

**Chelsea Community Hospital
Health & Wellness Center &
Fitness Learning Systems
Hosts:**



**CEC Express Workshops:
Biomechanics for Fitness**

9:00 – 12:00 noon

Approved for: 3 CEC's AEA / 0.3 CEC's ACE / 3 CEC's AFAA (*ACSM and NETA accept ACE credits)

Participants Receive
a FREE CD Rom
a new CEC
at the workshop.

Anatomy and movement forms the structure for exercise used by fitness professionals. This Biomechanics workshop is designed to enhance your understanding of anatomy and kinesiology, and the principals and mechanics as to how they relate to human motion.

This exceptionally practical workshop will give you the application tools to better understand the study of biomechanics, which is the area of kinesiology that deals specifically with movement analysis. Add to your professional knowledge base and take fitness training to its next level. Visualize biomechanical functions like you never have before. This workshop makes

learning easy with accurate explanations, lots of illustrations and plenty of practice – you will be listing off joint actions and multiple planar movements in no time.

Water Power Moves that TURN UP THE HEAT 1:00 – 4:00 pm

Approved for: 3 CEC's AEA / 0.3 CEC's ACE / 3 CEC's AFAA (*ACSM and NETA accept ACE credits)

Power up your pool program with Water Power Moves! Learn working patterns in both shallow and deep water that implements the strength and power of the suspended and pool bottom environments. Create an inner strength to activate core connections to increase intensity for all of your participants.

This short but highly interactive choreography workshop will focus on turning up the heat to increase intensity and caloric expenditure in your water fitness programs. Learn how to transform basic movement combinations into high-energy work for your fit participants. Water isn't for wimps! Come and find out how to include hot moves with powerful energy.

WHEN: Saturday – February 9, 2008

WHERE: Chelsea Community Hospital Health & Wellness Center

**Sign up before
January 26, 2008
to get your
EARLY BIRD
discount!**

14800 East Old U.S. 12
Chelsea, Michigan 48118-2110
Phone: 734-475-4100 for directions

HOST: Cindy Cope / ccope@cch.org

MAIL, FAX or Email your Registration Form to:
**Fitness Learning Systems 221 S. State St., West Harrison,
IN 47060**

FAX to: 513-574-9857 Or Register online at: www.FitnessLearningSystems.com

**Chelsea Community Hospital
Health & Wellness Center &
Fitness Learning Systems
Presents:**



**Biomechanics for Fitness Professionals
Water Power Moves that TURN UP THE HEAT!**

WHEN: Saturday – February 9, 2008
HOST: Cindy Cope / ccope@cch.org

**Early Bird Savings
Register by
January 26, 2008**

WHERE: Chelsea Community Hospital Health & Wellness Center
14800 East Old U.S. 12
Chelsea, Michigan 48118-2110
Club Phone: 734-475-4100 for directions

Contact FLS: 888-221-1612

Register Online: www.FitnessLearningSystems.com

REGISTRANT INFORMATION:

Name _____
Daytime Phone Number (_____) _____
Home Mailing Address _____
City _____ State _____ Zip Code _____
E-Mail Address _____

PLEASE CHECK ALL APPLICABLE:	Early Bird	After 1/26/08	Amount Due
<input type="checkbox"/> COMBO PKG Both Workshops	\$ 104	\$ 109	\$ _____
<input type="checkbox"/> BIOMECHANICS (9-12 noon ONLY)	\$ 59	\$ 64	\$ _____
<input type="checkbox"/> WATER POWER MOVES (1 – 4 pm ONLY)	\$ 59	\$ 64	\$ _____
METHOD OF PAYMENT	TOTAL AMOUNT DUE:		_____
<input type="checkbox"/> Check enclosed (Make check payable to Fitness Learning Systems)			
<input type="checkbox"/> Signed Purchase Order Attached			_____ Credit Card Payment

Credit Card Number _____ Card Expiration Date _____
Credit Card Statement Zip Code _____

CANCELLATION POLICY:

- ABSOLUTELY NO TRANSFERS WILL BE ISSUED.
- CANCELLATION REQUESTS MUST BE RECEIVED IN WRITING BY FAX OR POST MARKED AT LEAST 14 DAYS BEFORE EVENT DATE directly to Fitness Learning Systems at address below.
- IF YOU CANNOT ATTEND THE EVENT FOR ANY REASON, YOU CAN CANCEL YOUR REGISTRATION WITH PAYMENT OF A \$10.00 CANCELLATION FEE.
- UPON RECEIPT OF CANCELLATION REQUEST REGISTRANT WILL RECEIVE A REFUND LESS THE \$10.00 CANCELLATION FEE.

Participant Acknowledges/Accepts:

I, the undersigned have read and understand *Cancellation Policy* that I will not get any cash/credit refund if I cancel my attendance at the event without written notification. Furthermore, I fully understand that the program I have registered for requires vigorous physical activity & participation & I agree to release Fitness Learning Systems & all associated organizations, presenters, co-authors, host facilities & the event coordinators from any & all liability that may arise out of my participation in these programs.

Participant Signature _____ Printed Name _____ Date _____

MAIL, Fax or Email Registration Form to:
Fitness Learning Systems 221 S. State St., West Harrison, IN 47060
FAX to: 513-574-9857 Scanned registration to Info@FitnessLearningSystems.com