

WHOLYFIT™



Gold Certification Retreat, March 10-14, 2015

B O D Y - S O U L - S P I R I T

Credibility



WholyFit was founded by multiply certified fitness expert and worship leader, Laura Monica, offering over 30 years of experience as a fitness professional and Christian leader.

Certification

Start certification online from your home! (Silver Certification)
Finish Certification in person at Retreat! (Gold Certification)



Effective

WholyFit Devotional Exercise is a powerfully healthful multi-level Christian mind-body exercise system appropriate for anyone from beginner to advanced exerciser, ideal for fitness program startup at churches as a ministry outreach / care-group.



Scripture Memorization, Worship & Prayer

Get trained to offer a true mind-body fitness system for body & soul.

Professional

WholyFit Silver & Gold Certification is high quality, professional training which will equip you to teach WholyFit. Training includes anatomy, kinesiology, technique, safety, spiritual leadership, how to teach group exercise. & more.

Eternal Value

WholyFit is a ministry raising up and equipping Christian Fitness Professionals in order to build up the Body of Christ; and to heal, to enliven by pointing people to Jesus Christ the Healer.

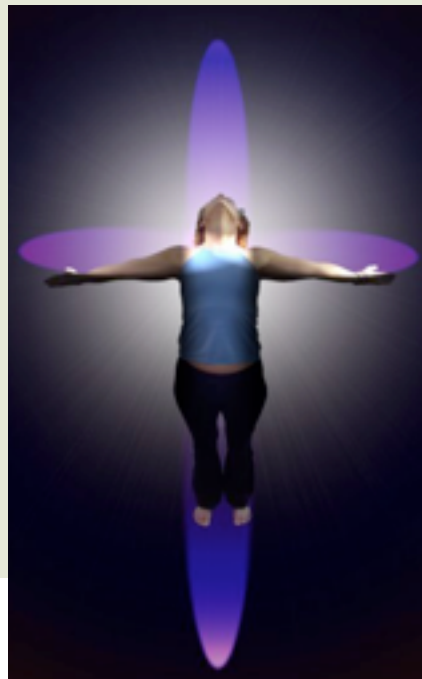


Q U I E T H E A R T



WholyFit Devotional Exercise

WholyFit is a fun and meaningful fitness system incorporating Scripture memorization, prayer and worship for a truly biblical mind-body experience. WholyFit is a multi-level, healthful, prevents injury and will give you more energy, stamina, endurance, strength; and it even has cardio benefits. This worshipful Christian mind-body fitness class teaches biblical meditation on Scripture for true fitness of body, soul and spirit. Wholeness, holiness and spiritual fitness is available only through the saving grace of Jesus, founded on the ultimate authority of the Word of God. Anyone can practice or teach WholyFit. No experience necessary!



And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him. Romans 12:1

How to Start

Register for WholyFit Silver Certification and/or Gold Certification using the registration form below, or online at <http://www.wholyfit.com>. Need help? Contact Laura or Pam at wholyfit@live.com. Submit the instructor application which is your agreement to WholyFit unity values. Register for WholyFit Gold Certification at Retreat. Register for both Silver and Gold at the same time and \$AVE!

Join a Community

WholyFit is not just a certification organization; We are also a fellowship of like-minded Christ followers committed to supporting each other in the fitness ministry God has called each of us to. We help you with a pre-predesigned 6 month roll out program providing all marketing materials, and printing. We stay in community, pray together and encourage each other. We are ministering in the Last Days. The Harvest is ready and waiting.





MARCH 10-13 & 14, 2015

Houston, TX

WoodsEdge

Community Church

WholyFit Gold Retreat

You are invited!

Come to Retreat for the benefit of your own personal WholyFit practice or to become certified to teach WholyFit. All welcome. No commitment to teach necessary. Come join us for renewal and breakthrough in your life!

1. Come to Retreat to take WholyFit classes

Try WholyFit by attending the morning classes where you will learn the technique behind WholyFit from Founder Laura Monica and the WholyFit Staff. Meet the instructors and experience the uplifting Biblical stress management of Devotional Exercise. Come join us for the banquet on Friday night for a workshop and interactive discussion. We would love for you to participate!

2. Come to Retreat to get certified to teach WholyFit. WholyFit offers the highest quality professional training at the lowest price because we are a ministry (not for profit.). The certification workshops teach breakdown of bio-mechanics, safety, purposes, muscle groups, exercise technique and how to rollout a fitness program. WholyFit certification is a great alternative to classical yoga certification. Get certified through WholyFit and get the equipping you need to teach an effective Biblical Alternative to Yoga through professional training from a Christian worldview.

