

27TH ANNUAL
CONFERENCE



WELLNESS
THROUGH
WATER **IAFC**
2014

May 13-17 Palm Harbor, Florida

IAFC 2014 Is All About WELLNESS THROUGH WATER



5 Days of Education & Training

Tuesday 5/13	AEA Certification, Master Classes & Marketplace Reception
Wednesday 5/14	Conference Sessions, Master Classes & Lunch
Thursday 5/15	Conference Sessions, Master Classes & Lunch
Friday 5/16	Conference Sessions, Master Classes, Lunch & Awards Dinner & Party
Saturday 5/17	Breakfast, Conference Sessions, Master Classes & the Pool Crawl Evening Classes

To Get In On the Best Sessions Register Today!

AEA Member Early Bird Registration Date is April 1



Why Attend IAFC?

- ✓ Sessions Offered by World Class Presenters
- ✓ Classes Featuring New Formats & Equipment Ideas
- ✓ Live Networking with Professionals from over 30 Countries

Get Wet! Welcome to IAFC 2014! Your opportunity to experience the energy and enthusiasm of a truly remarkable conference! Explore the depths of aquatic fitness and expand your career.

IAFC is world renowned for a friendly atmosphere, fun-filled social activities and the highest quality of education for aquatic fitness professionals.

2014 brings more educational sessions. The schedule offers intimate, in-depth specific training courses and workshops as well as explosive power-packed master classes on land and in the water. Dry Dock sessions will help develop your teaching and leaderships skills. Detailed and precise lectures dive deep into much needed subjects for aquatic professionals and workshops are sure to renew your passion for teaching.



AEA Sponsors



Welcome to Innisbrook



After checking out the Innisbrook website, book your room early as the suites will sell out early.

NOTE: Online reservations – When booking online, the price will show \$101.00 or \$200.00 which does not reflect the resort fee assessed per night.

The total room cost before taxes per night is \$119.00 single-quad for deluxe rooms and one bedroom suites. Two-Bedroom Suites are \$229.00 per night before taxes.

Call Toll-Free at 800-492-6899
to book by phone.

OR CLICK HERE TO
Reserve Quick & Easy Online!

Educate at IAFC

Featuring

- The largest selections to choose from in aquatic fitness education.
- The IAFC Marketplace opens Tuesday evening through Saturday.
- Earn all your CECs in one place and experience how fun learning can be.
- From appetizers to lunch, breakfast and dinner, IAFC offers some meals to offset overall costs.
- The best bang for its buck in fitness education, training and networking on a global scale.
- Saturday evening Pool Crawl classes close up the conference.

Still The Top Five Reasons To Attend IAFC!

These never change and IAFC 2014 IS the year for you, your family and your friends! There's something for everyone at Innisbrook!

- #5 De-stress** – Come alone or bring your family, friends or students. Either way, chill and relax in a beautiful retreat.
- #4 Shopping** – Stock up on all your fitness needs at the IAFC Marketplace including new music, clothes & equipment!
- #3 Fun** – If you have been thinking about attending, this is DEFINITELY the year to attend! Adults can play at Loch Ness Pool & Slides with or without kids!
- #2 New Programming** – Take home a cache of new material to keep your classes fresh for an entire year!
- #1 Refresh Your Education** – Learn from best presenters and earn CECs!

CLICK HERE TO Download
Your Session Descriptions at the IAFC Page at
aeawave.com

Session Types

Choose a mixture of pool, lecture and land classes for the most invigorating & educational IAFC experience! The guide below will help you when selecting your sessions.

Aquatic Workshops (AWS) Pool & Lecture

Enjoy both practical applications and theory with a 90-minute workshop! Sessions will alternate between pool & lecture, with some sessions starting in pool and some starting with theory.

Dry Dock (DRY) Classroom Aquatic Education

Take away solid aquatic fitness leadership skills and concepts. These "NO POOL REQUIRED" fitness training platforms may include movement; therefore, sneakers are required.

Land Workshops (LWS) Land Fitness

Whether you currently teach land fitness or are curious about cross training, IAFC includes 90-minute land fitness workshops that include practical applications and discussion.

Lectures (LEC) No Pool Activity

Dry off, give your body a break and stimulate your brain with a 90-minute session delivered by some of the industry's top professionals.

