

DCAC International Sessions Descriptions - August 2-4, 2013

Friday 8/2/13 7:00 a.m. – 9:00 a.m.

201 Booty Kicking Step with Janis Saffell

Workshop GE

This workshop will provide the tools needed to stay on the cutting edge of Mix Martial Arts. Learn how to integrate step and mix martial arts by creating a challenging interval/circuit training workout. Utilize STEP equipment for muscular endurance, strength, agility, power and footwork for a safe & effective cardio, upper and lower body mix martial workout.

202 Fierce Funk with Pepper Von

Workshop GE

Come join Pepper for a Funk-tastic Fitness Party! Take your steps from basic to flavor and feel the thrill of a major cardio dance experience! If you can move you can GROOVE. So this old school funk and contemporary hip-hop work-out, is your ticket to excitement and explosive energy. There will be no denying the Pepper passion and power and that makes this dance experience...priceless. This easy to dance format has something for everyone, so play hard, get your Jam on and put some fun back in your FUNK!

203 ShockWave with Josh Crosby, Keli Roberts & Doris Thews

Workshop GE, PT (Note: Session is repeated Saturday 8/3/13 7:00 a.m. – 9:00 a.m.)

It's time to get amped up, get competitive and get ready to push like never before. Utilizing rowing machines, BOSUs, stability balls, steps, weighted bars and a variety of other equipment, this workshop is designed to give you new ideas for circuit and bootcamp classes that are designed to amplify camaraderie, team spirit and competition, and get results while maximizing the fun factor. You will not even know you are working out, but you will push your limits as you work to take your team to the championship! Perfect for all levels of fitness, these ideas will put a new surge of energy into your bootcamp and circuit training classes!

204 Are You Ready To Be a Barre-Tender? with Tricia Murphy

Workshop GE, PT, MB, S

Come try the hottest program in fitness and decide if you should be launching your own barre classes. Combining the best of strength training, ballet, pilates and flexibility modalities, the barre will leave you feeling the burn. Learn how to develop your barre program without needing a ballet barre. Take away the perfect format for your facility and an entire movement library.

205 Buddha Camp AGGRESSIVE MIND-BODY with Manuel Velazquez

Workshop GE, MB, S

Seen at Equinox clubs, this is his mindful answer to the boot-camp craze, with an aggressive fusion of effective and intense series that all flow from Yoga to Pilates to Tai Chi. Most uniquely; the only equipment used is bodyweight and an open mind and heart!

206 Yoga Pilates Bootcamp with Ariel Hernandez

Workshop GE, MB, S (Note: Session is repeated Saturday 8/3/13 4:30 p.m. – 6:00 p.m.)

This will be an multi-level class. Think of this as yoga meets Pilates with lots of standing balance work.

There will be lots of modifications, progressions, add on's. No matter what your fitness background or knowledge of any of these methods, you can participate and gain knowledge and insight.

207 Peak Pilates®: Reformer Power Tools with Connie Borho

Workshop GE, MB, S

Multi-level classes are especially difficult to teach on the reformer. Beginners to Pilates don't necessarily mean beginners to exercise. How do you take the beginner work and make it challenging for an "athletic beginner". Learn how to use small apparatus in creative ways to challenge

even the strongest beginner next to the just-off-the-couch potato.

208 SPINNING®: Spinning for the Non-Cyclist with Meg McNeely

Workshop CY

In this session we will learn how to integrate road cycling language in your classes. The ride focuses on cycling verbiage rather than cycling tactics. Learn to feel comfortable and gain confidence to use outside riding language in your next class to impress the "roadies," but not intimidate the indoor rider.

209 Yoga I.S.® Fearlessness: Conquering Self-Imposed Limitations with Yoga with Lauren Eirk

Workshop GE, MB, S

Certain postures in Yoga make us come face to face with ourselves. Through the practice of Yoga we learn to face our fears with calmness and awareness. In this workshop, safely progress your students into postures they never realized they could do, teaching them that it is our fear that keeps us stuck in whatever reality we think we have. Empower your students to live a better life on and off the mat!

210 BIZNIZ Bootcamp - YOUTWITFACE with Jenn Hall

Lecture C, GE, MB, PT, S

Learn how social media can propel your fitness business for FREE without being chained to the computer! This lecture is a working session that will teach you how to effectively operate all aspects of Facebook, Twitter and YouTube while exploring other popular social media outlets. This session will teach you to expand your business in just minutes per day!!

211 Schwinn® Cycling: The Wake Up Workout with Shannon Fable

Workshop CY

It takes a special kind of instructor to grow and maintain a sold-out indoor cycling class in those early morning time slots. But crack the code and you'll find yourself coaching a pack of the most loyal riders in the club. This workshop covers the Top 5 "musts" for winning in the morning – tips to make you a better instructor in any time slot you teach - and you'll experience a wake-up ride to make you rise and shine. Grab your coffee, and let's go!

212 Keyword Search: Metabolism, Fat, Abs, Butts and Thighs with Fabio Comana

Lecture GE, MB, PT, S

As a population obsessed with weight loss, the mere thought or mention of 'metabolism', 'fat', 'abs', 'butts' and 'thighs' grabs attention. And because of this rising popularity, mass confusion exists surrounding the proper methods to successfully train for these goals. Join this session to learn the facts, to differentiate myth from reality, and to be able to educate and implement effective programs to achieve the elusive 'metabolic boost', 'fat burn', and 'firm thighs, abs and butt'.

213 HydroFit® H2O Tabata Training with Margie Caldwell Cooper

Workshop AQ, S

Experience a fun and challenging water workout incorporating Tabata interval training applied to HYDRO-FIT aquatic conditioning, water running, and athletic training. Your class will love the non-choreographed timed sets, the calorie-blasting workout, and the variety you can create. Combine one part Tabata training, two parts strength training, add a dash of high intensity with a splash of recovery, and you have lots of great new ideas to share!

Friday 8/2/13 9:30 a.m. – 11:00 a.m.

214 Body Bar® – Move It! with Sherry Catlin

Workshop GE, PT

Athleticism Meets Grace and Power! This total body workout originating from the deep core out to the extremities

will define your line, activate muscle fibers and awaken powerful movement skills you never knew you had. Master dynamic balance with core control while enhancing muscular strength, endurance and definition. Develop the power and grace of a dancer or athlete and the body that looks like one too!

215 Resist-A-Ball® Tri-Planar Trainer with Abbie Appel

Workshop GE, PT

Uncover the secret to training your classes in all three planes of motion with multiple, structured progressive rounds of movement. This eye-opening, strength/conditioning workshop will give you the knowledge and the appropriate tools to safely challenge your multi-level group with exciting variations of staple exercises. Start with the essential moves, then add balance challenges with strength variations and finally mix in explosive powerful drills for a workout with endless options.

216 BOSU® Accelerate and Elevate with Keli Roberts

Workshop GE, PT

Elevate your workout with high-intensity training that focuses on speed, agility, balance, power and plyometrics. Using the BOSU® Balance Trainer and BOSU® Stax, you will learn brand new ways to super-charge your training and amplify athleticism for all levels of fitness. Learn dynamic movement patterns that progress in intensity and complexity while incorporating variations in height. Come prepared to be challenged with advanced training techniques, enhance your exercise library, and accelerate results!

217 Piloxing® with Cortney Gornall

Workshop GE (Note: session is repeated Friday 8/2/13 4:30 p.m. – 6:00 p.m.)

Transform yourself into a tough and agile boxer, gracious ballerina and hip street dancer all in one workout! PILOXING is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high energy cardio workout. Using the most current science PILOXING incorporates formats such as interval and barefoot training to burn maximum calories and increase stamina. This new workout is attracting die hard followers including Hollywood celebrities and international stars and has been featured on TV shows such as The Doctors, Access Hollywood, and ET! and in magazines including Shape, Fitness Magazine, Redbook, O Magazine, Elle, Vogue, OK!, People and US Weekly.

218 ACE® Program Design For "Losing Weight and Toning Up" with Pete McCall

Workshop GE, MB, PT, S

Let's face it, most clients state "losing weight and toning up" as their primary goals for starting an exercise program. Is working in the "fat burning" zone for cardiorespiratory exercise the most efficient way to lose weight? Are "light weights for high reps" really that effective for adding lean muscle and a creating a sculpted look? What is metabolic conditioning and how is it applied to help clients? This interactive workshop will review the science and latest research behind these questions while providing exercise program design strategies to deliver the results clients want.

219 Barre Above 2013 Teaser with Leslee Bender

Workshop GE, MB, PT, S

Beyond Barre, Barre is the 'hottest' form of training since the Pilates boom but many students are getting injured! This program focuses on authentic movement to the body's ability to work against gravity to lengthen the muscles eccentrically. This form of training is proven to work to improve flexibility, posture and strength. There are no gimmicks or exercises requiring students to perform exercises that can be potentially dangerous to the low back such as external rotation and tightening the glutes which creates weakness and dysfunction. This is the Barre program with each individual students needs addressed.

You will leave with the necessary tools to be a great Barre trainer for all levels of students.

220 Peak Pilates®: Chair Barre None with Zoey Trap
Workshop GE, MB, PT, S

Perfect your posture, your poise, and your physique with this ballet inspired workout. Combine elements of a ballet barre workout with the MVe chair and you get a ballet booty guaranteed. Dancers have flocked to Pilates for years and it's time to bring the dance full circle combining the barre work with Pilates spring resistance. Discover long lean muscles, strong hips and inner thighs, inspired abdominals, an upright strong back, with a graceful carriage.

