

FITOUR® CERTIFICATIONS AND WORKSHOPS IN YOUR AREA.



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Aberdeen Family YMCA

Aberdeen, SD

605-225-4910

Friday, October 17, 2008

CEC Course--Pilates Plus

1pm-4pm

Online Early Bird \$49 Registration-- Deadline 10/2

.3 ACE and 2 AFAA CECs-- please contact your certifying body for CEC information

CEC Course--Balance and Stability Fitness

4pm-8pm

Online Early Bird \$59 Registration-- Deadline 10/2

.4 ACE and 3 AFAA CECs-- please contact your certifying body for CEC information

Saturday, October 18, 2008

Indoor Cycling Certification

8am-3pm

Online Early Bird \$99 Registration-- Deadline 10/3

Primary Yoga Certification

8am-2pm

Online Early Bird \$99 Registration-- Deadline 10/3

Advanced Yoga Certification

3pm-8pm

Online Early Bird \$99 Registration-- Deadline 10/3

Sunday, October 19, 2008

Core and Functional Fitness Certification

8am-3pm

Online Early Bird \$99 Registration-- Deadline 10/4

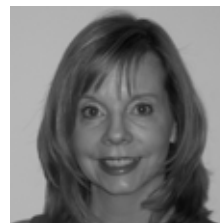
Group Step Certification

8am-3pm

Online Early Bird \$99 Registration-- Deadline 10/4



Dolly Banks
Head ProTrainer



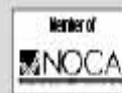
Rhonda Gann
ProTrainer

ARE YOU FIT... TO BE TIED

with the high cost
of obtaining and
renewing your fitness
certifications?



FITOUR
www.fitour.com



After hearing from thousands of fitness professionals, FITOUR® has decided to take action by offering **NATIONALLY RECOGNIZED, ACCREDITED**, fitness certification courses designed to be both convenient and affordable.

Now you can continue to do your part to eliminate the obesity epidemic in our country and teach the importance of overall health and wellness without paying high fees.

- FITOUR® Certifications \$99 with 14-day in advance on-line registration*
- FITOUR® Master Practitioner Certification \$199** (4 certifications)
- FITOUR® ACE Approved CEC Workshop \$49-\$59
- FREE Official Study Material with all Certifications
- No costly CECs required for renewal, renew with on-line exam and \$25 fee
- All FITOUR® Certifications include a 1-year IDEA® e-Membership†
- Discounted Professional Liability Insurance†



FiTOUR® Fitness Certifications

Primary Yoga Certification

Topics: History/origin, benefits of yoga, types of yoga and Pranayama (breath). Standing, seated, and restorative Yoga asanas (poses) are introduced, as well as methods for creating flows of poses. 5.5 AFAA CECs

Advanced Yoga Certification

Yoga pranayama (breath control); meditation/relaxation; intermediate and advanced standing, seated and restorative asanas (poses). Class formats/flow. 5 AFAA CECs

Primary Core and Functional Fitness

A complete system of athletic development that focuses on training the body the way it is used throughout daily activities and in sports and competition. Improve your clients' total athleticism, enhance performance, and reduce injuries. 6 AFAA CECs

Group Step Certification

Designed to meet today's demand for high-intensity, low-impact exercise programs, this certification focuses on both step patterns and choreography and the addition of simultaneously performed upper torso body movements to provide clients with a full-body, effective and fun workout. 5.75 AFAA CECs

Indoor Cycling Certification

Topics: Benefits of indoor cycling; equipment set up; effective techniques; safety guidelines and injury prevention; interval and circuit training, rhythmic drills; music selection; class design and heart rate training. 5.5 AFAA CECs

Continuing Education Credit Courses

Balance and Stability Fitness

A blend of 58 exercises designed to develop core strength, functional movement, balance, and muscle coordination as well as improve overall strength and flexibility.

.3 ACE and 2 AFAA CECs.

Pilates Plus

Learn to implement Pilates small props and apparatuses such as the exercise bands, Pilates rings, and hand weights to take your Pilates classes to the next level of core strength, flexibility and integrated resistance training.

.4 ACE and 3 AFAA CECs

--Petition your certifying body for CEC information--