Gold Retreat is one half of certification offering in person training covering layers 2 and 3 of the Armor Workout (Ephesians 6) and much more including modifications for special populations. Gold certification may be completed before Silver online certification or vice versa. You can do this! Anyone can teach WholyFit. No pre-requisite required. God always equips those He calls.



3. Come to Retreat for continuing education

Certified WholyFit instructors come to retreat FREE of tuition and get 25+ contact hours toward WholyFit Diamond Certification, plus practicum training new interns. Learn more every time! New classes are available at each retreat including demos of Fusion classes like WholyFit Adore, A.R.T., K7 or WholyFit FLY.

4. Come to retreat for CECs.



Certified fitness professionals come to Retreat for continuing education credits. Fitness pros love WholyFit cutting edge techniques and original multi-layer client modification system! Come see why WholyFit is better than Yoga.

Houston Retreat

Tuesday -Friday

Lodging:

Saturday:

Retreat Venue:
WoodsEdge
Community
Church

25333 Gosling Road
Spring, TX 77389
Youth Center Gym

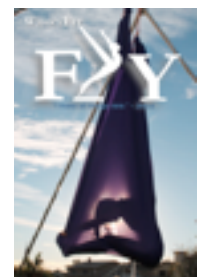
Holiday Inn Express &
Suites Houston North-
Spring Area

24888 I-45 North
Spring, TX 77386
281.681.8088

There will be a free Shuttle from the hotel to the Retreat location and to area grocery stores, restaurants, Market Street, Waterway within a 5 mile radius. (This does not include the airports.)

WholyFit FLY Workshop

“FLY” for short, is aerial fitness, an anti-gravity workout, suspension fitness: Aerial arts, inspired by Cirque du Soleil. Aerial fitness programs are in health clubs now and is the most exciting exercise system hitting the globe since mixed martial arts!



Half day workshop will be given to registered participants.

Fitness for the Whole You!



RETREAT AGENDA

WHOLYFIT

FITNESS FOR THE WHOLE YOU!



Tuesday - Thursday

Friday

Saturday

*This retreat is free to all currently certified WholeFit instructors.
Lapsed instructors need to re-certify by joining Fitness Pros at wholyfitclass.com or contact Pam@wholyfit.org*

6:30 -7:30am PREP 'N PRAYER

Certification participants meet in hotel breakfast room at 6:30am, dressed for the day with all your materials, ready to go. Hotel guests eat breakfast and pick up some snacks for breaks.

7:30am Shuttle

Transport from Hotel to WoodsEdge Community Church

8:00am - WoodsEdge Youth Building Gym

Worship in song/ dance at WoodsEdge Community Church

Adore **Worship Dance**

8:15-9:50am WHOLYFIT OPEN WORKOUT PUBLIC

WELCOME. Ephesians 6 Multi-layer & DBS. Public workout at WoodsEdge Community Church. Public invited to both workout and DBS, but may leave after workout. Multi-level, appropriate for all.

9:50-10:00am Break Re-trieve your snack for tech. time

10:00am-1:00pm TECH & TRADE SECRETS with Laura. WholeFit Technique and safety, teaching methodology, practicum, anatomy, kinesiology. Bring snacks into tech.

1:00-2:00pm Lunch together* - Bring your own lunch or menus provided for you to order your lunch to be brought in.

2:00-5:00pm TECH & TRADE SECRETS of WholeFit

Free Time

6:30 -7:30am PREP 'N PRAYER

7:30am Shuttle

8:00am - WoodsEdge Youth Building Gym

Adore **Worship Dance**

8:15-9:45am Breakouts:

1. Fitness Pros:

A.R.T.

Aerobic resistance training is low impact cardio and WholeFit with weights.

2. Gold Certificants: Identity Workshop with Connie

10:00am - 11:00am

1. Fitness Pros: Gatekeepers and Workups: Handstand and Arm Balance Workshop

2. Gold Certificants: Extra help with Pam

11:15am - 12:30 WholeFit Core Values with Oliver

12:30pm - 1:30pm Lunch Together*

1:30-3:30pm Business and Social Networking with Pam & Laura

3:30pm-4:30pm DBS Training with Oliver

6:00pm Shuttle to Awards Banquet

6:30-8:30pm WholeFit Awards Banquet out to dinner (open to public)

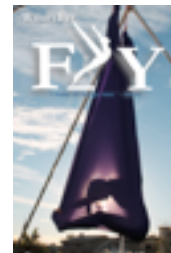
6:30 -7:30am PREP 'N PRAYER

7:30am Shuttle

Transport from hotel to venue for hotel guests who are registered for the night. Locals meet us at the next venue.

