



**Two Days of Education featuring Stephanie Thielen**  
**October 11-12, 2019**  
**Bountiful, Utah**  
**South Davis Recreation Center – 550 North 200 West, Bountiful UT 84010**

Early Bird AEA Member Registration Deadline: **September 11, 2019**

**Space is Limited-Register Now!**

- Advance Registration Required, **NO ONSITE registrations accepted.**
- View specific event information at [www.aeawave.com](http://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](mailto:info@aeawave.com) – Phone 888-232-9283 or 912-289-3559

**Early Bird AEA Member Education Package Options:**

*Must Register by Early Bird Deadline*

**Friday & Saturday Workshops for \$189.00!**

**Friday OR Saturday All Day Workshops \$105.00!**

**Friday October 11**

**8:00am-11:00am – Deep HIIT & Sculpt**

**\$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

Double up your deep-water training with two great formats that work for group exercise classes and one on one training. Take high intensity interval training to deeper waters to add challenge without impact, and add resistance to achieve body sculpting and muscle conditioning.

**12:00pm-3:00pm – Upper Body, Core & More**

**\$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

Apply fun, force and function to basic arm patterns building progressions for all goals and abilities. Next, explore how to integrate unilateral and bilateral upper body moves and impact variations for core training benefits. Finally, put it all together with and without equipment for endless combinations.

**Saturday October 12**

**8:00am-11:00am – H2O Body Sculpting & Resistance Training**

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

CECs: AEA/AF 3.0, ACE 0.3, AFAA 3.0, ATRI 2.0, NASM 0.3

Add resistance, through the use of equipment and body positions, to create a shallow-water fitness program that targets muscular strength & endurance, range of motion and balance skills. Discuss how to accommodate various fitness levels, as well as different pool considerations, such as water depth and temperature.

**12:00pm-3:00pm – Aquatic Interval Applications**

**\$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

Create dynamic interval formats for the pool that can be adjusted for various ages and abilities through Work: Recovery ratios, movement tempos, exercise choices and impact options. This interactive workshop will help you develop motivating aquatic interval programs to enhance training results.

**Stephanie Thielen, BS**, is dedicated to quality education and travels nationally presenting workshops that teach logical methods for class construction. Stephanie is an AEA Training Specialist, NETA Trainer, and has a reoccurring Akwa column called "Pool Tools".