Master Classes – Aqua (AMC) or Land (LMC)

Sometimes you just want the moves! These 45-minute sessions are offered for water (AMC) and land (LMC). They feature practical applications only.



IAFC Intensive – IAFC Intensive Sessions brings you an extended educational experience, more in-depth content and two dynamic leaders in each one! Offered daily, these 3-4 hour sessions will give you a great look at hot topics to fine tune your skill set!





Bring Family & Friends to IAFC

- One of America's most celebrated Florida golf resorts featuring world-renowned courses where guests can play where the world's finest professionals love to play!
- Six different pools, including the Loch Ness Monster pool – a favorite with kids who love the water slides, plunge pool and water falls.
- Minutes away from some of the country's finest beaches on the beautiful Gulf of Mexico. Courtesy transportation to & fro Caladesi Beach, rated America's #1 beach in 2008.
- Bring your life into balance at the Indaba Spa, featuring an extensive treatment menu and a variety of spa packages.
- Adjacent to the spa, the 4,800 square foot fitness facility features cardio and strength equipment.
- Enjoy the natural beauty of this 900-acre resort as you walk, jog or bike along the winding roads and walkways.
- Fishing enthusiasts will find largemouth bass, catfish and bluegills in Lake Innisbrook.
- Innisbrook's Tennis Center offers 11 Har-Tru® courts, seven lighted for night play, a pro shop and 3 racquetball courts.



CLICK HERE TO REGISTER

Please visit the IAFC Page at the AEA Website.

Registration Fees

AEA Member Early Bird Full Conference Received before 4/1	\$409.00
Non-Member or Late	\$499.00
Wednesday-Day Only	\$179.00
Thursday-Day Only	\$179.00
Friday-Day Only	\$209.00
Saturday-Day Only	\$179.00

Other Options

AEA Certification Bundle Includes: AFP Review Course, DVD, Manual, One-Year Pro Membership and Exam Fee.	\$325.00
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Aqua Zumba® Training

PLEASE REGISTER DIRECTLY WITH ZUMBA at www.zumba.com

**AEA Member Early Bird
Full Conference Registration
Deadline is April 1**





Become an AEA Member



Being an AEA Member gives you the leading edge as a professional. Not only will you stay up to date with current industry topics and informative educational access and privileges, you will also help AEA increase awareness of aquatics worldwide.

Benefits Include:

- AKWA Magazine
- Exclusive access to E-AKWA & AKWA Quizzes
- Discounts on AEA Hosted Educational Events
- Discounts from Select Industry Vendors & Affiliates
- MEMBERS ONLY Area of the Website
- 20% Discount on AKWA Shop Products
- 20% Discount on AEA Online Education
- Unlimited Classified Listings & Job Postings
- FREE CEC Petitions if AEA Certified

Members Only @ aeawave.com

- AKWA Extra (Additional resources, digital video, class notes, choreography & more)
- FREE Viewings of Quick Tip DVDs
- Class Tips (Choreography, toning & stretching ideas)
- Resources (Forms, evaluations, surveys & more)
- AKWA E-Source Guide–Shopping Directory

Membership Options:

- **One-Year Pro Member / \$68.00**
 - Includes print and digital AKWA Magazine
- **One-Year E-Member / \$48.00**
 - Includes digital AKWA Magazine
- **Two-Year Elite Member / \$110.00**
 - Includes print and digital AKWA Magazine
 - 5 FREE AKWA CEC Quizzes, a \$50.00 value



AKWA Magazine

Published 6 times per year, AKWA is the most widely read resource in the industry, offering in depth articles, featured columns, product information and continuing education to provide an edge in a competitive market.



AKWA is available in print and digital format which includes Google translation capabilities.





2014 IAFC Presenter Biographies



Nino Aboarrage, MS, is a soccer coach for clubs in Brazil. He is the director of water activities at HIDROESPORTE Center and a professor of kinesiology and biomechanics at the University of Rio Grande do Norte. Nino has published three books and seven DVDs about aquatic training and was the recipient of AEA's 2007 Global Award for Aquatic Fitness Professional.



Monique Acton is president of the Personal Health Trac in Venice, FL. She offers personal training, educational programming and instructional DVDs. She is an international presenter, an AEA Trainer, a frequent contributor to the *AKWA Magazine* and a CEC provider for ACE, AFAA and AEA.



