



**Two Days of Education featuring Lori Templeman
December 7-8, 2019
Lincoln City, Oregon
Lincoln City Community Center – 2150 NE Oar Pl, Lincoln City OR 97367**

Early Bird AEA Member Registration Deadline: **November 7, 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 December 7

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 – 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.

Sunday December 8

8:00am-11:00am – 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.

12:00pm-3:00pm – Core Training + Stretch Techniques

\$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

Learn core training techniques that include standing, traveling and buoyant options to develop dynamic strength for improved function, with options to meet a variety of goals and skill levels. Flow into a sampler of stretching techniques from mind-body options for warm waters to fluid movements for cool pools.

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.