

2011 Workshop Series
Master Trainer Level Workshops Register online
nystrength.com or call: 212-710-4337

April 23: Long Before Strong: Defining Movement, Foundational Strength and Flexibility. Long Island, NY, 8 credits

New York

May 7: Become a Fitness / Wellness Consultant. Atlanta, GA, 8 credits

Atlanta

May 21: NEW! The ENERGY Rituals of Champion Performers: Nutritional Design: The 20 Energy & Endurance Essentials for Exceptional Peak Achievement. Long Island, NY, 8 credits

California

June 11, 12: The Wellness Coach Certificate.
Long Island, NY, 12 credits

Wisconsin

June 25: The Fitness Design Expert - Take the next step in Creative Crafting of Strength, Power, Endurance and Energizing Fitness.
New York City, 8 credits

Long Island

July 16, 17: The Certificate of Muscle Mastery. Long Island, NY, 8 Credits July 16 Upper Body July 17 Lower Body

Illinois

The Boston Fitness Summit

Aug 13: Become a Fitness / Wellness Consultant. 8 credit

Aug 13, 14: The Wellness Coach Certificate. 12 credits

Boston

Aug 19: The Fitness / Wellness Profession's ONLY Safety Certificate Class.
Long Island, NY, 8 credits

Paris

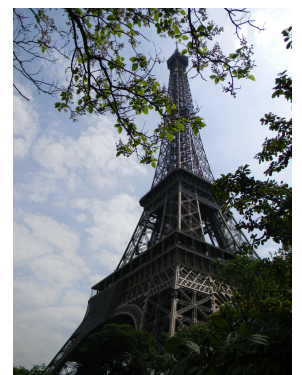
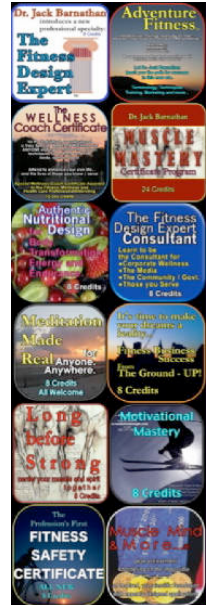
Aug 20: Business Building for the Fitness, Wellness and Spa Professional: Strategies to establish a meaningful position of power in your community, and profession. Long Island, NY, 8 credits

Sept 9: NEW! The Force of Fashion & The Performing Arts: N.Y. City
Is this the untapped arena that could change the definition of Fitness Forever?

All New Program with very special guest speakers presented for the first time during NY Fashion Week & the "opening night" season of the fall / winter arts season in New York City.

Part I. Sept 9, Fashion Fitness The Future. 8am to Noon

Part II. Sept 9, The Performing Artists Fitness Conference: Noon to 4pm



Dr. Jack Barnathan

NYStrength Inc.
Creative Consulting | Acclaimed Workshops | Inspired

Success™
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Sept 24: Wisconsin Adventure Fitness Retreat

Special Adventure Fitness Retreat with Dr. Jack Barnathan and Darren Haag's acclaimed "Haag Gym." Black River Falls, WI, 8 credits

New York

Oct 8: Nutritional Design: The 20 Energy & Endurance Essentials for Exceptional Peak Achievement. Rockford, IL, 8 cr

Atlanta

Oct 15: NEW! The ENERGY Rituals of Champion Performers: Nutritional Design: The 20 Energy & Endurance Essentials for Exceptional Peak Achievement. S. California, 8 cr

California

Oct 22: The Adventure Fitness Coach Certificate. A New Fitness Professional serving as a guide exploring both inner and outer adventures. Long Island, 8 credits

Wisconsin

Oct 29: Motivational Mastery™: The "Spirit Factor" in Designing Fitness Programs for "waiting list" classes and enduring success! From 'Spinning' to 'Squat Rack' and all in between. NY, NY, 8 Credits

Long Island

Dec 9: The Anti-aging Energy Designs: Physical Activity, Nutritional Creativity, Inspired Attitude and Scientific Strategies for enduring vitality. Learn the essential consulting designs to create and maintain "an enduring strength", for yourself and your clients. Including our special précision cuisine™ Nutritional programs. **Presented as part of The American Academy of Anti-aging Medicine, Las Vegas, NV, 8 Credits** (including Medical continuing education credits). Registration through A4M to be announced shortly.

Illinois

Boston

Paris

Dec 17: ALL NEW! PARIS, FRANCE

Fitness Design Expert Summit - Introducing: The Fitness Stylist

L'aventure Physique™ - The Adventure Physical. A dramatic new personal design - an enduring transformation of your: Energy | Attitude | Look | Outlook™

Crafted through our **Visionaire Immersion Method™**.

Apply uniquely selected strategies to develop lasting reinforcement on multiple levels. Permit your personal style to reflect a true "outer" strength and vitality. A lasting solution to energy, endurance and physical transformation. **Includes the new L'aventure Physique™ Personal Immersion Support kit. Hotel du Louvre, Paris, France. 8 Credits (call for details)**