

Water Fitness Instructor Workshop



Friday, May 4th, 2012

1:30pm-3:30pm

Scripps Ranch Swim and Racquet Club @ 9875 Aviary Dr., San Diego, CA 92131

Current Fit-X Associates are FREE!



Presented by:

Lisa Garrity, MA Ed., CSCS

Fit-X San Diego Continuing Education Specialist and Master Trainer, ACE and AEA Continuing Education Provider and IDEA Master Level Personal Trainer. Lisa has over 30 years experience teaching group fitness and being a personal trainer. She specializes in water fitness and working with those who have limited functional capacity or other orthopedic conditions.

Workshop Day of Event Schedule:

1:30-2:30pm

Hyrdolic BootCamp ...featuring Guest Instructor *Clarice Addison*

The aquatic training program that will take your aquatic fitness program to the next level. Learn to work at high intensity to achieve maximum fitness benefits in the shortest amount of time AND great muscle conditioning TOO.

Maximum benefit, reduced pain, shorter time investment.

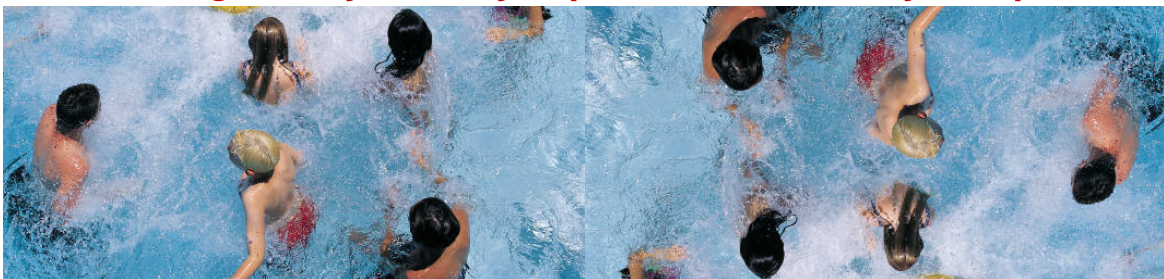
Bring your Polar Brand Water resistant heart rate monitor if you have one.

2:30-3:30pm

Aqua Movement Jam Session

Learn, Share, Jump in and Try It

**To attend this event for FREE you must
Register by Monday, April 30th to secure your spot!**



*Fit-X San Diego is recognized by the American Council on Exercise as a Continuing Education Provider
Lisa Garrity Fitness Enterprises is recognized as an AEA Continuing Education Provider.*

REGISTRATION FORM

Associate Name:

E-Mail Address:

Even though you have FREE attendance, you must register for this event! E-mail fitx@fitsandiego.com by April 30th to reserve your spot.

Cancellation and no-show policy: Refunds minus a \$10.00 fee will be made on notice given at least 24 hours in advance of the event start time. All no shows and day of event cancellations are non-refundable.

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Title

Full H2O Workshop .2 ACE Cec's/.2 AEA \$39—~~FREE~~

Early registration now through April 23rd

Or register April 24th– May 2nd \$49—~~FREE~~

May 3rd to day of and drop-in \$55.00—~~FREE~~

\$ Paid

\$ ZERO

- Drop in rate is \$20.00 at the door if you have not rsvp'd/ registered by the deadline date.

Payment Method:

_____ Cash

_____ Check (payable to Fit X San Diego)

Credit Card

_____ Exp. _____

Signature _____

Mail or e-mail completed registration to:

Fit X San Diego — 3658 Ruffin Rd Ste F; San Diego, CA 92123
858-715-8681 fitx@fitsandiego.com

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