221 SPINNING®: Drill it with Josh Taylor
Workshop CY

Come experience a ride based on pedal stroke drills. The focus will be teaching you to get the most out of every single pedal stroke when you ride. You will walk out of this session with a deeper understanding of your movements on the bike and how to integrate quality pedal stroke technique in your training. You'll learn drills you can take straight to your students!

222 Yoga Sage with Robert Sherman
Workshop GE, MB, PT, S

Teach yoga with wisdom and consciousness in every class and for every student. This will be experienced through a physical practice to learn what movements feel free and which feel restricted. Specific poses can bring activation, assessment, integration and calming effects on the body; learn them all.

223 Toxic World, Toxic Body with Michael Dudley
Lecture GE, MB, PT, S

Everyone is concerned about the toxins in our environment and wonder about the impact on our own health. This overview will introduce the most prevalent chemicals and toxins that we routinely come in contact with from the time you wake up, shower, wash your hair, apply your cosmetics and sunscreen, step out into the world, eat, drink, travel, work, play and go to bed. If we can't avoid them, how do they impact our health? Learn what you can and can't do in your own life to make your body and environment more safe and healthy.

224 Schwinn® Cycling: Leave 'em Breathless with Amy Dixon
Workshop CY

High Intensity Interval Training plus high impact rider interaction will leave your classes breathless and begging for more! This workshop couples the latest research in exercise physiology with proven athletic training psychology to create solo, partner and tribe-based drills to spark off-the-charts energy in your classes. Experience six sets you can easily re-create at home and learn the methodology behind them so you can continue to "leave 'em breathless" with your new skills and drills.

225 Detouring Disease with Teri Gentes
Lecture GE, MB, PT, S

Our top killers; cancer and heart disease, along with escalating rates of obesity, diabetes, digestive and autoimmune disorders, chronic inflammation and more are related to our diet and lifestyle. Nutritional wisdom is imperative in avoiding/overcoming debilitating health issues and deadly diseases. Common conventional approaches to treat these diseases have long been ineffective in reducing the risks, lowering the diagnosis nor decreasing the numbers of deaths that result. Disease reversal is proven and achieved with medical experts such as Dr Caldwell Esselstyn, Dr Joel Furhman, Dr Colin Campbell, DrMcDougall and Dr Mark Hyman. Discover the amazing route to detouring diseases with Doctors intent on preventing and reversing diseases with medically proven results.

226 The Navy SEAL Explosion (aqua) with Laura Ribbins
Workshop AQ, S

This workshop is a non-choreographed conditioning workout that aims to deliver a constantly changing sequence of exercises; similar to a powerful Boot Camp-style program. For SEALs, and other military professionals, Physical Training (PT) takes on a very different perspective than what is commonly found at your local gym. Because SEALs train for mission related performance, the objective for every workout is elite fitness, validated by the ability to perform every task at the level necessary to accomplish any mission – no matter what. What does that mean? It means that training must be comprised of broad and inclusive, constantly varied functional movements that are performed at high intensity in order to prepare for the unknown. High intensity functional training focused on strength, stamina, endurance, flexibility and durability are hallmarks of the Navy SEAL fitness regimen. The Navy SEAL Explosion incorporates endurance and mental toughness training, along with cutting edge functional training. There is a reason behind the workout design.

Friday 8/2/13 11:30 a.m. – 1:00 p.m.

227 Steppin' Out with Pepper Von
Workshop GE

If you are overdue for a party experience that's off the floor, then put on your best energy and step up for some spicy hot Pepper moves. Keep your mind busy and your heart pumping with a rush of classic and current stepping trends, and feel the love between rhythm and groove. To jumpstart your step class from regular to rockin, take a little walk to the edge and Step Out!

228 Fierce TKO with Janis Saffell
Workshop GE

Get your Fight On with this redefined body workout! A multi-dimensional sculpt & cardio kickboxing workout. This interval cardio-strength program is designed with the use of your own body weight. This ultimate workout will redefine and create the body you want with pure muscle, sweat, explosivelyometrics core strength, speed, agility, flexibility and cardio calorie burning workout.

229 Savvix Fitness® Intensity OverLoad - Battle of the HIITs with Mindy Mylrea
Workshop GE, PT

Fartik, Tabata, Little – positive recovery, negative recovery - longer intervals, shorter intervals when to use it and when not to. So many options and so little time. What is a trainer to do. Trust Mindy to hold your hand and guide you through the HIIT battleground. Learn the science then strategically put HIIT training to the test. Formulate progressions and principals for success and retention and create training sessions that matter.

230 SQAIR 101 with Gail Bannister-Munn
Workshop C, GE, MB, PT, S

Get your Fight On with this redefined body workout! A multi-dimensional sculpt & cardio kickboxing workout. This interval cardio-strength program is designed with the use of your own body weight. This ultimate workout will redefine and create the body you want with pure muscle, sweat, explosive plyometrics core strength, speed, agility, flexibility and cardio calorie burning workout.

231 R.I.P.P.E.D. The One Stop Body Shock® with Billy Kirby

Workshop GE (Note: session is repeated Saturday 8/3/13 11:30 a.m. – 1:00 p.m.)

Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D to help attain and maintain your physiques in ways that are fun, safe, doable and extremely effective.

232 Feldenkrais for an evolved Pilates Mat Class with Valerie Grant

Workshop GE, MB, PT, S (Note: session repeated Saturday 8/3/13 11:30 a.m. – 1:00 p.m.)

Discover the background of the Feldenkrais method including genesis and developmental advantages (Weber-Fechner, physics, body mechanics) and how repetitive movements, i.e. habits can restrict and cause deterioration of fluidity. Experience awareness through movement (ATM) verbally commanded lesson chosen for its specific influence on the Pilates Fundamentals.

Friday 8/2/13 12:00 p.m.- 1:30 p.m.

233 Peak Pilates®: Pilates Interval Circuit with Connie Borho

Workshop GE, MB, PT, S

Experience a non-stop, muscle building, heart pumping class format, where one partner is on the MVe Chair while another partner uses other equipment such as bands, balls, and power circles. Learn a series of exercises that can deliver quick, intense intervals that will increase heart rate, and build endurance...all while having more fun than should be allowed in a group ex class! Incorporate one or more exercise blocks within your group classes.

234 SPINNING®: Hill Seekers with Natasha Iacovelli
Workshop CY

Most of us try to avoid hills, but what's so good about flats? Think about it: flat tires, flat hair, flat returns and the ultimate flatlining. Life happens on the hills. They're opportunities to prove yourself stronger than you ever imagined. Visiting the Strength Energy Zone™ and applying real road hill variations to remind us if you never attempt the ascent, you'll never know the thrill of swooshing down the other side.

235 The Yoga Groove with Skip Jennings
Workshop GE, MB, S

Looking to put a little spice in your Vinyasa? Unleash the power of music to enhance your yoga class. Step out of the traditional mind body sounds, and flow to the vibration of the Yoga Groove. Learn the tools to create a powerful play-list that will up-level your yoga classes to a yoga experience. By incorporating music mapping tools from fitness classes like Schwinn cycling, connect your yoga flow with the music that will inspire and motivate, leaving your students with a practice of a lifetime.

236 Book Yourself SOLID® with Shannon Fable
Lecture GE, MB, PT, S

Whether you love it or hate it, embrace it or run from it screaming ... marketing and sales are crucial if you plan to take your passion for fitness and turn it into a sustainable career. Whether your goal is to become a profitable trainer, an instructor with packed classes, a gym owner with more patrons than you can handle or a pro looking to become a presenter to take your career to the next level, you have to learn how to get yourself in front of the right people and book the business before you can inspire the world to fitness. **Book Yourself Solid** is a trusted, easy-to-follow roadmap for starting and growing your fitness business. The BYS System will teach you exactly how to **work only with your idea clients**, understand why people buy what you're selling so you can **measurably increase your income**, how to really get **famous in your field** so your reputation does the marketing for you, and how to always **stay top-of-mind with your past clients** so they keep calling you for booking after booking! **93% of Book Yourself Solid seminar clients who have implemented the Book Yourself Solid™ System have increased their sales by over 43% within the first year alone.** A few hours sitting still seems like a small price to pay for that kind of return, don't you think?

237 Schwinn® Cycling: Keli Roberts' RIDE RIGHT™ 2-for-1 with Keli Roberts Workshop CY

Every Master Trainer brings something unique to the bike and the mic. This workshop shines the spotlight on Keli Roberts' own personal style. Expect a workout filled with world-class coaching, motivation and incredible energy. Then Keli will walk you through two comprehensive handouts. One from the ride you just experienced, and a second, complete class broken down with music, cues, and imagery. It's the ultimate cycling 2-for-1.

238 Network Marketing and the Fitness Professional with Michael Dudley & Sherry Catlin Lecture GE, MB, PT, S

What is your Plan B? Personal trainers and instructors work hard...and most get paid by the hour. Benefits can be scarce and long-term security non-existent. Since many wellness products are shared from person to person, many fitness professionals are adding products or services to their offerings to provide an additional revenue stream, residual income and greater financial security. This overview will explain the direct sales or network marketing business model, what to look for in a company, compensation models, professional perks and pitfalls, income potential, tax benefits and how this fits into the profile of a Fitness Professional.

239 HydroFit® Body Type Workout with Margie Caldwell Cooper Workshop AQ, S

Which workout is best for your body type? Explore how body type affects personal buoyancy and exercise performance. Review three body types, postural concerns, and specific methods to address each kind of exerciser regarding strength, flexibility and cardiovascular training. Learn how to knowledgeably add the right equipment, both buoyant and non-buoyant, as appropriate to individuals in your class.

Friday 8/2/13 2:00 p.m. – 4:00 p.m.

