

IFTA

ROCKY MT., N.C.

INTERNATIONALLY RECOGNIZED CERTIFICATIONS & TRAININGS
IFTA IS VERIFIED & APPROVED BY THE U.S. FEDERAL GOVERNMENT

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

INSTAGRAM: IFTAFITNESS

WHEN

Saturday July 13, 2019

WHERE

**Harrison Family YMCA
Rocky Mt., N.C.**

1000 Independence Dr

Local contact: Rebecca rbauguess@rmymca.org

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

Presenter: Greg Sims

WWW.IFTA-FITNESS.COM

DETAILS

KICKBOX CERTIFICATION

July 13: 9am-1pm

Cost: \$99.00

Textbook: 2 options

Free if emailed

\$10 mailed

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

CEC WORKOUT CLASSES

1:30-2:30pm "HIIT" \$25.00

2:30-3:30pm "Barreless Barre"
\$25.00

CEC's for Each Class:

1 IFTA, 1 AFAA, 1 AAI, .1 ACE

CERT. INFO:

Register by calling or on the website. Order textbook.

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