

canfitpro, OFC, YMCA-YWCA & 4 CALA CECs

CALA Warm Water Exercise – October 26, 2019 - 11am – 3pm

Bernie Morelli Recreation Centre, Hamilton ON



Presented by Jaye Graham, CALA Trainer

Description: Exercising in warm water is ideal in promoting full Range of Motion, Muscular Endurance, Aerobic Conditioning, Balance, Coordination and Flexibility. These essential components of fitness work together in celebrating the multi directional movements of everyday living. This innovative and challenging workout seamlessly integrates CALA Base Moves with CALA Aqua Inspired Yoga postures. Work your range and feel the change!

Objectives

Practice maintaining postural alignment while experiencing the challenges of turbulence, resistance and buoyancy at the wall and away from the wall.

Explore full range of motion with every movement.

Notice the integration of muscular endurance, aerobic conditioning, balance, coordination and flexibility.

Agenda: 11:00am - 1:30 pm - Active Theory-Intro, Dry Rehearsal of Movement sequence

1:30 – 1:45 pm - Change for Warm Water Pool

1:45 -2:45 pm - Practice Movement Sequences in the Water

2:45 -3:00 pm - Change for Classroom. Wrap up and Complete Evaluations

Where: Ben Morelli Recreation Centre, Hamilton, ON

REGISTRATION FORM Sat, Oct 26, 2019: CALA Member: \$90 + 13% tax; **Non-Member:** \$105 + 13% tax
ADD \$25 + tax for registration after Oct 18, 2019

Name: _____

Address: _____

City: _____ **Tel. (h):** _____

Province _____

: _____

Postal: _____ **Tel. (w):** _____

Email: _____ **Cell:** _____

_____ Amount _____ (See above for correct fee

VISA MasterCard E-Transfer Pd: \$ _____ option)

Card # _____ **Expiry** _____

Signature _____

REGISTER BY PH: 416-751-9823 OR SCAN & EMAIL REGISTRATION FORM: cala_aqua@mac.com