



LADY WELLNESS and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

GROUP EXERCISE CERTIFICATION
8:00-4:30

Saturday November 8,

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, 2-year certificate and membership.

FUSION STRENGTH
1:00

Sunday November 9, 8:00-

Bring a deeper awareness to the body, mind, breath, and spirit. Fusion Strength blends the focus of Yoga, precision of Pilates, and the muscular training of strength training and free weights. The added component of resistance challenges will take your workout to a new level.

Event Location: Lady Wellness
1525 32nd Ave South
Fargo, ND 58103

Local Contact: Karla Hensrud 701-234-9080

To Register: Call 800-237-6242 or register online at www.netafit.org