



**Land Meets Water Core Conditioning For Functional Strength**  
**Sunday January 27, 2019**  
**8:00am – 5:30pm**  
**NAV Fit Canada, Cornwall, Ontario**  
**Accredited by CALA, canfitpro, OFC, YMCA**

**Aqua Variety – Triple Threat**

With this type of class fusion water fitness program, your classes will have waitlists. Get ready for a combination of Aqua Yoga, Aqua Kick Box and Water Running. This active workout will shift from chest deep water to deep water with each class segment. Learn to design and deliver movement variations and combinations to create a class brimming with variety. Explore leadership techniques and movement construction and deconstruction. Enjoy this one stop shopping fitness experience.

**Objectives:**

1. Develop creative movement combinations.
2. Review technique with a focus on safety.
3. Learn intensity options, so all ages and fitness levels will benefit from the program.

**Agenda**

8am – 10am	Active theory, expect dry land movement
10 – 10:15am	Change for active pool session
10:15 – 11am	Pool Technique Workout, deep/chest deep with lane ropes, tethers, flotation belts
11am – 12pm	Aqua Variety Master Class (community members & workshop participants)
12 - 12:15pm	Change for dry land wrap up
12:15 – 12:30pm	Q & A, submission of completed of evaluation-waiver forms

**Core Conditioning For Functional Strength – Land Meets Water**

Calling all personal trainers and group fitness instructors. Gain a true understanding of the parameters behind a strong core and healthy back fitness programming. Experience cutting edge core training exercises that will strengthen the abdominals, upper and lower back muscles. Emphasis will be placed on biomechanics, proper form, dynamic stabilization and kinetic cueing. All movement starts and finishes at the core. It is time find the core muscles, work them and feel them like never before.

**Objectives:**

1. Review the latest research on core conditioning for functional strength.
2. Develop and experience core strengthen exercises.
3. Learn options for participants with back issues.

**Agenda**

1pm – 3pm	Active theory with a land based core & health back focus class & land workout
3pm – 3:15pm	Change for active pool session
3:15pm – 4pm	Pool session - chest deep workout
4pm – 5pm	Deep to the Core Master Class (community members & workshop participants)
5pm - 5:15pm	Change for dry land wrap up
5:15 pm– 5:30pm	Q & A, submission of completed of evaluation-waiver forms



**WHEN:** Sunday January 27, 2019.  
Workshop One: Aqua Variety: Triple Threat from 8am – 12:30pm  
Workshop Two: Core Conditioning for Functional Strength from 1pm – 5:30pm

**WHERE:** NAV Canada, 1950 Montreal Rd., Cornwall, On K6H 6L2  
Facility info: Lois Van Beek-Barrette at 613-936-5024; [lois.vanbeek-barrette@navcanada.ca](mailto:lois.vanbeek-barrette@navcanada.ca)

**WHO:** CALA Trainer & Presenter – Dylan T. Harries

**CECs:** Earn 4-8 credits. Non-members will acquire credits & bank CALA CECs for future use.

**Early Bird Fees: One Workshop: Aqua Variety or Core Conditioning**  
Current CALA member: \$95 + tax  
Non-CALA member: \$110 + tax  
NAV Canada staff rate: \$65 + tax  
**Two Workshops: Aqua Variety and Core Conditioning**  
Current CALA member: \$175 + tax  
Non-CALA member: \$190 + tax  
NAV Canada staff rate: \$125 + tax

**Early Bird Fees** on or < Jan 7, CALA Member: \$95 / Non Member: \$105 (+ tax)  
**Regular Fees** – Register > Jan 7 Add \$35 (+ tax)


**Registration: Select your choice below**

One Workshop only: \_\_\_\_\_ AM Workshop or \_\_\_\_\_ PM Workshop:  
\_\_\_\_\_ Two Workshops: AM & PM Workshop

**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_ **Join Now:**  (\$59 plus tax)  
**City** \_\_\_\_\_ **Tel. h** \_\_\_\_\_  
**Prov** \_\_\_\_\_ **Cell** \_\_\_\_\_  
**Postal:** \_\_\_\_\_ **Tel. w** \_\_\_\_\_  
**Email:** \_\_\_\_\_

Amount  
 VISA  MCard  E-transfer/Direct dep. Pd: \$ \_\_\_\_\_ (See above for correct fee)  
**Card #** \_\_\_\_\_ **Expiry** \_\_\_\_\_  
**Sign:** \_\_\_\_\_

**EXPRESS registration 1-888-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

Office Use Only: Date Processed: _____ Initials: _____ Invoice # _____ PD  Email added: _____
Confirmation Letter: _____ New Member #: _____ Receipt: _____ Promo: _____ Other: _____