

## DCAC 2017 MAIN CONFERENCE SESSION DESCRIPTIONS

Codes: WS (Workshop), LEC (Lecture), A (Aqua), CY (cycling), GE (Group Exercise), MB (Mind-Body), NT (Nutrition), PT (Personal Trainer), S (Senior Fitness)

**FRIDAY 8/4/17 7:00 a.m. - 9:00 a.m.**

### **201 Peak Pilates® MindBody Boot Camp with Kathryn Coyle & Zoey Trap (WS) GE, MB, PT**

Get the boot camp buzz with the added alignment of Pilates, the inspiration of yoga, the grace of dance, the power of martial arts and the energy of cardio intervals. Break a sweat without breaking your spirit and learn how to take mind body movement into the fitness realm.

### **202 Operation Peak Performance™: Obstacle Course Master Class with SGT Ken® (WS) GE, PT**

*Operation Peak Performance™: Obstacle Course Master Class with SGT Ken®* is a series of physically demanding obstacles and exercises uniquely arranged to target every muscle in your body, making it possible for you to burn well over 700 calories in 60 minutes. Through this challenging course, you will be able to experience some of the tactical movements Soldiers use in combat, as well as the intense physical drills and teamwork-building challenges. Like *CrossFit*, *Operation Peak Performance* specializes in combining diverse movements with strength and stamina challenges. Like the *P90X* program, it challenges you to perform muscular endurance and aerobic conditioning drills with little or no break between exercises. Rated Intermediate-Advanced.

### **203 The Best of Both (Step) with Gay Gasper and Patrick Goudeau (WS) GE**

Join Gay and Patrick for a fun filled workshop combining the BEST of both worlds. Beauty and Brawn! Let them lead you through BEAUTIFUL and flowing choreography intermixed with the BRAWN of athletic intervals. The BEST of both worlds in ONE class. Don't miss this one. It is a session to remember.

### **204 CHAKABOOM® - The Original Dance Fitness Experience! with Leo Lins & Robert Magalhaes (WS) GE**

CHAKABOOM® provides a high-energy workout influenced by the rhythm and culture of countries around the world. NOT your average dance fitness workout, CHAKABOOM® incorporates different styles of dance with ORIGINAL choreography with all styles of music into an explosive group fitness experience for all fitness levels. CHAKABOOM® will motivate, challenge and inspire you.

### **205 SPINNING®: Shift Up, Speed Up with Jen Ward (WS) CY**

There is a distinct difference between telling your students to ride hard and breaking down the ride by steps that ultimately eases them into riding in a way that efficiently generates high power. This ride creatively integrates resistance loading with cadence building in steps to create the ultimate efficient high intensity interval effort!

### **206 Peak Pilates® Practical Power Circle with Connie Borho (WS) GE, MB, PT**

The Power Circle is a three dimensional representation of the Powerhouse. Learn how to harness its power in the classical work maintaining flow, learn how to adjust for different intensity levels, and learn some fun contemporary additions to the work! Get your power on.

### **207 Credibility Builders in the Fitness Industry with Shannon Fable (LEC) AQ, CY, GE, MB, PT, S**

As a serious-minded fitness professional, are you doing all you can to enhance your credibility in the marketplace? What aspects of your training and education do you find most valuable and why? In this session we'll explore the top three qualifiers (certification, formal education and continuing education); and ask some tough questions about their significance and value in our industry. In addition, we'll discuss NCCA accreditation, advocacy work and potential licensure and what it means to us. Lastly, see how your email address, social media profile and website can impact how you are perceived. Get ready for a spirited discussion about the industry and your place in it!

### **208 Revolutionary Eating with Debra Orringer (LEC) GE, NUT, PT, S**

Nutrition is not just food anymore, it's a movement! Our society is experiencing a health crisis unlike anything we have ever experienced. Discover and discuss the most popular of over 100 dietary theories and discover the what, the why and for whom these different "diet's" may benefit. This lecture is inspired by the leading experts at the forefront of nutrition and health. The topic doesn't just focus on one theory that's popular but goes through the top 100 potential nutritional theories with an emphasis on overall health not a "diet". Our clients approach us daily with different ideas of diet's they want to try. As fitness professionals we need to be well versed in understanding the reasons why each theory was popular and who it helped versus who it could potentially hurt. This lecture will help educate the trainers how to live their lives in balance as well as educate their clients about a balanced life.

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### **209 Freedom Flow with Rob Glick (WS) GE, MB, PT**

Practice from the inside out in this exhilarating vinyasa yoga session. You'll learn a fun, creative sequence then enjoy the freedom of molding and tweaking it to ensure you get the most out of your own personal experience. More and more teachers are learning how to teach this style of yoga in order to foster a sacred space for their students where they can meet them where they are, inspire them, support them and, in many cases, get out of their way. Come find your own freedom on the mat.

### **210 Schwinn® Cycling: How to WOW! with Class Design Re-Defined with Doris Thews (WS) CY**

Learn the secret to creating buzz in the locker room and a wait list for your class! You'll discover how to build class designs that WOW your participants by integrating the latest cycling protocols through Schwinn's proven system. Get ready to have your mind blown.

### **211 HIYO: 1-3-5 Graded Intervals (AQUA) with Laurie Denomme (WS) AQ**

Boost fitness and function using graded one, three and five minute intervals. High intensity cardio and resistance exercises at slow, moderate and fast speeds burns massive calories and strengthens neuromotor connections. Recover with simple range of motion exercises to reduce pain and muscle tension. This workout HIIT's the needs of all fitness levels.

**Friday 8/4/17 9:30 a.m. - 11:00 a.m.**

### **212 Barre Amp'd with Tricia Murphy-Madden & Linda Haupt (WS) GE, MB, PT**

Barre workouts focus on muscular endurance, and whether you are a seasoned barre instructor or stepping up to the barre for the first time, this session will provide ideas for creating fun, interesting and challenging classes. There are several small props you can incorporate that will provide innumerable options for unique barre sequencing and choreography without costly equipment. This workshop will amplify your barre classes and leave your members begging for more.

### **213 Everybody Dance 2017 with Petra Kolber (WS) GE**

Join Petra in a non-stop, choreography packed and easy to replicate dance workout that is Monday morning ready. Learn how teach to your students' strengths and have everyone leaving your classes feeling successful. Discover how to utilize the latest techniques from the world of positive psychology in your classes. Every time you will move your students into a happier mindset, have your students smiling and leave them wanting to come back for more.

### **214 Strong by Zumba® with Kelly Bullard (WS) GE, PT**

STRONG revolutionizes Zumba® workouts as you know them, melding upbeat rhythms with powerful cardio and strength-conditioning moves to fire your fitness potential. Think progressive resistance and overload, plyometrics, core, and functional training using only your own body weight, all rolled into one dynamic, results-driven class guaranteed to challenge your entire body. Relying on proven HIIT methods, but with a Zumba twist, we call our program HITTZ - High Intensity Tempo Training - Zumba style! The strength of the beat challenges you to find power, strength, speed, stamina, and mobility. Optimize your workout and make every minute count as you push beyond your limits. Join the party and get fit. Sponsored by ZUMBA®FITNESS.

### **215 Indo-Row® The Perfect Calorie Burn with Josh Crosby & Doris Thews (WS) GE, PT**

Sometimes, it's best not to mess with perfection. Dubbed "the perfect calorie burn," Indo-Row is a one-of-a-kind workout and the hottest fitness trend in full-body training. You'll work in teams, partners and as one crew to finish together, breathless and begging for more. Give your clients or group exercise participants the high-intensity, energizing workout they want without the impact and with no experience required.

### **216 SPINPower®: Personal SPINNING® Threshold with Mark Tickner (WS) CY**

Threshold indicates a dynamic, unique training marker that reflects a rider's fitness and endurance. Broaden your knowledge by examining the various thresholds during exercise to better understand threshold training, and learn how to find your Personal Spinning Threshold to establish individualized SPINPower® training zones and create threshold boosting SPINPower® rides.

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### 217 Peak Pilates® Reformer Progressions with Connie Borho (WS) GE, MB

What does progression look like at different levels? How do you know when clients are ready for more advanced work, and how do you progress them safely and effectively through a whole-person approach of mind, body, and spirit? Learn how to intelligently and strategically progress “real people” step by step.

