

NEWS RELEASE



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Waterford Health & Fitness Club

Health & Fitness Club

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FOR IMMEDIATE RELEASE

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Waterford Health & Fitness Club to host HYDRO-FIT training — local fitness instructors invited to register, gain certification

BISMARCK, N.D. — HYDRO-FIT creator Craig Stuart will visit North Dakota and lead a comprehensive weekend training for local aquatic fitness instructors, personal trainers, physical therapists and allied health and fitness professionals. The training will be Saturday, Oct. 25 and Sunday, Oct. 26 at the Waterford Health & Fitness Club, 1000 West Century Ave. in Bismarck.

Participants will gain valuable fitness knowledge, acquire new skills and learn the latest aquatic fitness techniques. Upon successful completion of the class, individuals will earn a HYDRO-FIT Specialty Certificate and can earn 11 CECs, approved by the Aquatic Exercise Association (AEA). The cost for both days is \$150, for Saturday only is \$95 and for Sunday only is \$75. Space is limited, and people are encouraged to call (701) 355-1280 to register or for more information.

“This is the first time Craig has lead a training session in Bismarck, and we’re excited to host such an industry pioneer,” says Waterford Health & Fitness Club Director Lindsey Peterson. “For the Waterford team, this training will enhance our aquatic fitness offerings, which in turn will help club members reach their fitness goals.”

About HYDRO-FIT and Craig Stuart

HYDRO-FIT (www.hydrofit.com) is committed to aquatic fitness and therapy. It supports professionals in health and fitness, training and conditioning and therapy and rehabilitation. Creator Craig Stuart is known internationally for his innovative educational techniques and dynamic teaching style. With more than 25 years of experience, Stuart leads the fitness industry as an innovator and water-training specialist. He received the Aquatic Exercise

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Association's Contribution to the Aquatic Fitness Industry Award in 1992 and The Aquatic Therapy & Rehab Institute, Inc.'s prestigious Tsunami Spirit Award in 2002. He is a certified fitness professional with AEA and the American Council on Exercise.

About Waterford Health & Fitness Club

Waterford Health & Fitness Club serves more than 425 people and is open to anyone over 40. The club features a variety of fitness options — including pool and therapeutic spa — with exercise equipment and classes designed specifically for older adults. Services include health and wellness screening, fitness assessment, personal training, massage and an on-site therapy clinic. For more information, people can visit WaterfordBismarck.com/health-club.