

# The Making of a Stronger Fitness Instructor – Pilates Infused Core for Land & Water

Accredited by CALA, AFLCA, canfitpro, CFES, SPRA, YMCA, YWCA, BCRPA



Hosted by Killarney Aquatic Recreation Centre

## Description:

Whether you are a land or water based fitness instructor, you spend a significant amount of time demonstrating moves on land. This practice often results in overworking some muscles and under using others, which can lead to muscle imbalances, which lead to injuries. As fitness instructors, it is vitally important for us to maintain a strong and BALANCED body. In this workshop, we will explore some pilates based moves on land and in the water which you can incorporate into your personal exercise routine, helping you become a stronger fitness instructor.

**WHERE:** Killarney Aquatic Recreation Centre, 1919 29<sup>th</sup> St. S.W., Calgary, AB T3E 2J7  
Facility info: 403-268-2489 or <http://www.calgary.ca/CSPS/Recreation/Pages/Pools/Killarney.aspx>

**WHO:** CALA Trainer Michelle McLaren

**WHEN:** Friday April 7, 2017 from 4pm – 8pm  
Agenda: Active Theory: Be dressed for movement on land: 4pm – 6pm and  
In-pool chest deep from 6pm– 8pm

**WHAT:** **The Making of a Stronger Fitness Instructor – Pilates Infused Core for Land & Water Instructors**

**COST:** CALA members: \$85 + tax = \$89.25; Non-members: \$100 + tax = \$105.00

Name: \_\_\_\_\_ DATE: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_  
Postal: \_\_\_\_\_ Work Tel. #: \_\_\_\_\_  
Email: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

**VISA and MasterCard credit card (not debit card) or E-Transfer/Direct Deposit.**

**Register through CALA**

**Options: Express Registration: Ph: 888-751-9823 or.**

**Scan then email this registration form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**Visa or MasterCard # & expiry date: \_\_\_\_\_**

**No refund for withdrawal from the Workshop.**