240 Step Drills and Balance with Manuel Velazquez Workshop GE

Break up the encrypted combinations, break thru the creative process and move to break even as you break down those step elements to make you succeed this hi intensity rhythmic workout. Move thru multiple movement planes, intensity levels and challenge turns to discover the mystery who involve a 32 count, bilateral combination over and around the step.

241 Zumba EXHILARATE™ LIVE! with April Smith Workshop GE (Note: session is repeated Sunday 8/4/13 9:30 a.m. – 11:00 a.m.)

A Rhythmic journey around the World with Zumba! Take your body, mind and soul on a full blown fitness journey. This is the original Exhilarate DVD Fitness-Party Experience – LIVE! This high energy Zumba workout features rhythms of the exotic sounds of Bollywood, African, cutting edge hip hop, French Reggaeton, traditional Latin rhythms into one amazing experience!

242 BOSU® HIIT Extreme 2013 with Shannon Fable Workshop GE, PT

Intense, focused, efficient, challenging, rewarding, and jam packed with action from start to finish. Learn the science of high intensity interval training and its application to both fitness and sport. Take home a variety of short, plug-n-play high intensity interval sequences that are realistic for both high level athletes and mere mortals, and are guaranteed to raise your heart rate, fitness level, calorie expenditure and the FUN factor! **All new drills for 2013!**

243 Indo-Row® – Josh Crosby & Doris Thews Workshop GE, PT (Note: session is repeated Saturday 8/3/13 2:00 p.m. – 4:00 p.m.)

Dubbed "the *perfect* calorie burn," Indo-Row® is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, Indo-Row® is perfect for group exercise instructors and personal trainers. No experience is necessary.

244 ACE® Understanding Movement-Based Training with Pete McCall Workshop – PT

Exercise is a function of movement where coordinated movement is a skill that can be taught. The more we learn about the fascial system the more we realize that all muscles are interconnected yet many exercises are designed to work on only one muscle group or body part at a time. This interactive session will introduce the theories behind movement-based training as well as provide specific strategies on how to use progressions and regressions of common exercise movements to help clients enhance their coordination and create the lean, "toned" look they desire.

245 Barefoot Disciplines on the SQAIR with Gail Bannister-Munn Workshop C, GE, MB, PT, S

Builds better balance endurance, improves workout performance, posture and prevents injuries. When you support a muscle it doesn't have to work as hard; when it doesn't have to work as hard, it gets weak. I will take you through a series of yoga disciplines using the SQAIRS to enhance your performance in all other sports and fitness modalities.

246 Peak Pilates®: Perfect Props – Part 1 with Zoey Trap Workshop GE, MB, PT, S

Think out of the box with small round props that will challenge and support stability, enhance proprioception, create increased ranges of motion, and provide new variations. Don't be a square- get a well-rounded props education with the small balls and power circles- know which prop to use and why to use it!

247 SPINNING®: Work What You Play with Meg McNeely Workshop CY

Some instructors can play any type of music and create a memorable ride. Let's turn simple cues into powerful meaning by working tone and inflections in your voice, creating a dynamic way to bring music to life. Pairing demonstrations of body language and animation to enhance the music adds a whole new dimension to your teaching skills. It's not what you play, but how you work what you play.

248 Golden Yoga™ I.S.® with Lauren Eirk Workshop GE, MB, S

Discover new ideas about how to teach Yoga to the ever-growing Senior population. This workshop will uncover and explain the realities of aging and the toll it can take on many individuals. Experience this Gentle Yoga practice will address how to deal with issues such as joint wear, tightness, weakness, balance issues, bone loss, inflammation, and overall deconditioning for this type of student. Help your students improve their overall attitude about aging.

249 Inflammatory Hell with Teri Gentes Lecture GE, MB, PT, S

What you're eating may be setting your insides on fire! Overcome chronic challenges with arthritis, bursitis, back pain, gastritis and more. Numerous diseases and health challenges are related to inflammation including obesity, asthma, IBS, diabetes, psoriasis, allergic reactions, dementia, migraines and heart disease. Discover the healing potential of foods with powerful anti-inflammatory properties and prevent, minimize, control and eliminate inflammation with diet

and lifestyle changes.

250 Schwinn® Cycling: Staying Power with Greg Cook Workshop CY

Inspired by Master Trainer Gregg Cook's success teaching 20 sold-out classes per week throughout New York City. This workshop shows you how to build and deliver ONE great ride with staying power and how to teach it multiple times while avoiding coaching burn out. Gregg covers class planning, music use and selection and shares tips for reading your riders' energy and anticipating the group's needs to coach each class to its full potential.

251 How to Teach an Aging Population with Jinny Brow Lecture GE, MB, PT, S

What's considered a normal part of the aging process? We all know about wrinkles but what exercise modifications should we make for our classes? Here's what to expect for this population — and what modifications to make to your classes that are best for your students dealing with aging.

252 Body Bar® Aqua Flex with Laura Ribbins Workshop AQ, S

The Aqua FLEX Bar is the same as the versatile **Body Bar FLEX**, but redesigned for use in water fitness classes. The bar is very lightweight, flexible, and buoyant; plus its variable resistance adds to the natural resistance of the body's movement through the water for a very effective workout. Using many of the same moves as in **Body Bar FLEX** exercise programming, the Aqua FLEX Program is an effective low-impact workout for developing muscular strength and endurance, core conditioning, and dynamic flexibility, as well as being a fun and unique way to exercise in the water. The Aqua FLEX Workout is a series of 20 moves that can be incorporated into existing water fitness classes, either shallow or deep water workouts. The exercises are designed to target all major muscle groups and because most of the moves are compound in nature, functional fitness is enhanced and improved agility and coordination are a positive side effect. Cardiovascular benefits can be enhanced by performing the moves while moving through the water with standard water fitness locomotor movements.

Friday 8/2/13 4:30 p.m. – 6:00 p.m.

253 Piloxing® with Cortney Gornall Workshop GE (Note: session is repeated Friday 8/2/13 9:30 a.m. – 11:00 a.m.)

Transform yourself into a tough and agile boxer, gracious ballerina and hip street dancer all in one workout! PILOXING is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high energy cardio workout. Using the most current science PILOXING incorporates formats such as interval and barefoot training to burn maximum calories and increase stamina. This new workout is attracting die hard followers including Hollywood celebrities and international stars and has been featured on TV shows such as The Doctors, Access Hollywood, and ET! and in magazines including Shape, Fitness Magazine, Redbook, O Magazine, Elle, Vogue, OK!, People and US Weekly.

254 Resist-A-Ball®: Power and Plyometric Play with Abbie Appel Workshop GE

Leap, Bound and "Jump for Joy" with this action-packed workshop that offers TWO quick workouts with great ideas on how to add explosive training to any traditional workout and small group training. Review the fundamentals of power and plyometric exercises and how to structure a workout that safely incorporates them. Experience a variety of progressive exercise options that are designed to boost explosive and reactive strength and joint stability that also assist the typical gym member increase bone-density, maintain muscle mass and improve overall performance.

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255 Pace-Push-Power-Play with Amy Dixon

Workshop GE, PT

Elevate your current fitness routine and go for the gold in this down and dirty interval based format. Utilizing compound movements that focus on power, agility, and strength, this class will ignite your metabolism and train your body to effectively burn calories at its optimum level. The progressive nature of the PACE-PUSH-POWER-PLAY system is a smart and effective way to raise your intensity and elevate yourself to a whole new level. Come play!

256 Play Power with Yvonne Kusters

Workshop C, GE, PT (Note: session is repeated Sunday 8/4/13 11:30 a.m. – 1:30 p.m.)

Make fitness fun for kids 2–12 years of age with action-packed warm up games, partner play activities, cardiovascular movements, and silly stretches! You'll walk away with more than 25 games using pool-noodles, scarves, hula-hoops and more. Get ready to PLAY!

257 Zumbatomic®: The Zumba Kids Workout with Stephanie Masceri

Workshop C, GE

Exercise programs for kids are incredibly important in order to prevent childhood obesity, and excessive sedentary behavior. Zumbatomic® was developed with this in mind. Kids love to dance, wiggle and sing along to great songs. We will teach you how to fuse the Zumba Formula, Zumba Basic Skills and dynamic Zumbatomic® Choreography to create a fun workout AND bring out the Zumba Kid in yourself!

258 Mat Pilates with Props with Ariel Hernandez

Workshop GE, MB, PT

Get ready for a challenging class sure to make even the strongest Pilates enthusiast SHAKE! Expect lots of add on's, modifications, and progressions. Learn how to layer exercises using the Pilates ring to challenge your self & your clients in new, creative ways.

259 Peak Pilates®: Perfect Props – Part 2 with Zoey Trap

Workshop GE, MB

Give your Pilates class something new by adding bands and heavy balls. These props allow you to both increase resistance and/or provide support depending on how they are used. Want to learn to make Teaser 'doable' for every student and learn to make it harder for the very fit? This session builds on prop strategies learned in part 1.

260 SPINNING®: Warriors Within with Natasha Iacovelli

Workshop CY

A warrior shows great courage, honour, bravery, tolerance, loyalty and respect. The power of the tiger, the strength of the dragon, the silence of the snake and the meekness of the mouse must unite in the heart and spirit of the warrior to ensure success in the battle of life, while finding peace of the mind. Discover how to apply the warrior codes to unveil your potential on the bike. On a road carved in stone we will travel to meet our Warriors Within...

261 Yapana Yoga 101 with Leeann Carey

Workshop GE, MB

A Yapana practice includes the best parts of being on the mat: Vinyasa to build heat, static poses to strengthen and lengthen, and passive poses with support to relax your body/mind and prepare for a luxurious final relaxation. All of this, designed around a thematic class that includes learning a key positioning skill useful in all practice styles and sport, and supports a pose that the class sequence builds to. If you like to learn while getting your yoga on, this class is for you.

