



**Two Days of Education featuring Monique Acton**

**October 26-27, 2019**

**Claremont California**

**The Claremont Club – 1777 Monte Vista Ave, Claremont CA 91711**

*\*This facility has an outdoor pool.*

Early Bird AEA Member Registration Deadline: **September 26, 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*

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

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

**Saturday October 26**

**8:00am-11:00am – Boot Camp Deep**

**\$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

Take your boot camp to the deep and experience suspended training with a high intensity, non-choreographed workout. Employ a variety of body positions (vertical, horizontal and diagonal), as well as specific training drills that utilize the pool wall. Command attention in your deep-water classes with challenging formats.

**12:00pm-3:00pm – Ballology**

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

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

Put the fun back into fitness and “round out” your programming with an inexpensive, universal equipment option – a small, pliable ball. Explore effective techniques to challenge cardio conditioning, coordination and core training that appeals to a wide range of participants - both in the studio and the pool.

**Sunday October 27**

**8:00am-11:00am – Aquatic Cardio Programs**

**\$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

Discover the key concepts necessary to create safe, effective and enjoyable shallow water aerobic programs. Creative sequencing, smooth transitions and movement variations will help leaders to develop a unique style of choreography or movement progression.

**12:00pm-3:00pm – 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!

**Monique Acton** is the president of The Personal Health Trac, an international presenter, AEA Training Specialist and author of the “Make It Personal” column in *Akwa* magazine. Certifications include AEA, ACE, AFAA and Medical Exercise Training Institute.