

6/5/2010 8-5pm  
**OLIVE BRANCH FAMILY YMCA**  
 8555 GOODMAN ROAD, OLIVE BRANCH, MS  
 662-890-9622  
 Workshop Code 10062508

**WHAT IS IT?**

An intensive one-day workshop that emphasizes various step training choreography methods. This workshop focuses on practical skills and drills to enhance successful teaching. Program highlights:

- How to format your step class
- Creative step choreography
- Cueing, phrasing and smooth transitions
- Effective music utilization

**WHAT DOES IT COST?**

The workshop fee is \$129\* (less a 10% for current AFAA members). This fee includes:

- One-day course
- Workshop Manual
- 5 CEUs for AFAA certified instructors

**WHO IS IT FOR?**

Designed for group exercise instructors and anyone interested in teaching step aerobics.

**Recommended Prerequisite:**

- AFAA Primary Group Exercise Certification
- One year AFAA membership (\$68 value) or membership extension to current members
- Subscription to American Fitness magazine (does not include postage to addresses outside of the U.S.)

\*Fee does not include the required Step Training: A Manual for Instructors (\$30).

**STEP CERTIFICATION**

6/6/2010 8-5pm  
**OLIVE BRANCH FAMILY YMCA**  
 8555 GOODMAN ROAD, OLIVE BRANCH, MS  
 662-890-9622  
 Workshop Code 10061003

**WHAT IS IT?**

An intensive one-day review of both the theoretical and practical knowledge and skills necessary for safe and effective instruction of step training.

- Research and scientific background in physiology and biomechanics
- Step terminology
- Verbal and visual cueing skills
- Step pattern choreography and sequencing
- Instructional skills and techniques

**WHAT DOES IT COST?**

The workshop fee is \$239\* (less 10% discount for current AFAA members). This fee includes:

- Step Certification Study Guide
- Full one-day AFAA Step Certification Review
- Certification examinations (written and practical)
- One-year AFAA membership (\$68 value) or membership extension to current members

**WHO IS IT FOR?**

For new and experienced step instructors. **Recommended Precursor:**

- AFAA Primary Group Exercise Certification
- Step Skills & Choreography or Step Teaching Skills Self-Study
- One-year experience teaching step

- Subscription to American Fitness magazine (does not include postage to addresses outside of the U.S.)
- AFAA Certified Instructor certificate and I.D. card (upon successful completion of both examinations)
- For AFAA certified professionals who wish to register for CEU credit only, not for certification, the workshop fee is \$75. Receive 5 CEUs.

\*Fee does not include the required Step Training: A Manual for Instructors (\$30).

**HOST SITE INSTRUCTORS CALL 1-800-923-2346**

**DIRECTIONS TO REGISTER BY MAIL:**

1. Fill in workshop code(s)
2. Complete box A, make payment to AFAA
3. Complete box B, make payment to American Fitness

**MAIL TO:**

AFAA • Host Site Dept.  
 15250 Ventura Boulevard, Suite 200  
 Sherman Oaks, CA 91403-3297

**TO REGISTER BY PHONE OR FAX:**

(800) 923-2346  
 Fax (818) 990-2118  
 www.afaa.com

<b>WORKSHOP CODE</b>	<b>WORKSHOP FEE</b>	<b>Retest Only</b>
____/____/____/____/____/____	_____	\$75
		Written <input type="checkbox"/> Practical <input type="checkbox"/>
City _____ State _____ Date _____ Type _____		
____/____/____/____/____/____		
City _____ State _____ Date _____ Type _____		

**WORKSHOP FEE SUBTOTAL** \$ \_\_\_\_\_

**STSG Step Study Guide** (included, shipping additional):

\* A 10% discount applies to current AFAA members or groups of 5 or more registering together in the same envelope. Discounts do not apply to challenge, retest, or transfer fees.

10% discount \_\_\_\_\_

or other discount \_\_\_\_\_

**DISCOUNTS CANNOT BE COMBINED**

**WORKSHOP FEE TOTAL** \$ \_\_\_\_\_

**STUDY MATERIALS**

	Price	Weight	
02TPT <input type="checkbox"/> Fitness: Theory & Practice Textbook	\$44	3 Lbs.	\$ _____
02SGR <input type="checkbox"/> Standards & Guidelines Reference Manual	\$30	1 Lb.	\$ _____
02PTPC <input type="checkbox"/> Practice Test for Primary Certification	\$20	1 Lb.	\$ _____
02PSP <input type="checkbox"/> Primary Study Package (includes above 3 items)	\$79	5 Lbs.	\$ _____
STM <input type="checkbox"/> Step Training: A Manual for Instructors	\$30	1 Lb.	\$ _____
02AESF <input type="checkbox"/> Exercise Science Fundamentals Self-Study	\$60	1 Lb.	\$ _____

**STUDY MATERIALS TOTAL** \$ \_\_\_\_\_

**SALES TAX** study materials only \$ \_\_\_\_\_

(CA 9.75%, CT 6%, FL 6%, GA 7%, IN 7%, MA 6.25%, MI 6%, MO 5.23%, NJ 7%, NY 8.875%, OH 7.75%, PA 6%, TX 6.25%)

**WEIGHT TOTAL** \_\_\_\_\_ Lbs.

— FEDERAL EXPRESS —					
Total Weight	FED-EX ExpSaver	Total Weight	FED-EX ExpSaver	Total Weight	FED-EX ExpSaver
1Lb. ....	\$18	3Lbs. ....	\$20	5Lbs. ....	\$23
2Lbs. ....	\$19	4Lbs. ....	\$22	6Lbs. ....	\$24
				7Lbs. ....	\$25
				8Lbs. ....	\$29

**SHIPPING TOTAL** \$ \_\_\_\_\_