I Wanna Dance
4:00pm	Yoga Rules the World	Cardio Freestyle	Strong Seniors	Rope & Relax	Pilates Play	Beat is where it Begins	Liquid Meditative

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2:30-4:30pm **“Self Defense Through Empowerment”**