Yoga Instructor Certification Saturday & Sunday September 19 & 20, 2015

Location: National Fitness Center
3030 Tazewell Pike
Knoxville, TN 37918
nfc1.com

Faculty Trainer: Jennifer Miller (fitnessmiller@yahoo.com)

Cost: $150 pre-registered (postmarked by Sept 4) or $200 at the door

Time: 9:00 a.m. – 5:30 p.m. both days

Recommended Reading: Yoga Anatomy ($20)

Study Guide: Please e-mail fitnessmiller@yahoo.com for the study guide.

Yoga Instructor Certification: Yoga fundamentals for fitness instructors: in depth training on basic yoga postures, practical applications for the fitness format, modifications and safety concerns. Attend Saturday only for $99 and receive 8 continuing education credits (CECs) to renew your existing certification. Excellent for new yoga instructors. Please bring a yoga mat to this certification.

Mat Pilates Instructor Certification Saturday September 19, 2015

Location: The University of Tennessee
Aquatic and Rex Center
601 E 5th St.
Chattanooga, TN 37403
utc.edu/campus-recreation

Faculty Trainer: Nani Weber (fitnani1@gmail.com)

Cost: $99 pre-registered (postmarked by Sept 4) or $140 at the door

Time: 9:00 a.m. – 5:30 p.m

Recommended Reading: The Pilates Body ($20)

Pilates Instructor Certification: mat work pilates exercises for posture, core strength, and flexibility. Bring a yoga mat to this certification.

Primary Aerobic Instructor Certification Saturday September 26, 2015

Location: The University of Tennessee
TRECS Student Fitness Center
2111 Volunteer Blvd.
Knoxville, TN 37996
www.recsports.utk.edu

Faculty Trainer: Jennifer Miller (fitnessmiller@yahoo.com)

Cost: $99 pre-registered (postmarked by Sept 12) or $140 at the door

Time: 9:00 a.m. – 5:30 p.m.

Recommended Reading: Studies in Exercise Science ($20)

Primary Aerobic Instructor Certification: basic teaching skills for all group fitness formats: counting music, choreographing movement, becoming a motivator, anatomy, physiology, and exercise safety. Appropriate for new group fitness instructors.

For more information, visit www.aaai-ismafitness.com.

MORE!
Kids and Teens Fitness Certification Saturday October 3, 2015

8 AAAI/ISMA CECs or 8 AFAA CECs

Location: The Wellness Center
200 Med Tech Pkwy
Johnson City, TN 37604

Faculty Trainer: Nani Weber (fitnani1@gmail.com)

Cost: $99 pre-registered (postmarked by Sept 18) or $140 at the door

Time: 9:00 a.m. – 5:30 p.m.

msha.com

Recommended Reading: AAAI/ISMA Kids and Teens Supplement ($15)

Kids and Teens Fitness Certification: age-specific guidelines and exercise programs for kids and teens.

Phase II Yoga Instructor Certification Saturday October 24, 2015

8 AAAI/ISMA CECs or 6 AFAA CECs

Location: Basler Fitness Center
100 Dossett Dr.
Johnson City, TN 37601

Faculty Trainer: Jennifer Miller (fitnessmiller@yahoo.com)

Cost: $99 pre-registered (postmarked by Oct 9) or $140 at the door

Time: 9:00 a.m. – 5:30 p.m.

etsu.edu/students/campusrec/

Recommended Reading: Yoga Anatomy ($20)

Phase II Yoga Instructor: progressions into intermediate and advanced postures. Appropriate for those who have a Phase I Yoga Certification or who have been teaching Yoga for a year or more. Please bring a yoga mat to this certification.

For more information, visit www.aaai-ismafitness.com.
Personal Trainer Certification Friday and Saturday October 30 & 31, 2015

8 AAII/ISMA CECs or 8 AFAA CECs

Location: The University of TN
HPER Building Room 243
Knoxville, TN 37996

Faculty Trainer: Susie Gorman Green (susiegorman@msn.com)

Cost: $99 pre-registered (postmarked by Oct 16) or $140 at the door

Time: Friday: 4:00 p.m. check in 5:00-10:00 p.m. Lecture
Saturday: 8:00-Noon: Training Applications, Lecture, Exams

Recommended Reading: AAAI/ISMA Personal Trainer Manual / Supplement ($35)

Personal Fitness Trainer Certification: intro to personal training: exercise safety, anatomy, physiology, program design.

