



GROUP FITNESS WORKSHOPS

Learn to teach your favorite Group Fitness Classes! The first step is to attend FITA® and sign up for the workshop of interest.

YOU'LL LEARN:

Effective warm-up choreography
Dynamic Class Choreography
Method to a successful class

YOU'LL RECEIVE:

Format Specific Training Manual
CEC's for PT and GF Certification
Individual Coaching from Master Instructor

Cost: \$99 per workshop (Cycle \$199) - postmarked 7 days prior to the workshop OR \$169 per workshop – on site registration fee. (Space is limited)

Full list of Workshop dates on LA Fitness, City Sports, or Esporta.com under Career Opportunities.

SIGN UP TODAY!



WORKSHOP REGISTER NOW!

Complete information below and mail along with check or money order payable to Fitness Intl., LLC, Attn: Group Fitness Dept. PO Box 54104 Irvine, CA 92619-4104

First Name: _____ Last Name: _____

Did you attend FITA®? (Circle): YES / NO Date: _____ Location: _____

Contact Phone #: _____ Email Address: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Select the trainings you would like to attend *Suggested Pre-Requisite: FITA®

- | | | |
|--|---|---|
| <input type="checkbox"/> Aqua Fit - \$99 | <input type="checkbox"/> Mat Pilates - \$99 | <input type="checkbox"/> Boot Camp - \$99 |
| <input type="checkbox"/> Body Works - \$99 | <input type="checkbox"/> Power Circuit - \$99 | <input type="checkbox"/> Keiser Cycle - \$199 |
| <input type="checkbox"/> Kickbox Cardio - \$99 | <input type="checkbox"/> Step - \$99 | |

Total # Of Trainings: _____ Total Amount \$: _____ Check/Money Order #: _____

Training Location: _____ Training Date: _____

(No refunds will be given 7 days prior to event. All refunds must be requested in writing. A 50% cancellation fee will be charged. Same day registration may be available.) Questions? Contact groupactivities@fitnessintl.com