

**Prairie Life Fitness &
Fitness Learning Systems
Present:**



**Water Power Moves that
TURN UP THE HEAT!**

Dates: Saturday – March 15, 2008

Hosted By: Dayle Nervig - Aquatics Director

Location: **Prairie Life Fitness**
2275 S. 132nd Street
Omaha, Nebraska 68144
(402) 691-8546

Sign up before
February 21th 2008
and get the
EARLYBIRD discount

Presented By: **Dayle Nervig & Fitness Learning Systems**

Contact Toll Free: (888) 221-1612

For Directions go to: www.prairielifelife.com

REGISTRANT INFORMATION:

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

PLEASE CHECK ALL APPLICABLE:	Early bird	After 2/21/08	Amount Due
<input type="checkbox"/> Water Power Moves that TURN UP HEAT (3 hour workshop)	\$ 59	\$ 64	\$ _____

METHOD OF PAYMENT

Check enclosed (Make check payable to Fitness Learning Systems)
 Signed Purchase Order Attached

TOTAL AMOUNT DUE: _____

_____ 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 \$10.00 CANCELLATION FEE
- ▶ UPON RECEIPT OF CANCELLATION REQUEST REGISTRANT WILL RECEIVE A REFUND LESS THE \$10 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

Register online at: www.FitnessLearningSystems.com

Prairie Life Fitness Center & Fitness Learning Systems



Fitness Learning Systems was created with the mission of bringing quality continuing education to fitness professionals at an affordable price.

CEC Express Workshops:

Water Power Moves: that TURN UP THE HEAT

12:00 noon – 3:00 pm

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.

Participants Receive
a FREE CD Rom
"A Simple Study of
Exercise and Caloric
Consumption"
at the workshop.

ACE / AFAA / AEA CEC Approval

WHEN: Saturday – March 15, 2008

WHERE: Prairie Life Fitness
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Presented By: Fitness Learning Systems
Hosted By: Prairie Life Fitness in Omaha, NE
Dayle Nervig - Aquatics Director

CEC *Express*
PROGRAM

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