



Training Events

Seattle, WA

Course Title	2010 Dates	Time
EnhanceFitness New Instructor Training	April 13 th -14 th	Tuesdays, 1:00 pm to 5:00 pm
	July 13 th -14 th	
	October 12 th -13 th	Wednesdays, 8:00 am to 5:00 pm
EnhanceFitness Annual Workshop	June 17th 2010	8:30 am to 4:00 pm

Course Descriptions:

All dates and times are subject to change.

A minimum of 5 people must be registered to hold a training event. If an event needs to be cancelled, we will let you know the Friday prior to the training date.

Once registered, you must cancel at least two business days prior to the start of the training to avoid a \$50.00 late cancellation fee.

Your site license must be current to attend EnhanceFitness training events.

EnhanceFitness New Instructor Training — This course is designed for instructors who will be teaching EnhanceFitness classes. It covers program history and philosophy, specific program exercises and how to teach them and program recordkeeping processes. Official training announcement goes out two weeks prior to the training.

Cost: Free to current EnhanceFitness license holders.

EnhanceFitness Annual Workshop — The day includes a review of 2009's events as well as topics relevant to providing and managing older adult fitness classes.

Cost: Free to current EnhanceFitness site license holders.