



FITNESS INSTRUCTOR CERTIFICATIONS

UW-GREEN BAY UNIVERSITY RECREATION and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

GROUP EXERCISE INSTRUCTOR

Saturday, April 4th 8:00am-5:00pm

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.

UWGB STUDENT COST:

Earlybird (before March 5th)	\$249
After March 5th	\$349

FACULTY/STAFF AND COMMUNITY COST:

Earlybird (before 3/5)	\$299
After March 5th	\$349

KETTLEBELL SPECIALTY

Sunday, April 5th 8:00am-3:00pm

Kettlebells are the latest and most popular strength training tool that can be used in a group setting or with personal training clients. This introductory course teaches the basics of Kettlebell training, the history of this fascinating workout, safety techniques, body positioning, alignment, and appropriate starting weights. You will experience the most popular exercises including swing, clean and press, the snatch, and many more.

UWGB STUDENT COST:

Earlybird (before March 5th)	\$169
After March 5th	\$199

FACULTY/STAFF AND COMMUNITY COST:

Workshop fee	\$199
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TO REGISTER

UWGB STUDENTS:

Email wandersa@uwgb.edu for student promo code

FACULTY/STAFF AND COMMUNITY:

Visit www.netafit.org or Call 800-237-6242

LOCATION

Kress Events Center - Group Fitness Studio
2358 Leon Bond Dr. Green Bay, WI 54311

If you have a disability and would like to discuss accommodations, please contact UREC at 920.465.2449