Donna Adler, BA, owns and operates Liquid Assets for Fitness in Phoenix, AZ and has over 24 years of aquatic training. She is an Arthritis Foundation Trainer and an AquaStretch™ facilitator. Donna was one of the authors of the ACSM Exercise is Medicine Aquatic Solutions for Chronic Conditions manual and was the recipient of the 2012 ATRI Tsunami Spirit Award.



Waldir Assad, MS, graduated with a degree in physical education from the University of Brasilia and holds a post-graduate degree in movement education. He is a professor of physical education at the Catholic University of Brasilia, teaching recreation and leisure courses, as well as internship supervision in physical activity. Waldir presents at fitness conventions in Brazil and other countries.



Rui Azevedo, MS, is a physical education teacher and director technical/proprietor of Profitness Sport, Wellness & Education in Portugal. He specializes in aquatic fitness and has taught classes for 17 years. Rui dedicates himself to his field as an international presenter and an AEA certified instructor. This year he started his PhD in physiology (aquafitness).



Deborah Benetti practiced ballet, modern jazz, artistic gymnastics, athletics and karate until the age of 18. Shortly after, she started attending Law University, as well as many fitness instructor courses with various Italian fitness associations. She now presents multiple fitness formats – land and water - all across Europe.



Javier Bergas, BS, is an international AEA Trainer and a sport and physical education teacher in Spain. He is an international presenter and has recently presented at conferences in Europe, Russia and the USA. Javier specializes in special populations, therapy, infants and personal training. He has also co-authored magazine articles and books on aquatic fitness.



Jenna Bostic is an international Zumba® Education Specialist (ZES) for Zumba Fitness and has been presenting for Zumba since 2008. She has a degree in exercise & sport science and holds certifications with ACE, AFAA and AEA. Her dance background comes from 10 years of competitive gymnastics. Jenna has been featured in a Zumba DVD and has taught Zumba in 21 different countries.



Roxana Brasil, MS, has been an international AEA Trainer since 2000. She received her master's degree in human motricity and is currently pursuing her doctoral at Valencia University. Roxana is a Hydorrider Training Specialist and personal trainer and has authored books, DVDs and magazine articles. She was honored with the 2010 AEA Aquatic Fitness Professional of the Year award.



Katina Brock, MS, is a trainer at The Biggest Loser Resort Malibu and a fitness advisor for Motility Training. She is a continuing education provider for AEA and AFAA and holds certifications with AEA, AFAA, NASM, TRX, Reebok and YMCA, with additional training in Barre, Pilates and yoga. A former dancer and gymnast, Katina loves sharing the gift of movement, strength and alignment.



June Chewning, MA, has been in fitness since 1978, serving as a fitness instructor, personal trainer, teacher, presenter, fitness center owner and entrepreneur. She currently serves as the AEA Research Committee Chairperson and owns Fitness Learning Systems, a company developing quality eLearning continuing education for the health-fitness industry. June is a two-time recipient of AEA's Contribution to the Aquatic Industry Award.



Gyoung-Min Cho, MS, has been a land and aqua fitness instructor for 20 years. She is a former third degree Taekwondo instructor and is currently teaching aquatic exercise at the University of Incheon in Korea. Gyoung-Min has presented Aqua Taekwon in Korea, Japan and the USA and is looking forward to returning to IAFC with a new format.



Giorgia Collu, MS, has a degree in physical education and was awarded the 2012 AEA Global Award for Aquatic Fitness Professional. She is an international AEA Trainer and Hydorrider and FIN Master Trainer. She has presented in many water fitness conferences worldwide and is well known for creating Aqua Fluid Pilates, Water Polo Gym and other popular aquatic programs in Italy.



Claudia Contreras, MS, is an international presenter, physical education teacher and the creator and pioneer of water programs in El Salvador, Nicaragua and Chile. For the last 15 years she has promoted aqua fitness through radio/TV interviews and by writing articles for magazines and newspapers. Claudia is a teacher with great passion and energy for what she does and she transfers that passion to her classes.



