

An educational programming and professional development agency.



# Urban Rebounding

Instructor Training

Workshop – .4 ACE / 4 AFAA CECs

Sunday, February 3, 2008

9:00AM to 1:00PM

## Urban Rebounding

### Urban Rebounding: Instructor Training

In 4 hours learn the science and research behind the Urban Rebounding workout, the unique features of the equipment and the challenges involved in using the product.

Learn the basic Urban Rebounding movements and postures, as well as many programming ideas to use with clients and students for months to come.

Combining traditional hi-low movements, sports specific activities, plyometric exercises and conditioning moves on the unique surface of the Urban Rebounder, learn another method for balance challenges for your participants.

**\$150**

**\$150 for Healthworks employees**  
(\$185 for non-employees)



**PRESENTER:** Tracie Finan is a national fitness presenter and Master Trainer. She is the featured presenter in the Urban Rebounding Videos Dance Bound, Kick Bound and Resistance Bound. Tracie's innovative and invigorating choreography has been nationally recognized and allowed her to claim two AAU National Sport Aerobic Championships.

#### LOCATION & INFORMATION:

Healthworks Fitness Centers  
920 Commonwealth Ave  
Brookline, MA 02215

#### TO REGISTER OR FOR MORE INFORMATION:

[tfinan@healthworksfitness.com](mailto:tfinan@healthworksfitness.com)

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FITNESS CENTERS FOR WOMEN