### 218 Training the Psoas and Glutes with Dr. Evan Osar (WS) PT

Hip dysfunction is one of the leading causes of decreased performance and the development of chronic pain. The psoas and glutes are vital to maintaining optimal functioning of both the hip and spine. Unfortunately, most strategies only focus on stretching the psoas and strengthening the glutes. Discover how to identify the common signs of dysfunction and the corrective exercises necessary for improving the psoas and glutes function.

### 219 Pelvic Health Systems™ Step By Step Balance Basics with Mary Anne Snavelly & Dr. Nathan Guerette (LEC) AQ, GE, MB, PT, S

Learn to quickly assess your client in sitting and standing postures adding immediate value and response to the body encouraging long term adherence to training. This simple, easy assessment process called “step by step” is designed to help recognize misalignments of the spine and pelvis which directly affect posture and movement to help trainer obtain data that improves quality of programming. This lecture will share a pre-designed training program encouraging higher results leading to improve balance, proprioceptive awareness, improved daily movement, less fatigue and stress on joints and ligaments, neuromuscular re-education, breathing, confidence and overall quality of life.

### 220 AMPD Power Flow with Amy Moreland & Tadd Moreland (WS) GE, MB, PT

AMPD Power Flow is the newest program from Kettlebell AMPD. This yoga inspired workout uses both kettlebells and resistance bands with yoga inspired movements to help participants work on balance, flexibility, and strength. This is the perfect complement to any cardio or strength class to give a well-balanced workout. In this session we will focus on breaking down both the yoga inspired movements as well as the kettlebell form and technique. We'll then combine the power of the resistance training with the flow of the yoga movements for a master class that's sure to leave you feeling stronger and more balanced.

### 221 HIIT Mix by Stairmaster® with Sonja Friend-Uhl (WS) GE, PT

Introducing HIIT MIX by StairMaster - A turn-key High Intensity Interval Training System. Customizable to work with one or multiple Core Health & Fitness products such as the BoxMaster, HIIT Mill, AirFit UB and more; this program provides a framework for complete 30 minute workouts for users at all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient & effective in-house HIIT programming that satisfies both coaches and participants alike.

### 222 Schwinn® Cycling: Music Makeover - There's An App for That! with Jeffrey Scott (WS) CY

Join Schwinn's resident music experts for a digital deep dive into creating memorable and motivating playlists utilizing user friendly technology. Music is a magical ingredient of an over-the-top class experience. Apps, music websites and easy to use computer programs; learn how to use these tools to create pumping playlists like the hottest nightclub DJs!

### 223 Rebound Detox 2 (AQUA) with Laura Ribbins (WS) AQ

Rebound Detox 2 is a continuation of education and awareness of an “AWESOME” experience you won't want to miss. Rebounding in the water delivers your lymphatic system a “push” and a cushioned G force to provide a free-flowing system that drains away toxins. Come experience a jumping workout that leaves you feeling healthy and invigorated. Rebound Detox 2 is suitable for everyone.

**Friday 8/4/17 11:30 a.m. - 1:00 p.m.**

### 224 Prove Your Worth and Escape the “Poor” Teacher/Trainer Mentality with Shannon Fable (LEC) GE, MB, PT, S

“I'd do it for FREE”! Perhaps you or a colleague has uttered these words before. While your passion for helping others is what drives you, have you ever stopped to wonder how underplaying your worth may work against you and the industry as a whole? Come to this enlightening session, and get vital information on salary negotiation and the importance of establishing your worth as a fitness professional. We'll examine your ROI as it pertains to education, certification and

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training, and how it factors into the negotiation process. In addition, we'll explore the most current research on salaries in the fitness industry. You are a valued professional...it's time you got paid like one!

### **225 Fit Bodies Inc. Out of the Gym and onto the Beach! with Lisa Snowden (LEC) A, CY, GE, MB, PT, S**

**Note: Session ends at 12:30 p.m.**

How about converting your classes onto a beach setting? You'll learn all about the teaching vacation program, its benefits and others' experiences. Join and teach resort guests on luxury vacations. Hear this presentation introducing and explaining the ins and outs of the program. All types of group fitness instructors and mind/body specialists are invited to participate. Over 70 luxury, all-inclusive resorts to select from for your next teaching vacation. Fit Bodies, Inc./FitnessProTravel.com is a fitness-based and female owned/operated company out of Kentucky, since 1995.

### **226 Yoga Rx for the Hips with Leeann Carey (WS) GE, MB, S**

The hip joints should be exercised regularly in all directions to prevent stiffness, pain, or chronic shortening and reduced mobility. You'll practice a yoga sequence to target common restrictions in hip joint flexibility to increase range of motion, stabilize the pelvis and help restore balance in its musculature.

### **227 Boxmaster® with Sonja Friend-Uhl (WS) GE, PT**

BoxMaster® is the latest training tool for boxing specialists and fitness enthusiasts alike. If you want to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! This is a new form of boxing style conditioning that will WOW your members and help boost retention. Join our Master Trainer, Sonja Friend-Uhl, in this high-energy class that takes you through drills, skills and full body conditioning exercises.

### **228 Schwinn® Cycling: Unapologetically Authentic with Alex McLean (WS) CY**

The indoor cycling arena has expanded - now including beyond the bike concepts. Feel pressure to keep up with the Jones'? Don't! Outdoor riding can effectively translate inside, delivering rides that are effective and entertaining using Schwinn's A, B, C's of Indoor Cycling. Stay true to this popular outdoor activity while providing the best indoor experiences.

### **229 Body Bar® Get Wet Cardio Strength (AQUA) with Gay Gasper (WS) AQ**

This workshop will give you patterns of cardiovascular choreography as well as strength combinations using the Aquaflex by Body Bar.

**Friday 8/4/17 12:00 p.m. - 1:30 p.m.**

### **230 Body Bar® Flex Bar at the Barre with Tricia Murphy-Madden (WS) GE, MB**

Adding this seemingly lightweight bar to your next Barre class will pack a serious punch. By bending the bar, we create resistance up to 20 or 40 lbs. so imagine the numerous options for adding resistance to your next Barre class. Most of the exercise movements are compound and the majority requires isometric core contractions to stabilize before moving to bend the bar. What this means for you and your class participants? More bang for their buck. We apply traditional barre sequencing and challenges in this workshop so we leave you shaking like crazy!

### **231 PILOXING® SSP with Jordan Ballard (WS) GE, MB**

Turn your passion into your profession. Pack your classes. Impact. Influence. INSPIRE. This non-stop program allows you, the instructor, to get **excited to teach** and allows your clientele to **look forward to exercising** while receiving all the benefits they're seeking. PILOXING® SSP is a high-energy interval workout that uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. Add FUN dance moves for a PILOXING® Party that will tone muscle, burn fat and empower!

### **232 Shockwave with Josh Crosby, Amy Dixon & Jeffrey Scott (WS) GE, PT**

The media has dubbed ShockWave "The Most Efficient Total Body Workout in the World" and instructors are raving about this high-intensity circuit that builds community, competition and retention. Come get new ideas for bootcamp and circuit workouts designed to amplify team spirit, push limits and maximize the fun-factor. Come experience this easy-to-teach, simple-to-do, minimal equipment format that includes ShockWave's jaw-dropping "secret sauce" and ideas for recreating this experience in your classes.

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### 233 Hipster Yoga Stretch with Doris Thews (WS) GE, MB

Hipster Yoga is 60 minutes of non-traditional yoga poses and stretches designed to release the hips and offer restorative flexibility for athletes, weekend warriors and anyone who battles tight hips. This session will build you up versus tearing you down so that you can take on activities in life with more flexibility in your hips. This practice is perfect for starting or ending your day with happy hips!

### 234 SPINNING®: Hill to Flat with Jen Ward (WS) CY

This ride will reveal the secret once and for all to tapping into the power of the seated flat. After sharing this ride with your class you will never ever have to witness bouncing in the saddle or listen to complaints about riding in the seated flat not being challenging enough. Best of all, this ride will be a catalyst to record-breaking results!

