



Sports Barn and Fitness Learning Systems Present 2 CEC Workshops in Chattanooga, TN

WHEN: Saturday February 6, 2010

WHERE: Sports Barn
6148 Lee Highway
Chattanooga, TN 37421
423-855-0091

Sign up before
January 25, 2010
to get the **EARLYBIRD**
discount

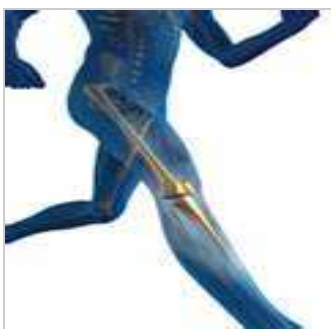
Presented By:
FLS Educator June Chewning, MA

CEC *Express*
PROGRAM

Applied Anatomy: Land and Water

9:00 am - 12:00 noon **3.0- 0.3 CECs (AEA, AFAA, ACSM)**

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. This 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. Lecture.



Biomechanics for Fitness

1:00 - 4:00 pm **3.0- 0.3 CECs (AEA, AFAA, ACSM)**

This Biomechanics workshop is designed to enhance your understanding of anatomy and kinesiology, and the principals and mechanics as they relate to human motion. This very practical workshop will give you the application tools to better understand the study of biomechanics/movement analysis. Add to your professional knowledge base and take fitness training to its next level. This workshop makes learning easy with accurate explanation, lots of illustrations and plenty of practice – you will be listing off joint actions & multiple planar movements in no time! Interactive Lecture.



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

Register On Line at www.FitnessLearningSystems.com

FAX registration form to: (513) 574-9857

MAIL registration form to:

Fitness Learning Systems 1012 Harrison Ave #3 Harrison OH 45030

For Questions: 888 221-1612 Toll Free



Chattanooga Applied Anatomy: Land & Water Biomechanics for Fitness

Dates: **Saturday, February 6, 2010**

Contact Fitness Learning Systems Toll Free: (888) 221-1612

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REGISTRANT INFORMATION:

Register on line at www.FitnessLearningSystems.com

Name _____

Daytime Phone Number (____) _____

Home Mailing Address _____

City _____ State _____ Zip Code _____

E-Mail Address _____

PLEASE CHECK ALL APPLICABLE:

		Early bird	After 1/25/10	Amount Due
<input type="checkbox"/> COMBO PKG	Both 3 hour workshops	\$ 109	\$ 114	\$ _____
<input type="checkbox"/> Applied Anatomy	Morning Only (3 hour workshop)	\$ 59	\$ 64	\$ _____
<input type="checkbox"/> Biomechanics for Fitness	Afternoon only (3 hour workshop)	\$ 59	\$ 64	\$ _____

METHOD OF PAYMENT

TOTAL AMOUNT DUE: _____

Check enclosed (Make check payable to Fitness Learning Systems)

Signed Purchase Order Attached

Credit Card Payment

Credit Card Number _____ Card Expiration Date _____

Credit Card Statement Zip Code _____ Security 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 the *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 _____

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