262 Mindless To Mindful/Simple Solutions To Improve Dietary Behaviors with Fabio Comana

Lecture GE, MB, PT, S

For clients striving to lose weight, diet and exercise are typically viewed as the needed ingredients to achieve success, yet both generally imply less-than-enjoyable experiences. Emerging research reveals simpler, easier approaches that boost self-efficacy, adherence and success that transcend beyond individual factors to include environmental influencers. Join this session to learn key easy-start strategies that will deliver game-changing results, and turn your clients into champions of success with weight loss. These approaches will all serve as your foundational platform to successful exercise and dietary programs for weight loss.

263 Schwinn® Cycling: Skip Jennings' RIDE RIGHT™ 2-for-1 with Skip Jennings

Workshop CY

Every Master Trainer brings something unique to the bike and the mic. This workshop shines the spotlight on Skip Jennings' own personal style. Expect a workout filled with world-class coaching, motivation and incredible energy. Then Skip will walk you through two comprehensive handouts. One from the ride you just experienced, and a second, complete class broken down with music, cues, and imagery. It's the ultimate cycling 2-for-1.

264 Core Facts About Protein with Teri Gentes

Lecture GE, MB, PT, S

Confusion and Contradictions result in serious misunderstandings about required amounts of protein and the preferred sources. In this enlightening session, nutrition researcher, educator and practitioner Teri Gentes reveals scientific research and results, insights, guidelines and comprehensive understanding. Discover the best sources of proteins and the amounts really needed for health. With this knowledge you'll fuel fabulous fitness results, disease prevention, treatment and even reversal. Enable your client's success with scientifically proved foundational guidance on dietary needs.

265 Stretch Fusion 3D Warrior (aqua) with Laurie Denomme

Workshop AQ, MB, S

Experience the transformation of Yoga's Warrior poses into a 3-dimensional stretch-strength sensation. Use fast-slow tempo combinations together with a variety of impact and travel options to create a unique *Warriorific* workout!

Saturday 8/4/13 7:00 a.m. – 9:00 a.m.

266 CSI: Body Bar® with Sherry Catlin

Workshop GE, PT

Cardio, Strength and Intensity mixed to the right degree with the Body Bar to produce the physical evidence of a body well trained. Between multi planar, multi compound movements and the latest weight lifting techniques, forensics will find irrefutable proof of a sleek, toned and redesigned body. This strength training session takes you to the next level of full body integrative movement while giving you the fun that will help your students reach their fitness goals and keep them coming back for more!

267 Step Up and Shake It with Manuel Velazquez

Workshop GE

Latin, creative dance moves and drama! Move your step class to another level with cardio-dance moves over and around the bench. Let your body experience how to get sweat with a little twist of rumba and rhythm using steps that you know with a new focus in fun and dance.

268 ShockWave with Josh Crosby, Keli Roberts & Doris Thews

Workshop GE, PT (Note: Session is repeated Friday 8/2/13 7:00 a.m. – 9:00 a.m.)

It's time to get amped up, get competitive and get ready to push like never before. Utilizing rowing machines, BOSUs, stability balls, steps, weighted bars and a variety of other equipment, this workshop is designed to give you new ideas for circuit and bootcamp classes that are designed to

amplify camaraderie, team spirit and competition, and get results while maximizing the fun factor. You will not even know you are working out, but you will push your limits as you work to take your team to the championship! Perfect for all levels of fitness, these ideas will put a new surge of energy into your bootcamp and circuit training classes!

269 LeBARR with Jenn Hall

Workshop GE, MB, PT

Using the LeBert Equalizer, combine traditional fitness movements like lunges and squats with ballet-based barre training, using the Equalizer as a barre and resistance tool to create a workout that encompasses Balance, Agility, Resistance, working Recovery and Eloquence!

270 Street Kata Martial MOVEMENT (Warrior Level 1) with Bishop Garland

Workshop GE

Control, fluidity, and NYC style bring unparalleled energy to these stylized fight sequences "katas". Strike your movement up a level w/ movement progressions that will have your feeling like a TRUE WARRIOR in the any situation! Next level patterns and multi opponent scenarios are likely. Welcome to martial movement!

271 2013 Golden Barre with Leslee Bender

Workshop GE, MB, S

Most Barre studios only cater to the young wealthy fit female leaving the older women out who still wants to be graceful. This session is designed to give the older client an experience of authentic lengthening exercises that improve posture, flexibility and strength that she will feel successful performing! The baby boomer generation is quickly growing and it is imperative to know that they have injuries and needs that the younger generation does not "yet" have therefore having the correct exercise techniques can prevent further injuries and keep them moving pain free with grace and integrity and the feeling of dance without a ballet bar needed.

272 Peak Pilates®: Jump for Joy with Zoey Trap

Workshop GE, MB

Jump training is an effective and fun way to challenge the cardiovascular system, improve jump biomechanics, and prevent injury. Using the jumpboard on the reformer we will explore sequences that will have you jumping for joy!

273 SPINNING®: 8 Months to Ironman® with Natasha Iacovelli

Workshop CY

This is your chance to train like an Ironman® on a Spinning® bike with 8 months of training rides to prepare for the epic race condensed into a 90-minute ride. An athlete initially prepares to train by laying down the foundations, then building the framework of focused training to peak for race day. Experience how all the Spinning® Energy Zones™ can be utilized seamlessly in conjunction with the cycles of periodization while staying relevant to the road, riding conditions and of course the all important race day.

274 Slow Flow: Yapana Yoga with Leeann Carey

Workshop GE, MB, S

Why rush? Take your time, smooth your breath, execute safe alignment and flow into your rhythm. These are the essential elements of a satisfying Slow Flow yoga class. Add Yapana's intelligent and seamless sequencing and you've got a seriously satisfying yoga experience. See you on the mat!

275 ACE® Communication Strategies for Success with Pete McCall

Lecture C, GE, MB, PT, S

Enhance your business by improving your ability to communicate. The most successful personal trainers all have one thing in common – effective communication skills. If you are interested in expanding your business or helping your clients achieve long-term success, establishing rapport

quickly is critical. This interactive workshop will review techniques for determining a client's personality style and strategies to help you connect with different personality types. You will gain practical techniques that can be applied immediately.

276 Schwinn® Cycling: Amy Dixon's RIDE RIGHT™ 2 for-1 with Amy Dixon Workshop CY

Every Master Trainer brings something unique to the bike and the mic. This workshop shines the spotlight on Amy Dixon's own personal style. Expect a workout filled with world-class coaching, motivation and incredible energy. Then Amy will walk you through two comprehensive handouts. One from the ride you just experienced, and a second, complete class broken down with music, cues, and imagery. It's the ultimate cycling 2-for-1.

277 Building Blocks – Training the Older Adult Client with Fabio Comana Lecture GE, MB, PT, S

Train for Life! The older adult market represents the fastest growing segment within the fitness industry. They represent a unique group striving to fend off the onset of many chronic illnesses and seek to align the benefits of flexibility, core, balance, and reactive training for fall prevention, functional independence, and overall quality of life. This session examines the science of the aging body, and expands the fitness professional's knowledge and understanding of programming for this phase of life.

278 Weigh Less Workouts (aqua) with Laura Ribbins Workshop AQ

In the next two hours, I want you to not only experience and understand but "own" the "Weigh Less Workout". This aquatic exercise interval program is designed for losing weight and keeping it off. We will take the exercise series through a three stage training continuum that will challenge both the aerobic and anaerobic systems. The finale will take you to the core for additional strengthening.

Saturday 8/3/13 9:30 a.m. – 11:00 a.m.

279 Breathless Body with Amy Dixon Workshop GE, PT

You've heard the hype, now come experience what it is all about in this super effective calorie torching body-weight workout. Breathless Body combines High Intensity Interval Training including TABATA inspired intervals, and Threshold Training for an all-out drain your tank experience. GO BIG, GO BREATHLESS AND FEEL THE DIFFERENCE!

280 Zumba Fitness® Party "Feel the Music" Experience with Stephanie Masceri Workshop GE

Exhilarating Moves, Live Music, Non-Stop Energy! Get down and dance with The Zumba Performance Team like you've never experienced! The Zumba program is no longer the best kept secret in town. It's a global "Fitness Revolution" with more than 12 million Zumba enthusiasts all over the world – dancing and partying to the Zumba beat. Since 2001, the Zumba program has spread like wildfire, and has become the single most influential movement in the fitness industry. Why? Because it's the best and healthiest party around. Come experience the Latin passion, exotic rhythms and sexy beats that no other fitness program can offer you. Experience new choreography techniques, and a non-stop, get-down-and-dance, calorie burning, high-energy workout! Feeling the music and getting fit never felt so good!

281 Domination X with Janis Saffell Workshop GE

While you may never venture into the Octagon to wage combat, training like a fighter is a fun and challenging way to get a lean, athletic look, not to mention plenty of functional strength. Saffell's in your corner to help you turn things around with a fat-burning, endurance-bolstering program inspired by routines the world's top mixed martial

artists use to keep in fighting shape. Dominate your workout by redefining the body you want with pure muscle, sweat, explosive plyometrics, maximize core strength, speed, agility, flexibility and cardio calorie burning workout!

282 It's All About the Core with Tricia Murphy Workshop GE, MB, PT

Core conditioning is always popular but is there a smarter way to work your core? The answer is yes, undeniably yes. Come try exercises for the core that are unique and will challenge your participants in new ways. Learn how to integrate standing core work into your training sessions and group classes along with floor exercises. Walk away with a library of new core moves that your clientele will love.

