



BECOME A
FITNESS
INSTRUCTOR

AAAI/ISMA \$99

Personal Training Workshop

September 23, 9am - 5pm

AAAI/ISMA \$99

Cycling Instructor Workshop

September 24, 9am - 5pm

BARRE \$260

Instructor Workshop

September 30, 8am - 5pm

\$310 after September 9th

INSANITY \$249

Instructor Workshop

October 1, 9am - 5pm