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The New Heart Zones SHOWCASE **NEW Programs and Certifications from Heart Zones USA**

By showcasing [Heart Zones USA](#) hottest new programs and certifications for health clubs, schools, coaches, and sports activities such as cycling, triathlon, kids programs, and “Just Off the Couch” health, fitness, and sports seekers can experience the latest in cardio-activities and training to get fit and fitter. The new event, “The Heart Zones Showcase” takes place **Saturday, November 7th, 2009** at the Chesterfield West County YMCA near St. Louis, Missouri.

The Heart Zones SHOWCASE is more than a symposium or simply another conference. The event is the release of four new health and fitness programs, certification for fitness professionals, social workers, and health care professionals, and group exercise program for indoor triathletes.

Unfurling four new individual and health club programs simultaneously using the latest in technology equipment like the heart-rate training tool, the [Suunto](#) Gymbotron, or the power-meter equipped [Keiser](#) M-3 indoor bike, engages participants to workout a new way. For those who are health-seeking adults, the Heart Zones Showcase includes an 8-hour course on how to launch or re-start a fitness lifestyle program called “Just Off the Couch” from the book of that title. For personal trainers, teachers coaches, and indoor cycling instructors, the “Indoor Triathlon Coaching and Event Management” is an 8-hour course and event for individuals to get certified to lead group training programs and event management for indoor triathlon. For those seeking programs to counter the trend of increased childhood obesity and to get kids fit, the new “Kids to the Max” 8-week program and certification provides the tools and skills to lead an after-school program or health club program for children ages 8-15 years.

Join Heart Zones USA, America’s leading cardio-fitness education, training, and health club program and certification company at the West County YMCA in Chesterfield, Missouri on November 7th, 2009. [Register](#) to participate in this new event showcasing cardio-training programs that incorporate the latest in scientific-based training for those “just off the couch”, for indoor triathlon coaching and race directing, for children’s fitness programming, and for power training for indoor cycling.

More Information:

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