Daniela De Toia, PhD, recently obtained her doctorate degree in sports science and is a professional educator and AEA Trainer in Europe. Her areas of expertise include all ages, water and land, rehabilitation, prevention and functional training! Daniela also works in the corporate fitness industry and specializes in children's fitness programs.



Vanina Delfino is a swim instructor, trainer and presenter for WaterCYcling in Argentina. She is an international AEA trainer and has presented in Brazil and the USA. She is the manager of ACQUAMAR in Buenos Aires. Vanina specializes in aqua cycling, swimming and hydrotherapy and is certified by Speedo, AEA, Ai Chi Watsu, Halliwick, Zumba and Bad Ragaz.

2014 IAFC Presenter Biographies



Ivan De Luca, BS, has taught fitness for 11 years and recently graduated with a degree in sports science. He is a presenter for FIN (Swim Italian Federation) and a master trainer for Hydorrider. Ivan is an international presenter and teaches for some of the most prestigious sports facilities in Rome.



Laurie Denomme, BS, is an AquaStretch™ Instructor, NG360 Nike Golf Performance Specialist, and a Gray Institute Fellow of Applied Functional Science. She is an international speaker on fitness and wellness and has been voted as a Top 10 presenter at AEA's International Conference in both 2011 and 2012. Laurie received the 2013 AEA Fitness Professional Global Award.



MaryBeth Dziubinski is a trainer for AEA and the Healthways/SilverSneakers Fitness program. She is a certified life coach and committed to improving others wellbeing. MaryBeth is the co-creator of YOQUA™ and is a R.Y.T with the Yoga Alliance. She was the recipient of AEA's 2008 Global Aquatic Fitness Professional award, has authored articles and been featured in several water exercise DVDs.



Marco Gagliassi has been involved in the fitness industry for over 20 years and has presented at conferences all around the world. He is currently a trainer for the European Aquatic Association (EAA), a master trainer for the Italian Swim Federation (FIN) and a former Speedo presenter. Marco is also the technical director and a trainer for Hydorrider.



Kim Geeroms, BS, works as a provincial sports promoter, organizing sports activities and events for people with disabilities. As a "freelance instructor" for various pools in Belgium, Kim teaches 15 classes a week. As a master trainer for Kataqua, she trains aquatic fitness instructors in Belgium and Holland. Kim is also the program designer for ClubAquavitaal and she recently graduated as a hydrotherapist.



Marco Gomes is an international presenter for Mundo Hidro, a fitness organization in Portugal. He is the coordinator of Corpo Livre, a health club in Portugal, where he teaches various types of aqua classes and trains staff. Marco presented at numerous events in 2013, including IAFC and Korean (KAEA) Aquatic Fitness Conference.



Richard Gormley, BS, is a Canadian Zumba® Fitness instructor with a passion for promoting a healthy, active lifestyle. Richard's enthusiasm for leading aquatic group fitness began in 2005 and has since enabled him to present internationally as a Zumba Education Specialist for Aqua Zumba. He graduated with a Bachelor of Science in Kinesiology and holds current certifications with ACE, AFAA, and AEA.



Mark Greveling is a trainer and consultant for AEA. He is an international presenter and a continuing education provider for AEA, AFAA & ACE. Mark is the founder of Fit Motivation, a business that provides education resources for fitness professionals. He has produced several DVDs, authored numerous articles and was the recipient of AEA's 2011 Global Award for Aquatic Fitness Professional.



Mushi Harush, MS, has a master's degree in education and physical education and is the chair of the Israeli Aquatic Exercise Center and teaches at the Wingate Institute for Physical Education, Science and Sport in Israel. She is an international AEA Trainer and presents internationally at health and fitness conventions. Mushi was the recipient of the 2005 AEA Global Award for Contribution to the Aquatic Industry.



Pauline Ivens, MS, brings 40 years of teaching experience to the conference. The AEA Global Award in 1997 underlines Pauline's standard of material and presentation. From her Master's in Adapted Physical Education to her Nia White Belt teacher's license, Pauline brings breadth and diversity to her teaching. She is a teacher, educator, trainer, writer, and owner of Aqua Aerobics Unlimited.



Evelyn Keyes comes from a family of aquatic specialists. Her uncle was the former coach of the Netherlands Olympic Swim Squad. Evelyn has taught aquatic fitness for many years, representing Netherlands for well over a decade at global aquatic conventions. She met Greg Keyes at IAFC 2000 and they became engaged at IAFC 2002, the year Evelyn's debuted as a presenter.



