



## **FOR IMMEDIATE RELEASE**

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### **New Cities Added to Total Training Seminars Schedule in 2009**

Knoxville, TN – November 11, 2008 – Power Systems Inc., a leading provider of fitness and sports performance training equipment and programs, has announced that it will offer Total Training Seminars in eleven different cities across the country in 2009.

Total Training Seminars are educational workshops for trainers and sports performance professionals that focus on the latest training trends in a lecture/hands-on format and allow participants to earn continuing education credits/units. Now in its third year, Total Training Seminars will provide new course content and include new presenters in the seminar lineup.

The schedule for the 2009 Total Training Seminars includes six new cities in addition to five of the most popular locations: January 10—Fort Worth, TX; February 7—San Jose, CA; March 21—Colorado Springs, CO; May 30—Pasadena, CA; June 13—Knoxville, TN; June 27—Rosemont, IL; July 18—Tacoma, WA; August 8—Springfield, MA; August 22—Duluth, GA; September 12—Lakeland, FL; November 9—San Diego, CA.

More details about the seminars can be found at [www.totaltrainingseminars.com](http://www.totaltrainingseminars.com).

### **About Total Training Seminars**

Total Training Seminars are educational workshops for trainers and sports performance professionals introduced in 2007 by Power Systems Inc., a leading marketer of fitness and sports performance training equipment headquartered in Knoxville, Tennessee. The seminars focus on the latest training trends in a lecture/hands-on format and allow participants to earn continuing education credits/units. For more information, visit [www.totaltrainingseminars.com](http://www.totaltrainingseminars.com).

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