



IAFC 2015

Move with AEA...
Discover Wellness

May 12-16

Palm Harbor, Florida



28TH ANNUAL
CONFERENCE

IAFC 2015

Move with AEA...Discover Wellness



5 Days of Education & Training

- Tuesday 5/12** AEA Certification, CORE Essentials, Master Classes and Expo Meet & Greet
- Wednesday 5/13** Conference Sessions, Zumba Jump Start Gold, In-Depth Programming, Master Classes, Demos & Lunch
- Thursday 5/14** Conference Sessions, Master Classes, USA Coach Host Program, Demos & Lunch
- Friday, 5/15** Conference Sessions, Master Classes, Demos, Arthritis Foundation Program, Lunch, Awards & Dinner/Party
- Saturday 5/16** Conference Sessions, IAFC Brunch and Finale Master 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 2015! 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.

2015 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 Resort & Spa



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

Overnight Rates starting at \$124.00 per night for deluxe guest rooms and one bedroom suites. Reserve early.

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 the Last Hurrah Class closes up the conference.

Always The Top 5 Reasons To Attend IAFC!

These never change and IAFC 2015 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 the 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!





CLICK HERE TO REGISTER

Please visit the IAFC Page at the AEA Website.

Registration Fees

AEA Member Early Bird

Full Conference Registration Deadline is April 1

AEA Member Early Bird Full Conference \$419.00

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 \$325.00

Includes: AFP Review Course, DVD, Manual, One-Year Pro Membership and Exam Fee.

	EB AEA Member	Non Member
CorEssentials for Water Exercise	\$ 89.00	\$ 99.00
Arthritis Foundation Program Leader Training	\$99.00	\$129.00

Please register directly with USA Swimming

Swim Coaches & Aquatic Fitness Professionals: Building a Future

Please register directly with Zumba® for the following sessions:

Aqua Zumba
Zumba: jump start gold™

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.

Hosted Programs and In-Depth Training for Professionals at one convenient location!
Add on to your conference experience!

Tuesday AEA Aquatic Fitness Professional Certification



Tuesday CorEssentials for Water Exercise



Wednesday Zumba: jump start gold™



Wednesday IAFC Featured Intensive Working with Adults Fearful of Water



Thursday Swim Coaches & Aquatic Fitness Professionals: Building a Future



Friday AEA Arthritis Foundation Program Leader Training



Saturday Aqua Zumba





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 Print or Digital
- Exclusive access to E-AKWA & AKWA Quizzes
- Discounts on AEA Hosted Educational Events
- Discounts from Select Industry Affiliates
- MEMBERS ONLY Access at 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 @ aeawave.com – All Enhanced!

- AKWA Extra (Magazine Supplements & More)
- Pool Tools (Creative Class Ideas)
- Resources (Forms, Evaluations, Surveys & More)
- Forum Discussions
- Membership Directory
- Professional Profile
- DVD Tips & Library

Membership Options:

Additional Privileges with Options

- **One-Year E-Member / \$48.00**
 - Includes Digital AKWA Magazine
- **One-Year Pro Member / \$68.00**
 - Includes Print and Digital AKWA Magazine
- **Two-Year Elite Member / \$110.00**
 - Includes Print and Digital AKWA Magazine
 - 5 FREE AKWA CEC Quizzes, a \$50.00 value
- **One-Year Platinum E-Member / \$118.00 – Coming Soon!**
 - Includes Digital AKWA Magazine
 - Online Innovative Aquatic Choreo Club
- **Business Memberships – Coming Soon!**
 - Purchase Staff Coupons for 5-10 Staff Members
 - Become an AEA Recognized Facility!



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.





2015 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 authored several books and DVDS about aquatic training and was the recipient of AEA's 2007 Global Award for Aquatic Fitness Professional.



Monique Acton lives in Venice, FL and is president of the Personal Health Trac Inc. Some of her specialties include personal training, educational programming and instructional DVDs. She writes a column, *Make it Personal*, for AEA's AKWA Magazine. Monique is an AEA Training Specialist and a CEC provider for ACE, AFAA and AEA. Visit her at her website, www.PersonalHealthTrac.com.



Donna Adler, BA, has dedicated 23 years to aquatics and currently provides services at wellness facilities in the Phoenix, AZ area. Beyond her active practice, she facilitates workshops on spiritual self-mastery. Donna is also an AquaStretch™ Facilitator/Trainer, and the ATRI 2012 Tsunami Spirit Award Recipient, and the Regional Public Service Award; University of Pittsburgh Community Service Award (2013).



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 teaches and presents multiple fitness formats – land and water - all across Europe.



Javier Bergas, BS, is an international AEA Training Specialist and a sport and physical education teacher in Spain. He is an international presenter and has 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 a Zumba Education Specialist (ZES) and teaches various Zumba Fitness formats both national and internationally. She has been presenting for Zumba since 2008 and teaching Zumba herself since 2006. Her dance background comes from 10 years of competitive gymnastics. Jenna has been featured in several Zumba Fitness DVDs, including recent Aqua Zumba videos.



Roxana Brasil, MS, has been an international AEA Training Specialist since 2000. She received her master's degree in human motricity and is currently pursuing her doctoral at Valencia University. She is the fitness coordinator of Velox Fitness and the owner of Universidade Fitness in Rio de Janeiro. Roxana was honored with the 2010 AEA Aquatic Fitness Professional of the Year award.



Katina Brock, MS, was one of the original trainers at the Biggest Loser Resort in Malibu, CA. She is a CEC provider for AEA and AFAA, holds personal training and corrective exercise specialist certifications from NASM; and is also certified with TRX, Reebok, YogaWorks and the YMCA. A former dancer and gymnast, Katina loves sharing the gift of movement.



June Chewing has served the fitness industry as a fitness instructor, personal trainer, PE teacher, college instructor, presenter, master trainer, author, and fitness facility owner with a master's degree in exercise physiology. She is a two-time recipient of AEA's Contribution to the Aquatic Fitness Industry Global Award. June is owner of Fitness Learning Systems, a company providing quality eLearning continuing education services.



Brad Cole has been teaching and competing in the fitness industry for over 25 years. Certified with AEA and AAU Swimming, he teaches classes and workshops nationally and internationally for all ages and levels. Whether it is aqua, swimming, stretching, boot camp or yoga, Brad is committed to helping people achieve their fitness goals with his unique teaching style.



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 Training Specialist and Hydorider 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 a pioneer of water programs in Central America and Chile; she is also the creator of the Aqua Stick Certification. For the last 16 years she has promoted aqua fitness through radio/TV interviews and by writing articles for magazines and newspapers. Claudia has great passion and energy for what she does.



Melon Dash founded Miracle Swimming in 1983 and has been helping people overcome their fear of water ever since. She is the author of the book, *Conquer Your Fear of Water*, and the producer of the DVD, *The Miracle Swimmer*. Melon is also the host of a radio show, *The Learn to Swim Show*.



Vanina Delfino is a swim instructor, trainer and presenter for WaterCYcling in Argentina. She is an international AEA Training Specialist and has presented in Argentina, 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.



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 Hydorider, and he also teaches NIKE and Zumba programming. Ivan is an international presenter and teaches at some of the most prestigious sports facilities in Rome.



Laurie Denomme, Kinesiologist and Gray Institute Fellow of Applied Functional Science, is an international presenter and the creator of Water Exercise Coach™. She is the recipient of the 2013 AEA Aquatic Fitness Professional Global Award and 2014 ATRI Tsunami Spirit Award.

2015 IAFC Presenter Biographies



Rui Duarte, MS, has a master's degree in sport sciences with a specialization in evaluation and prescription in physical activity. He is a physical education teacher and fitness instructor in Portugal and has dedicated his passion and interest to aquatic fitness. Rui is an international presenter and an AEA certified instructor.



MaryBeth Dziubinski is a global aquatic training specialist who provides education for aqua wellness, health, strength and self-management. She was awarded the AEA 2008 Global Aquatic Fitness Professional of the Year Award. MaryBeth is the co-creator of YOQUA™, a R.Y.T., and an Aqua-Stretch facilitator. She is certified by NASM as a senior fitness specialist and is on the advisory board for the Association of Group Exercise Professionals.



Francisco Estevão, BA, is CEO of Portugal Aquatraining and the creator of an aqua trainer course. He serves as the pool coordinator for the Kangaroo health club and also works as the manager of sporting events for Matosinhos Sport. Francisco organizes events that promote aquatic fitness and in 2013 he held one of the largest aqua fitness classes ever with over 678 participants.



Ilana Finkelstein, MS, has a master's degree in human movement science and is a physical education teacher. She is the director of Centro Físico Acqualità in Brazil and is an international presenter specializing in sports medicine. Ilana is also Pilates (Polestar) instructor, a member of the AEA Research Committee and a reviewer for the British Journal of Medicine and Medical Research.



Marco Gagliassi has been involved in the fitness industry for over 20 years and is an aqua fitness instructor at some of the most prestigious sports centers in Rome. 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 Hydridorider.



