

Group Aqua Workshops

Featuring CALA Trainer: Dylan Harries

January 2020



CALA Aqua Variety: This dynamic session incorporates a fusion of boot camp drills, kick boxing, yoga and pilates. Enjoy this one stop shopping fitness experience.

CALA Triple Threat (Aquatic HIIT & 30 / 20 / 10 & Tabata Interval Fusion): Experience a program of extreme training guaranteed to get your hair wet and your blood pumping. Learn and understand the difference between these three forms of workouts. It is truly all about explosive powerful techniques designed for maximum performance training using the water like never before.

CALA Deep Water Training: Get ready, get set – it's time to work hard and discover the intensity of the bottomless pool. This workshop features all the benefits of the deep water choreography class with a twist. It won't be easy...but it will be a lot of fun!

Ai Chi Aqua Flow: The universe is ever changing, get connected with your inner energy. This workshop is based on Yang Short form Tai Chi. You will experience a series of graceful, powerful, slow and fast flowing movements. It exercises your mental and spiritual strength at the same time. Tai Chi practice truly will harmonize your mind and body balance. We will review and practice each movement with a focus of breathing and imagery. It will rejuvenate your spirit and will return you back into the world reenergized.

CALA Super Set Aqua (Double the Work, Double the Fun) This is the Super workout that you have been looking for! This class is developed to increase the intensity of specific muscle groups by "superset" training. We will view the properties of water and how the use of Aqua Bells can alter the way the muscle is being worked. Learn safe techniques to effectively challenge your fitness level to get the most out of aqua strength conditioning. Feel and experience the power of the wave!

CALA Aqua Choreography (Moves & Grooves): Are your clients craving for heavy-duty combinations of choreography? Learn how to build routines that will challenge coordination, muscle balance and cardio output. Explore teaching with different levels of intensity so everyone in the group will benefit from the same workout. Let's dance on the liquid dance floor to the coolest moves and grooves.

CALA Aqua Boot Camp Crush - Plyometrics:

CALA Aqua Boot Camp Navy Seals: It's back and better than ever! Join the Navy Seals. Ride the wave of the hottest trend in water fitness. Tough love aquatic drills and combat at its best. Sink or swim for your life. Experience many different levels of intensity that will enable you to design an advanced aqua fitness program maximizing speed power and muscle strength.

CALA Aqua Kick Box: Traditional kick box moves, derived from ancient martial arts for defence and protection have been modified from land to suit the aquatic environment. Adding energy with purpose to upper and lower body moves develops power, strength and core stability with mental focus. Consider giving and receiving energy as you practice the moves in water

CALA Aqua: Deep Down Get ready, get set – it is time to work hard! This workshop features all the benefits of deep water choreography with an interval twist. Noodles and Aqua belts will be used to achieve neutral buoyancy throughout the session. It won't be easy, but it will be a lot of fun!

The Great Canadian Noodle Challenge: Discover a fun and challenging way to teach a deep-water/shallow end class with this popular and versatile piece of equipment. Packed full with interesting choreography and unique variations. This session will teach you both the limitations and limitless possibilities of using a noodle for buoyancy support and enhanced resistance.

CALA Liquid ABS® (Zen Pilates) *Deep & Shallow Water Aqua Pilates is designed to use the properties of the water to increase the body's full range of motion while stabilizing the core muscles. The mind-body workout incorporates movements based on the Pilates method. With the healing environment of water, the workout will assist

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in increased flexibility while challenging individuals to maintain core stabilization, postural alignment, and balance. Learn to teach water based Pilates exercises with correct technique and valuable coaching cues that will enhance the performance of all levels on fitness.

CALA Total Aqua Cardio Kick Box *Chest Deep Water: Bring It On! This kickboxing program uses intense cardio drills based on traditional martial art movements for a full body workout like no other. It is packed full of punches, jabs, kicks and amazing combo sequences to get your heart pounding, and will condition your muscles like never before. Focus will be placed on technique and safety.

CALA Hard Water (Aqua Circuit) Training: Bring It On! This workshop will teach you how to empower your participants to the next level by combining a circuit training (strength & cardio) style class for a full body workout. You will learn how to coach clients in deep and shallow water at the same time. We will review the properties of water to use them to their full benefit, examine exercise technique and how to give multi level intensity level options so everyone in the group is successfully. It is time to jump in and ride the fitness wave.

