Quality Fitness Leadership Training Since 1988

Get to the CORE of it!
A Chest Deep Aquatic Fitness Workshop

6 FNB CECs

WHERE: Centre aquatique et sportif de Dieppe, 111 Aquatique St, Dieppe, NB E1A 5S4 Tel : _(506) 877-7881_

WHEN: Sunday April 19, 2020

TIME: 9:00 am to 12:00 pm

COST: (Includes HST)

	By April 9	_After April 9_
FNB Members	$69.00	$89.00
Other:	$89.00	$109.00

WHAT: This workshop is complementary to last year's _Absolute CORE_ workshop, focusing mainly in chest deep water.
Lauren will review the basic anatomy and function of CORE work and how aquatic fitness training can provide a mindful and physically challenging workout. (This workshop will be presented in English).

<u>AQX/FNB TRAINER:</u> _Lauren Rogers_

Lauren Rogers is the Manager of Fitness & Wellness at the University of New Brunswick in Fredericton. She has an undergraduate degree in Physical Education and a Masters' degree in Sport, Recreation and Administration. Teaching group fitness classes, both land and water, continues to be a favourite part of her job whereby she can connect with staff and members. Lauren trains new instructors in a variety of disciplines including aquatic fitness, choreography, step, and older adults and is excited to be back in the water with you!

Don't miss out! Register (early bird) before Thursday April 9th!

For more information and to registration contact the Fitness New Brunswick (FNB) office:
Nathalie Hebert-Paul membershipservices@fitnessnb.ca 506-453-1094

Registration: Fill in the information below: send via email to: membershipservices@fitnessnb.ca or fax: 1 (506) 453-1099

Name:		FNB member		Other
Full Address: Street	City:	Prov.		PC:
Email:	Phone #:			
Full PD day (includes CSEP-CPT Update)	$	CSEP-CPT Scope of practice update only		$

Payment Information:

Payment Type	CC:	Visa:	MC:	Cheque:	e-transfer:	cash (in person only):
CC #:				CC Expiry:		3 Digit code:

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