283 Training Pillars with Fabio Comana Workshop GE, PT

Elastic training offers a myriad of benefits that extend beyond portability and convenience that allow us to efficiently manipulate load, volume and power for stabilization, strength and explosiveness. Discover unique ways to incorporate elastic tubing for any population group; from the de-conditioned client and older adult to the elite athlete. This session teaches you how to systematically include elastic resistance into your training phases that address Stabilization, Strength and Power.

284 Mat! Mat! And More Mat! with Ariel Hernandez Workshop GE, MB

This is a beginner/ intermediate class. Tips include: Alignment; neutral pelvis, how to find it and keep it, Working with different breathing techniques and why bigger moves are not better moves and body awareness and how to identify and recruit the proper muscles.

285 Peak Pilates®: Tower and Mat Intervals with Connie Borho Workshop GE, MB

Explore well-rounded, full body sets of exercises that use the Tower springs and bars for resistance and assistance and intervals of mat to build strength and endurance. Learn how to combine blocks of exercises together to create a workout that is challenging, functional and fun!

286 SPINNING®: Switching Switchbacks with Meg McNeely Workshop CY

What is a switchback anyway? How do we execute them? Do we come out of the saddle during the turn or the incline? This is an invitation to ask about and discuss switchbacks. We'll ride them in various ways so you can implement them into your classes seamlessly. If you've never climbed them, this is a true treat. If you have, it's dessert. Be bold, believe, and be there.

287 Yoga I.S.® Pilates with Lauren Eirk Workshop GE, MB

Traditional Pilates mat exercises designed to strengthen the "core", while improving range of motion, endurance, and overall posture. Yoga postures can be enhanced by traditional Pilates exercises each designed to strengthen the abdominal, back, hip and shoulder regions of the body. See the best of yoga and pilates united with biomechanical alignment cues to help your students get the most out of their practice.

288 Meat Or Wheat? Animal VS. Plant Food For Optimal Nutrition! with Scott Josephson Lecture GE, MB, PT, S

Why plant based nutrition? Sometimes the most elegant solution is the most simple. Why plant-based nutrition? It's more like why not? Why develop heart disease? Cancer? Diabetes? The epidemic of chronic, degenerative disease that is sweeping the western world can not only be stopped, it can be potentially reversed. The power lies in the hands of the consumer, in the choices we make about what to put on

our plates. Understand how this plays a vital role and contributions to optimal health!

289 Schwinn® Cycling: ShLOC (Sh8t Load of Climbing) with Keli Roberts Workshop CY

Based on Master Trainer Keli Roberts' own weekend team workouts by the same name, this workshop offers a primer on outdoor climbing and how you can apply it to keep climb-themed classes energized and effective. You'll learn to authentically recreate four types of terrain and discover how power measurement on the Schwinn® MPower Consoles with Watts can be used to improve indoor fitness and outdoor performance all the while motivating riders to embrace a ShLOC!

290 Protein Essentials with Teri Gentes Lecture GE, MB, PT, S

Confusion and Contradictions result in serious misunderstandings about required amounts of protein and the preferred sources. Nutrition researcher, educator and practitioner Teri Gentes reveals startlingly scientific research and results, insights, guidelines and comprehensive understanding on protein needs. Discover the best sources of proteins and the amounts really needed for health and yes, muscle growth. With this knowledge you'll fuel fabulous fitness results as well as disease prevention, treatment and even reversal. This session is integral for all fitness professionals.

291 Hi-YO Ortho / A Focus On Knees & Hips (aqua) with Laurie Denomme Workshop AQ, MB, S

Learn how to use Yoga, high intensity intervals, and cadence training to address common ROM and muscle balance deficits faced by clients that have a total knee or hip replacements. Put the science of high intensity interval training into practice to integrate appropriate exercise progressions and improve client results.

Saturday 8/3/13 11:30 a.m. – 1:00 p.m.

292 Savvier Fitness® Best of Bootcamp 2013 with Mindy Mylrea Workshop GE, PT

All NEW for 2013 Bootcamp at it's best. When was the last time you called your workout intense, crazy creative, and off the charts? This workshop will help you bring that sensation back to your challenge hungry crowd. Using the toys found around even the cheapest of gyms you will learn crazy kick butt choreography, experience an interval workout that is an explosion for the sweat glands, and go home with more drills, skills, and games then you could possibly imagine.

293 R.I.P.P.E.D. The One Stop Body Shock® with Billy Kirby Workshop GE (Note: session is repeated Friday 8/2/13 11:30 a.m. – 1:00 p.m.)

Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D to help attain and maintain your physiques in ways that are fun, safe, doable and extremely effective.

294 BOSU® Double Up Double Down with Shannon Fable Workshop GE, PT

Are you ready to double the intensity, double the interaction, double the results and double the FUN? This workshop is designed to teach you dozens of brand new drills, skills and sequences using two BOSU® Balance Trainers, not just one! Learn how to exponentially expand the utility of BOSU simply by doubling down, and walk away with exciting ideas for solo drills, partner drills and team drills that can be used in group fitness, personal training, boot camp, kid's

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programs, circuit training and sport conditioning. Guaranteed to inspire you to BOSU like never before!

295 SQAIR 100s - Ultimate Power Training with Gail Bannister-Munn

Workshop GE, MB, PT

The SQAIR 100 workout engages hundreds of muscles at once resulting in a calorie-blasting powerful workout. You will have a greater awareness of basic whole-body movements along with core stability. The purpose of power training is to challenge the body's natural abilities with explosive movement. Every person, no matter what their fitness level, will see and feel results from this class.

296 Lebert Fitness Body Weight Foundations for Kids! with Marc Lebert

Workshop C, GE, PT

The key to effective and functional fitness (and athletic development) can be achieved through building a solid foundation of coordination, strength, power, balance, multi-directional speed and agility, and aerobic and anaerobic conditioning. Programming bodyweight exercises using Equalizers and Buddy Systems is fun, safe, effective, and challenging. With space and budgets at a premium, body weight training with these versatile tools can be done anywhere, anytime, large classes or small, inside or out.

297 Feldenkrais for an evolved Pilates Mat class with Valerie Grant

Workshop GE, MB, S (Note: session repeated Friday 8/2/13 11:30 a.m. – 1:00 p.m.)

Discover the background of the Feldenkrais method including genesis and developmental advantages (Weber-Fechner, physics, body mechanics) and how repetitive movements, i.e. habits can restrict and cause deterioration of fluidity. Experience awareness through movement (ATM) verbally commanded lesson chosen for its specific influence on the Pilates Fundamentals.

Saturday 8/3/13 12:00 noon – 1:30 p.m.

298 Peak Pilates®: Shape Shifters with Connie Borho & Zoey Trap

Workshop GE, MB

Flex, extend, bend, and twist through the Peak Pilates Shapes in Space, and gain a new vocabulary that will breathe new understanding into your Pilates practice and teaching. Explore exercises on mat, chair, tower, and reformer, and unlock your movement potential on each apparatus.

299 SPINNING®: Motivational Methods with Natasha Iacovelli

Workshop CY

Do you plan to motivate your riders to the same extent you plan your rides? Steep climbs, intense sprints, steady flat roads; you may know how to format the ride, but how do you continue to get the best out of your participants each week? Explore varied academic motivational theories applicable to the Spinning® environment and take home motivational strategies you can apply with purpose and structure to transform your rides.

300 Yoga Off the Wall with Leah Husk

Workshop GE, MB, PT

A wall (from Old English WEALL) is commonly known as a vertical structure that defines, protects and supports its superstructure. Off The Wall Yoga is a Yoga practice utilizing the wall to define, protect and support yoga postures. Experience the deepening of a classic Downward Facing Dog, Cobra and Crane as you flow in, out and Off The Wall.

301 How To Teach Exercise For Fibromyalgia with Jinny Brow

Lecture GE, S

What exactly is Fibromyalgia (FMS)? Learn more about Fibromyalgia and how to effectively modify exercise

techniques for those with FMS. Research has proven that exercise is an important tool for people with FMS to use in managing their disease. Learn how to design and teach such programs!

302 Schwinn® Cycling: The X Factor with Skip Jennings

Workshop CY

Everyone knows a great cycling instructor should be well-trained, motivating, inspiring and a dynamic coach. What are those characteristics that are harder to define that set the exceptional instructors apart from all the rest? Come learn what some of the important eXtras are that can take your coaching to the next level, and how to perfect these skills in your own classes. Be inspired, and amplify the X Factor in your teaching and your classes!

303 Train, Teach and Vacation with Fit Bodies Inc. with Suzelle Snowden

Lecture GE, MB, PT, S

Big vacation rewards to you and your family when you book a teaching vacation. What does it take to teach in the tropics? The owner and operator of the world's largest teaching vacation organization wants to share with you what it takes to teach in the tropics. Learn to teach formats best suited to resort guests from all over the world-Coconut Boot camp, Caribbean Cardio Fusion, Fit Bod Powerwalk and other crowd pleasing favorites for the seasoned exercise enthusiast to the fitness newbie who are enjoying the all-inclusive, luxury resort while you are, too. Learn the basics, modifications and formats that provide resort guests the ultimate, FUN, vacation work out. Then join the Fit Bodies, Inc. team of guest fitness instructors vacationing and teaching at luxury resorts through Caribbean, Mexico and Central America.

304 HydroFit® H2O Tool Box with Craig Stuart

Workshop AQ

Expand your aquatic toolbox and make the most of your time and budget in this action packed 4 X 4 session. Craig combines equal amounts of strength training, cardio moves, core technique and flexibility training designed to quench your thirst for fresh ideas and new content. Come prepared to make waves and learn!

