

XII INTERNATIONAL AQUAFITNESS CONVENTION February 15, 2014

Place: Swimming pool of Tallinn School No 21, Raua 6, Estonia

<http://21k.ee/kontakt/>

Invited presenter: **Deborah Benetti (Italy)**

Saturday, February 15

09.00-09.45 Registration

10.00-10.45 Total Combat Workout

10.50-11.40 Functional Pair Workout

11.40-12.30 Upper Tone Workout

12.45-13.15 Lunch break: a snack will be offered. It is suggested to take something additional to eat and drink with you.

Theory:

13.20-15.00 Don't Stop Your Body: How to create choreography into the water and how to link all movements together

15.00-15.45 Don't Stop Your Body (practical class)

15.50-16.30 Babies, babies are coming! Class for pregnant women

16.30-17.15 Express Yourself 2014

Registration and info: liina@vesiaerobika.ee, www.vesiaerobika.ee

Liina Raska, +372 513 4811 (Tiina Möll +372 525 7624)

All the participants get a diploma.

Convention fee: up to **Febr 4, 65 EUR**

since Febr 5, 75 EUR

at spot 90 euros

All bank transfers to Vesiaerobika Klubi: Danske Bank A/S Eesti filiaal

IBAN: EE493300332130890007, SWIFT FORE EE 2x (aquatic convention, your name) or in cash at spot. All the bank transfers must be paid by the payer.

If you need an invoice, please send the data with registration (name and address of the company etc).

NB! Swimming cap is obligatory in the pool, making video or photos are not allowed!

Vesiaerobika Klubi
Reg kood 80174748
www.vesiaerobika.ee

INTRODUCTION OF THE CLASSES:

Total Combat Workout (shallow water) Aquacombat blocks ready to use and pure tone up! Fight with me and have fun! Equipment: aquakick gloves

Funktional pair workout (deep water) What could we do together? Come and discover with me! All we can do in shallow and deep water in 2... couple workout ready to use!

Cardio and tone workout, equipment: hydrobelt and noodles

Upper tone workout (shallow water) Choreo and tone workout with the use of 1 handbar. Equipment: 1 handbar

WORKSHOP: Don't Stop Your Body! (shallow water) How to create a dynamic, good water choreography. How to create a choreography into the water and how to link all the movements together.

Babies, babies are coming! This class is for pregnant women, attending an ordinary class. Some tips and rules how to create a class with suitable activity.

Express Yourself 2014 (shallow water) A new experience to express yourself to the rhythm of musical themes and movie. Leave more your body and come to have fun with me! Energetic fun class

Curriculum Vitae Deborah Benetti



Master Trainer EAA and Certified AEA Instructor, Zumba and AquaZumba instructor.

International Presenter in many water and land conventions in Italy, Europe, USA and Brazil since 2006.

Debbie has been presenting "Express Yourself" class on the international conventions (the water pre-choreo programm fit & fun) for the five years.

Author of some technical reviews for "Happy Aquatics".

Debbie is completing the Law Degree at University of Trieste, Italy

She has studied classical ballet, modern and jazz dancing, Debbie has Brown Belt in karate!

Debbie is working as a collective Fitness, Zumba Instructor, Aquafitness Instructor & Personal Trainer for 18 years.

Instructor of Artistic Gymnastics & Aerobics at an Artistic Gymnastics Association "Societa' Ginnastica Conegliano".

Keep fit Instructor for the Elderly at the Third Age Association "Auser"

Hip Hop Instructor at the "Espressione Danza" Dance School

Debbie has created her own fitness school "Movimento Fitness Express Yourself" in 2013