



**Two Days of Education featuring Lori Templeman**

**November 16-17, 2019**

**Chico, California**

**In Motion Fitness – 1293 E 1<sup>st</sup> Ave, Chico CA 95926**

*This location has an outdoor pool. Please plan accordingly.*

Early Bird AEA Member Registration Deadline: **October 16, 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 November 16**

**8:00am-11:00am – 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.

**12:00pm-3:00pm – Boot Camp Shallow**

**\$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

Push participants past training plateaus with a platoon of shallow water training designed to target fitness components of agility, balance, coordination and speed in addition to cardio capacity. This no-nonsense workout formula delivers high-intensity training options, with and without equipment, to maximize results.

**Sunday November 17**

**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 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.

**Lori Templeman**, BA, is an AEA Training Specialist and group fitness instructor living in Lincoln City, OR. She is also a successful freelance writer featured in various fitness publications. Lori is certified with AEA, ACE, AFAA, and Arthritis Foundation.