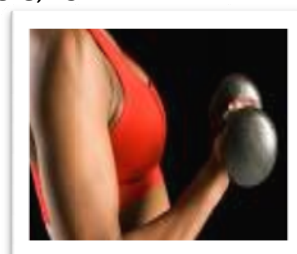
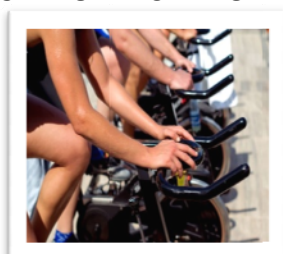
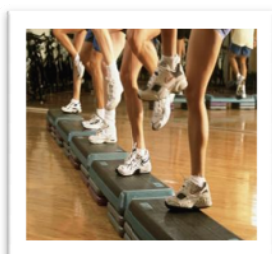


ARE YOU A CERTIFIED GROUP FITNESS INSTRUCTOR? NEED CONTINUING EDUCATION CREDITS?

Stephanie Swiger presents:
ACE/AFAA/YMCA Approved STEP, CYCLE and WEIGHT TRAINING INSTRUCTOR WORKSHOPS!

Saturday, November 14, 2009

APPALACHIAN STATE UNIVERSITY – Boone, NC



Join us at the **Quinn Recreation Center** as we move and groove from **9:00am – 11:00am** with “**STEP THIS WAY!**”! This workshop will teach you **NEW CHOREOGRAPHY** for Advanced Step Classes to mentally and physically challenge members! All choreography will be written and presented in segments for easy breakdowns! You will leave with at least 20 new ideas for classes!

(.3 ACE and 2.5 AFAA for only \$45/person)

We will be “**BACK IN THE SADDLE**” from **11:15am – 1:15pm** at the **Life Fitness Center** for a cycle workshop designed for both new and seasoned Cycle instructors. We will focus on creating an **INDOOR** cycle class using drill design, music and member interaction! Bike set up, new participants, motivational tools and how to incorporate outdoor cycling are just a few of the topics we will cover!

(.2 ACE and 2 AFAA cec's for \$35).

From **1:30pm – 3:30pm** we will hit the weights at the **Quinn Recreation Center** with “**I'M BURNING FOR YOU!**” Weight Training classes continue to be a member favorite because of the variety of exercises and the challenge that a group workout offers! This workshop will be tailored to utilize equipment you have available: weights, bands, body bars, bosu balls, balls, gliders, etc! You will leave ready to challenge your classes with new ideas!

(.2 ACE and 2 AFAA cec's for \$35)

EARLY BIRD SPECIAL:

Take \$5.00 off each workshop if registration is received before Oct 31!

In order to register or if you have questions, contact Michele Rippey, Assistant Director for Fitness.
828-262-6310 or rippeymd@appstate.edu