Greg Keyes burst onto the aquatic scene nearly two decades ago, direct from the theatrical world as a director/producer/performer. Since that time he has diversified into various vocations, including business studies, exercise and related medical science studies. Greg is also a trainer/assessor for business management courses and has assisted nearly 700 small businesses of various vocations get started in Australia.



Ekaterina Khapkova, MS, holds a master's degree in synchronized swimming. She works at a management level for sports clubs in Moscow, where she also trains and certifies other instructors. Ekaterina is an international presenter and has been featured at conferences in Europe, Brazil and the USA.



Mee-Ja Kim, MS, has a degree in physical education and acquired an Aqua Specialist Leader certificate. She is an instructor and staff member for the Korea Aquatic Exercise Association (KAEA) and a former gymnast and gymnastics coach. Mee-ja specializes in older adult programming and choreography. She recently presented in South Korea, Portugal and the USA.



Yeonju Kim, MS, has a degree in physical education and teaches swimming and physical activities to young children. She is an instructor and personal trainer for the Korean Aquatic Exercise Association (KAEA) and holds numerous certifications with them. Yeonju has presented at numerous conventions in South Korea, Japan, USA and Europe.



Sara Kooperman, JD, is the CEO of SCW Fitness Education, Les Mills Midwest, and WATERinMOTION and an IHRSA, Club Industry, and ABC presenter. Sara is a former adjunct faculty member for the Kenneth Cooper Institute for Aerobic Research, the ACSM, and NASM. She has received the AEA's Global Award for Contribution to the Aquatic Industry and was inducted into the Fitness Hall of Fame.



2014 IAFC Presenter Biographies



Len Kravitz, PhD, is the program coordinator for exercise science and a researcher at the University of New Mexico where he won the "Outstanding Teacher of the Year" award. Len was recently honored with the 2009 Canadian Fitness Professional Specialty Presenter of the Year award and the American Council on Exercise 2006 Fitness Educator of the Year. He also received the Canadian Fitness Professional Lifetime Achievement Award.



Yeonkyung Kye BS, has a degree in physical education, is a former swimming coach and has taught aquatic fitness for 11 years. She is a presenter for the Korean Aquatic Exercise Association (KAEA) and she teaches at sports clubs in Seoul, South Korea. Yeonkyung has recently presented at conferences in South Korea, Russia and the USA.



Jackie Lebeau, MS, holds a BS in exercise and health promotion and a MS in sports administration. Jackie is a continuing education provider for ACE, AEA & AFAA, a certification specialist for AFAA, an AEA trainer, and a Registered Yoga Teacher. Jackie's professional experience includes fitness management and event planning, as well as presenting at the local, state, and national level.



Katrien Lemahieu provides services to swimming pools in the Netherlands through her company, Kataqua. She organizes international conventions and is a consultant for the National Platform of Swimming Pools, where she provides education, certification and management to pools. Katrien is the program director for ClubAqua and has produced three aquatic E-Learning DVD's in conjunction with Fitness Learning Systems (FLS).



Ian Levia is an international fitness presenter and continues to inform thousands globally as he travels and educates. He holds numerous degrees and certifications, is an AEA International Trainer and serves as CEO of the Trinidad and Tobago Fitness Academy. Ian is currently a national advisor to the International Olympic Committee in the area of aquatics.



Sunyoung Lim, PhD, has a doctorate degree in physical education and holds numerous certifications and certifies in aqua, fitness and therapy. She is a trainer and staff member for the Korean Aquatic Exercise Association (KAEA) and a part-time professor at Dae-gu University in South Korea. She has presented at conferences in South Korea, Portugal and the USA.



Margit Lipstuhl, MS, is an international presenter with over 15 years of experience in the aquatic field. She holds a masters degree in physical education from Tallinn University and is a level IV aquatic fitness instructor at Estonian Gymnastic Federation, an international AEA Trainer and a master trainer for Hydorrider. Margit is the founder of the Estonian Aquatic Fitness Association and organizes aquatic fitness conferences and festivals in Estonia.