### 235 Peak Pilates® Teaser Time with Zoey Trap (WS) GE, MB, PT

Don't get hung up on Teaser! Look at the many Key Concepts and factors that come into play and help your students to perfect their Teaser. Explore exercise solutions to improve performance with mat, props, tower, reformer and chair.

**Friday 8/4/17 2:00 p.m. - 4:00 p.m.**

### 236 Peak Pilates® The Dynamic Duo: Yoga & Pilates with Zoey Trap (WS) GE, MB

Not Yoga OR Pilates, Yoga AND Pilates! Experience a combination of alternating sequences of Pilates and Yoga practiced as a moving meditation. Keeping the Pilates and Yoga sequences separate and allowing for the authenticity of the traditions to be expressed, practiced, and preserved.

### 237 Club Vibe® - Dance Meets Fitness with Ally Ponte & Kelly Schur (WS) GE

Experience the definition of dance fitness! An exercise science based dance format which cohesively blends authentic studio style dance with cutting edge fitness to deliver a fun, non-stop, safe and results driven workout that appeals to all levels and abilities.

### 238 Step Back with Patrick Goudeau (WS) GE

There is nothing quite like the high from an all-out, choreographed step routine, wouldn't you agree? Only DCAC could get Patrick back to give his step fanatics one more thrill! Filled with energy, loads of fun and of course a little booty-shaking, this sweat fest will leave you wanting more, but enjoy it because you may never be able to step back again.

### 239 ActivMotion® Bar Boot Camp: Operation Steady as She Goes™ with SGT Ken® (WS) GE, PT

*ActivMotion Bar Boot Camp with SGT KEN®: Operation Steady as She Goes™* includes highly effective tactical fitness exercises practiced by the U.S. military using a technique known as BURST training. Burst training involves exercising at close to 100% of your maximum effort for 40 seconds, followed by 20 seconds of low-impact exercise for active recovery. This cycle is repeated several times within a 60-minute period in order to burn the stored glycogen in your body and help you to continue to burn fat for the next 36 hours. It's a race against the clock as participants are challenged to perform their absolute best in 40-second high intensity intervals in order to burn over 700 calories in 60 minutes using the ActivMotion Bar and the body with tactical drills that DISRUPT normal fitness training strategies through unstable and dynamic movements, that help you DISCOVER your core capabilities through integrating your body with the bar, and to DEFINE your body by allowing your muscles to work to the fullest degree with each exercise through momentum, velocity and resistance. SGT Ken® will lead you through each step of the program in a tiered progressive format, highlighting specific targets of the body with examples in basic, intermediate and advanced levels. Over one million Soldiers, Sailors, Airmen and Marines have used SGT Ken's program to prepare for combat! Rated for all levels.

### 240 SPINPower®: Sweet Spot Training with Mark Tickner (WS) CY

Learn the various types of threshold-based interval training sets and get some great ideas of how you can push your fitness and get creative in your classes. Learn the tricks of the trade from the world of power training and understand how we can utilize and modify this great information for your SPINPower® class!

### 241 Peak Pilates® Power with Plyometrics with Kathryn Coyle (WS) GE, MB

Take your Pilates jump classes to the next level; help your athletes excel with this sensational circuit. Pilates is a great tool for performance enhancement and injury prevention. Discover a perfect approach to teach students how to transfer

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their Pilates jump technique into the vertical realm and achieve new heights. \*Not for beginners, attendees should already know Pilates jump board.

### **242 Training Clients with Osteoarthritis with Dr. Evan Osar (LEC) AQ, GE, MB, PT, S**

If you work with baby boomers or seniors, then you likely work with individuals who have been diagnosed with osteoarthritis or degenerative joint disease (DJD). DJD is one of the most common orthopedic issues keeping individuals from effectively walking, biking, exercising and/or performing daily activities. During this session, you will learn exactly why your clients develop joint issues and discover a corrective exercise strategy to safely and effectively improve your clients' stabilization and movement patterns.

### **243 101 Ways to Transition to a Plant Based Diet with Bruce & Mindy Mylrea (LEC) GE, MB, NUT, PT, S**

Plant-based foods have been proven to prevent or reduce the risk of chronic disease. However, making the transition to this type of diet can be an overwhelming obstacle. Armed with the latest research in behavioral change and nutrition, Bruce has jam packed this lecture with simple behavioral change strategies and nutritional tips to help your clients overcome their negative dietary habits and transition to a healthier lifestyle.

### **244 Kettlebell AMPD™ with Amy Moreland & Tadd Moreland (WS) GE, PT**

Kettlebell AMPD™ is the leading group fitness kettlebell format that takes highly effective kettlebell movements and combines them with heart-pumping music to create a fun, energetic one-of-a-kind experience. We use the rhythm, tempo and phrasing of the music to keep all class participants on the same pace. Kettlebell AMPD gives you a full-body workout that is great for all ages and fitness levels. In this session, we will break down the kettlebell movements while focusing on proper form and technique and then put it together with the music for a calorie torching master class.

### **245 HIIT Mix by Stairmaster® with Sonja Friend-Uhl (WS) GE, PT**

Introducing HIIT MIX by StairMaster - A turn-key High Intensity Interval Training System. Customizable to work with one or multiple Core Health & Fitness products such as the BoxMaster, HIIT Mill, AirFit UB and more; this program provides a framework for complete 30 minute workouts for users at all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient & effective in-house HIIT programming that satisfies both coaches and participants alike.

### **246 Schwinn® Cycling: Teaching Tips for TED®: From Noble to Noteworthy with Jeffrey Scott (WS) CY**

TED Talks, known for their poignant and action-orientated style, illustrate the power of stage presence, word choice, structure and design. Think public speaking is not part of your job description? Think again! This workshop delivers 10 top presentation tips and three pillars of influence to help you deliver masterful cycling classes that move the room.

### **247 HIYO: Fantastic Four Intervals (AQUA) with Laurie Denomme (WS) AQ, S**

Challenge your fit participants with a new twist on four proven High Intensity Interval Training (HIIT) techniques. Tabata, Fartlek, Little Method, and Turbulence Training paired with functional movements make for the perfect mix of HI (high intensity) and YO (yoga-based recovery). Walk away with four new group exercise formats that are easy to implement and guaranteed to challenge!

**Friday 8/4/17 4:30 p.m. - 6:00 p.m.**

### **248 netWERQ Fitness Concert with Haley Stone (WS) GE**

Experience a fitness concert featuring WERQ® cardio dance a DJ, healthy snacks, refreshing drinks, and time to socialize and netWERQ with other cardio dance fanatics!

### **249 The Warrior Workout (Kickboxing & Yoga) with Kimberly Spreen (WS) GE, MB**

Be inspired to unleash the fierce yet graceful warrior inside you! Get your heart pumping with a high energy 30-minute Kickboxing routine; then enjoy a 30-minute Vinyasa Yoga sequence designed to improve muscular endurance, balance and flexibility while centering your mind with focus on your breath. Challenge yourself from start to finish to fully experience the Warrior Workout!

### **250 POUND® Rockout. Workout with Cassie Burke (WS) GE**

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Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

### **251 Functional Fitness for Seniors with Gay Gasper (WS) GE, MB, PT, S**

Chair based exercise patterns with standing balance ideas to keep your seniors moving.

### **252 SPINNING®: JW's Rappin' Criss Cross Threshold Workout with Jen Ward (WS) CY**

The group will be divided into two teams. There are two heart rate zone targets - lower end just below 80% MHR and upper end is between 81% - 85% MHR. Both teams will ride in opposite zones. The range between the high end interval and lower end interval is small. This ride takes a lot of focus and fine-tuning. This workout is absolutely essential to those that are performance-focused, as it requires the steady aerobic/anaerobic type of work experienced in racing. *This workout is the perfect complement to very short, very high intensity (Tabata-type interval workouts).*

### **253 Peak Pilates® Theme Based Mat Challenge with Connie Borho (WS) GE, MB**

Experience the weaving of the Pilates Principles and 5 Parts of the Mind throughout a classically-based, challenging Pilates mat class. Create a deeper and more enriching mat experience and don't settle for 'just exercise.'

