

Celebrating CALA's 25th Anniversary



Aqua Fit Fix Express

Take the plunge into a quick fix to toning and conditioning in water. This aqua programming concept features 20 and 30 minute aqua workouts / classes, creatively designed to be "user friendly", goal oriented and time efficient.

Designed for people who want to exercise in a supportive, yet resistant-rich environment (aka Liquid Weight room with massive cardio and core training) who have limited time on their hands.

Hosted by Victoria Park Community Centre, Ingersoll ON

Accredited by CALA, canfitpro, OFC, CFES, YWCA

WHERE: Victoria Park Community Centre, 355 Wellington St., Ingersoll, ON N5C 1T2
Contact Kim McCrystal for facility info: 519 425-1181/ kmccrystal@ingersoll.ca

WHO: CALA Trainer, Assessor and Presenter: **Jaye Graham**

WHEN: Sunday October 28, 2018 from 9am – 1pm
9:00am – 9:30am Meet in Classroom ([Changed for the pool session](#))
Practical Pool: 9:30am - 11:15am
Change time: 11:15am – 11:30am
Active Theory: 11:30am – 12:45pm
Q & A, Feedback Completion, CEC Certificate Distribution: 12:45pm – 1:00pm

WHAT: CALA Workshop, earn 4 CALA CECs for all who participate & credits with canfitpro, OFC, CFES & the Y

COST: Early Bird – On or Before October 14, CALA Members: \$99 / Non Members: \$109 + tax)
Regular Fees – Register on or After October 14, Add \$25 (plus tax)

Name:	_____	DATE:	_____
Address:	_____	How you heard of the course:	_____
City:	_____	Home Tel. #:	_____
Province:	_____	Fax #:	_____
Postal:	_____	Work Tel. #:	_____
Email:	_____	Cell Phone #:	_____

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

Register by phone 416-751-9823 or scan to cala_aqua@mac.com

Visa or MasterCard # & expiry date:

No refund for withdrawal from the Workshop. All Rights Reserved. CALA Inc.