Saturday 8/3/13 2:00 p.m. – 4:00 p.m.

305 Body Bar® Above The Barre with Tricia Murphy

Workshop GE, PT

As fitness professionals we pride ourselves in obtaining the best skills for preventing overuse and injury in order to protect our customers. Come learn how to protect the hip flexors, and shoulder and knee joints from unnecessary pain. Take away unique ways to educate the public on the difference between pushing the body and pushing the body over the injury edge. Barre classes can be safe and addictive all at the same time.

306 You Can Go Hard or Go Home with Janis Saffell

Workshop GE

Train Hard Play Harder with intense, creative, explosive programming! This workshop will provide the tools needed to stay on the cutting edge of fitness. Learn how to integrate cardio kickboxing and strength conditioning for a challenging interval/circuit training workout. Utilize your body weight for muscular endurance, strength, agility, & power for a safe & effective cardio, upper and lower body boot camp workout.

307 FIRE / Functional Interval Resistance Exercise! with Keli Roberts

Workshop GE, PT

This workshop blends two of the biggest trends today, Functional Exercise and high intensity Interval Training. Learn to develop a program for your clients and classes that train multiple fitness components in a single session. This time efficient workout, not only trains the cardiovascular system, but also develops integrated functional strength. Through practical application, this workshop will

demonstrate progressive teaching methods that accommodate multiple fitness levels and enhance motor learning. Leave with an easy to implement format ready to go for Monday!

308 Indo-Row® with Josh Crosby & Doris Thews

Workshop GE, PT (Note: session is repeated Friday 8/2/13 2:00 p.m. – 4:00 p.m.)

Dubbed "the perfect calorie burn," Indo-Row® is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, Indo-Row® is perfect for group exercise instructors and personal trainers. No experience is necessary.

309 Shakti / The Experience® with Manuel Velazquez

Workshop GE, MB, S

SHAKTI is the Sanskrit word for the energy released throughout the body when one practices particular hatha yogic asanas. This is a non-purist mind-body approach: fuse fitness choreographed applications of yoga, Feldenkrais, NIA, Tai Chi, and Pilates, all with inspiring-yet non-traditional-mind-body music. This workshop will teach you the power of nonverbal cueing skills (taught in silence) and choreographed mind-body flow so you can feel energized from a fusion blend of mind-body disciplines. The blends justify the means!

310 2013 Strong Healthy Back Its Not Just Big Lats! with Leslee Bender

Workshop GE, MB, PT

Most people think back training is limited to lat rows and how they should look aesthetically not how they should be functionally! Millions of Americans suffer from back pain and injuries due to poor bio-mechanics, sitting for long periods of time and bad posture. And, above all 'bad' core training techniques at home and in classes!! This session will give you the tools to look at how to structurally train the back for function and injury prevention. Ultimately back pain will stop you dead in your tracks so come and learn how to train a strong and healthy back for life!

311 Peak Pilates®: Reformer Progression Strategies with Connie Borho

Workshop MB

Learn how to tailor the work for the body, not the body for the work. All clients are not created equal, and every body requires and deserves to be successful. We will learn at least four stages of many reformer exercises, and explore building blocks and variations with each exercise, to help progress your clients to new levels. Be prepared to think outside the box, and bring your most challenging client issues for discussion!

312 SPINNING®: Form and the Five with Meg McNeely

Workshop CY

If you've ever questioned your form, or can't quite put your finger on why a student's form may look awkward, this is the class for you. We will discuss, dissect, and demonstrate the Five Core Movements in the Spinning® Program. Strong attention will be given to what to watch for, why someone looks the way they do, and how to correct it.

313 Yoga I.S.® Journey Back to the Beginner's Mind with Lauren Eirk

Workshop GE, MB, PT, S

Remember what it was like to be new at all this fitness and yoga? The experiences you had may be what your students are having right now. The gift of having the beginner's mind is something all yoga teachers need to cultivate. Not only for those new students who are trying yoga for the first time, but those students who think they have learned all they need to know about certain poses and have gotten bored with their practice. In this workshop, uncover new experiential cues that will make you feel things you have

never felt in poses you have done over and over. The beauty was always in the basics!

314 Internal Awareness – What's Going On In There? with Scott Josephson

Lecture GE, MB, PT

Do you know what's going on inside you? Unless you have internal eyes, you can't see in there! It's amazing how we work out so hard to beautify the outside, but if you could see inside you might re-think a few ideas? Should I detox, cleanse, juice, take enzymes, etc? Hey, you change the oil in your car to keep it clean right? Discover how to balance your body's internal system, acid, alkalinity, PH, plaque, etc so isn't way out of wack, and your dietary intake and exercise routines pay off big time!

315 Schwinn® Cycling: All The right Cues with Shannon Fable

Workshop CY

Great indoor cycling instructors have a stash of dead-on cues that engage, incite and surprise their classes. Come learn to create impactful cues and then experience their effects in a live workout. Go home with a list of the Schwinn Master Trainers' most powerful one-liners, and a CD with seven podcasts of Schwinn's top trainers cueing their favorite rides to keep you inspired.

316 Power Breakfasts with Teri Gentes

Lecture C, GE, MB, PT, S

Scientific studies reveal that breakfast is imperative for great mental, physical and emotional health as well as weight management/loss. **Learn how easy it is to make:** Spectacular Power Smoothies, "best ever" Granola; Stuff-Roll-Run Breakfast Wraps, Avocado McMuffins and more. See for yourself how easy, fast and fabulous breakfast can be. Take home recommendations for fabulous healthful products and some of Teri's best 'fun, flavor and nutrient infused' recipes. You'll even enjoy a samples of a made-before your eyes creation.

317 Cutting Edge Coaching (aqua) with Laura Ribbins

Workshop AQ

The buzz is "coaching" and you may want "in". Coaching + Personal Training/Teaching is a winning solution that offers greater success for the client and a journey of personal excellence and knowledge for the trainer. Get motivated and inspired with this hands-on workshop COACHING + AQUATICS offering exercises to increase communication skills as well as open the door to having your clients be the best that they can be. Do you want to make yourself more marketable? "Great teaching is like a work of art" – let's get you on the cutting edge for 2013.

Saturday 8/3/13 4:30 p.m. – 6:00 p.m.

318 STEP with Gail Bannister-Munn

Workshop GE

Step choreography has changed. Up and down, or faster, and faster. This is why step classes are not as popular these days. Our BPM's are so way out of the box making our classes so intense for the average member who can step. How about we bring life back to step. If members of all levels are given the opportunity with the correct break down, patterns and BPM's they can be successful. This class is geared to show you that Step can be Fun, Creative and Challenging for all levels. So let's fill the studios again for all members of all levels. Let's STEP with Fun!

319 Equipment-less Bootcamp with Abbie Appel

Workshop GE, PT

This one of a kind, high-intensity workshop was designed to help you train your clients and classes ANYWHERE. By utilizing their own body weight they will learn to control their own bodies, develop speed, endurance, strength, coordination and power while getting them into the best shape of their life. With blocks of timed strength moves and cardio drills you'll discover new inexpensive ideas to challenge your participants while using no equipment.

320 BOSU® Crush It with Mindy Mylrea

Workshop GE, PT

BOSU® Crush It is for you, your clients and your athletes, and it will test your strength, weaknesses and your limits! Compete against yourself and rate your athletic skill in the areas of balance, agility, core, cardio and strength. After each measurable challenge, learn drills to improve your athletic ability in that area of fitness. Learn how the challenges and drills can be integrated into goal specific workouts for all fitness levels. Are you ready to take your fitness to the next level?

321 Lebert Fitness Cool Tools and Programming for Boot Camps and Small Group Training with Marc Lebert

Workshop GE, PT

This session is sure to keep your small group training and boot camp sessions fresh, fun and challenging! Everything from agility and mobility drills, compound bodyweight movements, unique unilateral rowing and manual resistance exercises, partner training, athletic conditioning drill sequences, unique class programming and more! Your toolbox will be full after this one! This session features the Lebert Equalizer™ and Buddy System™.

322 Street Kamp with Bishop Garland

Workshop GE

Challenge your movement by utilizing your body weight, the body weight of others, and a rope. Step up to the challenge that will touch on several different fitness aspects. This dynamic military and adventure race inspired programming will appeal to all masses searching for dynamic functional training in any environment.

323 Yoga Pilates Bootcamp with Ariel Hernandez

Workshop GE, MB, S (Note: session is repeated Friday 8/2/13 7:00 a.m. – 9:00 a.m.)

This will be an multi-level class. Think of this as yoga meets Pilates with lots of standing balance work.

There will be lots of modifications, progressions, add on's. No matter what your fitness background or knowledge of any of these methods, you can participate and gain knowledge and insight.

324 Peak Pilates®: Balance and Control with Zoey Trap

Workshop MB

Are you looking for a unique way to offer Pilates apparatus work to beginner level students? Learn to use the Pilates chair, and develop an entry level workout, which is also perfect for de-conditioned individuals, seniors, or anyone wanting a lighter workout.

325 SPINNING®: Exploring Endurance with Natasha Iacovelli

Workshop CY

The foundation for all fitness is a solid aerobic base; would you like to improve that of your participants but not sure how to create engaging profiles? This session will look at three variations of class profiles where the primary focus is building aerobic capacity in an engaging manner. This exploration will consist of: a road-like application to the Endurance Energy Zone™, following onto effective aerobic intervals and then finally focusing on high-end aerobic ranges with extensive endurance. Heart rate monitors are essential for this session.

