

Perham Area Community Center & Fitness Learning Systems



Fitness Learning Systems was created with the mission of bringing quality continuing education to fitness professionals at an affordable price.

CEC Express Workshops:

Fitness Learning Systems will provide CECs for you using their learning style and philosophies that many successful educators have used in the past. These systems are based on scientifically researched methods of teaching. Join ranks with FLS to bring your fitness team the best and most effective programs.

Applied Anatomy

9:00 am - 12:00 3 CEC's AEA / 0.3 CEC's ACE / 3 CEC's AFAA
(*ACSM and NETA accept ACE credits)

Be confident and comfortable with anatomy. This workshop is for all fitness professionals to revisit and enhance your knowledge of anatomy and its application to major muscle movement both land and water. Proper usage of various types of resistance equipment will be explored to assist in the creation of effective training programs. The class will focus on the ability to identify and better understand the function of major muscle and joint groups as they relate to exercise using a variety of resistive equipment.

Water Power Moves that TURN UP THE HEAT!

1:00 pm - 4:00 pm 3 CEC's AEA / 0.3 CEC's ACE / 3 CEC's AFAA
(*ACSM and NETA accept ACE credits)

This short but highly interactive choreography workshop will focus on turning up the heat to increase intensity and caloric expenditure in your water fitness programs. Learn how to transform basic movement combinations into high energy work for your fit participants. Water isn't for wimps! Come and find out how to include hot moves with powerful energy.



Participants Receive a
FREE CD Rom
*"A Simple Study of
Exercise and Caloric
Consumption"*
at the workshop.

WHEN: Saturday – February 9, 2008

WHERE: Perham Area Community Center
620 Third Avenue S.E.
Perham, MN 56573
(218) 346-7222

Presented By: Fitness Learning Systems

Hosted By: Perham Area Community Center, Perham, MN
Marie Hanson-Fitness Director

**Sign up before
January 26th 2008
to get the EARLYBIRD
discount**

CEC Express PROGRAM

MAIL, Email or FAX Registration Form to:

Fitness Learning Systems 221 S. State St., West Harrison, IN 47060

Or Register online at: www.FitnessLearningSystems.com or FAX to: (513) 574-9857

Perham Area Community Center & Fitness Learning Systems Present:



Applied Anatomy & Water Power Moves that TURN UP THE HEAT

Dates: **Saturday – February 9, 2008**
Hosted By: Marie Hanson- Aquatics Director

Location: **Perham Area Community Center**
620 Third Avenue S.E.
Perham, MN 56573
(218) 346-7222

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Presented By: **Fitness Learning Systems**

Contact Toll Free: (888) 221-1612

REGISTRANT INFORMATION:

Name _____
Daytime Phone Number (_____) _____
Home Mailing Address _____
City _____ State _____ Zip Code _____
E-Mail Address _____

PLEASE CHECK ALL APPLICABLE:	Early bird	After 01/26/08	Amount Due
<input type="checkbox"/> COMBO PKG Both 3 hour workshops	\$ 104	\$ 109	\$ _____
<input type="checkbox"/> Anatomy Morning Only (3 hour workshop)	\$ 59	\$ 64	\$ _____
<input type="checkbox"/> TURN UP THE HEAT Afternoon Only (3 hour workshop)	\$ 59	\$ 64	\$ _____

METHOD OF PAYMENT

Check enclosed (Make check payable to Fitness Learning Systems)
 Signed Purchase Order Attached

TOTAL AMOUNT DUE: _____

_____ **Credit Card Payment**

Credit Card Number _____ Card Expiration Date _____
Credit Card Statement Zip Code _____

CANCELLATION POLICY:

- ▶ ABSOLUTELY NO TRANSFERS WILL BE ISSUED
- ▶ CANCELLATION REQUESTS MUST BE RECEIVED IN WRITING BY FAX OR POST MARKED AT LEAST **14 DAYS** BEFORE EVENT DATE Directly to Fitness Learning Systems at address below
- ▶ IF YOU CANNOT ATTEND THE EVENT FOR ANY REASON, YOU CAN CANCEL YOUR REGISTRATION WITH PAYMENT OF A \$10.00 CANCELLATION FEE
- ▶ UPON RECEIPT OF CANCELLATION REQUEST REGISTRANT WILL RECEIVE A REFUND LESS THE \$10.00 CANCELLATION FEE

Participant Acknowledges/Accepts:

I, the undersigned have read and understand *Cancellation Policy* that I will not get any cash/credit refund if I cancel my attendance at the event without written notification. Furthermore, I fully understand that the program I have registered for requires vigorous physical activity & participation & I agree to release Fitness Learning Systems & all associated organizations, presenters, co-authors, host facilities & the event coordinators from any & all liability that may arise out of my participation in these programs.

Participant Signature _____ Printed Name _____ Date _____

MAIL, Fax or Email Registration Form to: **Fitness Learning Systems**
221 S. State St., West Harrison, IN 47060

Scanned registration to Info@FitnessLearningSystems.com or FAX to: (513) 574-9857