Northwest Iowa Community College

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NEWS RELEASE

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NORTHWEST IOWA COMMUNITY COLLEGE AND NETA CO-SPONSOR NATIONALLY RECOGNIZED FITNESS CERTIFICATION WORKSHOPS

Northwest Iowa Community College and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally recognized workshops:

GROUP EXERCISE CERTIFICATION **Saturday, November 5** **8:00-4:30**

Potential and current fitness instructors will learn basic academic and practical applications of teaching group exercise. No college, science or teaching background required. Workshop registration includes a full-day review, written exam, 2 year certificate and membership.

FUSION STRENGTH **Sunday, November 6** **8:00-1:00**

Bring a deeper awareness to the body, mind, breath and spirit! Fusion Strength blends the focus of yoga, the precision of Pilates, and the muscular engagement of strength training with free weights. The added component of resistance challenges will take your workout to a new level!

PERSONAL TRAINER CERTIFICATION **Saturday, November 19** **8:00-5:00**
Sunday, November 20 **8:00-3:00**

This 2-day workshop includes: Demonstrations and practical application of one-on-one training. NETA's expert trainer will cover exercise science review, communication skills, exercise programming, health assessments and more. Workshop registration includes: written exam and 2-year certificate. NETA's Personal Trainer Certification is accredited by NCCA, the "gold standard" in our industry.

Event Location: Northwest Iowa Lifelong Learning and Recreation Center
600 College Drive
Sheldon, IA 51201

Local Contact: Greta Giese 800-352-4907, Ext. 152

To Register: Call 800-237-6242 or register online at www. netafit.org.
Workshop fees apply