



NEW DVD'S FROM CALA

First introduced at the CALA-Kitchener “Exclusively Water” Conference this past March.

CALA is excited to offer you these **NEW DVD's**. The new Fluid Yoga –Tai-Lates, Cardio Core Fusion I & II and Stretch Fusion are available at a **special discount** for CALA members!

Fluid Yoga-Tai-Lates! Presented by Katharine McLarty

If you love Pilates or yoga on land, you've got to try Fluid Yoga-Tai-Lates in the pool. Isolate, strengthen and lengthen all your muscles to improve posture, flexibility, and function. This 2 hour DVD includes an Audio CD for exercisers to take to the pool.

Stretch Fusion! Presented by Laurie Denomme

Revitalize your flexibility programming with active stretch and core training combinations. Integrate Yoga postures and diagonal movement patterns guaranteed to decrease joint and muscle pain. Movements will simultaneously increase balance, muscular endurance and joint range of motion.

Cardio Core Fusion I! Presented by Laurie Denomme

This video blends water walking with resistance training and discusses appropriate progressions for orthopedic injuries. Experience this functional approach to resistance training integrating Yoga postures for base support.

Cardio Core Fusion II! Presented by Laurie Denomme

This program demonstrates cardio-respiratory and resistance training movements utilizing abdominal bracing for maximum core conditioning. Resistance training incorporates functional techniques targeted for muscular endurance in combination with balance, coordination and flexibility.

First Name	Last Name:
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Enjoy this special pricing for CALA members only! Complete this form and email or fax to the CALA office. The cost for this 4 DVD set is \$100.00 including shipping and handling. Taxes are extra	
Credit Card #:	Expiry date:
Name on Card:	Signature: