

News Release

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Rock Island Parks and Recreation offers the following activity:

The Rock Island Fitness and Activity Center will be hosting a **Group Fitness Instructor Certification Workshop** on September 26th from 8 to 4:30pm with a cost of \$239. A Stability Ball CEU Instructor Workshop will be held September 27th from 8 to 1pm with a cost of \$99. These workshops are held through the National Exercise Trainers Association (NETA), and interested participants can sign up at www.NETAFIT.org or call 1-800-237-6242. Participants with questions may also call the Rock Island Fitness and Activity Center at 309-732-7432.