

C.O.R.E. Certification LEVEL I

*Developed by Mike and Stephanie Morris, this certification is designed to teach participants the general guidelines in understanding the benefits of stability ball training along with a hands-on practical instruction. It will include strength exercises utilizing the ball and elastic tubing for added resistance. No prior experience is necessary to attend the certification. This course is recommended as a prerequisite for all other Resist-A-Ball® trainings. A comprehensive written exam will be given at the end of the course. **6 Hours***

Prepay before Oct 23rd - \$125, After Oct 23rd - \$135, On-site - \$150

*Taught by Resist-A-Ball® Master Trainer, Pamela Blum
CECs ACE/ACSM/NASM (.6) AFAA (5) NDEITA (6) AEA (3)*



C.O.R.E. Specialty Certification: "Creative Cardio Moves"



If you are looking for an effective and unique way to elevate your heart rate using the Resist-A-Ball, this is the course for you! Have a ball with basic warm-up and aerobic choreography moves specific to the ball. You will experience a fun and heart-pumping session that will open your eyes to some new possibilities for aerobic and anaerobic training.

2 hours.

Prepay before Oct 23rd - \$55, After Oct 23rd - \$65, On-site - \$75

Taught by Resist-A-Ball® Master Trainer, Pamela Blum

CECs ACE/ACSM/NASM (.2) AFAA (1.5) NDEITA (2.) AEA (1)

HOST SITE:
Fort Monroe Fitness Center
 8 Ruckman Road, Bldg #171
 Fort Monroe, Virginia 23651
 757-788-3090 (For directions only)

For Registration & Information
 Go to our website:
www.resistaball.com
 Or Call: Resist-A-Ball, Inc.
 877-269-9893 (Toll-free)

DATES AND TIMES:
Saturday, November 1, 2003

9:00AM to 11:00AM
 Creative Cardio Moves

12:00PM to 6:00PM
 CORE Certification – Level ONE

PLEASE ARRIVE 30 MINUTES PRIOR
After Action Report

Financial Analysis

Sales:	No Cost to Fort Monroe	Notes: Training held Nov. 1.
COGS:		
Other Revenues:		
Labor:		
Other Expenses:		
NIBD:		

Program Analysis

Attendance: Workshop-7 Core training 11	
Indicator/Measure of Success: Provided training source without travel for staff.	

Elements to Change:

Elements to Eliminate:

Elements to Add:

Other Comments:

Future trainings will be hosted.