Kim Geeroms, BS, has a degree in physical education and is a master trainer and educational specialist for Kataqua, educating aqua fitness instructors in Belgium and Holland. She is also the program designer for ClubAquavitaal and recently graduated as a hydro therapist. As a freelance instructor for various pools in Belgium, Kim teaches 15 classes a week.



Marco Gomes is an international presenter and master trainer 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 has presented at numerous events, including IAFC and the Korean Aquatic Fitness Conference.



Mark Grevelding is a training specialist and consultant for AEA. He is an international presenter and a continuing education provider for AEA, AFAA & ACE. Mark is the founder of Fitmotivation, a business that provides online videos and other resources for fitness professionals. He 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.



Yousuke Hayakawa is a swimming instructor and aquatic exercise leader in Japan and has been in the aquatic industry for 17 years. His education includes the Tokyo Sport Recreation Technical School and the Music School Mesar House. Yousuke is also a professional drummer.



Tomoko Hosoi has 20 years of experience as a fitness instructor in Japan, instructing classes in several facilities. She also trains instructors in the field of aquatic exercise as an assistant adviser of MEGALOS Co. Ltd. Tomoko holds certifications with AEA, Hydro-Tone and Peak Pilates.



Lynda Huey, MS, pioneered the use of water rehabilitation in athletics with the USA Olympic Track & Field Team. She has taught her water exercise and rehab techniques to thousands of coaches, private trainers, and therapists. Linda has written four books on water exercise and produced a DVD - Waterpower Workout®. She offers 18 Waterpower classes each week in Los Angeles.



Kimberly Huff, MS, CSCS has a BS in Physical Education and a MS in Health Education. She has been in the fitness industry for over 25 years. Kim is the Fitness Coordinator at a Continuing Care Retirement Community in Florida. She is certified by NSCA, ACSM, ACE and AEA.



Mee-Ja Kim, MS, has a degree in physical education and has 9 years experience teaching aquatic fitness classes. She is a trainer and staff member for the Korea Aquatic Exercise Association (KAEA). Mee-ja has specialty certifications in aqua yoga and deep-water exercise and has presented internationally at Mundo Hidro (Portugal) and at IAFC.



Young-Su Kim graduated from Sangmyung University with a degree in physical education. He is currently teaching jump rope and aquatic exercise classes and has presented at Korean national aquatic fitness events. Young-Su is also involved in bowling and body building through Korea's Ministry of Culture, Sports and Tourism.



Younju Kim, MS, has a degree in physical education and has taught swimming and physical activity for young children. Since becoming certified 11 years ago, she has been teaching aqua classes and personal lessons. She is a trainer and staff with KAEA has presented nationally in Korea and internationally in Japan, Italy and the USA.



Ekaterina Khapkova, MS, holds a master's degree in synchronized swimming and has been an aquatic fitness instructor for over 20 years. She is the organizer of the Water World International Convention and provides professional training for the largest fitness clubs in Moscow. Ekaterina is an international presenter and has been featured at conferences in Europe, Brazil and the USA.



2015 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.



Connie Lagerhausen has been an aquatic fitness professional and swim instructor for over three decades, serving as an aquatics director and launching swim programs for YW and YMCA's. She is a presenter for FitnessFest conferences. Connie is also the adult aquatic specialist for Desert Swim School, where she develops unique adult aquatic programs that specialize in aquatic personal training, water aerobics and endurance swimming for fitness.



Jackie Lebeau Anderson holds a bachelor's degree in exercise and health promotion and a master's degree in sports administration. She is a continuing education provider for ACE, AEA and AFAA, a certification specialist for AFAA, a trainer for AEA, and a registered yoga teacher. Jackie's professional experience includes fitness management & event planning, and 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 the CEO of the Trinidad and Tobago Fitness Academy and a special advisor to the Olympic Committee in the field of aquatics. He is an AEA International Trainer and an international presenter, educating, training and certifying individuals and organizations around the world.



Soon Young Lim studied physical education in graduate school and has 12 years experience in teaching aquatic exercise classes. She is a trainer and staff for the Korean Exercise Association (KAEA). Soon Young has previously presented at IAFC and has also presented at Mundo Hidro in Portugal.



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 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 spending time with friends and playing guitar.



Stefania Manfredi, MS, holds a degree in physical education and has enjoyed being a swimmer, a swimming athlete and an aquatic fitness instructor. She is the co-creator of fitness programming for the Acqua Pole. Stefania has delighted the crowds at IAFC over the past couple years with her spirited Acqua Pole classes.



