



CREATING HEALTHY CAREERS
for over 40 years

University of Houston Campus Recreation
4500 University Drive
Houston TX 77004
Local Contact: **COURTNEY ROREX**

713-743-0852

UNIV OF HOUSTON CAMPUS REC and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

Group Exercise Certification

Saturday March 27, 2021

8:00- 5:00

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.

Workshop fee: **\$349** *Earlybird fee if registered before February 25, 2021: \$299*



Indoor Cycling Specialty Certification

Sunday March 28, 2021

8:00- 3:00

NETA's new indoor group cycling certificate covers all of the basics of teaching cycling classes including getting started, setting up the room, managing a variety of situations (dealing with new and experienced participants, late arrivals, broken equipment, etc.). Participants learn the many body positions for a safe and challenging ride, contraindications, terminology, class formatting, music selection, cuing and more. A special section has been added to determine exercise intensity.

Workshop fee: **\$199**

To Register:

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

