



Fitness Conference
Saturday, October 21th
8:30-5:00pm
Check in begins at 8:30am

Sanford Wellness Center
4201 Oxbow Avenue
Sioux Falls, SD
Up to 9 AFAA CEC's

Presented by Renee Hardester

**Join Fitness Professionals and Fitness Enthusiasts for
this educational training event.**

Workshop Descriptions

All workshops include a lecture and practical material.

Saturday, October 21, 8:30-11:00am

Barre Body: (Land Workshop) This total body workout program starts with the basics of ballet that can be applied to group fitness classes. The program continues with a blend of toning exercises for both lower and upper body and yoga and Pilates moves that challenge the core. Each class is structured with toning signature moves, pulsing sequences and isometric contractions. (AFAA 3.0)

Saturday, October 21, 11:30-2:00pm

Fit Camp: (Deep & Shallow Aqua Workshop) Simple yet solid workouts are the key to a successful boot camp class. Whether you choose to put this kind of workout on your regular group fitness schedule, or market this as a group training session, learn how to design your “signature” class that provides your clients with the results they are looking for. So instead of making them work, give them work that will help them with tangible improvements. Assessing stamina and strength through time, reps, and teamwork focused workouts. (AFAA 3.0)

Saturday, October 21, 2:30-5:00pm

Triad Training: (Shallow Aqua Workshop) Triad training has it all: cardio, strength and abdominal conditioning for a well-rounded workout. Begin with cardio, move to hybrid strength training, and finish up with exercises to target your midsection. All good things come in 3's and Triad Training has exactly what you need to feel heart healthy and strong. (AFAA 3.0)

Energy Snacks provided during and between workshops.

EVENT DETAILS

Registration options
Purchase online, complete attached
registration sheet or fax to
402-763-2891.

- What to bring: Your energy, workout attire, athletic shoes and covered water bottle. **Energy Snacks Provided**
- No cameras, video/audio taping. All electronic devices must be silenced during events.
- Please check in at registration table before you begin your event. **Opens at 8:00am**
- Fit In The City reserves the right to cancel, add or make changes to all events.
- You may attend one workshop per timeslot. An energy break is provided during the last 15 minutes of each workshop.
- You will receive workshop handouts as pdf files to your provided e-mail for all courses listed and CEC form will be available at the event. Print prior to arrival.
- All courses are approved by AFAA for 3.0 CEUs. You may petition to other certifying bodies by submitting our course work materials and CEC form.
- **Weekend Contact-Info or Emergency**
Renee 402-740-3282
- **Credit Policy-** Should a medical emergency or death in the family arise you may transfer your registration to another person. **No refunds. No Exceptions.**

Event Registration Details

www.fitinthecity.com

- **Go to store link and Fit U tab** for online payment. Once payment is completed we will send you an email confirming your payment and we will request your workshop selection.
- **Mail option:** Please complete registration form and use address below.
- **Fax option:** Please complete registration form and fax to: **402-763-2891**
- **On-site registrations** accepted based on space availability plus \$20.00 late fee.

Mailing Address

Fit In The City

500 Oakwood Drive

Papillion, NE 68133

Information

402-740-3282

renee@fitinthecity.com





EVENT REGISTRATION

Mail to:
 Fit In The City
 500 Oakwood Dr
 Papillion, NE 68133
 Or Fax: 402-763-2891

Name:		Company Name:	
Address:			
City:	State:	Zip:	
Phone: (Day)	Cell:	Email:	

Please Circle One:	<input type="checkbox"/> Visa <input type="checkbox"/> Master Card <input type="checkbox"/> Discover <input type="checkbox"/> Money Order <input type="checkbox"/> Check
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Name on Credit Card:		
Credit Card Number:		
Expiration Date:	3-Digit Security Code:	
Signature:		

CC Billing Address	<input type="checkbox"/> use same as above	<input type="checkbox"/> use address below
Address:		
City:	State:	Zip:

Event Pricing-Circle Your Selection	
Hostsite Sanford All workshops	\$109.00
All workshops	\$149.00
Hostsite Sanford Per Workshop	\$49.00
Per Workshop	\$59.00

Please Circle timeslots you are attending
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