

# CALA Aqua Variety Workshop



Hosted by Ottawa Athletic Club

**Earn 3 CALA CECs. Also accredited by canfitpro, OFC YMCA.**

**Description:** This dynamic workshop incorporates a fusion of boot camp drills, kick boxing and yoga. Focus will be place on technique. Gain a true understanding of how water can be used to increase the intensity of your workout. The session will finish off with an aqua yoga stretching series to relax and recover. Enjoy this one stop shopping fitness experience.

**WHERE:** Ottawa Athletic Club, 2525 Lancaster Ave, Ottawa ON, K1B 4L5  
For directions & facility info contact Amanda DeGrace 613-523-4024x 280 or  
Email: [adegrace@ottawaathleticclub.com](mailto:adegrace@ottawaathleticclub.com)

**WHAT:** CALA Trainer Dylan Harries

**WHEN:** Sunday, April 9 from 1pm – 4pm

**WHAT:** **CALA Aqua Variety Workshop – CALA CECs for all who participate**

**COST:** Early Bird: on or before Mar 15th, CALA Members: \$90 / Non Members: \$100 (plus tax)  
Regular Fees – Register > Mar 15th Add \$25 (plus tax)

Name	_____	
Address	_____	Join Now: <input type="checkbox"/> (\$59 plus tax)
City	_____	Tel. h _____
Prov	_____	Cell _____
Postal:	_____	Tel. w _____
Email:	_____	_____

VISA  MCard  E-transfer/Direct dep. Pd: \$ \_\_\_\_\_ (See above for correct fee)

Card # \_\_\_\_\_ Expiry \_\_\_\_\_

Sign: \_\_\_\_\_

**EXPRESS registration 1-888-751-9823 OR Complete, scan & email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

Office Use Only:	Date Processed: _____	Initials: _____	Invoice # _____	PD <input type="checkbox"/>	Email added: _____
Confirmation Letter: _____	New Member #: _____	Receipt: _____	Promo: _____	Other: _____	