

Montreal Muscle Activation

# AQUA FIT WORKSHOP

WENDY

(514) 947-0196

## Get Wet, Get Lean, Get Fit! AND boost membership appreciation!

How to teach an AMAZING Aqua Fitness class - feel good about what you do!

Wendy Kennedy has been a fitness instructor for over 25 years and is a sought after presenter in the Health, Rehabilitation and Fitness field. Come and learn from the best. A 6 hour workshop on how to make aqua fitness something your members appreciate, enjoy and respect. Your lifeguards will learn the moves and how to apply them in the water - it is not as simple as it looks! Several routines will be presented and practiced ... AND written down so your life guards can take them back to your pools! No more wasting time, no more "hit and miss" routines.

### *The result? Happier Members!*

Our mandate: Happier Staff!

**Date: Friday, June 18th**

**Time: 9am—3:30pm (half hour break for lunch)**

**Place: Fairview Chalet & Pool**

**Cost: \$45 tax included/lifeguard (2 lifeguards from the SAME pool: \$40 tax incl each)**

**Interested?**

**Mail or drop off your registration to:**

**Montreal Muscle Activation**

**346 Blue Haven, DDO H9G 1S6**

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