

## **2614 – Ai Chi Diagonals and Cardio**

**Intermediate / Pool Workshop**

**Sanibel, FL / Friday, June 26, 2020 – 8:30-12:00 pm – 3.0 credit hours**

(Pool: 8:30-10:00 am / Classroom: 10:30 am-12:00 pm)

**Faculty: Ai Chi Diagonals: Terri Mitchell, BA, PTA, ATRIC**

**Ai Chi Cardio: Mimi Rodriguez Adami, BA, BS**

**COURSE DESCRIPTION:** Ai Chi Diagonals emphasizes the rotational components and diagonals of Ai Chi to create functional movement patterns for clients of all abilities. Cardio Ai Chi respects the basic fundamentals of Ai Chi while modifying it enough to make it feasible in a cooler environment. With its foundation in aerobic circuit format to increase body temperature and interspersed with Ai Chi circuits, participants experience the unique blending with the help of well-chosen music and cueing for breath and posture allowing the relaxing qualities of Ai Chi.

### **COURSE OBJECTIVES:**

- 1) Learn how to do Ai Chi in a pool that is not warm enough to sustain a true Ai Chi session.
- 2) Understand various aerobic training methodologies: steady state, alternate training and interval training.
- 3) Review basic UE and LE PNF patterns as they flow with Ai Chi.
- 4) Receive posture and breath options for merging Ai Chi and cardio.
- 5) Experience the importance of music choices for Cardio Chi success.
- 6) Learn the Ai Chi Sequences with appropriate music selection.
- 7) Experience Ai Chi in a cardio circuit format.

**FACULTY: Terri Mitchell, BA, PTA, ATRIC**, has been involved with aquatic fitness since 1982. She is a Training Specialist with the Aquatic Exercise Association, a Licensed Physical Therapist Assistant (PTA) specializing in aquatic therapy, and instructor of a variety of aquatic fitness classes to persons of all ages and abilities. Terri holds certifications from AEA, ATRI, and IAR; and is a Certified Personal Trainer for both land and water. She is co-author of “Applications of PNF Techniques in the Aquatic Setting” manual and co-producer of “PNF in the Pool” video. She is the 2001 recipient of ATRI’s Dolphin Award and the 2010 recipient of the ATRI Professional Award.

**FACULTY: Mimi Rodriguez Adami, BA, BS**, an American born European, Mimi has been living in Italy for 42 years. She is the director of Italy’s first EU accredited training provider for fitness professionals. With a degree in Exercise Science from Rome’s TorVergata University, she developed the AquaZumba exercise program, coordinated the EU’s eLF (eLearning Fitness) Project and wrote *Aqua Fitness*, published by Dorling Kindersley, Ltd. She also specializes in Pelvic Floor Fitness and represents the Low Pressure Fitness method in Italy where she is the lead trainer and collaborates with the medical community for the prevention and rehabilitation of pelvic floor dysfunction.