

CALA Aqua Muscle & Core Workshop

Charlene Kopansky, CALA Founder & President



Malton Community Centre
3540 Morningstar Drive, Mississauga, ON.

Sat., May 28, 2022, 2:30pm – 5:30pm

Earn 3 CALA CECs

Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

If you are AFLCA Certified, petition for credits through AFLCA.

Aqua Muscle & Core Workshop

Fire up your muscles & feel your core like never before. We will be introducing & giving you a sample of the new CALA HydroRevolution program. Using the AquaLogix equipment will add a new dimension to your strength training program. Learn exercise physiology and how to use the equipment correctly. You will walk away with different ideas to develop a well-balanced water-based muscle class with a core focus. Modifications without equipment will also be incorporated throughout the session. Option to quietly observe on the deck to take notes.

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax (Ontario tax is 13%)

Special Registration City of Mississauga Staff! Complete this form & email it to Linda.Northcott@mississauga.ca & cc cala_aqua@mac.com

Please print or type **(City of Mississauga Staff... Add Mississauga Staff beside your name)**

Name	_____	
Address	_____	Join CALA Now <input type="checkbox"/> \$59 + tax
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal	_____	Tel. w _____
Email 1	_____	Email 2 _____

PAY: E-transfer to cala_aqua@mac.com

WAIVER AGREEMENT: **Please check ✓ that you agree to the following WAIVER.**

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

Email form to cala_aqua@mac.com

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding