The YogaSport FX Certification Workshop is a comprehensive course which is applicable for Group Exercise, Small Group Training and Personal Training CECs. It will focus on how to incorporate effective yoga postures with popular resistance training exercises to create fun, dynamic and effective workouts for your classes and clients.

This course is good for:
Yoga instructors (RYTs) with a good understanding of Anatomy and resistance exercises.
Certified Personal Trainers + GroupX Instructors who have basic yoga certification or have been practicing yoga regularly for at least 1 year.

After successful completion of this course, students will be able to:
- Lead students/clients through a YogaSport FX circuit program.
- Understand how to create your own YogaSport circuits/classes using the YogaSport FX sequencing method.
- Demonstrate the practical application of yoga in a strength-training workout.
- Explain the benefits of yoga as they relate to improving strength training.
- Regress and progress all exercises and yoga-based movements according to students abilities and needs.

For more info and registration: lisafirefly.com/yogasport-fx or Eventbrite.com and search “YOGASPORT”

NASM .7 | ACE .7 | AFAA .7 | Yoga Alliance
* Completion of this course will not certify you as a registered yoga teacher.

For more info about Lisa: Lisafirefly.com.

ASU Students receive 20% off if they sign up before Oct. 19.
Use code: EB20