

Aqua Mix – Two Awesome Workshops!

Fabulous CALA Presenter: Debbie Cole



Host Facility: Chilliwack Landing Leisure Centre, Chilliwack, BC.
Sun August 13, 10am – 7pm (includes one hour of break time)
 Earn 8 CALA & BCRPA, CFES, canfitpro, AFLCA CECs

CHARLENE’S BOUNCE IT, ANCHOR IT, PROPEL IT! - 10:00AM-2:00PM

Manipulating buoyancy is an effective way to train the core, control intensity and add variety. Experience bottom contact and suspended moves while bouncing, anchoring and propelling. Understand how to reduce risk and enhance safety and effectiveness by cueing alignment and technique. Create magic with sensible choreographed patterns that play with speed, range, surface area and buoyancy.

JUST A MINUTE – CARDIO ABDOMINAL COMBINATION – 3:00PM-7:00PM

Learn the structure, the design and the exact delivery of Charlene’s innovative “Just a Minute” Water Running Class. The intensity of each one-minute phase builds from 65% to 95% as the workout progresses. Each stage of the water running workout includes specific biomechanical tips to ensure excellent technique to guarantee safety, specificity of training and effectiveness. These tips and cues add together to build perfect posture and running form. Listen to how Charlene delivers this class and put the formula into action immediately.

Flexible Agenda – Be ready & open for changes in the following plan:

10:00am – 2:00pm – Bounce, Anchor and Propel Your Moves Workshop
 2:00pm – 3:00pm – 1 Hour Break
 3:00pm – 7:00pm – Just a Minute – Cardio Abdominal Combination Workshop

DIRECTIONS: 604- 793-7946; Chilliwack Landing Leisure Ctr., 9145 Corbould St #1, Chilliwack, BC V2P 4A6

REMINDER: Bring Swimsuit/towel, \$ for lockers. Comfortable clothing for movement, on deck shoes, layers of clothing for warmth, water bottle, pens, pencils, highlighters

COST:

Rec. Excellence Staff:	\$80 + tax
CALA Member:	\$160 + tax
CALA Non-Member:	\$175 + tax

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