

### **Primary Group Exercise Certification March 21**

The Aerobic & Fitness Association of America Certifications and Workshops will host a Primary Group Exercise Certification course from 9 a.m. to 6 p.m. at the Dragon Fitness Center. Cost for the certification is \$224.25 dollars and participants must order the textbook Theory and Practice for \$69 dollars. For CEU credit only the class is \$63.75 dollars. Must be CPR and AED certified. Individuals interested in being a fitness instructor at the Dragon Fitness Center must attend the workshop. To order textbooks, contact Feliz Rojas at 800.225.2322 ext. 277. For more information, call Staff Sgt. Liz DeHaven at 632-7459.

### **Military Fitness Specialist Certification March 22**

The Aerobic & Fitness Association of America Certifications and Workshops will host a Primary Group Exercise Certification course from 9 a.m. to 6 p.m. Cost for the certification is \$366.75 dollars and participants must order the textbook Theory and Practice for \$69 dollars. For CEU credit only the class is \$63.75 dollars. Must be CPR and AED certified. Individuals interested in being a fitness instructor at the Dragon Fitness Center must attend the workshop. To order textbooks, contact Feliz Rojas at 800.225.2322 ext. 277. For more information, call Staff Sgt. Liz DeHaven at 632-7459.

### **Kid's Club Workshop March 25**

The Aerobic & Fitness Association of America Certifications and Workshops will host a Primary Group Exercise Certification course from 9 a.m. to noon. Cost for the certification is \$50 dollars. For more information, call Staff Sgt. Liz DeHaven at 632-7459.

### **Stroller Exercise Workshop March 25**

The Aerobic & Fitness Association of America Certifications and Workshops will host a Primary Group Exercise Certification course from 9 a.m. to 5 p.m. Cost for the certification is \$50 dollars. For more information, call Staff Sgt. Liz DeHaven at 632-7459.

### **G.E.A.R Indoor Cycling Workshops April 20**

The Aerobic & Fitness Association of America Certifications and Workshops will host a Primary Group Exercise Certification course 9 a.m. to 6 p.m. Cost for the certification is \$96.75 dollars. For more information, call Staff Sgt. Liz DeHaven at 632-7459.

### **Practical Yoga Instructor training April 21**

The Aerobic & Fitness Association of America Certifications and Workshops will host a Primary Group Exercise Certification course from 9 a.m. to 6 p.m. Cost for the certification is \$96.75 dollars. For more information, call Staff Sgt. Liz DeHaven at 632-7459.