

# CALA Workshop: 'Off The Wall – Wake Your Workout!'



Hosted by Ottawa Athletic Club

**Earn 4 CALA CECs. Also accredited by canfitpro, OFC YMCA.**

**Description:** Off the Wall- Wake Your Workout! combines individual exercises into an invigorating 30 minute class where fluidity and flow are maintained to target cardiovascular and muscular strengthening benefits all within personalized pockets of turbulence. Participants will experience the innovative choreography of CALA Base moves adapted to the vertical anchoring of the wall. CALA's Off the Wall- Wake Your Workout! truly puts the Core in Choreography. Open to all fitness levels, this chest deep class is inspiring, innovative and most of all, readily available in all pool environments. Where there's a wall there's a way!

**Objectives:**

- 1) Experience the wall as a versatile and dynamic training tool able to stabilize and destabilize movement based on the degree of rebound wake generated.
- 2) Expand your repertoire of aqua fitness choreography by incorporating the wall as a vibrant and invigorating component to your program.
- 3) Deepen your awareness of core engagement by performing combinations of anchored movements on the floor (horizontal anchoring) and the wall (vertical anchoring).

**WHERE:** Ottawa Athletic Club, 2525 Lancaster Av, Ottawa ON, K1B 4L5  
 Facility info A Bourguignon: [andre@ottawaathleticclub.com](mailto:andre@ottawaathleticclub.com) or (613) 523-4024 x 280  
 Need more info contact CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

**WHAT:** CALA Presenter – Katherine McKeown

**WHEN:** Saturday, April 13, 2019 from 2pm – 6pm

**WHAT:** **CALA Off the Wall – Wake Your Workout! – 4 CALA CECs for everyone**

**COST:** Early Bird: on or before April 1, CALA Member: \$95 / Non-Member: \$110 (plus tax)  
 Regular Fees – Register before Nov 1st Add \$25 (plus tax).  
 OAC Staff members must register through CALA for a special rate!

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Tel. h \_\_\_\_\_  
 Prov \_\_\_\_\_ Cell \_\_\_\_\_  
 Postal: \_\_\_\_\_ Tel. w \_\_\_\_\_  
 Email: \_\_\_\_\_

VISA  MCard  E-transfer/Direct dep. Pd: \$ \_\_\_\_\_ (See above for 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 <input type="checkbox"/>	Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____	