

CALA

2 DAY WORKSHOP

ABOUT THE INSTRUCTOR:

Michelle McLaren, B.Kin, RMT, CALA Trainer, STOTT Pilates Instructor, CanFit Pro FIS
Active in the fitness industry for 28 years, an instructor trainer for the Canadian Aquafitness Leaders Alliance for 17 years, she has travelled across Canada teaching Aquafit instructor courses and various workshops at fitness conferences. Michelle is a Certified Matwork Level 1 & 2 STOTT Pilates Instructor and a Fitness Instructor Specialist with CanFit Pro. With her strong background in Kinesiology and Massage therapy, Michelle has a profound understanding of the human body, creating innovative, functional exercises and class designs.

CALA Essentials

Come and get refreshed with CALA Essentials! This workshop will be reviewing movement from the CALA movement bank, discussing how to communicate effectively with participants thru CALA cues, and exploring how to manipulate the properties of water to give your participants a full body workout.

FRIDAY APRIL 27

5-6:45pm: Introduction to CALA
7-7:45pm: Community Class
7:45-8:15pm: Water instruction
8:15-8:45pm: Group work
8:45-9pm: Questions & Feedback

Mind Blowing Aquafit


Come prepared to work the mind and body like never before! We will be taking CALA moves and exploring ways on how to link them together to create new and mind blowing choreography! Let's take holism to a new level!

SATURDAY APRIL 28

8-9:45am: Linking movements
10-10:45am: Community Class
10:45-11:15am: Water instruction
11:15-11:45am: Group work
11:45-12pm: Questions & Feedback

\$95 per session or \$180 for both!

Earn CECs with AFLCA, CanFit Pro, BCRPA, SPRA, Y & CALA
or Accredited by AFLCA, CanFit Pro, BCRPA, SPRA, Y & CALA Credits



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