





# mansfield.edu/kfc

## November 2009 \* Mansfield University \* Kelchner Fitness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Intramural Dodgeball Starts	3 Butts and Guts 12:05 to 12:45	4 Kickboxing 5-6p.m.	5 Intramural Wiffleball Starts! Core and More is cancelled tonight.	6 Cycle Fusion 12:05 to 12:45	7 <b>Flag Football State Championship at East Stroudsburg!</b>
	9 Lunchtime Turbo Kick 12:05 to 12:45	10 Remember the calendar is only an overview of what we offer. Remember to check schedules and Daily Digest!	11 Lunchtime Cycle 12:05 to 12:45	12 Yoga 12:05 to 12:45 Core and More 7:00 to 8:00	13 Cycle Fusion 12:05 to 12:45	14 
15	AAAI/ISMA Certifications coming in December. December 5 <sup>th</sup> is Personal Training Certification December 6 <sup>th</sup> is Pilates Certification Sign up form is on the back of this calendar. Register NOW to reserve your spot!			19 Nursing students from Sayre will be at KFC 4:30 to 6:30 doing BMI and Body Fat Testing	20 Cycle Fusion 12:05 to 12:45	21
22	23 Lunchtime Turbo Kick 12:05 to 12:45	24 Butts and Guts 12:05 to 12:45	25 We close at 6p.m. today so students can go home for the holiday!	26 CLOSED	27 CLOSED	28 CLOSED
29 2p.m. to 10p.m.	30 YOGA 4:30 to 5:45	Kelchner Fitness Center Front Desk 662-4234	<b>Regular Hours</b> M-Th 6a.m. to 11p.m. Friday 6a.m. to 9p.m. Saturday 9a.m. to 9p.m. Sunday 2p.m. to 10p.m.	Kelchner Fitness Center Front Desk 662-4234	 <b>Thanksgiving Holiday</b>	
						



# AAAI/ISMA Calendar



**Personal Fitness Trainer Phase I**  
**Saturday, December 5<sup>th</sup>**  
**9 – 5PM**

**Mansfield University**  
**Mansfield, PA**

**Pilates Phase I**  
**Sunday, December 6<sup>th</sup>**  
**9 – 5PM**

**Mansfield University**  
**Mansfield, PA**

### Credit Only

**You may attend any certification lecture (no exam!) and receive 8 CECs to renew your existing certification.**

Your certification will be comprised of a lecture and a practical application workshop to reinforce teaching/training skills. At the end of your certification, you will complete a written and practical exam to demonstrate skills and knowledge. If you have any questions, contact AAAI/ISMA Representative Marlene Jenkins at [mjenkins@totalcoverage.net](mailto:mjenkins@totalcoverage.net) or call 814-398-0126.

### Registration Form for AAAI/ISMA Certifications

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Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

### CHECKS PAYABLE TO Marlene Jenkins

Credit Card: \_\_\_\_\_ Visa \_\_\_\_\_ Master Card  
Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

Please indicate which certification you are registering for:

\_\_\_\_\_ \$135 PFT Phase I  
\_\_\_\_\_ \$110 Pilates Phase I (The Pilates Body by Brooke Siler – recommended book)  
\_\_\_\_\_ **Total Amount Enclosed**

Send registration form and fee for certifications to:

Amy Letts [alletts@mansfield.edu](mailto:alletts@mansfield.edu) 570-662-4865  
Director, Kelchner Fitness Center  
Mansfield University  
Mansfield, PA 16933