

# NEWS RELEASE

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603 West Park Street, Sheldon, Iowa 51201  
Phone 712-324-5061 or toll free 1-800-352-4907, Ext. 105

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## **NORTHWEST IOWA LIFELONG LEARNING & RECREATION CENTER TO HOST FITNESS INSTRUCTOR TRAININGS IN NOVEMBER**

The Northwest Iowa Lifelong Learning and Recreation Center on the campus of Northwest Iowa Community College is excited to host two fitness instructor trainings in November:

### **CIZE INSTRUCTOR WORKSHOP**

**Saturday, Nov. 7**

**9:00am-5:00pm**

**Workshop Fee: \$199.00**

CIZE is an exercise class that breaks down professionally choreographed routines, step-by-step and then before you know it, you're busting out a great workout – so much fun, you'll forget you are working out!

For more information or to register for this training go to: [cizelive.com](http://cizelive.com).

### **PiYo INSTRUCTOR WORKSHOP**

**Sunday, Nov. 8**

**9:00am-5:00pm**

**Workshop Fee: \$249.00**

PiYo combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Participants use body weight to perform a series of continuous, targeted moves to define every single muscle – big and small.

For more information or to register for this training go to: [piyolive.com](http://piyolive.com).

**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 offer great educational opportunities to fitness professionals in Northwest Iowa."

NCC and the Lifelong Learning and Rec Center - STRONG MIND...STRONG BODY!