



# CHOREOGRAPHY ON THE GO

With Louise Shephard



## Sunday 31st January 2010

### 12 noon – 5.00 pm

## Western Leisure Centre - Cardiff

Aerobic Ideas, new teaching styles, creative combos.

Louise is a master of interesting aerobic choreography that you can take home and teach. Ideas for simple routines that can have as much (or as little) style and flair as you want.

The one workshop all studio instructors should not miss.



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**£25** Fitness Wales Members / **£30** Non Members

Three Ways to pay

- 1) To pay by debit/credit card please book online at [www.fitnesswales.co.uk/modules.asp](http://www.fitnesswales.co.uk/modules.asp)
- 2) Enclose a cheque/postal order made payable to Fitness Wales
- 3) By official purchase order

Name..... DOB.....Email .....

Address.....Post Code.....

Tel No. (home).....(work).....(mobile).....

Do you have any conditions or concerns we should know about (eg dyslexia, deafness, physical or mental health issues etc) if so please give details .....

APPLICANTS MUST HAVE A LEVEL 2 EXERCISE & FITNESS QUALIFICATION OR EQUIVALENT

Relevant qualifications/experience.....

I have read and understood the terms and conditions overleaf and wish to apply for a place on the above Course.

Signed.....Date.....

# **CHOREOGRAPHY TO GO**

## **Aerobics...Aerobics... Aerobics...Aerobics**

**Louise Shephard** always brings flair, great teaching ideas and choreography that you can use in all your classes.

### **WHY ATTEND THIS WORKSHOP?**

If you are stuck in a groove for ideas for warm ups, aerobic choreography and need some zest in your classes, these 4 hours are jam packed with fresh ideas and inspiration.

Louise will also cover some of the teaching concepts covered at level 3



## **Terms and Conditions of Booking**

Please read before signing the application form.

Acceptance on modules does not mean Fitness Wales acknowledges an applicant's prior qualifications to be NVQ equivalent.

At the beginning of the training you must inform the tutor of any disability, injury or illness which might affect your participation. Fitness Wales operates an Equal Opportunities Policy.

Workshop fees are refundable up to 28 days prior to the commencement of the module less a £10 admin fee. However if Fitness Wales cancels the course/module you will receive a full refund.

It may be possible to transfer your application or issue you a credit note, this is at the discretion of Fitness Wales.

To process your application, your details will be entered onto a database. Your details will not be passed onto any third parties without your consent.

**Fitness Wales, 1B Clarke Street, Ely Bridge, Cardiff. CF5 5AL**  
**www.fitnesswales.co.uk / tel 029 20575155**