

# JENNIFER MILLER FITNESS

*Fitness Education*

**The University of Tennessee  
(Chattanooga)**

Aquatic and Rec Center  
601 E 5<sup>th</sup> St.  
Chattanooga, TN 37403

## **Sunday March 6, 2016 9:00-11:30 STEP TRAINING FOR 2016:**

A new look at an old standard. Steps are one of the most versatile pieces of equipment in your fitness studio.



Learn options for athletic training drills, bodyweight exercises, and core strength to use in your small group training, Bootcamp, or High Intensity Interval Training (H.I.I.T.) class formats. Presented by Jennifer Miller. AAAI/ISMA, ACE, NASM and AFAA CECs. \$50

## **Noon-2:30 Power Yoga**

**The Fusion of Yoga and Functional Fitness.**

Functional fitness develops strength for the activities of everyday life and keeps our bodies active and moving as we age. Functional fitness exercises integrate whole body strength rather than isolate one muscle or muscle group.

Power Yoga will explore strength-based yoga postures to develop greater overall muscle tone, more core control, and perfect posture. Experience the fusion of yoga and functional fitness and take home innovative yoga posture sequences to use with your clients or classes. Presented by Jennifer Miller. AAAI/ISMA, ACE, NASM and AFAA CECs. \$50



*Attend both workshops for only \$90!*

Registration form on the back or go to [jennifermillerfitness.com](http://jennifermillerfitness.com). Questions? Contact Jennifer Miller at [fitnessmiller@yahoo.com](mailto:fitnessmiller@yahoo.com) or 540-557-7075. Register two weeks early to get early bird prices.



**JENNIFER MILLER FITNESS  
REGISTRATION FORM**  
The University of TN – Chattanooga March 6, 2016

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Please send registration form and payment to:

Jennifer Miller Fitness

1315 Chestnut Drive

Christiansburg, VA 24073

Sorry, no credit cards.

Please make checks payable to Jennifer Miller Fitness.

LOCATION: The University of TN (Chattanooga)

Aquatic and Rec Center

601 E 5<sup>th</sup> St.

Chattanooga, TN 37403

\_\_\_\_\_ \$50 Register me for STEP TRAINING for 2016

\_\_\_\_\_ \$50 Register me for HARDBODY YOGA

\_\_\_\_\_ Register me for BOTH workshops for \$90

DIRECTIONS: [utc.edu/campus-recreation](http://utc.edu/campus-recreation)