Tatiana Maximova, PhD, has a doctorate from Russian State Medical University 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.



Marietta Mehanni is an award winning Australian presenter with over 27 years of teaching experience in both land and water based group exercise. She plays a large role within Gymstick International Oy as an international master trainer and education coordinator. Marietta is also a Pelvic Floor First Ambassador for the Continence Foundation of Australia.



Terri Mitchell is an aquatic specialist in both aquatic fitness and therapy. Her course development includes joint replacement, PNF, seniors and co-development programs for the military. Her specializations feature core stabilization, pool tools, chronic conditions, building on the basics - and fun! Terri's aquatic recognitions include: AEA Instructor of the Year; 1992, ATRI Dolphin Award; 2002, ATRI Aquatic Professional of the Year; 2010.



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 Training Specialist and a continuing education provider for the YMCA, ACE and AEA. She holds many certifications through AEA, ACE and the YMCA.



Oksana Mukosyeyeva is the only AEA certified instructor in Ukraine and has been involved in aquatic fitness since 2000. She is the master trainer and supervisor of the water programs at Aquarium, a fitness center in Ukraine. Oksana is an aquatic fitness expert and author and regularly conducts workshops and master classes. She has also organized international fitness conventions in Ukraine.



Mick Nelson is the director of USA Swimming Facilities Development Division. He comes from a club coaching background along and has extensive experience in business and aquatic management. Mick serves as a consultant for clubs, cities and developers on how to build and operate sustainable aquatic facilities



Sue Nelson comes from a club coaching background and has extensive experience in business and aquatic management. For the past decade, she has provided education and training through Regional Build a Pool Conferences. Sue works with USA Swimming in providing education to coaches, cities and private developers on how to build and operate sustainable aquatic facilities.

2015 IAFC Presenter Biographies



Eduardo Netto, PhD, is the fitness director of the Body Tech Health Club, in Rio de Janeiro. He has a post graduate degree in fitness conditioning and a master's degree in human motricity. He is an international presenter and well-respected fitness professional and consultant in Brazil. He has written four books on fitness programs. Eduardo is a continuing education and is certified through ACSM, AFAA and IDEA.



Marti Peters is the assistant director of operations at The Commons Club Fitness & Spa in Bonita Springs, FL. She is also the owner of MartiFit In-Home Personal Training. Marti provides continuing education and writes fitness articles for several publications and is an AEA Training Specialist.



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 the programs, Peyow™ Aqua Pilates and Stronger Seniors™. She has presented at numerous conferences and 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 and Stott Pilates™/Merrithew Health & Fitness.



Joy Prouty is Zumba Fitness's Director of Education Programs and Training, a co-developer of the Zumba Gold Instructor training program and a Zumba Education Specialist. She is a former Radio City Music Hall Rockette and the owner of Fitness Programming Inc. Joy has been featured in several fitness DVD's and she is the lead presenter in the Zumba consumer Gold DVD series.



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 with a passion for sharing his knowledge.



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.



Mimi Rodriguez Adami, BS, is an American born European and has been living in Italy for over 40 years. She is the technical director for FIAF-SIAF, Italy's only EU accredited training provider for fitness professionals. She has a degree in Motor Sciences from Rome's TorVergata University, is the author of the Aqua Zumba exercise program and coordinated the EU's eLF (e-Learning Fitness) Project.



Kanako Sakagami is a trainer for the Japan Aquatic Exercise Association, Japan Hydro and a specialist with the Aqua Dynamics Institute. 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, EUA, Holland, Japan, Argentina 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 at Fitness Club PHIVE in Coimbra, Portugal.



Maira Schoenell, MS, is a physical education teacher and a researcher in an aquatic exercise research group in Brazil. She received her master's degree in science of the human movement at the Federal University of Rio Grande do Sul in 2012. She is currently pursuing a doctorate degree that pertains to aquatic exercise. Maira is the owner of Corpo & Água Hydrogymnastics gym.



Silvia Senati is an international presenter, ThaiFit Master Trainer and an international AEA Training Specialist. She is a consultant for clubs and teaches classes at a sports university in Milan. Silvia is a master trainer for the European Aquatic Association (EAA) in Italy and has authored books, aquatic fitness manuals, videos and numerous magazine articles. She was awarded the 2009 AEA Global Award for Aquatic Fitness Professional.