### **254 The Happiness Epidemic - Catch It If You Can with Petra Kolber (LEC) AQ, GE, MB, PT, S**

Join Petra in an interactive session that will challenge you to rethink everything you believe about being an agent for change. What would happen if you never used weight loss as a goal but instead used happiness as the ultimate marker of success? The Happiness Epidemic reframes the "Why" behind the workouts, and teaches you how to mobilize untapped motivation in both yourself and others. Train a body - change a body. Train a mind - change a life.

### **255 NSCA® Your Guide to Stronger Legs and Great Glutes! with Nick Clayton (WS) PT**

What's the best way to get better legs—squats, deadlifts? What about variety? Exercise selection isn't always "one size fits all" and successful trainers know they need a number of exercise variations to match the different ability levels of clients. Attend this hands-on session and you'll leave with dozens of exercise variations, including metabolic "finishers" that will improve the strength and work capacity, as well as tighten and tone the lower body!

### **256 Yoga for Dudes with Leeann Carey (WS) GE, MB**

More men are showing up in yoga classes and it's not just because there are women in them! Here's an opportunity to experience a no-nonsense fitness yoga practice that can help take your sport to the next level. You'll learn a balanced sequence that increases power, improves mobility, and prevents injury so you can do what you do longer, harder, and better -- like all yoga dudes do!

### **257 Schwinn® Cycling: To Breathless and Back with Amy Dixon (WS) CY**

HIIT is here to stay so keeping the workouts fresh is key. This workshop will provide protocols - supported by current HIIT research - that push your students to the max and keep them coming back for more. Walk away with coaching tips and motivating strategies to keep HIIT at the top of the leader board.

### **258 Pool Barre with (AQUA) Laura Ribbins (WS) AQ**

Barre workouts are one of the hottest trends delivering safe and effective workouts for all bodies and fitness levels. Barre fuses the best of Pilates, yoga, aerobics and strengthening. Let's take it to the water and challenge our bodies using Barre essentials and Newton's Laws with Pool Barre.

**Saturday 8/5/17 7:00 a.m. - 9:00 a.m.**

### **259 #WERQlikeaboss with Haley Stone (WS) GE**

"What's intense, easy to follow and is a fantastic workout?" Revolutionize your cardio workout and feel the Latin Heat with exotic world rhythms in red-hot, never-before-seen ways. This class will challenge and inspire you all at the same time! Learn how to make your routines really 'pop' with hits from multi-platinum Latin artists: Pitbull, Jennifer Lopez, Shakira, Enrique Iglesias and more. So come on! "Walk in and Dance Out"!

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### 260 Zumba® Cardio Blast with April Smith (WS) GE

“What’s intense, easy to follow and a fantastic workout?” Revolutionize your cardio workout and feel the Latin Heat with exotic world rhythms in red-hot, never-before-seen ways. This class will challenge and inspire you all at the same time! Learn how to make your routines really ‘pop’ with hits from multi-platinum Latin artists: Pitbull, Jennifer Lopez, Shakira, Enrique Iglesias and more. So come on! “Walk in and Dance Out!”

### 261 Step Lift with Gay Gasper (WS) GE

Come join Gay for this amazing workshop that will give you interesting step patterns to give your class a face lift!

### 262 PILOXING® Barre: Boxing at the Barre with Jordan Ballard (WS) GE

The world famous fusion of Pilates + boxing has taken the world by storm. In this game-changing program, PILOXING goes to the BARRE. PILOXING BARRE is high energy yet focused - fluid yet Powerful. In this 45-minute cardio program, you lengthen, you strengthen, and you box. The barre is a tool, a source of external support and resistance. It leads to achieving better body balance, initiating deeper muscle engagement - to stronger, healthier joints. The muscles will SAFELY burn and shake through lengthening Pilates-influenced exercises. Then, just when those muscles want a break, they get it - we shift focus to your HEART with a cardiovascular boxing push. These shifts make for a well-rounded, low impact, interval training BARRE program. PILOXING’S signature ½ pound (250 grams) weighted gloves can be worn from start to finish, further intensifying the experience. Happy joints, strong muscles, healthy heart!

### 263 SPINPower®: The Omniumi with Mark Tickner (WS) CY

Six power-packed events in one ride will test you physically and mentally as you race against yourself oversix tough track events! From all out sprints, time trials, elimination race, to perfectly timed attacks during a longer endurance format... you will learn something about yourself today as you test all your training zones! The lecture portion of this workshop goes through each event and how to modify it for a SPINPower® ride and the intensities you should ideally be attaining to maximize the training benefits!

### 264 Peak Pilates® Chair Progressions with Kathryn Coyle (WS) GE, MB

Progress your students to more advanced exercises, one pump at a time with sequences that skill build. Work with intelligence to build stability and strength and learn strategies that set students up for success on the chair and keep them safe and learning.

### 265 How to Unchain From Your Inbox with Shannon Fable (LEC) AQ, GE, MB, PT, S

Is your Inbox out of control? If you are a busy person, you probably have information coming at you from a million different directions...Facebook, twitter, texts, and of course, email. So, how do you corral it all and make it work for you in a seamless way? Come to this practical, hands-on session and get a head start on managing your inbox. We’ll employ time management principles and teach you how to organize the rest of your messaging (inputs and outputs for better communication). It’s time to free yourself and tame your inbox for good. (Please bring your smartphone or laptop and be prepared to do work right away.)

### 266 Nutritional Deficiencies: The Domino Effect with Debra Orringer (LEC) GE, MB, NUT, PT, S

One of the biggest threats to our health is our own environment. Toxins, chemicals, and contaminants are wreaking havoc on our world and in our bodies. Learn how to unlock the miracle of the human body through four core principles: Cleanse, Replenish, Protect and Thrive. Discover a new level of success, health and vitality through optimal nutrition. The majority of nutrition talks focus on how to help people lose weight or perform better as an athlete. This discussion will be an open forum as to why our country’s overall health has been declining and offer a theory on methods to help heal. The focus and emphasis are different and streamlined with today’s emerging research.

### 267 AMPD Power Flow with Amy Moreland & Tadd Moreland (WS) GE, MB, PT

AMPD Power Flow is the newest program from Kettlebell AMPD. This yoga inspired workout uses both kettlebells and resistance bands with yoga inspired movements to help participants work on balance, flexibility, and strength. This is the perfect complement to any cardio or strength class to give a well-balanced workout. In this session we will focus on breaking down both the yoga inspired movements as well as the kettlebell form and technique. We’ll then combine the



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power of the resistance training with the flow of the yoga movements for a master class that's sure to leave you feeling stronger and more balanced.

### **268 HIIT Mix by Stairmaster® with Sonja Friend-Uhl (WS) GE**

Introducing HIIT MIX by StairMaster - A turn-key High Intensity Interval Training System. Customizable to work with one or multiple Core Health & Fitness products such as the BoxMaster, HIIT Mill, AirFit UB and more; this program provides a framework for complete 30-minute workouts for users at all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient & effective in-house HIIT programming that satisfies both coaches and participants alike.

### **269 Schwinn® Cycling: Train Right 2 Ride Right with Amy Dixon (WS) CY**

This workshop reviews cycling science, the common muscular imbalances involved in indoor riding, and arms you with tools to create complimentary flexibility and strength components to balance the workout. Experience two different cross-training programs that integrate mobility, strength and cardio while staying true to Schwinn's promise to "Ride Right." It's the best of both worlds.

### **270 Acquapole® with Sonja Burns (WS) AQ**

A fitness pole....in the water? Join Acquapole® master trainer Sonja Burns for this exciting and intense workout that will smoke your arms and your abs.

**Saturday 8/5/17 9:30 a.m. - 11:00 a.m.**

### **271 Squad Team Training with Helen Vanderburg (WS) GE, PT**

Experience a high energy interactive team training workout in Squad Team Training. Explore partner and teamwork workout designs to bring back to your small group and group training session. This workout builds cooperation, comradery and team spirit. Learn how to easily and quickly set up team training workouts to enhance client satisfaction and longevity at the same time giving them incredible results. This session is fun and effective!