CALA Aqua Athletic Therapy: Calling all personal trainers to the water! Aqua based personal training is big time business. As we know athletes are always dealing with injuries in one way or another, mostly due to over use. The pool is the best place to start post rehab treatments. Learn how to identify and correct muscle imbalances, mobility restrictions and stability issues. Understand how the water can work for or against you to make you stronger. We will review different movement patterns and sample exercises to improve peak performance for (hockey, skiing, tennis and golf). Believe you can win, train your body the right way and no one will stand in your way!

CALA Young @ Heart (Aqua Wonder Years): Aging is a part of life. Nothing will prevent it from happening! This workshop will explore the physiological aspects and psychological implications of aging and how maintaining a healthy lifestyle (working out in the water) can slow down the process. We will examine suitable water based exercises and appropriate modification to accommodate older adults' abilities. You will walk away from this session with some different program designs for the 65 + population that will take into account the many physical changes that aging may bring.

The New Hydro Warrior Dance (Aqua Tai Chi): Let the wave flow over you, and connect with the water energy. It is constant and powerful. This workshop is based on modified Chuan and Chi Kung Tai Chi. You will experience a series of graceful, powerful, slow and fast movements built within a cardio workout. Learn how to incorporate Tai Chi into your water fitness program.

Aqua Dance 101: Let your body go and move those hips and shoulder to the beat of the music. This workshop will focus on bridging and linking different movements together to develop some amazing choreography. Learn skills to motivate and inspire through the use of your music. See you on the liquid dance floor for this new age class that you won't forget.

CALA Power Wave (Aquatic Intervals): Experience a program of extreme training guaranteed to get your hair wet and your blood pumping. Learn explosive powerful shallow water techniques designed for maximum performance training using the water like never before.

Aqua Shallow & Deep Simultaneous Teaching: This workshop will provide tips on how to lead a multi-level class using the whole pool. We will review the CALA base moves and develop easy to follow choreography with options to provide a fusion between the deep and shallow water movements. You will walk away with unique ideas to develop a well-balanced water-based muscle conditioning class for both assisted and resisted training using the body as the training tool. The community will be welcome to a 45 minute portion of this workshop.

The Liquid A.B.S Program with Safe & Successful Integration of Noodles & Dumbbells: Discover the ultimate aqua abdominal and lower back workout, utilizing the physical properties of the water. Strengthen your body from the inside out. Find them, feel them through common sense exercises and captivating movements.

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Aqua Barre With A Twist: is a "Barre None" approach to the popular Barre format infusing ballet, yoga, pilates, and strength conditioning. You will learn not only the traditional Barre version of the exercises, but we will also provide you with an athletic interval twist. Understand and experience the benefits of the water and how it will take your Barre workout to the next level. The program focuses on the body's ability to lengthen against buoyancy and resistance to applied functional movements for all levels of students.

Fine-Tune Your Interpersonal Communication Skills: Fitness professionals who communicate effectively are more successful in their careers than those who lack this essential skill. In this enlightening session, we'll share easy to learn techniques for sharpening your interpersonal communication skills. Implement the tips you have mastered and you'll be amazed by how your rapport with others improves, not to mention your effectiveness.

CALA SOS The Aquafitness Instructor Just Called In Sick: You just got a message that the water fitness instructor called and cannot make it in this morning. The class starts in 5 minutes and there are 40 clients waiting in the pool. It doesn't happen often but sometimes things are out of our hands. It is too late to find a replacement and you can't cancel it. Is your staff team cross trained in all areas of programming? During this session you will receive a better knowledge of aqua physics. We will review some handing coaching cues and practice a few base movements. You will walk away with a basic plan to lead a fun total body workout. We must strive for a high standard of service of excellence so our members keep coming back for more. Don't be stressed the water might become your best friend!

CALA Water Fitness Choreography Lab: This is an active land workshop for water fitness leaders. We will review some different choreography tools and techniques to develop creative combinations for all levels of fitness. Together as a group we will share and practice so we all walk away with new choreography and music ideas.

CALA Mindful Movement For Clients With Chronic Joint & Muscle Disorders: Develop a greater understanding of arthritis and the benefits that aquafitness can bring to your clients when utilizing the properties of water. Learn how to modify and progress different exercises patterns to achieve the desired goal of regaining mobility to the affected areas of the body. Focus will be placed on strengthening and stretching the muscles that support the joints to increase the overall range of motion. Walk away with a workable program design that can be used tomorrow. Inspire meaningful movement and let the waters' massage and heal you!

CALA Therapeutic Warm Water Moves: Develop a greater understanding of arthritis and fibromyalgia. Feel the benefits that water fitness can bring to your clients when utilizing buoyancy support & enhanced resistance with the Aqua Bender Ball & the Noodle. Learn how to modify & progress different exercises to achieve the desired goal of regaining mobility & reducing pain to the affected areas of the body. Experience strength & stretch moves to increase overall range of motion. Walk away with a workable program design that can be implemented immediately.