Primary Aerobic Instructor Certification Saturday November 14, 2015

8 AAII/ISMA CECs or 8 AFAA CECs

Location: Western Carolina University
Campus Red Center
379 Memorial Dr.
Cullowhee, NC 28723

Faculty Trainer: Jennifer Miller (fitnessmiller@yahoo.com)

Cost: $99 pre-registered (postmarked by Oct 30) or $140 at the door

Time: 9:00 a.m. – 5:30 p.m.

Recommended Reading: Studies in Exercise Science ($20)

Primary Aerobic Instructor Certification: basic teaching skills for all group fitness formats: counting music, choreographing movement, becoming a motivator, anatomy, physiolo, and exercise safety. Appropriate for new group fitness instructors.

For more information, visit www.aaai-ismafitness.com.

PLAIN JANE FITNESS PRESENTS:
TWO WORKSHOPS FOR CONTINUING EDUCATION:
TABATA TRAINING AND TRX H.I.I.T.
Western Carolina University – Cullowhee, NC
SUNDAY November 15, 2015

0.5 ACE, 6 AFAA, or 4 AAII/ISMA Continuing Education Credits
To register, visit plainjanefitness.biz

MORE!
**AAA/ISMA REGISTRATION FORM**

Name: ________________________________
E-mail: ________________________________
Address: ________________________________
Phone: ________________________________

Please send registration and payment to:

AAA/ISMA  
PO Box 663  
New Hope, PA 18938

Register by phone at (609)397-2139  
Fax registration form to: (609)397-7683

Please indicate which certification you are registering for:

- [ ] $150 Yoga Instructor Cert Sept 19 & 20 – Knoxville TN
- [ ] $99 Mat Pilates Instructor Cert Sept 19 – Chattanooga TN
- [ ] $99 Primary Aerobic Instructor Sept 26 – Knoxville TN
- [ ] $99 Kids and Teens Fitness Oct 3 – Johnson City TN
- [ ] $99 Phase II Yoga Instructor Oct 24 – Johnson City TN
- [ ] $99 Personal Fitness Trainer Oct 30 & 31 – Knoxville TN
- [ ] $99 Primary Aerobic Instructor Nov 14 – Cullowhee NC

**STUDY MATERIALS**

- [ ] $20 Studies in Exercise Science  
- [ ] $15 Personal Trainer Supplement  
- [ ] $15 Kids and Teens Supplement  
- [ ] $20 Yoga Anatomy  
- [ ] $20 The Pilates Body  
- [ ] $9 Shipping / Handling  
- [ ] Total Amount Enclosed

PLEASE MAKE CHECKS PAYABLE TO AAAI/ISMA

Or, pay by credit card: ______ Visa ______ Master Card

Name on Card: ____________________________
Credit Card #: ____________________________
Date: ____________________________
Signature: ____________________________

**PLEASE REGISTER 3 WEEKS PRIOR TO CERTIFICATION TO ENSURE DELIVERY OF STUDY MATERIALS.**

AAA/ISMA certifications require the student to order study materials and study in advance. Your certification will be comprised of a lecture based on the study materials and a practical application workshop to reinforce teaching / training skills. At the end of your certification, you will complete a written and practical exam to demonstrate skills and knowledge. You may attend the lecture portion of any AAAI/ISMA certification (no exam!) and receive 8 CECs to renew your existing certification. If you have questions regarding certifications, contact Jennifer Miller at fitnessmiller@yahoo.com or 540-557-7075 or visit AAAI/ISMA online at www.aaai-ismafitness.com. NO REFUNDS! If you are unable to attend the certification you register for, you will be given partial credit toward another AAAI/ISMA certification. There is a $20 rescheduling fee. Register online at www.aaai-ismafitness.com.