### **272 Savvier Fitness® Twice the HIIT with Mindy Mylrea & SGT Ken® (WS) GE, PT**

*Twice the HIIT with Mindy Mylrea and SGT Ken®* utilizes highly effective and exciting Tabata and military-style interval training techniques. Both Tabata (20:10) and Military-style High Intensity Interval Training (60:30) involves exercising at close to 100% of your maximum effort for a specific interval of time, followed by a short recovery period. This cycle is repeated several times within a 60-minute period in order to burn the stored glycogen in your body and help you to continue to burn fat for the next 36 hours. It's a race against the clock as participants are challenged to perform their absolute best using body weight exercises and partner-assisted drills. Come experience twice the HIIT with Mindy and SGT Ken! You will be glad that you did. Rated for all levels.

### **273 Strong by Zumba® with Kelly Bullard (WS) GE**

STRONG revolutionizes Zumba® workouts as you know them, melding upbeat rhythms with powerful cardio and strength-conditioning moves to fire your fitness potential. Think progressive resistance and overload, plyometrics, core, and functional training using only your own body weight, all rolled into one dynamic, results-driven class guaranteed to challenge your entire body. Relying on proven HIIT methods, but with a Zumba twist, we call our program HITTZ - High Intensity Tempo Training - Zumba style! The strength of the beat challenges you to find power, strength, speed, stamina, and mobility. Optimize your workout and make every minute count as you push beyond your limits. Join the party and get fit. Sponsored by ZUMBA®FITNESS.

### **274 Indo-Row® Authentic Skills, Drills & Racing with Josh Crosby & Doris Thews (WS) GE, PT**

Whether you are a veteran rower or brand new to the crew, this session brings out your personal best through team energy! In this workshops you'll learn about the fascinating team culture of rowing, then experience the total-body, calorie burn of Indo-Row through authentic and challenging interval drills based on time, distance, power, team synchronicity and overall passion for an invigorating no-holds-barred workout. Get ready for skills drills and the thrill of racing with your team to the finish!

### **275 SPINNING®: Interactive Climbing with Jen Ward (WS) CY**

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This ride is an all-time favorite as students have an unpredictable voice in how this ride unfolds. The first 20 minutes is spent creating a climbing-focused loop. With each lap a selected participant will get to choose a number. The number will be used to add to the length, intensity, resistance, speed or complexity of the ride. Once a change is made it never goes away. The next lap a new participant will be selected and they will get to choose a new number, which will also be used to change the loop. It will never be known exactly how the number will be integrated into the ride! This ride is a great example of how creating one loop and soliciting student interaction can result in a completely different workout every time the ride is taught.

### **276 Peak Pilates® Flexible Pilates Solutions with Flexcushion with Zoey Trap (WS) GE, MB, PT**

Regardless of the flexibility, strength, or ability level of your students, the Flexcushion will provide fresh alternatives to assist or challenge the work. Discover a prop that can work the entire spectrum from special pops to elite athletes. Once you work with the Flexcushion, you will never teach without it!

### **277 Balance Training for the Older Client with Dr. Evan Osar (LEC) GE, PT, S**

If you work with baby boomers or seniors, then you likely work with individuals who have been diagnosed with osteoarthritis or degenerative joint disease (DJD). DJD is one of the most common orthopedic issues keeping individuals from effectively walking, biking, exercising and/or performing daily activities. During this session, you will learn exactly why your clients develop joint issues and discover a corrective exercise strategy to safely and effectively improve your clients' stabilization and movement patterns.

### **278 Pelvic Health Systems™ Nutrition: Why Food Matters with Dr. Nathan Guerette & Mary Anne Snavely (LEC) GE, MB, NUT, PT, S**

Unravel the frustration of teaching the Boomer generation why food matters. Enjoy listening to a unique twist making this conversation easier with four simple steps. Learn new ways to approach grocery shopping and how to make food choices with confidence. Learn more about ingredients and food labeling. Frustration from hearing "you need to lose weight or change your diet" from physicians is common but guidance of how to begin is lacking. Many Anne and Nathan will share techniques to communicate and educate your aging client without leaving them overwhelmed. You will empower your Boomer client to improve their health through nutrition and activity.

### **279 Yoga Mala Morning Yoga in All Directions with Leeann Carey (WS) GE, MB**

*Note: Session goes until 11:30 a.m.*

The Mala Morning starts with your intention. What is your Mala dedicated to? You'll take the first few minutes to sit quietly to anchor your presence in your dedication. A traditional Yoga Mala consists of 108 Sun Salutations which can take 3+ hours. In these 90 minutes, we'll practice four sets of 27 abbreviated salutations in all directions -- north, south, west and east. Each direction offers you a meaningful moment to connect with your dedication and satisfy this powerful moving meditation.

### **280 Boxmaster® with Sonja Friend-Uhl (WS) GE**

BoxMaster® is the latest training tool for boxing specialists and fitness enthusiasts alike. If you want to improve your reaction time, agility, stamina or coordination, BoxMaster® is the opponent for you! This is a new form of boxing style conditioning that will WOW your members and help boost retention. Join our Master Trainer, Sonja Friend-Uhl, in this high-energy class that takes you through drills, skills and full body conditioning exercises.

### **281 Schwinn® Cycling: C3ycle - Content, Connection and Charisma with Jeffrey Scott & Robert Sherman (WS) CY**

The 3 C's are the secret behind every successful cycling instructor: Content, Connection, and Charisma. Take a deep dive into what makes an ordinary class extraordinary and learn trade secrets to take your class to the next level. This workshop is one you do not want to miss!

### **282 Stretch Fusion 5<sup>th</sup> Wave (AQUA) with Laurie Denomme (WS) AQ**

Play with speed variations to improve six movement essentials: Reaching, walking, lifting, turning, squatting and balance. This stretch fusion workout is easy to plan, personalize and progress. Five minutes at a comfortable pace paired with a one-minute intensity change. Repeat the sequence making waves on the 5, 10, 15, 20 ... Stretch and strengthen to improve how you move!

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**Saturday 8/5/17 11:30 a.m. - 1:00 p.m.**

### **283 Body Bar® Yoga Strength with Yaiba with Gay Gasper (WS) GE, MB, PT**

Yoga Strength with Yaiba-Add elegant strength to your yoga class with this unique device called Yaiba, loosely translated from Japanese meaning sword over soul.

### **284 Obstacle Course with Patrick Goudeau (WS) GE, PT**

This interval training routine is one BIG playground that blends strength and cardio circuits in a learn-to-use-what-you've-got body weight workout! Loaded with functional exercises designed to give you the ultimate challenge; the drills and stations will push you to the next level. And even though it's all fun and games, a little friendly competition is good for the soul!

### **285 Zumba® - Let It Move You! with April Smith (WS) GE**

Dozens of exhilarating rhythms, one amazing experience! A high energy Zumba workout with choreography that will take you on a journey of the exotic sounds from African, French Reggae ton, cutting edge hip hop, and sexy Latin rhythms. Learn new choreography techniques to a non-stop, get-down-and-dance, calorie burning, high-energy workout! Feeling the music and getting fit never felt so good! Take your body, mind and soul on a full blown fitness journey.

### **286 Club Vibe® - Dance Meets Fitness with Ally Ponte & Kelly Schur (WS) GE**

Cueing is a fundamental staple of professional group fitness instruction. Enhance your communication skills and engage with your participants by fine tuning your verbal & visual cues. Learn tips/techniques to enhance your instruction and improve each experience you deliver!

### **287 SPINPower®: Fury Road! with Mark Tickner (WS) CY**

Come and experience a stunning visual race day of raw unbridled power, passion and adrenaline-fueled fury on the road to victory at The World Cycling Championships in Richmond, VA, USA. Countries around the world clash for a race like no other as you experience teamwork, breakaways, attacks, short steep cobbled climbs, super-fast flats and an all-out sprint to the line... to be crowned World Champion! Come away with the profile of the course and power/heart rate and RPE guidelines so you can replicate this special race in your 45 to 60-min class!

### **288 Peak Pilates® Length & Opposition with Kathryn Coyle (WS) GE, MB**

We know the term "length and opposition" but often they are missing from the work. Learn how to use the powerhouse as the ultimate anchor for the body, how to teach students to correctly maintain length in their spine and how to create long limbs by pulling in and stretching out simultaneously. Walk away with practical tools you can start teaching tomorrow to give your student's that aha moment.