326 The Low Down on Down Dog: Yapana Yoga with Leeann Carey

Workshop MB

DISCLAIMER: Don't worry! We won't be practicing Dog Pose for two hours! Downward Facing Dog Pose is taught in almost every yoga class, but it's not always taught in detail in every class. It is a essential pose, and one of the first poses we learn. It teaches how to integrate useful skills into so many other poses – some far more complicated. Deconstructing "Dog" will connect the dots in many other poses. Here's your opportunity to dig into this unique pose

and bring your practice to a new level of understanding and enjoyment.

327 Mind • Body • Spirit - What Every Fitness Pro Should Know with Skip Jennings

Lecture GE, MB

As a fitness professional, people come to you for more than a physical transformation. They come hoping to breakthrough the mental roadblocks and clear the emotional hurdles that have kept them from their fitness goals. In this talk, we'll explore the Mind, Body, Spirit connection and the powerful truth that everything you desire comes from what you believe. Skip will show you how to help your clients and students reach their fitness goals and transform their lives by replacing existing negative thought patterns with a positive and powerful mental mind-set.

328 Schwinn® Cycling: Robert Sherman's RIDE RIGHT™ 2-for-1 with Robert Sherman

Workshop CY

Every Master Trainer brings something unique to the bike and the mic. This workshop shines the spotlight on Robert Sherman's own personal style. Expect a workout filled with world-class coaching, motivation and incredible energy. Then Robert will walk you through two comprehensive handouts. One from the ride you just experienced, and a second, complete class broken down with music, cues, and imagery. It's the ultimate cycling 2-for-1.

329 Building Blocks – Training the Female Client with Fabio Comana

Lecture GE, MB, PT, S

Familiar with female clients looking to 'shape-and-tone' or transform 'fat-to-fit', yet fearful of bulking up? Do you have a firm understanding of the unique differences between training women and men, or the special needs of training pre- and post-natal clients, or pre- and post-menopausal women? This session addresses many existing misconceptions and helps you recognize the unique needs of training women by examining the science of the female body and programming considerations for different life stages.

330 HydroFit® Pool Pilates with Craig Stuart

Workshop AQ

Prepare your students for dynamic stability and improved posture with Pilates inspired training in the pool. Learn how Pilates principles and concepts can be successfully adapted in the water environment to target and challenge the deepest muscle layers in the body. Discover the "powerhouse" and how it can transform your body, your creativity and the effectiveness of your teaching. You have to feel it to believe it!

Sunday 8/4/13 7:00 a.m. – 9:00 a.m.

331 Kickbox Explosion with Janis Saffell

Workshop GE

This workshop will provide the tools needed to stay on the cutting edge of KICKBOXING. Learn how to integrate Cardio Kickboxing and Strength conditioning for a challenging interval/circuit training workout. Utilize Power-Systems Tubing for muscular endurance, strength, agility, & power for a safe & effective cardio, upper and lower body kickbox workout.

332 Resist-A-Ball®: Pilates Reformer on the Resist-A-Ball with Zoey Trap

Workshop GE, MB

Perform the reformer exercises on the stability ball in a unique session designed to simulate a reformer workout. Learn how to use the ball to assist, challenge, and provide the feel of reformer exercises as you experience a whole new stability challenge that takes you beyond mat. Explore progressive Pilates variations as you flow from one exercise to the next, challenging your core to do more.

333 BOSU® Strong + Stretched with Amy Dixon

Workshop GE, MB

DCAC International Sessions Descriptions - August 2-4, 2013

The BOSU® Balance Trainer is one of the fitness industry's best strengthening and stretching accessories, and this workshop covers both! First, you will learn brand-new athletic, total body exercises and sequences that are designed to functionally strengthen the body from head to toe, and can be used in any type of strength, sculpt or conditioning workouts. Then, you will learn a variety of yoga-inspired stretch sequences that utilize the Balance Trainer to make easy stretches more challenging, and tough stretches easier to do! These stretch sequences can be broken up to be used for short and sweet cool-down routines, or connected together for full-length stretch workouts. Don't miss this chance to get the best of both worlds!

334 Lebert Fitness The Great EQUALIZER Workout with Marc Lebert Workshop GE, PT

Come and experience the many creative ways you can use Equalizer™ for your boot camps and small group or partner training programs. We'll take you through a workout that includes a multitude of agility drills, plyometrics and hundreds of compound and isolation exercises! In addition, you'll be introduced to the Buddy System™, a piece that allows you to do unilateral rowing and other phenomenal exercises that will truly challenge your muscle endurance.

335 Bodyweight Blitz with Keli Roberts Workshop GE, MB, PT

No equipment? No worries! Learn partner and solo drills that train the body with gravity, ground reactive forces, leverage, momentum, plyometric exercise and power endurance explosive movement. This workshop demonstrates how to apply these forces to provide overload through multiple planes of motion with integrated whole body motions that improve fitness and function. This high intensity program is ideal for boot camps, small group personal training or traditional group exercise. Bodyweight Blitz, blast past your plateaus to a whole new level of fitness!

336 Seal Team One – Basic Conditioning - "No Guts.. No Glory" with Fabio Comana Workshop GE, PT

Coronado, CA. *The Beach...* Basic Underwater Demolition/ SEAL (BUD/S) physical training 101, forging elite fitness for your mission. Tackle the challenge of a broad, inclusive, constantly varied functional workout performed at high intensity to prepare for the unknown with no room for error. Your team will tackle strength, stamina, endurance, flexibility and durability, the hallmarks of Navy SEAL training. Are you cut out to be the best?

337 Peak Pilates®: Mat Tune Up with Connie Borho Workshop MB

Explore the Pilates matwork and simulate reformer and tower exercises with the assistance and resistance of difference kinds of tubing. Experience the mat exercises with a little extra resistance, and a whole lot of assistance with the circle tubing, Reformer and Tower exercises with the cross-tubing, and standing Pilates with the long tubing. Tune up your practice with tubing!

338 SPINNING®: Grace of a Pro with Meg McNeely Workshop CY

Ever wonder how some riders look so fluid and graceful while riding? That grace starts from the foot, to the ankle, up to the knee, then the hip, and finally, the entire body. Learn how the pedal stroke can make you not only more economical and powerful, but make you look like you have years of riding experience.

339 Yoga I.S.® Don't Impose...Empower! with Lauren Eirk Workshop GE, MB

Moving another student further into a position without in-depth knowledge of not only anatomy, but the *individual's*

anatomy is malpractice! Adjusting from our words, our touch, our equipment, and our demonstration can be extremely detrimental if we are not aware of an individual's limitations. No one can achieve the expression of Yoga Asana...that is also the beauty of Yoga! In this workshop, experience hands-on intelligent adjustment techniques in several yoga postures that will forever change your yoga experience.

340 Mastering Metabolism with Scott Josephson Lecture GE, MB, PT, S

Metabolism...Who doesn't want to increase theirs! It's often a different set of rules for females, and so many key components are overlooked! Want to burn calories more efficiently? A woman's metabolic rate is affected by many factors including fuel availability, genetic disposition, dietary intake and hormonal fluctuations to mention a few. This lecture explores the fact from fiction for athletic performance, weight management and exercise after burn. Rev up!

341 Schwinn® Cycling: Tabata Trek with Mindy Mylrea Workshop CY

Are you ready for an interval explosion both ON and OFF the bike? This workshop is based on the industry's hottest results-focused training technique, Tabata-inspired High Intensity Interval Training. And in this workshop it involves more than just pedaling! We'll break up the ride with work and recovery sets performed next to the bike, in addition to the anaerobic cycling intervals you love. Experience top-notch Schwinn Cycling coaching combined with a new approach to your ride that will inspire you to mix it up in your own classes.

342 The Barre Business with Tricia Murphy Lecture GE, MB, PT, S

With Barre programs popping up on every street corner like coffee shops in Seattle, it's time for your club to launch its own program. Learn how to develop and build a stand-alone program right in your facility. Strategize marketing concepts and staff training for the launch of your barre program. Take away the basic format needs, the ability to differentiate your program and the confidence to build your classes.

343 Hi-YO Empower (aqua) with Laurie Denomme Workshop AQ, MB

This high intensity and stretch fusion program uses high intensity intervals coupled with soothing stretch combinations that optimize calorie burn. Both aerobic and anaerobic interval sets focused on burning calories and improving general fitness and wellness. This lecture will give you the tools to create weight-loss focused workouts for beginner to advanced exercisers.

Sunday 8/4/13 9:30 a.m. – 11:00 a.m.

344 Savvier Fitness® Cardio Mash-Up with Mindy Mylrea Workshop GE

What would you get if you mixed steady state, HIIT, TABATA, and strength/cardio drills together in one class. You would have the most amazing cardio Mash up Party ever. This is exactly what we will do Cardio Mash up! Cardio intensity intervals are combined with cutting edge fitness drills and games to create this breathless bash. Experience cardio in all sorts of wild ways to excite your students and to keep them challenged and coming back for more.

345 Zumba EXHILARATE™ LIVE! with April Smith Workshop GE (Note: session is repeated Friday 8/2/13 2:00.m. – 4:00 p.m.)

A Rhythmic journey around the World with Zumba! Take your body, mind and soul on a full blown fitness journey. This is the original Exhilarate DVD Fitness-Party Experience – LIVE! This high energy Zumba workout features rhythms of the exotic sounds of Bollywood, African, cutting edge hip

hop, French Reggaeton, traditional Latin rhythms into one amazing experience!

