



Listed in Personal Fitness Professional Magazine as one of the TOP Nationally Recognized Certification Companies

Asheboro, N.C. March 24, 2018

AQUA CERTIFICATION + WORKSHOPS!

3 WAYS TO REGISTER: on line at www.ifta-fitness.com

Call: 919-870-0600 9am-4pm, M-F Register in advance to receive P.T. materials.

MAIL CHECK / MONEY ORDER: IFTA 312 W. MILLBROOK RD. SUITE 141 RALEIGH, NC 27609

LOCATION: **RANDOLPH-ASHEBORO YMCA**

Address: 343 NC Hwy 42 N. Asheboro Y Contact: Margaret dmckinnon1@centurylink.net

DATE

DETAILS / TIMES / CEC'S

SAT MAR 24

AQUA CERTIFICATION \$99

9:00am-1:00pm

CEC'S: 4 IFTA, 4 AFAA, 4 AAI

Textbook shipped \$36. Emailed is \$25. Please specify when registering.

LECTURE OF TEST MATERIAL FOR EXAM PREPARATION

PRACTICAL AQUA WORKOUT - CORRECT ALIGNMENT, FORM, ETC.

WRITTEN TEST

Register on line or by calling IFTA during business hours, receive study materials in advance, attend the class. If you register late, you may pick up your materials on the day of the course. IFTA will go through the material as an exam preparation as well as practical exercise movement. Take the written test. The last portion of this course is the practical aqua workout in the pool.

AQUA Workshops offered

CEC'S:

Price:

1:30pm-2:30pm "Athletic Aqua – Deep Water"

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

\$25

2:30pm-3:30pm "Yoga-Pilates Aqua"

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

\$25

SAVE! Certification + Classes = \$139 Textbook is separate

A % of all proceeds goes to the fight against breast cancer through The American Cancer Society

Get email notifications of upcoming IFTA events. Go to ifta-fitness.com "Sign up for Events/Product Notifications". Thank you!