



**Two Days of Education featuring Ashley Bishop
November 2-3, 2019
Lakewood, Colorado
Carmody Recreation Center – 2200 S Kipling St, Lakewood CO 80227**

Early Bird AEA Member Registration Deadline: **October 2, 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 November 2

9:00am-12:00pm – 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.

1:00pm-4:00pm – 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 November 3

9:00am-11:00am – Let’s Roll!

\$45 Early Bird AEA Member \$55 Late and/or Non-Member

CECs: AEA/AF 2.0, ACE 0.2, AFAA 2.0

Spending time learning foam rolling, ball rolling, and self-massage techniques focused around myofascial release. Delve deeper into the research of fascia and how it affects our injuries and sore spots. Simple stretching and self-care routines that will help ache your muscles and allow you to keep teaching your classes enthusiastically.

You are welcome to bring your own mat and/or foam roller if you have available.

12:00pm-4:00pm – All About Intervals! & Dynamically Rhythmic

\$75 Early Bird AEA Member \$85 Late and/or Non-Member

CECs: AEA/AF 4.0, ACE 0.4, AFAA 4.0

All About Intervals!

Work, Rest, Repeat in all the different flavors. Learn how to safely and effectively incorporate interval training to your aqua fitness classes. Delve deeper into Tabata, HIIT and other Work/Rest combinations to take your class (and your participants) to the next level.

Dynamically Rhythmic

Let the music motivate the movement as you rhythmically cool down your classes. Using choreography patterns, dynamic combinations, and feel good song choices you will create the optimum environment for effective cool downs that will leave your participants feeling elongated and energized.

Ashley Bishop, is an AEA ATS, a Zumba Jammer™ for Zumba® Fitness and a CE provider for ACE, AFAA and AEA. She is the Fitness Director for uforia studios and can be found most weekends sharing her passion for fitness education across the continent.

AEA...Moving Water for Health & Wellness