



## Canadian Aquafitness Leaders Alliance Inc. (CALA)

Charlene Kopansky, President and Founder  
Certifying Internationally Recognized Leaders since 1993  
Honours Biological Sciences, Human Kinetics, B. Ed.,  
Lifetime Achievement in Health & Fitness, canfitpro, Specialty  
Presenter of the Year, Safs-Beta (Germany)



Certifying internationally Recognized Aquafit Leaders since 1993

Recognized as the Gold Standard in Water Fitness Specialty Training and Certification programs: Aqua Kickbox, Aqua Cycling, Aqua Running/Jogging, Aqua CALA Aqua Infused Yoga, Aqua Barre, Aqua Pre/Post Natal, Aqua Older Adult, Group Aquafitness, and Healing Waters (Aqua Post Rehabilitation)

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