



**Workshop Day & Bonus Class**  
**Saturday March 11, 2017 at NAV Fit Canada, Cornwall, Ontario**  
**Accredited by CALA, canfitpro, OFC, YMCA**

**Aqua Equipment Extravaganza plus Innovative 'Ab' Work and Stretch Techniques**

Explore creative ways to integrate noodles, aqua bells, bands, loops and balls into your chest deep and deep-water classes. Following a quick review of aquatic resistance, buoyancy and body position, learn to design innovative abdominal and stretch exercises with and without the equipment. Get revved up using the latest music to motivate movement and enjoy the experience.

**WHERE:** NAV Canada, 1950 Montreal Rd., Cornwall, On K6H 6L2  
 Facility info: Lois van Beek-Barrette at 613-936-5024 lois.vanbeek-barrette@navcanada.ca

**WHO:** CALA Trainer/Presenter – Dylan Harries

**AGENDA:** Sat Mar 11, 8am – 10am: Active theory using equipment on dry land; 10am – 11am chest deep and deep water practical pool session; 11am – 12pm: Bonus Aqua Cross Fit welcoming the community

**CECs:** Earn 4 credits. Non-members will also acquire credits & bank CECs for future use.

**Fee Full Workshop:** Early Bird –on/<Feb 28, CALA Members: \$90 / Non Members: \$100 (plus tax)  
 Regular Fees – Register > Feb 28 Add \$25 (plus tax)

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**EXPRESS registration 1-888-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

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