

International Fitness Trainers of America Greg Sims and Gay Gasper return to the Incline Village Recreation Center on Friday, August 28th



Three... ***Trending*** IFTA Workshops!

Business of Personal Training (10am-12pm)

Aqua Barre (1-4pm)

Barre Athletic Fusion (1-4pm)

\$99 per workshop

Or \$149 for two!

Register by calling or dropping by the

Incline Village Recreation Center

980 Incline Way Incline Village, NV 89451

775.832.1310 or 775.832.1350

www.inclinerecreation.com

Business of Personal Training Workshop

This workshop will review the nuts and bolts of personal training business, including everything from establishing a business plan, making yourself stand out from the competition, marketing strategies, building solid relationships with clients, finding your niche market, keeping sessions fresh, the latest health and wellness trends, dealing with cancellations and working within a fitness center setting.

Aqua Barre Workshop

Learn the barre method of movement applied in the aquatic setting. This workout has the ability to change your body without impact. The movement will bring about muscle tone and strength to your upper and lower body while incorporating the core in nearly every move. No ballet experience is needed and anyone will be able to perform these exercises to get great results! Discover some new effective moves to spice up your current class!

Barre Athletic Fusion Workshop

This workshop will focus on intensive movements that sculpt the thighs, tone and firm the gluteus, flatten the abdominals and define the arms. This style of class will lengthening and toning the muscles, while increasing joint flexibility. Barre Athletic Fusion incorporates current biomechanical principles of Pilates, ballet and general fitness concepts applicable to all fitness levels. Add this class to your current group fitness schedule or incorporate the moves into you current class!