

Aquatic & Fitness Professional Association – International Presents: *Land and Water Certifications and Water Workshops*

\$50 River Voyage (4 A-PAI)
\$50 TNT Toning (4 A-PAI)

January 27, 2019

Louisville, CO

EARN A-PAI CEC's

***Early Bird Deadline–Postmarked January 15th**

Presenters:

Workshop Location:

900 West Via Appia Way
Louisville, CO 80027
303.666.7400

Cynthia Holcomb Krafft, PhD.

Over 30+ years experience in the fitness industry.

Certifications/Licenses:

Promise Enterprises Kickboxing, Johnny G. Spinning
AFAA Step, Primary, Personal Trainer, Kickboxing, Weight Room
Instructor

A-PA I Water Kickboxing, Water Personal Trainer,

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

ACE Group Fitness Instructor,
Resistaball CORE II

AEA Water Instructor

Arthritis Foundation Aqua Instructor

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

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

Les Mills Body Pump®
Geri-Fit®

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

Phone: 303-678-9989

E-Mail: aquafitpro@aquacert.org

Website: www.aquacert.org

Address:

A-PAI,
547 WCR 18
Longmont, CO 80504

National Presenter/Educator Experience

- Presenting Workshops and Certifications for A-PA I
for over 10 years
- Developed 8 Land & Water Workshops and 3
Certifications for A-PAI.
- Current Director of Operations for A-PAI

WATER WORKSHOPS

River Voyage – 4.0 APAI CEC’s– Sunday January 27 8:30-12:30

Uses for rivers and channels from therapy to active seniors to tri-athletes

Learn the advantages and disadvantages of rivers and channels and how to use them. Course covers therapy formats, senior with arthritis formats, advanced water aerobics, triathletes, and equipment.

TNT Toning – 4.0 A-PAI CEC’s Sunday January 27 12:30-4:30

Equipment Usage with a BLAST

Learn the fundamentals of muscle toning. Introduce a variety of equipment in order to target all the major muscle groups. Learn the importance of GPO and how to effectively incorporate equipment into classes. Learn how to use bands and balls and super, triangle, pyramid, sawtooth, and tri/quad sets in pool.

A-PAI

Registration Form: A-PAI Louisville, CO

EARLYBIRD DEADLINE January 15, 2019!!!!

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

WORKSHOPS EACH

Table with 3 columns: Workshop Name, Price, and Registration Line. Rows include River Voyage Sun 8:30am-12:30 pm (\$50 Earlybird, \$65 Reg.), TNT Toning Sun 12:30-4:30 (\$50 Earlybird, \$65 Reg.), and Sub---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.