

# Aquatic Workshop Series

This new workshop series will teach attendees through lecture and hands on demonstrations. Starting in October 2011, this new educational series will allow participants to add to their workout routine safe and effective movements that will help prevent or alleviate pain related to different ailments. Each workshop will focus on different strengthening and therapeutic techniques and will educate attendees on the importance of proper form, intensity levels and frequency. Workshops will be led by Mandy Bushey, ACSM Certified Personal Trainer and Aquatic Specialist.

## Workshop Includes

- Lecture
- Take home workout to follow
- 30 minute in water workout to learn exercises
- Question and Answer session

Workshops are held on Fridays 12:00-1:00 pm. Each lecture is \$15.00 or a series package of 6 lectures is available for \$72.00.

## Upcoming Workshops:

**February 24th:** Fibromyalgia and Osteoporosis

**March 16th:** Neck and Shoulder Pain

**April 20th:** Weight Loss in the Water

**May 11:** Building Endurance

**June 8:** Gaining Flexibility

**July 20:** Improving your Balance

For more information or to register please stop by the Aquatics Office, call 302-239-6688 ext. 313, or email [aquatics@hachealthclub.com](mailto:aquatics@hachealthclub.com). Pre-registration is required and there must be a minimum of 5 paid participants to run the workshop.



**Workshops will continue monthly after July, look for a future schedule.**