



**Two Days of Education featuring Craig Yaniglos
October 12-13, 2019
Omaha, Nebraska
The Athletic Club – 2275 S. 132nd St, Omaha NE 68144
* Facility formerly known as Prairie Life Fitness**

Early Bird AEA Member Registration Deadline: **September 12, 2019**

Space is Limited-Register Now!

- Advance Registration Required, **NO ONSITE registrations accepted.**
- View specific event information at www.aeawave.com under Calendars/AEA USA.
- Click on the Event you wish to attend for more details, registration links or specific downloads
- **Questions?** Email info@aeawave.com – Phone 888-232-9283 or 912-289-3559

Early Bird AEA Member Education Package Options:

Must Register by Early Bird Deadline

Saturday & Sunday Workshops for \$189.00!

Saturday OR Sunday All Day Workshops \$105.00!

Saturday October 12

8:00am-11:00am – H2O Circuits

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0, ACE 0.2, AFAA 2.0, ATRI 2.0, NASM 0.2

Experience creative aquatic circuit options using a variety of equipment for total-body training! A cost-effective way to add equipment to your pool programs, these teaching tips and class suggestions will put circuit training back on your list of favorite formats.

12:00pm-3:00pm – Senior Strength

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0

Let's get pumped! Increase muscular strength and bone density for seniors using drag resistance. Learn how to safely and effectively incorporate drag equipment for gains in senior strength.

Sunday October 13

8:00am-11:00am – AquaBata Shallow

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 3.0, NASM 0.3

Take advantage of the latest trend in fitness to deliver the next level of training to your aquatic programs. High Intensity Interval Training (HIIT), including the specialized Tabata format, transitions into the water with high-powered results. Minimal choreography, maximal results!

12:00pm-3:00pm – Aquatic PlyoJam

\$55 Early Bird AEA Member \$65 Late and/or Non-Member

CECs: AEA/AF 3.0

In this hands on workshop, learn how to disguise plyometric intensity with rhythmic choreography. Walk away with a template to take back to your classes to help ignite and invigorate your loyal participants while attracting new people to the pool.

Craig Yaniglos is the aquatic fitness director of the Hubbard Community Pool in northeast Ohio and an AEA Training Specialist. Craig is passionate about attracting all types of populations to the pool and educating aquatic fitness professionals around the globe.

AEA...Moving Water for Health & Wellness