Ricardo Maia holds a degree in physical education and is an international presenter who has been featured at conferences all across the globe. He is a physical educator, technical swimming pool manager and an aquatic fitness trainer with a great passion for water sports. Ricardo teaches classes in Portugal and loves interacting with his students.



Tatiana Maximova, PhD, has a doctorate in exercise therapy and sports medicine and has more than 20 years of experience in the fitness industry. She is the owner and CEO of the Wellness Hall company, Aqua Fitness School (AFS) and the WWIC convention in Moscow. Tatiana is also an international AEA Trainer, presenter, author and lecturer.



Terri Mitchell is an AEA Trainer and a physical therapist assistant in Austin, Texas. She works with older adults, baby boomers and individuals of various fitness abilities. Globally, she has presented pre and post rehab aquatic workshops and aquatic fitness programs. Terri also trained the trainers for the U.S. Marines AMP IT high intensity aquatic program.



Lindsay Mondick, BS, works and teaches for the YMCA of the Greater Twin Cities in Minnesota, where she is the director of aquatics for their 22 locations. She is an AEA Trainer and a continuing education provider for the YMCA, ACE and AEA.



Tara Palmer is a training specialist with AEA, and a continuing education provider for Fit Motivation. Once calling herself a fitness specialist, she now calls herself a fitness realist. Tara's experience is diversified spanning from working with those with special needs to training athletes. Currently Tara serves her community as a fitness and wellness educator.



Marti Peters is an international presenter and author for several publications. She resides in Fort Myers, FL, and works as assistant director at a private fitness facility. She is the owner of Heart Dancing Fitness (instructor training) and Martifit, an in-home personal training service. She is a trainer for AEA and Team SPRI and was awarded AEA's Fitness Professional of the Year award in 1995.



Paulo Poli de Figueiredo, MS, holds a master's degree in human movement science and is a physical education teacher. He is an international presenter and the director of Acqualità Fitness Center in Brazil. Paulo is a member of the AEA Research Committee and has authored two books; one on infant swimming and one on Ai Chi.



Anne Pringle Burnell created Peyow™ Aqua Pilates and the Stronger Seniors™ workout program. She is a faculty/education provider for: AEA, ACE, AFAA, ATRI, AquaStretch™ and Stott Pilates™. She teaches at the Rehabilitation Institute of Chicago, Northwestern Memorial Hospital, Peninsula Chicago, University of Illinois Chicago, Center for Life & Learning, and Elements in Motion, a Stott Pilates™ Licensed Training Center.



João Regufe, BS, has a degree in physical education and loves sports and everything that concerns water. He is the manager of an aquatics facility in Portugal and teaches aquatic fitness classes at several facilities. Joao is an academic teacher and an international presenter and has appeared in conferences in Europe, Brazil and the USA.



Laura Ribbins was AEA's Aquatic Professional of the Year 2000 and is a certification specialist for AEA, Body Bar, ISCA and SAI. Known for her contagious energy she inspires all ages with a continuous flow of innovative fitness programming. Her passion is to motivate people to optimize their wellbeing with a successful integrated coaching program that continues to change lives.

2014 IAFC Presenter Biographies



Mimi Rodriguez Adami, BS, is an American born European and has been living in Italy nearly 40 years. She founded and is the technical director for FIAF-SIAF, Italy's only accredited training school for fitness professionals. Her most recent achievements are a degree in Motor Sciences from Rome's TorVergata University, authoring the Aqua-Zumba exercise program and coordinating the EU's eLF (e-Learning Fitness) Project. Mimi is also the author of a book, *Aqua Fitness*.



Maria Sabater, MS, has successfully combined her master's degree in sports management with her business degree to offer top quality education in the wide variety of fitness classes that she teaches. She works as an administrative and technical director in a sports management company and is also on faculty for Apta Vital Sport, an instructor training program in Valencia, Spain.



Kanako Sakagami is a training specialist with Japan's Aqua Dynamics Institute and recently presented at Japan's National Aquatic fitness conference. As a former swim instructor, she specializes in combining swimming and aquatic exercise. Kanako teaches at several fitness clubs and swimming schools in Toyko.



João Santos, MS, holds a degree in sports science & physical education at FCDEF - University of Coimbra (Portugal) and is currently a Phd student in sports training. He also teaches aquatic fitness classes at the same university. Joao is an international presenter and a master trainer for Mundo Hidro. He is certified by AEA and specializes in Aquabike, Ai-Chi and other aquatic fitness formats.



