



WHAT IS IT?

The International Association of Fitness Sciences one-day certification workshop including lectures, practical demonstrations, written and practical exams; although this course will help prepare you for Functional Fitness or Ultimate Body Building Certifications, successful completion of the course does not guarantee you will pass either examination. The curriculum includes:

- Strength Training for Stronger Muscles
- Core Training for Balance
- Nutrition Fundamentals and Age Management
- Flexibility Training/Stretching
- Cardiovascular Training for Stamina
- Personal, Group, and Corporate Training

WHO IS IT FOR?

It is for the aspiring or experienced fitness professional working one-on-one with clients, groups or corporate lifestyle training programs.

WHAT DOES IT COST?

Cost of workshop is based on individual certification package. Refer to www.iafscertification.com for more information. Workshop and testing fees can be paid via credit or debit card online prior to arrival. Credit or debit cards options are not available at site location. Other acceptable forms of payment are cash, money order or cashier checks. No personal checks.

- One-day Certification Workshop
- Functional Fitness Trainer Certification/Nutritional Study Guide
- Ultimate Body Building/Nutritional Study Guide
- I.A.F.S. Certified Fitness Trainer Certificate (upon successful completion of both written and practical examinations) CPR and AED certification required before certificate is issued.



Certification Workshop Exam Site:

Saturday, March 10, 2012, House of Payne Personal Training
4565 Lawrenceville Highway, Lilburn, GA 30047
Phone: 678.641.9188

9:00am – 10:00am	Meet and Greet, House of Payne Personal Training
10:00am – 12:00noon	Functional Training/Basic Nutrition and Body Analysis Exam and Ultimate Body Building Exam
12:00noon – 1:00pm	Lunch – Workshop attendees are responsible for providing their own lunch and transportation to the training site.

Note: You are not required to be at the exam site in the morning if you have already completed the exam.

Training Walk-through Location:

1:00pm House of Payne Personal Training,
4565 Lawrenceville Highway, Lilburn, GA 30047
Phone: 678.641.9188

House of Payne Personal Training has a refrigerator and microwave if you prefer to have your own food and/or are dieting for competition. All workshop participants are also welcome to train at the facility free of charge March 9-10th.

The IAFS Team

www.iafscertification.com

support@iafscertification.com

Twitter: @iafs_support

Facebook: The International Association of Fitness Sciences



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ATLANTA GWINNETT PLACE



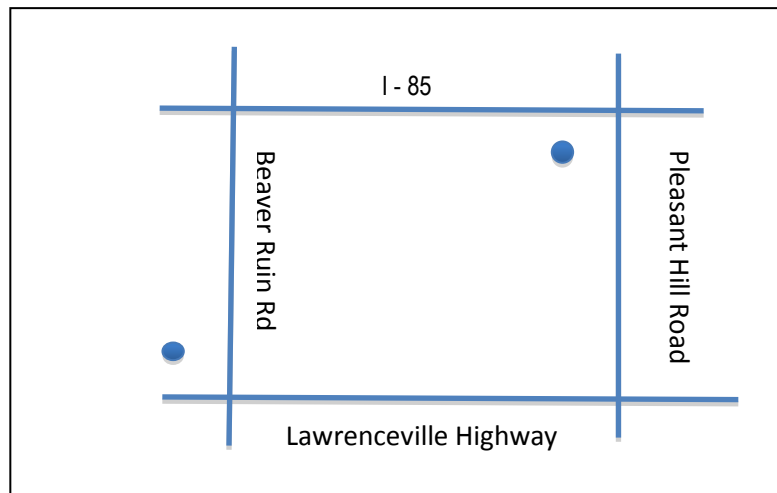
Hosting Hotel Accommodations: Marriott Atlanta, Gwinnett Place, 1775 Pleasant Hill Road, Duluth, GA 30096, Phone: 770.923.1775. Click: [Marriott Gwinnett Place](#) to make your hotel reservation.

Reservations: March 9, 2012 Individuals must call the hotel and make their reservation no later than Friday, February 24, 2012 to receive the group rate. Any rooms booked after this date is subject to hotel standard pricing. To receive the discount rate please register online by clicking on the above link or call and reference the IAFS Workshop.

Guest Suites and Rates:

Standard Rates:	<u>King Standard</u>	<u>1 Bedroom w/ 2 Queens</u>
	\$79*	\$79*
Discounted Rates:	<u>King Standard</u>	<u>1 Bedroom w/ 2 Queens</u>
	\$79	\$79

- Rooms may not be available at the \$79. Other rooms range in price from \$99-\$109.



Places to Eat

- \$ Chipotle, Panda Express, Chik-fil-a Dwarf House,
- \$\$ Le Madeleine, On The Border, Red Lobster, Applebee's, TGI Friday's, Olive Garden
- \$\$\$ The Melting Pot, Bahama Breeze, Hru Ichiban, Stoney River, Pappadaeux

Nearby Attractions

Stone Mountain Park (attractions plus climb the mountain for a great workout), or try Lilburn Park's Greenway Trail for a run (1-5 miles), Lake Lanier Island (the zip line course is awesome!)

Mall of Georgia, The Avenue – Snellville, Discover Mills, Medieval Times, Pirates Cove Adventure Golf, Skyzone Trampoline Park, Hudgens Art Center, Georgia Aquarium, Centennial Park & Atlanta Botanical Gardens, Fernbank Museum, High Museum, Atlantic Station