

# YMCA Foundations of Group Exercise

**Saturday, September 15, 2007**  
**8:30am-5:30pm**

Gain a ***national certification*** through the YMCA of the USA. This course is designed to train you in all varieties of group exercise classes. Class content includes: practical application of cardio-respiratory & neuromuscular exercise science, leadership skills, behavior modification & motivation information and a practical session on proper exercise selection, execution, and safety. **There will be a written exam.**

<b>Location:</b>	Sonoma County Family YMCA – Conference Room 1111 College Ave Santa Rosa, CA 95404
<b>Registration Fee:</b>	\$50 Facility Members \$55 Program Members \$65 Non Members
<b>Prerequisites:</b>	Over 18 , Current CPR, YMCA Healthy Lifestyle Principles Certification, <b>6 months of practical experience as a class participant</b>
<b>Bring:</b>	Lunch, ACE Group Fitness Instructor Manual ( <b>purchase prior to class</b> ) To order the manual call the YMCA Program Store at 1-800-747-0089. The item number is 1-890720-01-1 Cost: \$41.95. <i>We provide some loaner manuals.</i>

**Register at Membership Center or send check payable to:**  
**Sonoma County Family YMCA, 1111 College Avenue, Santa Rosa, CA 95404**

**For more info, contact Dawn Haight @ (707) 545-9622 ext.3128**

Deadline for Registration is 2 days prior to course start.

**YMCA Foundations of Group Exercise Certification Course**  
**Saturday, September 15<sup>th</sup>, 8:30am-5:30pm at the Sonoma County Family YMCA**

Fees (please check) :  Facility Members: \$50     Basic Members: \$55     Non Members: \$65  
Late registration: Add \$20 after August 12<sup>th</sup>

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-Mail \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**You must show proof of CPR to attain certification**

Send this form with check payable to: Sonoma County Family YMCA, 1111 College Ave Santa Rosa, Ca 95404, Attn: Dawn Haight

**Sonoma County Family YMCA**

1111 College Avenue, Santa Rosa, CA 95404 (707) 545-9622 FAX: (707) 544-7805 [www.scfymca.org/fitnesscertification.php](http://www.scfymca.org/fitnesscertification.php)