**Saturday 8/5/17 12:00 noon - 1:30 p.m.**

### **289 What's Your Next Move with Petra Kolber (LEC) AQ, GE, MB, PT, S**

We are passion producers and often live for the next class or next client, but what happens if you become injured or what you love to teach is no longer in fashion? This session will help you tap into your inspiration and explore new ways to spread your message and motivation beyond the gym. Learn how to use your ideas and technology versus your body and perspiration to expand your reach.

### **290 Nutrition Tips, Tidbits & Treats with Bruce & Mindy Mylrea (LEC) NT**

It is that time of day and you are hungry! You want quick and tasty. Your body wants nutritious and sustaining. You want great ideas to satisfy both your taste buds and your body's nutritional needs. Learn to prepare yummy, healthy, and easy to make snacks for every pallet. Indulge as all treats are actually great for you and best of all you get to take home all the recipes.

### **291 ChakaBOUNCE™! with Leo Lins & Robert Magalhaes (WS) GE**

ChakaBOUNCE™ is a phenomenal low-impact program performed with rebound shoes - Kangoo Jumps. Kangoo Jumps reports that you burn 25-50 percent more calories than you would during a traditional exercise class and reduce impact on your joints by 80 percent. You will improve your muscle strength, burn calories and build endurance in this truly

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unique workout. ChakaBOUNCE™ has a style all its own, with a distinctive mix of track-by-track and full on choreography, ChakaBOUNCE™ is a workout like no other. While, low impact, it is high energy and a full body workout. Instructors will learn how to bring this innovative and powerful mix to their students. Note: Participants please wear long socks to extend past mid-calf.

### **292 Schwinn® Cycling: It's All About the BASE with Robert Sherman (WS) CY**

HIIT has been crowned King of Results. But, did you know that HIIT should only comprise 20% of overall weekly workout volume? What about the other 80%? The answer is endurance-based training. This workshop illustrates the "anti-HIIT" solution that will have your riders going harder for longer, producing more power for maximum caloric output.

### **293 Creating Aquatic Choreography with Danita Watkins (WS) AQ**

One of the most important decisions you make as you prepare aqua fitness class is the decision of what choreography to use. There are a huge array of options to choose from—the number of and variation in choreography styles in our industry have greatly increased in the last few years. Join Danita as she guides you through the process.

**Saturday 8/5/17 2:00 p.m. - 4:00 p.m.**

### **294 Better Body Through Strength & Core with Gay Gasper (WS) GE, PT**

This is a total body conditioning workshop, taught to traditional 32-count group exercise music.

### **295 Strike! Kickboxing with Kimberly Spreen (WS) GE**

Be prepared to challenge yourself with a fierce, full-body interval workout that blends traditional kickboxing combinations with controlled weight-bearing strikes and blocks using a weighted bar, inspired by martial arts stick fighting. This class is strategically delivered in five "rounds" to create a non-stop flow of pure energy and sweat. This is NOT your typical kickboxing class!

### **296 Shockwave with Doris Thews, Jeffrey Scott & Alex McLean (WS) GE, PT**

The media has dubbed ShockWave "The Most Efficient Total Body Workout in the World" and instructors are raving about this high-intensity circuit that builds community, competition and retention. Come get new ideas for bootcamp and circuit workouts designed to amplify team spirit, push limits and maximize the fun-factor. Come experience this easy-to-teach, simple-to-do, minimal equipment format that includes ShockWave's jaw-dropping "secret sauce" and ideas for recreating this experience in your classes.

### **297 Physiological Body Maps by Activmotion® Bar with Derek Mikulski (WS) GE, MB, PT**

Body awareness is developed as a result of the synthesis of information coming from what we see, feel, and sense through our proprioceptive and vestibular systems. In this session, learn why body awareness and balance is much more than the ability to maintain your center of mass. Explore the body's basic systems that enable us to determine our position in space and react to outside stimuli accordingly in order to stay upright and strong. And last, learn techniques to challenge all of the physiological "body maps" and bring new, fun challenges to your clients that will help them develop functional balance and strength.

### **298 SPINNING® Surge and Breakaway with Jen Ward (WS) CY**

Bike racing is one of the most exciting and unpredictable events to watch. Placing well in the real world of cycling is all about anticipation, being in the right place at the right time, responding to the right attack, being aware of what is going on in the peloton, the ability to accelerate, sustain high power at threshold and recover quickly. This ride integrates the concept of teams and choosing class participants ahead of time who will launch 'attacks/surges' on cue during the ride in addition to individual and coordinated team efforts to chase down the breaks.

### **299 Peak Pilates® Making the Connection with Connie Borho (WS) GE, MB**

Pilates is all about using the body as an integrated whole, and finding the critical connections throughout the body to achieve healthy and powerful movement. Exploring concepts such as centerline, pelvic anchoring, and other key connective points, this workshop will stretch and expand your understanding of how movement is supported and enhanced throughout Pilates mat work.

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### 300 Save Your Knees with Dr. Evan Osar (WS) GE, MB, PT, S

If you work with older populations, you understand that knee pain is one of the most common orthopedic issues keeping individuals from walking, biking and/or performing daily activities. The fitness professional can be instrumental in helping these individuals discover a solution to improving their knee function and helping them on the path to achieving goals. During this session, you will learn exactly why your clients experience knee pain and discover a strategy to help them stabilize and move so that they can safely exercise and accomplish their health and fitness goals.

### 301 ClubVibe® - The Art of Cueing™ with Ally Ponte & Kelly Schur (LEC) GE, MB, S

Cueing is a fundamental staple of professional group fitness instruction. Enhance your communication skills and engage with your participants by fine tuning your verbal & visual cues. Learn tips/techniques to enhance your instruction and improve each experience you deliver!

### 302 LSD Yoga with Rob Glick (WS) GE, MB

Long, Slow & Deep Yoga. With all of the H.I.I.T. training, fast vinyasa flows and just the overall speed of life, sometimes slowing down is necessary. After warming up we will move through poses slowly, holding them for a while, with a focus on going deep. This is a great way to end the day!

### 303 HIIT Mix by Stairmaster® with Sonja Friend-Uhl (WS) GE

Introducing HIIT MIX by StairMaster - A turn-key High Intensity Interval Training System. Customizable to work with one or multiple Core Health & Fitness products such as the BoxMaster, HIIT Mill, AirFit UB and more; this program provides a framework for complete 30-minute workouts for users at all fitness levels. Experience a series of interval protocols that provide circuit solutions for efficient & effective in-house HIIT programming that satisfies both coaches and participants alike.

### 304 Schwinn® Cycling: The “HARD” Conversation with Helen Vanderburg (WS) CY

Today, time often out-values money so people are demanding more from the time dedicated to training. This whistle blowing workshop illustrates five ways the industry is attempting to make classes harder, what's actually happening, and what to do instead. Learn solid strategies to keep your class challenging while getting more bang for the proverbial buck.

### 305 Fitness and Function Workouts to Go (AQUA) with Laurie Denomme (WS) AQ

Meet the needs of your class with mobility and strength training in three planes. Learn a simple blueprint using four basic exercises to build multiple classes. Cardio, strength, flexibility and functional workouts can all be built from four basic moves. Follow the provided template or add your creative spin. These workouts are simple, effective and seriously fun to do!

**Saturday 8/6/17 4:30 p.m. - 6:00 p.m.**

### 306 PILOXING® Knockout + Boxing Lab with Jordan Ballard (WS) GE, MB

Get a glimpse into a Boxer's world and learn how traditional boxing techniques can boost your workout! Apply these boxing principles in this all out Boxing and Pilates inspired 30-minute PILOXING Knockout class. The program is influenced by plyometrics, sports conditioning drills and functional training. This workout improves fitness levels for beginners while it maintains and builds endurance for intermediate and advanced athletes. It's time to ignite. Join the movement.

### 307 Savvier Fitness® Extreme Exercise Makeover with Mindy Mylrea (WS) GE, PT

Squat, push up, burpee, lunge, and sit up. Yup we have been there and done that over and over again. Ready to mix it up and expand our exercise library. Mindy is the best at transforming regular exercise staples into hit a home run gems. Experience at least 10 new ways to bring to life the basics we all know and learn to progress and regress each that makes sense for all fitness levels. You will never do a regular old squat, push up, or lunge again.