Ai Chi & Aqua Yoga Flow Fusion: The universe is ever changing, get connected with your inner energy. You will experience a series of graceful flowing movements. Incorporate deep breathing, stretching through yoga poses and balance exercises, assisted by the support of the water. The practice will truly harmonize and reenergize your spirit, mind and body connection.

Aqua Personal Training Lab: Calling all trainers to the water! Aqua based personal training is starting to boom in North America. It might be time to expand and venture into something new to better service your client's needs. In this workshop we will discuss the factors needed to launch as a successful aqua personal training business (target markets, sales techniques, certifications, screening and liability forms as well as fee packages). Learn and review different assessment and progress tracking tools. There are really no limits!

CALA H2O Sports Therapy Lab: Have you heard that Aqua Sports Team Training is big business? As we know athletes are always looking for cross training activities and dealing with injuries in one way or another, mostly due to over use. The studies and trends show that the pool is the best place to be if they want to take their fitness to the next level. Learn how to identify and correct muscle imbalances, mobility restrictions and stability issues. Understand how the water can work for or against you to make you stronger. We will review different movement patterns and

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sample exercises to improve peak performance for (hockey, volleyball, soccer, track and field). Believe you can win, train your body the right way and nothing will stand in your way!

CALA Goal Setting 101 For Athletes: An idea is a dream until you write it down. Then it becomes a goal. Goal Setting is one of the most important skills taught to athletes in order to help them achieve optimal performance in sport and general life. The process helps athletes understand where they are currently and also where they want to go. In this workshop we will review three different types of goals and how they relate to skating. Together we will learn to develop SMART goals that will keep you focused and motivated on the action plan. Take your mark, get set and go!

CALA Superior HydroRider: This workshop will focus on the more advanced skills to create great instructors, including techniques for cutting edge profiles, providing corrective and supportive feedback. Learn language to transform your rides from workouts to personal journeys. As a group we will discover how to bring your cycling classes to the next level. You will walk away a new leader with qualities needed to achieve greatness.

CALA Aqua Mat / Stand Up Paddle Board (CALA Fluid Floor): Get vertical and work your core like never before. Learn to recruit your body stabilizers to maintain powerful posture while balancing on your Aqua Mat / SUP. Get re-energized, tune into your own body & forget about everything else. Experience a variety of moves while enjoying the peaceful splendor of floating on water. Focus on breath, improve coordination, enhance balance and condition your body in a completely new way.

CALA HydroRevolution (Aqua TMC): This program has been designed to give you an efficient and effective workout that targets all major muscle groups while using the properties of the water. Experience the Aquastrength barbells, Aqualogix bells and fins. The unique 3D design equipment means this workout is suitable for all ages and levels of fitness. It new and dynamic. Participates will be screaming and wanting to come back for more!

CALA Aqua Gymstick Meets Land® (Muscle Balance Training): Land meets water for the true total body workout. Try this innovative fitness tool that combines a stick and resistance band exercises that trains cardio and strength into one effective workout. Professional athletes, fitness trainers and therapists worldwide use the gymstick to deliver real results. The gymstick works all the major muscle groups and the small supporting muscles assist with balance and coordination. Learn techniques for stability while challenging muscle strength with progressive exercise sequences in the deep and shallow water.

CALA Aqua Meet Land Bender Ball® (Advanced Core Training Method): The core training workout that will rock your world! This workshop will take you through the basic bender ball exercise squeezes and then will give you two different advanced level options for each of the basic ones. Focus will be placed on posture, exercise technique and breathing. Feel your core muscles like never before and understand why the bender ball is one of the best training tools on the market today.

Other CALA workshops with Dylan:

- Introduction to Aquatic Therapy
- The Navy Seals® (Aqua Boot Camp)
- Aqua Wonder Years (Senior Water Fitness Course)
- Liquid Body Rhythm
- Aqua Arthritis

Therapeutic Aqua Training - Inspiring Mindful Movement For Client's With Chronic Joint & Muscle Disorders

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USUAL EQUIPMENT REQUIREMENTS: Noodles / Aqua flotation belts / Instructor Aqua Mat / Chair

USUAL STUDIO-CLASSROOM MEDIA REQUIREMENTS:

PROJECTOR & SCREEN

SOUND SYSTEM

WIRELESS MICROPHONE

FLIPCHART WITH GOOD QUALITY PAPER AND THICK EDGED MARKERS AND MASKING TAPE