European Sports Aerobics & Fitness Championships 2018
1A AEROBIC SHOES is our partner for 2018 - 2020
Special workshops during Europeans 2018 in Karlovy Vary



12th of April - 4/2018

BULLETIN

FISAF International MAIN OFFICE: Ohradské nám. 7a/1628, 155 00 Praha 5 – Stodůlky, Czech Republic www.fisafinternational.com, email: info@fisafinternational.com

FISAF International European Sports Aerobics & Fitness Championships 2018 in Karlovy Vary, 24 – 26 of May

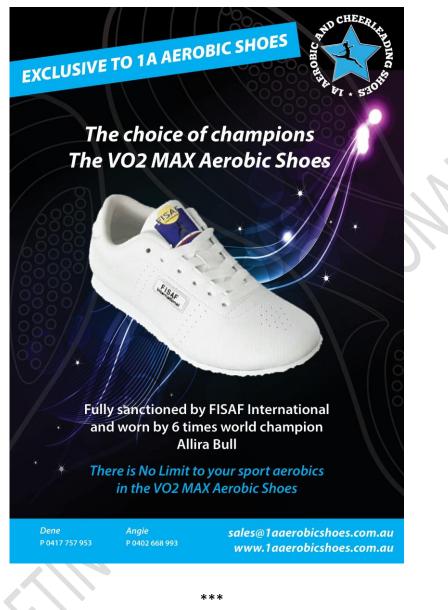


Accommodation and meals in Spa Hotel Thermal, Karlovy Vary:

All the reservations must be send directly by email to:

<u>reservation@thermal.cz</u> with a subject of email FISAF2018.

Price of single room is 2452 CZK/98 EUR and 3555 CZK/142 EUR for double room. Lunch and dinner for 280 CZK/11 EUR can be purchased in the hotel restaurant.



To all the athletes attending the European Championship we wish you all the very best of luck in your events and to tell you that there will be a complete sizing kit of the VO2 Max FISAF Aerobics Shoes at the championship for you to try on the shoes.

If you require any information regarding the shoe sizing kit, please contact FISAF International Main Office: <u>info@fisafinternational.com</u>

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Special workshop during Europeans 2018 in Karlovy Vary

Understanding and Increasing Variety and Complexity

in Fitness Aerobic Teams Routines

Leaded by Jana Hájková and Bětka Budinská from Czech Republic

Thursday 24th of May from 20.00 – 21.30

This workshop will give a theoretical evaluation and understanding of the principles of Variety and Complexity as related to Fitness Aerobic Teams. This will be followed by practical examples of how to incorporate variety and complexity of the arms, legs, body and head.

Cost: 10 EUR per person (need to be booked before 4th of May)

Book you place on: info@fisafinternational.com



Friday 25th of May from 19.00 – 21.00

Congress Hall – 1st floor of Spa Hotel Thermal

Get ready for Worlds!

A unique workshop that will make you improve your routine's criterias

to go for the Gold. Basic tips to become a Champion.

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**01	NO110P	/ icuu	CUNY

Jonatan Canada	&	Brenton Andreoli		
20 times World Aerobic Champion		6 times FISAF World Aerobic Champion		
3 times FISAF World Aerobic Champion		1 times FISAF European Champion		
3 times FISAF European Champion		Previously coached in the Czech Republic		
Aerobics Gymnastics Ambassador 2018		FISAF Australia Judge		
FISAF International Judge				
Cost: 20 EUR per person (you need to book your place before 4 th of May)				

Book you place on: info@fisafinternational.com