

February 18 & 19 -- 2012

Melbourne FL



Continuing Education for
Aquatic Personal Trainers & Group Fitness Instructors

Health First Pro-Health & Fitness VIERA Location 8705 N Wickham Rd, Melbourne FL 32940

Saturday February 18

In-depth training course 9:30a-6:15p

Lunch Break 11:45a-12:30p; Pool 12:30p-4:30pm

CECs: AEA 8.0, ACE 0.8, AFAA 6.0, ATRI 8.0

AquaStretch™ for Fitness & Wellness

AquaStretch™ is a ground-breaking new technique that helps people stretch deeply, effectively and comfortably. People say AS helps them “get loose” prior to or after workouts and competitions, and to markedly reduce muscle soreness and tension following exercise or injury. AquaStretch™ can immediately restore flexibility lost from sports injuries and improper healing due to calcifications in connective tissues (fascial adhesions). AquaStretch™ can immediately and significantly reduce chronic aches and pains for a wide variety of people.

The AquaStretch™ for Fitness & Wellness course teaches the skills to do the 20-minute AquaStretch™ Fitness & Wellness procedure. In this course, participants will learn the 4-step Basic AquaStretch™ procedure used to quickly identify and relieve myo-fascial restrictions.

Visit www.exerciseelements.com for more information.

Who Should Attend?

In order to maximize the learning experience, it is recommended that course attendees have experience working one-on-one with clients/patients. AquaStretch™ is a hands-on, facilitated stretching technique that can be used by certified/licensed professionals including:

- Athletic Therapists
 - Athletic Trainers
 - Certified Personal Trainers
 - Chiropractors
 - Exercise Physiologists
 - Kinesiotherapists
 - Occupational Therapists
 - Osteopaths
 - Physical Therapists
 - Recreational Therapists
 - Physical, Occupational, or Recreational Therapist Assistants
 - Registered Massage Therapists
 - Yoga Instructors
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Sunday February 19

Workshops 8:00a-3:00p

HI-YO: Deep Water Intervals 8:00am-11:00am (pool 9:30a-11:00a)

Maximize the benefits of deep-water exercise by pairing high intensity intervals with Yoga inspired recovery segments. Experience first hand why this evidence based workout format is enticing all fitness abilities.

This cardio-stretch exercise format will leave you breathless, relaxed and wanting more!

CECs: AEA 3.0, ACE 0.3, AFAA 2.5

Lunch Break 11:00a-12:00p

Tri-Plane Total Body Tune Up 12:00pm-3:00pm (pool 1:30p-3:00p)

Relax, repair and recharge using tri-plane movements for enhanced flexibility and strength. Learn how this format will improve training results of any aquatic prevention, post-rehab, or athletic training program. Keep your body moving using variations in support stance, impact and travel. Use authentic movement drivers including the hands, head, pelvis and feet to create endless movement options and an energizing total body tune up! *CECs: AEA 3.0, ACE 0.3, AFAA 2.5, ATRI 3.0*

Your Presenter

Laurie Denomme, B. Kinesiology, FAFS is the co-founder of Exercise Elements, co-author of a book on special populations and the creator of numerous aquatic exercise education products. A Fellow of Applied Functional Science™ and AquaStretch™ instructor, Laurie is dedicated to mentoring and motivating others. She travels internationally to share her unique and personally developed exercise training methods.

REGISTRANT INFORMATION

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Email: _____

Are you an AEA/ATRI Member? If YES list your Member Number: # _____

Important Registration Information

If you are an AEA or ATRI member, use member pricing (membership will be verified).

ALL registrations received after **January 27, 2012** must pay LATE Fees.

Take home a FREE set of the equipment used* in the AquaStretch™ course (set of 10lb weights) when you register for the entire weekend by the Early Bird Registration date.

**Note free equipment will be given to attendee at the conclusion of the AS course. It will have had a one-time use at the day of training.*

I am Registering for the Following:

	EARLY BIRD		Amount Due
	Before Jan 27	After Jan 27	
AEA/ATRI Member Pricing			
___ AquaStretch™ for Fitness & Wellness	\$199	\$249	\$ _____
___ HI-YO: Deep Water Intervals	\$49	\$59	\$ _____
___ Tri-Plane Total Body Tune Up	\$49	\$59	\$ _____
Non-Member Pricing			
___ AquaStretch™ for Fitness & Wellness	\$249	\$249	\$ _____
___ Muscle Memory by Design & Liquid Abs	\$59	\$59	\$ _____
___ Deep Cardio Core	\$59	\$59	\$ _____
	<u>TOTAL AMOUNT DUE:</u>		\$ _____

METHOD OF PAYMENT

_____ Check enclosed: **Payable to- Exercise Elements**

OR _____ Register online at www.exerciseelements.com. Secure PayPal system accepts all major credit cards.

Registration Cancellation Policy:

I understand any cancellation of this registration must be received in writing post marked by mail at least 14 days prior to the scheduled event I am registered for. I understand the cancellation fee is 30% of total registration monies paid. Furthermore, I understand that if I cancel this registration within 14 days of the event I will forfeit all monies paid on this registration.

Participant Signature _____

Printed Name _____

Date _____

MAIL Registration Form with payment:
 Exercise Elements – 7591 Plantation Circle – University Park FL – 34201

Questions about this event contact Laurie Denomme
Email: laurie.denomme@gmail.com Phone: 941-232-5211