

**BCRPA, CFES, AFLCA, canfitpro, CALA
accredited**

Jump on the Fluid Floor!

Sunday, October 29 2017

Elevation Place, 100, 700 Railway Ave., Canmore, AB



Presented by CALA Trainer & Assessor: Michelle McLaren

Accreditation for each workshop: 4 CALA, 2 FIS, PTS, OAS, 4 BCRPA, CFES

Description: Get vertical – and work your core like never before and take your fitness class to the aquamat! Learn to recruit your body stabilizers to maintain powerful posture while balancing on a floating mat. This workshop will introduce participants to a body weight training program - we will start on land then take it to the fluid floor. Focus on breath, improve coordination, enhance balance and condition your body in a completely new way.

Objectives:

- Learn how to stabilize on the floating mat.
- Practice on land and in water demo techniques with communication strategies to encourage participants to execute movements safely and effectively

Agenda: Sunday October 29, 2017: 8am- 12pm

Room 209: 8am – 10am
Change for Pool: 10am – 10:05am
Pool Session: 10:05am – 12pm

CALA Member Fee: \$150 + 5% tax = \$157.50 **Non-Member Fee:** \$183.75 + tax

Add \$26.25 for registration after October 5, 2017.

Host Contact: Mandy Long mlong@canmore.ca Phone : 403-678-8930

Payment options: e-transfer or direct deposit Visa credit card Mastercard credit card

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