

IFTA FITNESS WEEKEND

INTERNATIONALLY RECOGNIZED CERTIFICATIONS & TRAININGS

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

INSTAGRAM: IFTAFITNESS

WHEN

January 26-27, 2019

WHERE

REX Wellness Center

Raleigh, N.C.

4200 Lake Boone Trail

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

PRESENTERS:

Greg Sims, Darise Barron, Tony Stiller

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SCHEDULE

CERTIFICATION

Saturday Jan 26

**\$99.00 Senior Fitness
9:00am-2:00pm**

Textbook Options:

\$25 emailed or \$36 shipped

Audit for cec's: \$79.00

CEC's: 4 IFTA, 4 AFAA, 4 AAMI, .2 ACE

CEC WORKOUTS

Sunday Jan 27

\$25 each

9-10 Kickbox Fix

10-11 Bodyweight Bootcamp

11-12 Fitcamp Cross Train

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

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