Pedro Santos, BS, is a master trainer for Mundo Hidro and is also an international presenter having taught in Brazil, Spain, Estonia, Italy and the USA. He holds a degree in sports science & physical education by FCDEF from the University of Coimbra and teaches physical education at CFPFF-INTEP. Pedro is an instructor and technical director at the health club, Biocorpo, in Figueira da Foz, Portugal.



Julie See is the director of education for the Aquatic Exercise Association (AEA) and co-founder of Innovative Aquatics, has been active in the fitness industry for 25+ years specializing in innovative programming for both land and water. She has produced numerous videos/DVDs and instructional CDs and travels worldwide blending education, motivation and leadership skills to assist exercise professionals and enthusiasts alike.



Silvia Senati has been a fitness instructor for more than 20 years. She is an international presenter and AEA Trainer and consultant for clubs. Silvia is a master trainer for the European Aquatic Association (EAA) in Italy and has authored two books on aquatic fitness manuals, videos and numerous magazine articles. She was awarded the 2009 AEA Global Award for Aquatic Fitness Professional



Cristina (Tinoca) Senra, MS, is an international AEA trainer and presenter. She has a master's degree in sport and exercise psychology and conducts research in motor development and health concerns. She is a YogaBugs instructor and the director of Mundo Hidro in Portugal. Tinoca's achievements include Portugal's Instructor of the Year Award (2002) and the 2005 AEA Global Award for Aquatic Fitness Professional.



Norma Shechtman, M.A, has presented around the world sharing her unique ideas and creative concepts. As an author, TV host and presenter, Norma shares her passion in an unassuming way. In 2013, Norma was honored as a finalist for Fitness Instructor of the Year and in 2003 was honored as ACE Fitness Instructor of the Year.



Lori A. Sherlock, MS, is an assistant professor at West Virginia University's School of Medicine, Division of Exercise Physiology. She is the coordinator for the only aquatic therapy emphasis curriculum in the US. Lori is a proud member of AEA, member of the AEA Research Committee, AquaStretch™ instructor, all American tri-athlete, AEA Trainer and regular contributor to *AKWA Magazine*.



Mariano Solier has a degree in physical education from a university in Argentina and he is certified by AEA, AAI & ISMA. He is an international fitness trainer and specializes in sport and functional training for elite and recreational athletes (sailing, marathon runners and tennis players). He created the Aquapilates program and Pilates suspension. Mariano has presented at conferences around the world, including Europe, Asia, the United States and South America.



Ruth Sova, MS, president of the Aquatic Therapy & Rehab Institute, is on the Wisconsin Governor's Council on Physical Fitness, received the Governor's Entrepreneurial Award, the IDEA Outstanding Business Award, the first Presidential Sports Award in aquatic exercise, and AEA's Contribution to the Industry Award. She has authored eighteen books and over 50 DVDs and CDs.



Sandy Stoub, MA, blends degrees in exercise science and gerontology with over 25 years of experience as Alliance Rehab's Director of Wellness Services, an organization that develops/delivers innovative products, programs and services designed to optimize the effectiveness of organizations serving seniors. She's an author and internationally recognized speaker whose practical, innovative, and humorous presentations reflect her diverse background.



Irma Stramaglia has been a fitness instructor in Italy for several years, specializing in dance, rhythmic movement, water fitness and Pilates. She is a master trainer for the European Aquatic Association (EAA) and created the program "Body Expression for the Fitness Instructor." Irma is a consultant for fitness clubs and swimming pools, has authored articles and has presented in Europe, Japan and the USA.



Craig Stuart is the founder and president of HYDRO-FIT. Certified with AEA, Craig has more than 25 years experience leading and directing aquatic fitness programs. He is the star of several acclaimed water fitness DVDs, and a specialist instructor at Mexico's award winning Rancho la Puerta Health & Fitness Spa. Craig is well known for his innovative teaching techniques and energetic presentation style.



Susan Abel Sullivan, BS, holds a degree in exercise science from Auburn University with specializations in adult fitness and dance. She is an AEA CEC Provider and has worked in the dance and fitness industry for 25 years. Susan is an ACE certified personal trainer, health coach, group fitness instructor, YMCA Fitness Specialist and licensed Zumba/Aqua Zumba instructor.