346 Urban Cardio Dance with Corey Brown Workshop GE

Urban Cardio Dance (UCD), is a trademarked name and dance workout which is derived from a combination of urbanized dance styles fused together to incorporate industry-like choreography into a simple, fun to follow dance workout. The dance styles range from old/new school hip hop, elements of jazz, African, Latin, contemporary and commercial dance making UCD a very fast, physical, funky, intense and exciting cardiovascular workout.

347 SQAIR Sports & Agility with Gail Bannister-Munn Workshop GE, PT

Let the SQAIR become your greatest asset for your speed, agility and strength for all sports training programs. The SQAIR sport-specific training programs can expand your current athlete-training program, personal training program, or PE classes. The SQAIR Core training program is designed to improve any client's core strength through fun and effective exercises. The SQAIR program utilizes functional exercises that requires little or no equipment and can be done anywhere.

348 Stripped and Ripped with Tricia Murphy Workshop GE

You hear that sexy dance inspired workouts give your members big benefits physically and emotionally but you have always wondered how it's done. If that's true, this workshop is for you. Come learn how to incorporate strength workouts into your dance based formats without eliminating the fun. We will do some sexy, sassy and sensual choreography, all while giving them a challenge.

349 2013 Functional Flexibility The Truth in Training with Leslee Bender Workshop GE, MB, PT, S

This session brings to light that flexibility is dynamic not only static three dimensionally! The body's ability to react against motion is determined on how well it responds and, if it is tight movement can be restricted which leads to eventual injuries. Too many programs focus on squeezing tucking and tightening the pelvis which not only creates dysfunctions but limited range of motion, weakening the muscles and compromising flexibility ultimately causing low back problems! You will walk away understanding that when the foot hits the floor it creates a reaction three dimensionally through the entire body and how to address dysfunctions and strategies that will improve a clients entire wellbeing for sport and life!

350 Peak Pilates®: Pilates for Cyclists with Zoey Trap Workshop CY, GE, MB

Training on the bike isn't enough to keep you injury free and feeling great. Discover how Pilates can give your body a break from the saddle, restore movement to your hips and spine, create more supple and better feeling muscles, and develop your core for an additional performance edge. Learn sequences that can be performed after class as a cool down or on their own.

351 SPINNING®: Return to Flow with Natasha Iacovelli Workshop CY

The essence of true connection on the bike can often seem like an intangible moment arising only by accident. The deeply empowering feeling of unity between the task and yourself is a place where we can in fact easily return more frequently than many think. 'Flow' is a mental state that you may have experienced but struggle to facilitate or explain. Review how to return to flow and to guide your participants to its pathway again and again.

352 Yoga Waves with Robert Sherman Workshop GE, MB

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Brain waves, states of consciousness and being alert become the trademarks of a very special yoga practice. Experience these connections to heighten and invigorate every yoga class. Alpha and Beta Waves are very different, but essential states we all experience. Learn how to create sequences and full yoga classes to use these waves for beneficial outcomes.

353 10 New Thought Principles for Success with Skip Jennings

Lecture AQ, C, CY, GE, MB, PT, S

This lecture will help you understand the greatest gift to you is you. The answers you seek lie within yourself. By learning these 10 simple principles you will unlock the secret to your success. This program explores 10 universal laws that govern the Universe. Learn the power that lives within you and unlock the key to your greatness.

354 Schwinn® Cycling: Super Star Substitute with Doris Thews

Workshop CY

You know this instructor, the one that can step in to sub at a moment's notice, win over a skeptical class and have students eating out of the palm of their hand by the last song. It's the Super Star Substitute! Whether you sub often or just for the rare emergency. Should you want to pick up more classes, more cash or just become more beloved by your own students. Come experience the perfect "substitute ride" you can take away as your own, and learn tips and tricks for succeeding in every group fitness situation.

355 Do It In The RAW – Eating That Is!™ Pure Foods For Optimal Living! with Scott Josephson

Lecture GE, MB, PT S

Sometimes the more you try to find the right foods, the more confused you get! Should I food combine? What about raw? Cooked or un-cooked? Eat organic or vegan? What about alkaline foods and the pH scale? What's the deal with sugar? Should I juice? Stop the mystery and get the facts! Obtain solid information about enzymes, living foods, antioxidants, disease prevention and what really strengthens your immune system. Learn how to increase energy, strength, endurance, emotional balance and mental clarity. It's time to eat right.....naked of course!

356 Aquatic Combat with Laura Ribbins

Workshop AQ

Are you ready for an advanced water workout? Regardless of the depth of the water, the tools you use or your specific fitness goals (from building endurance or losing weight), the key to noticeable results in the water is interval training-alternating bursts of intense activity with recovery periods. Interval training and boot camp style classes continue to be some of the most popular class formats. Aquatic Combat is a boot camp you won't want to miss! We will mix up intervals for an extreme fitness experience that will take your students to the next level. Challenging format attracts athletic teams and male clientele.

Sunday 8/4/13 11:30 a.m. – 1:30 p.m.

357 Holistic Fusion. Movement as Meditation Workshop with Skip Jennings

Workshop GE, MB, PT, S

"Holistic Fusion, Movement as a Meditation" is a blend of several Mind-Body formats, which incorporates Qi Gong, Pilates, Yoga, Meditation, and Affirmations. Each week learn a new Mind-Body-Spirit format and how it can be used for meditation and fitness. This unique and powerful course is designed to create a full physical, mental and spiritual experience. You will learn the differences and the similarities in each format and how to make the connection for a wonderful Mind-Body-Spiritual awareness. With the use of affirmations and affirmative prayer, mindful movement because amplified and enriched.

358 Housin' the STREETS with Bishop Garland

Workshop GE (Note: ends at 1:00 p.m.)

(Jazzy House Sessions): Let the deep passionate vibe of house flood your being and carry your body away in this choreographed dance session. Come experience one of the newest styles to hit the dance floors. Beginners and experienced dancers will appreciate the vibe of it all. Enjoy the rhythms, check your inhibitions at the door, and feel free to bring your swagger to the STREETS. Pulses shall be raised!

359 Play Power with Yvonne Kusters

Workshop C GE (Note: session is repeated Friday 8/2/13 4:30 p.m. – 6:00 p.m.)

Make fitness fun for kids 2–12 years of age with action-packed warm up games, partner play activities, cardiovascular movements, and silly stretches! You'll walk away with more than 25 games using pool-noodles, scarves, hula-hoops and more. Get ready to PLAY!

360 Chi-Gung for Ener-Chi! with Manuel Velazquez

Workshop GE, MB, S

Chi Gung and T'ai Chi are definitely the raging *chic* exercise forms of the millennium. Experience energy work by learning the tenets backing the Eastern mind-body disciplines of both T'ai Chi and Chi-Gung. You will learn movements and forms that release physical chi within the body via free-flowing, yet controlled, muscular movement. Manuel will share with both Group Exercise Instructors and PTs some T'ai Chi and Chi-Gung forms that can be incorporated into any warm-up, cool-down, class, and personal training session.

361 Future Fitness Pro of America: FOR the KIDS with Jenn Hall

Workshop C, GE

FUN, Fitness for the Future! Explore unique, FUNctional fitness for kids using all types of equipment and non-equipment based exercises. Learn to create quick combinations that all levels of children can execute and how to combine them for all occasions from birthday parties to P.E. classes!

362 Bodyweight Burn with Abbie Appel

Workshop GE, PT

Learn how to develop high-intensity programs that your small and large groups will love. Experience a variety of unique, fresh circuits that incorporate your favorite and most familiar strength/conditioning and athletic-driven movements with NO EQUIPMENT. Push past boundaries with Tabata-style drills as we challenge muscular endurance, strength and power in this timed-based, intensity-driven workout with measurable results.

363 SPINNING®: The Omega 3's with Meg McNeely

Workshop CY

We'll revisit Sprints, Running with Resistance, and Jumps on a Hill in detail. Become flawless with your executions and create seamless transitions. It's time to freshen up these movements so you can step back into your classes with distinction. Reintegrating these advanced techniques along with inspiring cues and fired up adrenaline will kindle the spirit and revitalize your way of profiling.

364 Flexor Fun: Yapana Yoga with Leeann Carey

Workshop GE, MB

Are you a runner, cyclist or walker? Does your job require you to sit or stand most of the time? Short or long held hip flexors prevent you from getting the most out of your workout and from maintaining a healthy posture. You'll learn safe, simple and super unique ways to lengthen your hip flexors using help with simple yoga props and creative twists on yoga poses. Flexor Fun teaches you how to enhance your workout, yoga mat performance, daily functionality and prevent injuries.

365 Analyzing the World Of Popular Diets! What Works Best! with Scott Josephson

Lecture GE, MB, PT, S

The media loves best selling books about fad diets and weight control! Can they really help us get healthier, lose weight and improve athletic performance? Find out in this in-depth look at the practicality, sustainability and reality of today's most popular diets including the South Beach, Atkins, The Zone, Sugar Busters, The Raw Food Diet, Hoodia, Volumetrics, Choose to Lose, Thin for Life and various others.

366 Animation vs. Education with Gail Bannister-Munn

Lecture C, GE, MB, PT, S

We all want full classes. You try again and again, but you never seem to get your classes maxed out. You are a good instructor, however, why can't you fill up a class? Meanwhile, John Doe who has no certifications, or has let it lapse, has his or her classes packed. There is usually a waiting list, standing room only, with members trying to get into his or her class ever week. What's the secret? Or maybe, you are one of those instructors, who bring the amusement park to the studio. You are fun, energetic and creative. However, you seem to be missing how to translate the safety factor without losing the fun factor. This workshop is for you. It will help you find the balance between the animation and education without losing your members. It will also teach you how to build your class attendance in a fun, animated approach and most importantly, it will help you to translate education to your members while still keeping it fun.