

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

\$50 Cardio Core
\$50 Buns Thighs and Abs

December 2, 2018

Manitou Springs, CO

EARN A-PAI CEC's

***Early Bird Deadline–Postmarked November 15**

Presenters:

Workshop Location:

**Manitou Pool & Fitness
202 Manitou Avenue
Manitou Springs, CO 80829**

719-685-9735 for directions

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

Cynthia Holcomb Krafft, PhD.

Over 32 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® 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®

Geri-fit

Les Mills Body Pump®

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

Aquatic & Fitness Professional Association – International

WATER WORKSHOPS

A Cardio Core– 4.0 A-PAI Sunday December 2 8:30-12:30 pm

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 – 3.5 A-PAI Sun December 2 12:30-4 (starts in the pool)

The Butts and Gutts 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 Manitou Springs, CO

EARLYBIRD DEADLINE November 15, 2018!!!!

Name _____

Address _____ City _____ State _____ Zip _____

Home Phone (____) _____ Work Phone (____) _____ E-mail _____

Workshops

Cardio Core Sun 8:30-12:30 (\$50 Earlybird, \$65 Reg.) _____

Buns Thighs and Abs Sun 12:30-4 (\$50 Earlybird, \$65 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.