

GROUP FITNESS TRAINING



TWO TRAINING OPPORTUNITIES!

Earn your Group Fitness Instructor Certification and/or Power Pilates Certification through our hybrid training program that combines online learning with hands-on practice.



**Shasta Family
YMCA**

1155 N. Court Street Redding, Ca



For more info contact:
showland@sformca.org

POWER PILATES CERTIFICATION - \$199

Saturday, November 14, 11:00am-4:00pm

Deepen your understanding of core strength, stability, and mindful movement.

- Dynamic Power Pilates principles and techniques
- Intensive exercise sequences for all abilities
- Hybrid online + in-person format



GROUP FITNESS CERTIFICATION - \$249

Sunday, November 15, 11:00am-4:00pm

Learn to design and lead dynamic, safe, and engaging classes for all levels.

- Foundations in movement, music, and motivation
- Cueing, coaching, and class design skills
- Nationally recognized certification



**Register Now via
QR Codes**



HIGHEST QUALITY CERTIFICATIONS | AFFORDABLE PRICE TAG

Presented by IFTA (International Fitness Trainers Association)
A trusted leader in fitness certification and continuing education for over 25 years.