



Maximum Fitness - Vacaville

201 Main St, Vacaville, CA 95688

Sunday, May 19th

Intro to Aqua / Cardio Combos Workshop

10:30am - 1:30pm

Take the mystery out of aquatic choreography and gain a better understanding of Add-On, Pyramid & Pure Repetition choreography styles. These cardio combos are an effective way to add diversity, intensity and FUN to your aqua classes. We will focus on shallow water formats (with a hint of deep!) Cardio Combos provides a total body workout without the use of equipment. Review the basics of aquatic fitness and experience how fun and effective aquatic workouts can be!

CECs: AEA/AF/ATRI - 3.0 ACE 0.3

All About Intervals

2:00 - 5:00pm

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.

CECs: AEA/AF/ATRI - 3.0 ACE 0.3 (ACE Pending)

Register Online @ <https://bagelfit.com/workshops>

Pricing

One Workshop

General Registration

\$60 | \$55 Early Bird (Register by May 1st)

AEA Member (Membership will be verified)

\$55 | \$50 Early Bird (Register by May 1st)

Both Workshops

General Registration

\$100 | \$95 Early Bird (Register by May 1st)

AEA Member (Membership will be verified)

\$90 | \$85 Early Bird (Register by May 1st)