

CALA Workshop

ABS-olutely CORE ESSENTIALS Workshop

FACEBOOK RECORDING  - Independent Learning delivered through private Facebook page

Earn 3 CALA CECs. Also accredited by canfitpro, OFC, 3 BCRPA, 3 SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, 3 CFES.

If you are AFLCA Certified, you will need to petition for credits through individual application by using the [AFLCA CEC Petition Application forms](#)



Description: Bring CORE conditioning into the forefront with a unique muscle focused class that provides medium to high intensity options. With an emphasis on engagement and enlightenment for functional abdominal training. Core Essentials highlights the role and importance of the core. Pelvic floor, abdominal and multifidus activation will dominate the exercise design component of this workshop.

Objectives:

- Refresh your understanding of the anatomy and function of the core muscles Transverse Abdominus, Pelvic Floor and Multifidus
- Learn and practice cueing and communication to increase participant engagement in core training.
- Create important links between breath and breathing with respect to core activation.

WHERE: Online, using the  FACEBOOK platform, in your home or home office.
More info contact CALA 416-751-9823 or cala_aqua@mac.com

WHO: CALA Presenter – [Jennie Queen](#)

WHEN: At your leisure

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax

BONUS: Complementary 3-month access to a Facebook Recording of the ZOOM session. You can review the workshop and consolidate your learning.

Please print or type

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 for CALA ABS-olutely CORE ESSENTIALS Workshop

Please check that you agree to the following WAIVER. (Required to register for this training)

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.

EXPRESS registration 416-751-9823 OR Complete, scan & 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