8:00- 11:00am

WholeFit FLY
Aerial Fitness in Cirque style. Venue: Title Boxing Club See www.wholyfit.com for more info.



11:00am-Noon

K700
Real martial arts cardio kickboxing class burns about 700 k-calories/hr. Authentic self defense techniques.

Noon-3:00pm Optional Informal Lunch with Pam and Laura

Retreat Packages

Premium Package



Silver + Gold Certification

Save \$100 on early bird special for Retreat.

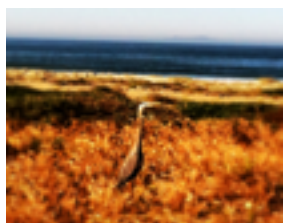
PREMIUM
\$1198.00 (by Nov. 30, 2014)

Includes both Silver online certification and Gold Certification as well as Fitness Pros for Christ membership (an additional \$100 savings!).

Instructor application and pastoral reference will be required to finish Silver certification.

- * Silver Certification Online
- * Gold Certification Retreat
- * Fitness Pros Membership!
- * Personal Webpage & email

Gold Package



Gold Certification

Retreat only. You do not have to be silver certified to complete Gold Certification.

Early Bird (by Nov. 30, 2014)
\$749.00

Regular (by Feb. 1, 2015)
\$799.00

Late (by Mar. 1, 2015)
\$899.00

Includes Gold Certification

- * Fitness Pros Membership!
- * Personal Webpage & email
- * WholyFit Banquet
- * Gold certification materials
- * Personal Training
- * Individualized instruction
- * Contact Hours/ CECs
- * Gold Completion Certificate

Fitness Pros Package



Fitness Pros Discount

For current Gold Certified Instructors with listing on WholyFitclass.com

Register my Feb. 15, 2015
FREE

NOT A FITNESS PRO?
Become a WholyFit Fitness Pro for Christ
\$100 for two years

Late registration
\$10/ day

- * WholyFit FLY Workshop
- * Heirloom Routines
- * A.R.T. Class
- * K7 Kickboxing

WholyFit Banquet
Please join us for the special banquet. Meal cost is your responsibility.

Public Access Package



Morning WholyFit Classes and Banquet

Anyone is welcome to attend the morning classes and Banquet.

\$20 payable ahead and \$AVE
at www.wholyfit.com

\$25 / class drop in
(cash only)

Tuesday class is WholyFit Gentle. Tuesday class is gentle. Wednesday - Friday classes are multi-layer. You will be asked to sign a registration and release form before attending class. Please come early to get your place.

WholyFit Banquet
Please join us for the special banquet. Meal cost is your responsibility.

Travel / Lodging



See information on website to book your room.

You will need lodging Monday through Saturday nights to attend Retreat and FLY workshop. You will need lodging Monday - Friday nights to attend certification Retreat only.

SAVE 50% on lodging by sharing a room with another instructor. Be sure to reserve your room by March 1, 2015.

Your Flight to Houston IAH

Book your flight to fly in to IAH on Monday; departure is on Saturday or Sunday

Your Transportation.

Super Shuttle is available from IAH. See www.wholyfit.com

R E N E W E D M I N D

NAME _____

First: _____

Last: _____

ADDRESS _____

City _____

State _____

Zip _____

Country _____

PHONE _____

EMAIL _____

(All information is required.)

REGISTRATION

Register online at www.wholyfit.com
Choose "Gold Retreats," use the paylink and we will contact you.

If you prefer Snail Mail, complete this form and send it with a check to:
WholyFit, 395 Sawdust Road, Ste. 2155
Spring, TX 77381

Questions? Contact Pam at wholyfit@live.com or call 832-381-5408



WholyFit training supports a Christian Lifestyle
including the spiritual disciplines of
Prayer, Worship, Rest and Celebration.

Questions? Contact Pam at wholyfit@live.com or call 832-381-5408

Or fill out a contact form on www.wholyfit.com and we will contact you.

Gold Certification Retreat Tuition

Check which Tuition applies to you:

Earlybird Tuition _____

Regular Tuition _____

Late Tuition _____

PAYMENT AMOUNT
\$ _____

Lodging, travel & food are the responsibility of the participant.

WHOLYFIT INSTRUCTOR TRAINING

WholyFit Devotional Exercise

Professional mind-body fitness presented from a Biblically Christian worldview.

www.wholyfit.com



www.wholyfitclass.com



WHOLYFIT

FITNESS FOR THE WHOLE YOU!

WholyFit Retreat

395 Sawdust Road, Ste. 2155

The Woodlands, TX 77380