



CREATING HEALTHY CAREERS
for over 40 years

**FSW Fitness Center Building AA Room 177
8099 College Pkwy
Fort Myers FL 33919**

Local Contact: TESS DURANT

239-489-9093

FSW FITNESS CENTER and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

Group Exercise Certification

Saturday April 28, 2018

8:00- 5:00

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

Workshop fee: **\$299** *Earlybird fee if registered before March 29, 2018: \$249*



101 Ways To Bootcamp

Sunday April 29, 2018

8:00- 1:00

Bootcamp classes are challenging, fun, and a fantastic workout! If you're looking for new ideas then this workshop is for you! Refresh your classes with intense, explosive routines designed to melt fat, increase cardiovascular efficiency and increase strength. The ideas generated in this nonstop, action packed, high energy workshop will push participants to new levels and leave you with new formats, techniques, and ideas to include in your bootcamp classes all year long.

Workshop fee: **\$119**

To Register:

Call 800-237-6242 or On-line at www.netafit.org

