

SilverSneakers Instructor Training Workshop

**Get It Here –
Get It Now!**

Mark your calendars and sign up for professional development courses in older adult fitness, group fitness training workshops and all of your SilverSneakers programming needs!

Workshop Fee Schedule

- Fee is waived for the first two instructors from each Participating Location pre-registering for MSROM workshop only.
- \$30/workshop, if pre-registered and pre-paid.
- Discount for pre-registering for multiple fee based workshops at the same time.
- \$60/workshop if not pre-registered for workshop (walk-up registration).
- \$80/workshop if not a SilverSneakers Participating Location instructor.
- Registration fee(s) must be paid online with a credit card at the time of pre-registration to receive the discounted fee.
- Proof of payment is required so please bring your PayPal receipt with you. **NO REFUNDS.**

Online registration closes automatically **48 hours** prior to the start of the workshop. Registration for workshops must be completed before the 48 hour window in order to take advantage of the pre-registration pricing.

**Register at
www.silversneakers.com**

Saturday, September 10, 2011

9 am – 1 pm

MSROM – Part II with Kym Gosman

(formerly Resistance Tool Choreography Design -- RTCD)

Functional Strength & Balance Solutions is a workshop for instructors ready to add more compound choreography movements and transitions into their group classes. Instructors can network, practice and collectively design additional exercises with the SilverSneakers chair for support, stability and for use as an anchor with hand-held weights, elastic tubing with handles and the SilverSneakers ball. The workshop includes: an advanced Muscular Strength & Range of Movement master class, resistance tool recommendations for managing risk and choreography options using space, speed, and style technique improvements. (CECs: ACE .3, AFAA 2.0, AEA 1.5, ACSM 3)

1:30 pm – 4:30 pm

YogaStretch – Stress Reduction with Kym Gosman

YogaStretch – Stress Reduction offers a variety of new breathing exercises, 12 new poses, modified Sun Salutation and hand mudras to expand each instructor's YogaStretch teaching options. Instructors will learn essential information on the Six Dimensions of Wellness and how the influence of yoga's holistic approach to healing can minimize the effects of chronic disease and overall well-being. The workshop includes class format objectives and the practical application of twelve more movement combinations for strength, muscular endurance, balance and holistic healing strategies, smooth transitions and meaningful cues to increase the effectiveness for communicating with aging adults. (CECs: ACE .3, AFAA 2.5, AEA 1.5, ACSM 3)

YMCA of Southwestern Indiana –

Downtown Branch

222 N.W. 6th St.

Evansville, IN 47708

(812) 423-9622

**TO REGISTER
FOR WORKSHOPS
CLICK
HERE.**



Healthways
SilverSneakers®
Fitness Program