### 308 Get Centered with Petra Kolber (WS) GE, MB, PT

There is immense power that comes from living in the present. It sounds so simple yet it is one of the hardest lessons to master. Get Centered brings the mind and body into alignment through breath awareness and a fusion of movements

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inspired from the worlds of Dance, Yoga and Tai Chi. In this class we will also discuss the power of gratitude and how to be a benefit seeker in work and life.

### **309 Yoga For Gym Junkies with Leeann Carey (WS) MB, PT**

Have you been invited to try yoga, but think you're too inflexible? The good news is that yoga is designed to increase your flexibility. It is a non-competitive, moment-to-moment experience of movement and focused breathing that offers release of chronic tension built up over time from strong workouts and a competitive state. You'll learn fundamental poses that can be practiced on any given day, and two short and smart sequences -- one for after an upper body workout and the other for after a lower body workout.

### **310 SPINPower® Power Punch with Mark Tickner (WS) CY**

An endurance based ride where we build our endurance, gain strength and then surge with a power punch above threshold repeatedly over and over again to increase our ability to work hard on tired legs! Attendees who sign up for the Personal Spinning® Threshold workshop on Friday will come armed with their PST number, an added key feature to maximizing this ride.

### **311 Peak Pilates® Reformer Rewind with Zoey Trap (WS) GE, MB**

Rewind, unravel, relax, and reset for tomorrow. Come and experience a mindful, soothing stretch session. You'll never think about the reformer in the same way again.

### **312 Food for Injury Prevention with Debra Orringer (LEC) GE, MB, NUT, PT, S**

We all know that fitness and sport specific training helps us with injury prevention but have you ever thought about the nutritional portion of your training? We know that fitness is much more than going to the gym or hopping on your bike to go for a ride. Did you know that sports injuries may often be a sign of nutritional imbalance? Fueling for activity is key but it's also a big component of preparation and injury prevention as well as healing so we need to step outside of that training box and look at nutrition in a different light.

### **313 Pelvic Health Systems™ The Mystery of the Pelvic Floor with Dr. Nathan Guerette & Mary Anne Snavelly (LEC) GE, MB, PT, S**

Don't miss this groundbreaking wellness workshop. Learn about the pelvic floor, what pelvic floor dysfunction means and how it effects women. Understand why it is so important for trainers to implement specific exercises to lower the risks and to continue to assist clients with living an active lifestyle. Learn to recognize "red flags", common complaints and why women assume it is "normal" and what life behaviors and functional movements increase risk and conditions that occur from PFD and decrease quality of life. Behavioral and postural techniques will be shared demonstrating a new wellness opportunity for trainers to gain new perspective in assessment and prevention.

### **314 Kettlebell AMPD™ with Amy Moreland & Tadd Moreland (WS) GE, PT**

Kettlebell AMPD™ is the leading group fitness kettlebell format that takes highly effective kettlebell movements and combines them with heart-pumping music to create a fun, energetic one-of-a-kind experience. We use the rhythm, tempo and phrasing of the music to keep all class participants on the same pace. Kettlebell AMPD gives you a full-body workout that is great for all ages and fitness levels. In this session, we will break down the kettlebell movements while focusing on proper form and technique and then put it together with the music for a calorie torching master class.

### **315 Schwinn® Cycling: Girl Power 2.0 - Leaning Into the Schwinn Sisterhood with Doris Thews & Helen Vanderburg (WS) CY**

This crucial conversation is going next level. What do female students need to have an amazing class experience? What holds women back? How can you bring acceptance- not judgement - into the room? This workshop is stacked with the latest research, strategies for touching every personality in the room, and uplifting advice from female industry icons.

### **316 Aquatic Muscle Mix with Danita Watkins (WS) AQ**

This workshop is designed to get an understanding of how to create an Aquatic Muscle Mix format class. In this workshop we will discuss the following objectives: How to the use various equipment and achieve muscle balance. Understand where muscle pairs in the body are and understand their joint actions. How to increase and decrease intensities levels

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using modification. How posture plays a role in the various exercises. Organizing your workout. How the use of cadence helps increase intensity. Using Aqua Pilates. Your role as an instructor to encourage progressive overload.

**Sunday 8/6/17 7:00 a.m. - 9:00 a.m.**

### **317 Savvier Fitness® Barre Tricks with Mindy Mylrea & Tricia Murphy-Madden (WS) GE**

Barre rooms are filled to the brim with every small equipment exercise tool but you may find yourself going back to the same piece each time out of habit. Come learn how to break that and incorporate numerous kinds of equipment into your barre classes all while utilizing traditional barre sequencing. Take away tons of unique ideas and invigorate your barre classes ASAP!

### **318 Operation Take Two™: Partner Assisted Sports with SGT Ken® (WS) GE, PT**

*Operation Take Two™: Partner-assisted Sports with SGT Ken®* utilizes highly effective interval training techniques practiced by the U.S. military. Complete with unique and effective athletic conditioning drills and partner-assisted sports, this course will teach you fun and exciting ways to perform your daily exercise programs. You will be immersed in fitness drills that require the assistance of other participants, all designed to show you how team-building games can help you double your strength and stamina in two weeks! It *Takes Two* to tango and to get the results that you've always wanted! Rated for all levels.

### **319 Flo-etry in Motion with Alex McLean (WS) GE, MB**

Music is food for the soul and it drives fluidity in movement. This session takes the best of all bodyweight disciplines from dance to athletic training, from yoga to sports conditioning to flow seamlessly from one exercise to another. You will move freely like water as your strength and mobility are challenged. It's time for Flo-etry in Motion!

### **320 POUND® Rockout. Workout with Cassie Burke (WS) GE**

Sweat. Sculpt. & ROCK in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

### **321 SPINNING® Retro Rolling Recovery Ride with Jen Ward (WS) CY**

If you have been to conferences before or if you are attending your first conference, you know or will soon find out that after a couple of days of hours and hours on the Spinner bike, there is no denying the need for recovery. This low intensity, restoring workout will give you the freedom to sit or stand at any point in the ride, creating the feel of riding gradual rolling hills, provide practice with pace lining and follow-the-leader drills while listening to some of the greatest retro hits of all time.

### **322 Peak Pilates® More Than Mermaid with Connie Borho (WS) GE, MB**

Explore the addition of lateral flexion and rotation within the classical workout with variations to challenge these movements. Train proper initiation and control to help golfers and tennis players prevent injuries and improve their games, and to improve healthy functional movement for every-day activities.

### **323 Serenity Now! with Debra Orringer (LEC) GE, MB, PT, S**

Relaxation is so important in our lives to keep our stress levels down. In a world of constant connection and the now-now-now mentality, today's stress levels are multiples above what they used to be. If we are overly stressed, how can we help our clients find their inner peace? Stress, weight gain and disease go hand in hand. No need to panic however. Learn methods of relaxation and enjoy your own 15 minute guided meditation session at the end of the lecture.

### **324 Heavily Meditated & Highly Motivated with Petra Kolber (LEC) GE, MB, PT, S**

An Introduction to Meditation for The Fitness Mind

The greatest "muscle" you will ever train will be your mind. Come and learn 'gateway' meditations that can be first steps to incorporating mindfulness into a fitness lifestyle. Learn the latest research that supports the many health and wellness benefits of this practice, and discover easy to replicate mini meditations that can be used immediately with the typical clients we see daily. Train a body - change a body. Train a mind - change a life.

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### 325 NSCA® Bridging the Gap: Personalized Group Exercise Classes with Kathryn Russell (WS) GE, MB, PT, S

Market trends in fitness are constantly changing: keeping up with those trends and focusing on the needs of your participants are integral to being a great instructor. This session will provide a mix of lecture and hands on activities designed to improve your knowledge and skills as an instructor as well as give you the tools to begin to design a class of your own.

### 326 Schwinn® Cycling: If you Build It, They Will Come with Helen Vanderburg (WS) CY

Say “NO!” to stressful class prep with Schwinn’s proven design system that makes planning a cinch. The Coaches Pyramid provides a framework for unforgettable rides that are accessible to all levels. Discover an easy to follow, turnkey system for selecting the best content, layering in mind/body elements and organizing music to bring it all together.