Anna Shay McEntee integrates her experience as a health care practitioner with her fitness training. She is a continuing education provider and a presenter in fitness, body/mind exercise, nutrition and stress management for ACE, AAFA, AEA, Systematic T.O.U.C.H. Training, California Medical Board of Acupuncturist, California Board of Registered Nursing, Health Classic Inc. and other fitness and health organizations.



Norma Shechtman, M.A, teaches Pilates and a full array of classes in Orange County. She has been involved in fitness and education for over 35 years. She holds multiple certifications and is a regional master trainer for BOSU. In 2014, she was honored as Alumna of the Year, CSULB, Graduate Dept. of Kinesiology. In 2003 she was named ACE Fitness Instructor of the Year.



Lori A. Sherlock, Ed.D, is an associate professor in the School of Medicine at West Virginia University. She coordinates and teaches the aquatic therapy curriculum within the division of exercise physiology. Lori is an AEA trainer and a member of the AEA's Research Committee. She contributes often to the AKWA magazine and has a great interest in furthering the field of aquatics through research.



2015 IAFC Presenter Biographies



Ruth Sova, MS, president of the Aquatic Therapy & Rehab Institute (ATRI), 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 director of wellness services for Alliance Rehab, an organization that strives to develop/deliver innovative products, programs, and services designed to optimize the effectiveness of organizations serving seniors. She's an adjunct professor, 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 the creator of 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, is AEA certified and an AEA CEC Provider. She holds a degree in exercise science from Auburn University with specializations in adult fitness and dance and has worked in the dance and fitness industry for more than 25 years. Susan is an ACE-certified personal trainer, health coach, and group fitness instructor, a YMCA Fitness Specialist, and licensed Zumba/AZ instructor.



Maria Sykorova-Pritz, Ed.D., 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 29 years of professional career, Maria has combined academic knowledge with hands on experience in functional fitness and pain management via land based and aquatic fitness.



Olga Tavares graduated as a physical education degree from a university in Portugal. She has presented nationally and internationally with Mundo Hidro. She is a personal trainer and she teaches Zumba and boot camp classes. At IAFC, Olga will be teaching dance choreography influenced by African, Latin and jazz music.



Stephanie Thielen, BS, 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 an AEA Training Specialist, a NETA Trainer, a BOSU Master Trainer, and is a frequent blogger for ACE.



Steph Toogood is ACE and AFAA certified and an international presenter and AEA Training Specialist. 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.



Triple Delight Aquatics, LLC, (Linda Grymes, Erica Wilson & Jeannie Johnson) have been presenting aquatic workshops at high profile aquatic facilities and clubs in the Washington, DC Metropolitan area for over 20 years. They instruct CEC workshops and master classes featuring choreography for shallow and deep water and other fitness challenges.



Danita Watkins is a certified fitness instructor (AFAA), personal trainer (ACE), and aquatic exercise specialist (AEA). She is a CEU provider and has written several articles for AKWA magazine and AEA Online Education. She is also a WATERinMOTION instructor & champion and a presenter for AFAA's Aquatic Workshop and Primary Certification. A life-long aquatic fitness enthusiast, Danita is renowned for intensive and creative fitness programs.



Karen Westfall has presented continuing education workshops throughout the country and worldwide. She has produced and starred in 18 aquatic fitness DVDs that are sold throughout the world. Karen was awarded the AEA's 1994 Aquatic Fitness Professional of the year. She has a master's degree in sports/exercise science and is a former U.S. ballroom/Latin dance champion.



Mary Wykle, PhD, sits on the AEA Research Committee. Her course development includes Aqua Pi-Yo-Chi™, PiYoChi Cardio Intervals and Aquatic Re-conditioning programs for the military. Additional programs include core stabilization and brain trauma. Her aquatic recognitions include, AEA's Global Award for Lifetime Achievement (2010); ISHOF Adapted Aquatics Award (2007); ATRI Aquatic Professional of the Year (2006); Tsunami Award (2004) and Dolphin Award (2002).



Craig Yaniglos has lifelong experience in aquatics both competitively and with aquatic fitness. He became AEA certified in 2009 after attending IAFC. He is the current aquatic director of the Hubbard Community Pool, which is located in Northeast Ohio. Craig is continuously striving to provide cutting edge programming to clients through motivation and dynamic teaching styles.



Flavia Yazigi, Ph.D., is a professor at the University of Lisbon, an AEA Training Specialist and a member of the AEA Research Committee. She has a Ph.D in Physical Activity and Health. Flavia believes that the secret for success lies in the fusion between scientific research and strategies for exercise recommendations. She was the recipient of AEA's 2011 Global Award for Contribution to the Aquatic Fitness Industry.