

Aquatic & Fitness Professional Association – International: Water Workshops – Winter Spring 2020

EARLY BIRD PRICING (See registration forms for dates)-

\$50 Intervals and Circuits (3.5 A-PAI)

\$40 H2O Warrior (3.0 A-PAI)

\$50 Cardio Core (4.0 A-PAI)

\$40 Buns Thighs and Abs (3.0 A-PAI)

April 25-26,2020

Lakewood, CO

Presenter:

Cynthia Holcomb Krafft, PhD.

Over 33 years experience in the fitness industry.

Certifications/Licenses:

Promise Enterprises Kickboxing, Johnny G. Spinning, Geri-Fit®, LesMills BodyPump®, Resistaball CORE II

AFAA Step, Primary, Personal Trainer, Kickboxing, Weight Room Instructor,

A-PAI Water Kickboxing, Water Personal Trainer, Adv. Water Personal Trainer, Aquatic Kickboxing, and Senior Fitness/Aquatic Arthritis, CORE Water Aerobics,

ACE Group Fitness Instructor,

AEA Water Instructor Arthritis Foundation Aqua Instructor

SilverSneaker® MSROM, Cardio Circuit, Cardio Fit, Yoga stretch, Silver Splash

Zumba®, Aqua Zumba®, Zumba for Kids®, Zumba Gold®, Zumba Step®, Zumba Sentao®, Zumba Toning, Zumba Gold Toning

National Presenter/Educator Experience

- Presenting Workshops and Certifications for A-PAI for over 20 years
- Developed 10 Land & Water Workshops and 3 Certifications for A-PAI.
- Current Director of Operations for A-PAI

Workshop Location:

Carmody Recreation Center

(Sat and Sun)

2200 S. Kipling Street

Lakewood, CO 80227

Directions:720-963-5360

Bring:

Paper, Pencil, Water, Snacks, Lunch or Dinner, Layered Clothing, Sneakers, Swim Suit, and Towel. Due to the amount of information, formal breaks are not taken, but you may eat during the lecture portion of the classes.

A-PAI

Office Hours: M-F 9am-6pm

Phone: 303-678-9989

E-Mail: aquafitpro@aquacert.org

Website: www.aquacert.org **Address:**

A-PAI,

547 WCR 18

Longmont, CO 80504

**Aquatic & Fitness Professional Association – International:
Water Workshops and Certifications – April 25-26 Lakewood, CO
EARLY BIRD PRICING-(Postmarked April 9th)**

WORKSHOPS

**Intervals and Circuits– 3.5 A-PAI Saturday April 25 9am-12:30pm (9-11)lecture 11-12:30 Pool)
All the Intervals and Circuits you can Imagine**

Learn all about interval and circuit training. Course cover how to perform intervals and circuits with and without equipment, adapt intervals and circuits for special populations, perform intervals and circuits in both shallow and deep water, design 4 types of circuits, and how to handle multiple levels and large classes

**H2O Warrior-3.0 A-PAI Sat April 25 12:30-3:30-4 (Pool 12:30-2, Lecture 2-3:30)
Water Boot Camp**

To learn the principles of this unique workout that combines running, Cycling, X-Country ski, jump rope, kickboxing, and many other sports. To learn the application of equipment and the structure to have smooth transitions and work specific muscle groups. To identify and understand what types of exercises and conditioning “water reconnaissance” training incorporates. To properly use anaerobic intervals, water running, optional swimming, plyometrics and equipment like you have never used before.

**Cardio Core -4.0 A-API Sunday April 26 9-1 (Lecture 9-11:30, Pool 11:30-1)
Utilize the Core with the Workout**

Teaches how to use equipment, arms and moves in a shallow water workout to engage the core for the entire class. Result is more effective core workout than the traditional noodle work at the end of most classes.

**Buns Thighs and Abs – 3.0 A-PAI Sunday April 26 1-4 (Pool 1-2:30 and Lecture 2:30 -4)
The Butts and Guts of the Water**

This workshop is guaranteed to tone, sculpt, and strengthen those buns, thighs, and abs in record time. Learn how to utilize buoyancy, water resistance, combine moves and body position to optimize your workout.

A-PAI

Registration Form: A-PAI Lakewood, CO

EARLYBIRD DEADLINE April 9, 2020!!!

Name _____
 Address _____ City _____ State _____ Zip _____
 Home Phone (_____) _____ Work Phone (_____) _____
 E--mail _____

WORKSHOPS EACH

Intervals and Circuits	Sat 4/25 9:00am-12:30pm (\$50 Earlybird, \$65 Reg.)	_____
H2O Warrior	Sat 4/25 12:30pm-3:30pm (\$40 Earlybird, \$55 Reg.)	_____
Cardio Core	Sun 4/26 9:00am-1pm (\$50 Earlybird, \$65 Reg.)	_____
Buns Thighs and Abs	Sun 4/26 1-4pm(\$40 Earlybird, \$55 Reg.)	_____

Total for Workshops _____

Please mail a check or Money order to A-PAI 547 WCR 18 Longmont, CO 80504.
 Credit Card Number _____ Exp Date _____

Security Code _____ Billing Statement Address _____

Agreement for Enrollment Signature _____

I understand that I am responsible for attending the classes I am registered for and that refunds for classes are issued ONLY in the event A-PAI has to cancel the event, with reschedule. If I cannot attend, I agree to complete any certifications by proctor/distance learning and accept a voucher for future workshops or homestudies in exchange for any workshop.