



Northwest Iowa  
Community College

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## NEWS RELEASE

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### **NORTHWEST IOWA COMMUNITY COLLEGE AND NETA CO-SPONSOR NATIONALLY RECOGNIZED FITNESS CERTIFICATION WORKSHOPS**

Northwest Iowa Community College and the National Exercise Trainers Association (NETA), a non-profit fitness professional association, are co-sponsoring the following nationally recognized workshops:

#### **INDOOR CYCLING SPECIALTY CERTIFICATION    Saturday, Sept. 13    8:00-3:00**

NETA's new indoor group cycling certificate covers all of the basics of teaching cycling classes including getting started, setting up the room, managing a variety of situations (dealing with new and experienced participants, late arrivals, broken equipment, etc.). Participants learn the many body positions for a safe and challenging ride, contraindications, terminology, class formatting, music selection, cuing and more. A special section has been added to determine exercise intensity.

#### **BARRE BLEND**

**Sunday, Sept. 14    8:00-1:00**

Barre Blend brings exercises from group fitness into the mind/body experience by fusing exercises from ballet, cardio training, Pilates, and yoga into one class to challenge and tone the entire body. This blended genre combines the methodology of strength and control to create a class that improves body awareness, flexibility and stabilization. This fundamental workshop is ideal for group exercise instructors wishing to add ballet-inspired movements into their classes.

**Event Location:** Northwest Iowa Lifelong Learning and Recreation Center  
600 College Drive  
Sheldon, IA 51201

Greta Giese, Coordinator of the Lifelong Learning & Recreation Center, said, "We make it a priority to have certified, quality instructors on staff to work with our participants and members at the LLRC. We are excited to partner with NETA to offer great educational opportunities to fitness professionals in Northwest Iowa."

For more information call the LLRC at 712-324-2493 or email them at [LLRC@nwicc.edu](mailto:LLRC@nwicc.edu). NCC and the Lifelong Learning and Rec Center - STRONG MIND...STRONG BODY!