



Continuing Education Courses:

Cycle CEC Workshop - Unleashing the Power with Keiser

Date & Time: Saturday September 9th - 11:00am-1:00pm

Location: Remington YMCA in Quarry Park

YMCA CEC's = 1.5

AFLCA CEC's = Pending

Barcode: 116843

Older Adult CEC Workshop - Adding Brain Training to your Group Fitness Class

Date & Time: Thursday, September 21 - 5:30-7:00pm

Location: Melcor YMCA at Crowfoot

YMCA CEC's = 1.5

AFLCA CEC's = 1.0

Barcode: 124430