2014 IAFC Presenter Biographies



Maria Sykorova-Pritz, EdD, earned her doctorate in education (specialty in physical education and sports) from University Comenius in Bratislava, Slovakia. Maria is an ATRI faculty member, AEA Research Committee member, author, and an international presenter. In her 28 years of professional career, Maria is combining academic knowledge with hands on experience in functional fitness and pain management via land based and aquatic fitness.



Lori Templeman, BA, is the owner of Fitness Temple in Sacramento, CA. She is a group fitness instructor, Aqua Stretch Facilitator and personal trainer. Lori is an AEA Trainer and travels nationally presenting and leading aquatic fitness programs. She is freelance writer featured in various fitness publications. Her certifications include AEA, ACE, AFAA, Arthritis Foundation.



Stephanie Thielen, BS, is dedicated to quality education, travels nationally presenting continuing education workshops that teach logical methods for class construction, providing the "tools of the trade" to help instructors develop their professional teaching skills. Stephanie is a two-time IDEA presenter, an AEA trainer, and works with additional fitness companies such as NETA and BOSU.



Steph Toogood is ACE and AFAA certified and an international presenter and AEA Trainer. She is an education consultant to Speedo International and Fab After 50 Health Achiever in 1998. Steph was named as one of the Top 10 Fitness Instructors in the UK by the Independent on Sunday and was the recipient of the 2004 AEA Global Award for Educational Excellence.



Keiko Tsuboi is the owner of the Aqua blue of T in Nagoya, Japan. She instructs classes and trains instructors for aquatic exercise and also serves as an adviser for companies. Keiko specializes in aquatic yoga, dance and Latin rhythms and presents at conferences in Japan.



Triple Delight (Linda Grymes, Erica Wilson & Jeannie Johnson) the Triple Delight team has been presenting aquatic workshops at high profile clubs in the Washington, DC Metropolitan area for over 20 years. This includes workshops to earn CECs, master classes, choreography, deep water and other fitness challenges.



Nadia Udvas, MS, is a repeat champion of Russia swimming among juniors and two-time champion in Moscow for fit-boxing. She is a presenter for the Water World International Convention (WWIC) in Ruysssia. Nadia is a certified instructor for aqua-rehabilitation and the infant swimming program and she is a master trainer of aqua fitness and a swimming coach at a fitness club in Moscow.



Manuel Velazquez is an aquatic, mind/body and personal training, presenter and educator for major seminars and conventions worldwide. He appears in several SCW international best-selling fitness DVDs and is a well-respected AFAA examiner. Manuel is also a proud member of WATERinMOTION® Presenter and Training team and is the Creator of Ay Carumba.



Danita Watkins is a certified fitness instructor (AFAA), personal trainer (ACE), and aquatic exercise specialist (AEA). She is a WATERinMOTION instructor and champion. Danita is also an aquatic fitness instructor for Gold's Gym and a presenter for AFAA in the aquatic workshop and primary certification. A life-long aquatic fitness enthusiast, she is renowned for intense and creative fitness programs.



Tony Witt and his wife, Jessica, are co-owners of Amore Dance Co. in Overland Park, Kansas. They were hand picked in 2006 to be two of the original 13 Zumba Education Specialists (ZES) for Zumba Fitness LLC. They have been involved in the growth of Zumba world wide through program development, mentoring, trainings, conventions, videos, concerts and continuing education.



Mary Wykle, PhD, presents for ATRI and IAFC and serves on the AEA Research Committee. Her awards include the AEA Lifetime Achievement Award. Her program development includes Aquatic Pi-Yo-Chi, trauma, core strength, lumbar, athletic rehabilitation and Safety Training for Therapists. Mary led the U.S Army study developing aquatic programs for Wounded Warriors and she developed the Aquatic Physical Training Program for the U.S Marines.



Flavia Yazigi, MS, is a professor at the University of Lisbon and an international AEA Trainer. She is a member of AEA's Research Committee and won an award in 2011. She is working toward her Ph.D. in physical activity and health. Flavia loves aquatic fitness and believes that the secret for success is the fusion between scientific research and practical applications.