



**Making Great Trainers Since 1977...
Let NETA Make You Great!**

**Truman State Unver. Student Rec. Center
100 E Normal Ave
Kirksville MO 63501
Local Contact: SUE LIMESTALL**

660-785-7739

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

H.I.I.T. AND TABATA

Saturday September 26, 2015 8:00- 1:00

Recent research has demonstrated the many benefits of high intensity interval training (HIIT). Tabata and Rest-Based training are among the HIIT protocols that have gained recent popularity. Discover the truth about HIIT and learn how to develop interval workouts to accommodate participants with a variety of goals. This workshop will help you to bridge the gap between exercise science and interval programming. Be prepared to test your limits!

Workshop fee: **\$119**

YOGA INC

Sunday September 27, 2015 8:00- 1:00

Are you ready to incorporate yoga into your classes or with your clients? This basic Yoga course will give you an overview of common poses that will give you the knowledge and confidence to teach yoga safely and with confidence. Learn the poses that are most beneficial for your participants and clients, as well as review common yoga mistakes and injuries that often occur in the fitness industry.

Workshop fee: **\$119**

To Register:

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

