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## **Aqua Extreme: Upper Body & Abs Focus**

Wednesday, May 17 2017

**Kamloops YMCA-YWCA**, 400 Battle St, Kamloops, BC - V2C 2L7

**Host:** Meghan Drew [mdrew@kamloopsy.org](mailto:mdrew@kamloopsy.org)

Presented by **CALA Founder & President, Charlene Kopansky**

**Accreditation for each workshop: 2 CALA, 1 FIS, PTS, OAS, 2 BCRPA, CFES**

**Description:** Challenge your upper body and work the arms, chest and back while recruiting all four essential abs into every movement combination. Maintain powerful posture while executing movements with skill and precision. Integrate the peacefulness of aqua yoga as you complete this session with a stretch that will lengthen and relax all the muscles you worked.

### **Objectives:**

- Learn to integrate all four abdominals into a series of upper body exercises.
- Experience effective cues that bring clarity and focus to each movement.
- Notice how smooth transitions create a rewarding class experience.

### **Proposed Agenda : Wednesday May 17: 6pm-8pm**

Active Dry land Theory: 6pm – 6:45pm

Change for Pool: 6:45pm – 7pm

Main Pool: 7pm – 8pm

**Fee:** \$63 includes tax

**Add \$10.50 for registration after May 5, 2017.**

**For Registration please contact**

**Kamloops Community YMCA-YWCA** at (250) 372-7725 or on line at <http://www.kamloopsy.org/>

**BAR CODE : 14328**