



**Body
Connections**

**FITNESS & MASSAGE
THERAPY**

SPRA FITNESS LEADERSHIP CERTIFICATION

Group Exercise Fundamentals and Total Body Conditioning

*Prerequisite- successful completion of SPRA Fitness Theory.
Attendance of all hours and practical exam are mandatory.*

Oct 18, 19, 20- 2019- Accepting only 5 participants

Friday 5-9 pm

Sat and sun 9am-6 pm

Course Conductor- Laurie Idema-Wood (BPAS)(CSEP-
CEP)(CSCS)(RMT)(MTAS)(FIS)(PTS)

SPRA COURSE CONDUCTOR, MASTER TABATA BOOTCAMP & BARRE ABOVE
TRAINER

To register- email- bodyconnectionsregina@hotmail.com or text
306-533-4387

Fees \$355 includes the GST and the manual

Practical exam date- Sunday Nov 17 12-5 pm - \$60 including GST
due Oct 20, 2019

Location: Body Connections Fitness & Massage Therapy. More
info listed at Bodyconnectionsregina.com

Class Components

**Program Design &
Leadership**

**Use of Music &
Cueing**

**Exercise
Analysis/Use of
Equipment**

www.spra.sk.ca

**Body Connections Fitness &
Massage Therapy**

1143 Lakewood Crt N

Regina, SK

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