### 327 Acquapole® Boxing Bag with Sonja Burns (WS) AQ

A unique kickboxing workout performed in the pool with the Acquapole® and a boxing bag that slips right over the pole. Join master trainer Sonja Burns for an exciting aqua workout that develops endurance, strength and coordination.

**Sunday 8/6/17 9:30 a.m. - 11:00 a.m.**

### 328 Peak Pilates® to the Mat Circuit with Kathryn Coyle & Zoey Trap (WS) GE, MB, PT

Think you know Pilates? Think again. Fitness meet Pilates in this challenging and fast paced circuit that is suitable for all levels. Come on and get your sweat on, Pilates style and learn that Pilates is more than core!

### 329 Body Weight Blast with Patrick Goudeau (WS) GE, PT

The plan is simple; the *RESULTS* are *INSANE!* This turbo-charged workout is effective, smart and one intense, *BOOTY-BLASTING BURN!* Grab *yourself* and you’re ready for body fat demolition! Each sequence consists of three minutes of killer body weight training, two minutes of focused core work and a one-minute, high-octane cardio interval! The only break you’ll earn is when you’re done!

### 330 Choreo WERQshop with Haley Stone (WS) GE

Learn the secrets of creating engaging and easy-to-follow dance fitness combinations from WERQ Dance Fitness Creator, Haley Stone. Stone brings over a decade of cardio dance and athletics experience to this lecture and WERQshop. Apply her tricks and tips to any dance fitness class where you bring your own choreo (#BYOC). Leave with 3 combos to plug into your next class!

### 331 Functional Balance Circuits for the Active Adult by Activmotion® Bar with Robert Sherman (WS) GE, MB, PT, S

Balance in the real world is SO much more than we think! Our living environment is ever changing. Forces such as gravity, acceleration, deceleration and momentum are constantly pushing and pulling our center of mass in different directions as we move through space. For the most transferable and useable functional balance training, exercises need to challenge the body in ways that simulate the forces and variability that life throws at us everyday. Additionally, we need to ignite the body and mind in the process by integrating senses like touch, vision and sound into the picture. This allows us to heighten awareness and develop a deeper understanding of what balance really is relative to our position in space. In this session, we will introduce and explore new science-backed approaches to how we can truly help our aging population replace fear with confidence and live life stronger everyday.

### 332 SPINPower®: May the FORCE Be With You with Mark Tickner (WS) CY

Feel your force, as you push BIG GEARS slowly and crush the heavy resistances with your forceful efforts! A true champion learns how to develop force from early in career to build their strength, push bigger gears more quickly, and to be able to hammer the bike when needed! Do you have the FORCE!?

### 333 Peak Pilates® for the Golden Ages with Connie Borho (WS) GE, MB, S

Gain the knowledge to safely and effectively work with senior exercisers. Learn how to modify and/or prop exercises on the mat and equipment to provide comfort, assistance, and challenge. The aging baby boomer population needs Pilates!



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### **334 Teaching from the Heart with Rob Glick (LEC) AQ, GE, MB, PT, S**

Learning the content is one thing but to be able to find your voice and be authentically you when you teach is a whole other level. In this session we will look at steps to get in touch with our true self and learn ways to have the courage to teach with a level of vulnerability that assist in creating connections. We will exam living authentically and bringing that self into our teaching experiences.

### **335 Tai Chi: Nurturing Body & Soul. Are You Listening? with Cheri Wolff (WS) GE, MB, PT**

This session will include discussion and participation, as well as a relaxation practice. We will explore the practice of Tai Chi as a means of understanding the ways in which our bodies individually hold tension and stress. Moving with awareness and efficiency allows us to nurture a keen sense of our bodies and our minds. Maintaining our mental and physical balance, from a point of internal power, enhances our listening skills and provides insight toward outside interference, which fortifies the natural state of our busy lives.

### **336 Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea (WS) CY**

Schwinn Indoor Cycling meets Barre in a fusion program taking the country by storm. Amazing cardio combos on the bike flow into elongating, strength based barre training on the floor using the bikes as barres. Finally, barre students work in the cardio and die hard cyclists get the flexibility and elongation training their bodies crave.

### **337 Baby Boomer Boot Camp (AQUA) with Danita Watkins (WS) AQ, S**

The objective of the Baby Boomer Boot Camp Challenge is to motivate and target the Baby Boomers to keep moving to encourage better lifestyle and wellbeing. This Baby Boomer Boot Camp will strengthen your heart, build your muscles, build your stamina, and have fun while exercising your whole body. ARE You up for the Challenge?

**Sunday 8/6/17 11:30 a.m. - 1:00 p.m.**

### **338 Peak Pilates® Athletix Mat with Kathryn Coyle (WS) GE, MB, PT**

Bring out your inner athlete by harnessing your powerhouse and revving up your power. Challenge your traditional mat with the addition of plyometrics and body weight challenges. Explore sequences that are a mix of powerful propulsion, speed, and concentrated core!

### **339 Ayurveda 101: Foundation Knowledge and Application with Lisa Snowden (WS) GE, MB**

Bringing mindfulness into workout sessions is helpful because it more closely connects you to yourself. On the job, having a mindful attitude will best connect you to your clients' needs, to better serve them. From taking a fresh look at client assessments to understanding new ways to motivate clients or modify movements. This introduction to Ayurveda will offer foundation knowledge and application methods. Ayurveda is a sophisticated and potent mind-body health system. Founded in India thousands of years ago, the 'knowledge of life' is relevant today and easily interwoven with modern life. Lecture and yoga class.

### **340 D'Fine with Helen Vanderburg (WS) GE PT**

No weights... just hard core results. This bodyweight workout combines core conditioning and muscle defining exercises from Pilates, flexibility and mobility from yoga and fluidity of movement from fitness and Barre techniques to define, align and sculpt the body. Choreographed to inspiring music, experience a new, innovative and challenge bodyweight group class. You will leave this session with unique ideas to give your clients a total body workout, improved posture and D'Fine the body

### **341 Flow State Yoga with Robert Sherman (WS) GE, MB**

The flow state is the perfect balance between finding your edge and being at ease. This workshop will integrate poses that link movement, mind, body and the breath. The sequences are not forced or rushed, but perfect for the student, ready to grow and eager to advance their practice.

### **342 SPINNING®: Everybody Loves Jumps with Jen Ward (WS) CY**

This is a high-energy ride that builds both aerobic and anaerobic fitness while improving movement efficiency in and out of the saddle. The terrain is a mix of flats and hills, which utilizes jumps to power through most of it in a way that

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is both creative and fluid. If you already love jumps you will love this ride. If you register for this ride not loving jumps, you can expect to be converted.

### **343 Peak Pilates® A Hundred Ways with Zoey Trap (WS) GE, MB, PT**

There is just one “Hundred”, but it reverberates through the Pilates work in a myriad of shapes in space. Explore how to bring the Hundred to life more strongly in your own body and how the Hundred relates to all of the abdominal five!

### **344 BeYOUtiful Vinyasa Yoga with Kimberly Spreen-Glick (WS) GE, MB**

Enjoy the journey and trust yourself as you glide through an energetic series of poses, matching movement to breath and creating your own balance between challenge and release. You’ll find your power and truth as the motivating, upbeat soundtrack has you smiling through the sweat. Just leave the judgments and expectations behind as you open your mind and heart to allow the true “you” to shine.

### **345 Schwinn® Cycling: Hot Topics in the Saddle with Alex McLean (WS) CY**

Experience one of Schwinn’s most popular and controversial workshops ever. Whether in your classes or in the media, there’s a buzz around indoor cycling issues - resistance, leg speed, upper body engagement during a ride, HR training versus training with power, and coaching with display technology. Come hear Schwinn’s take on these topics, coupled with the latest research and science to clear up myths and misconceptions.

### **346 Aqua Chakra with Laura Ribbins (WS) AQ**

Tired of being tired? Did you know we have an invisible energy system called chakras? A chakra is like a whirling, “vortex like”, powerhouse of energy! Let’s recharge our batteries with an aquatic series of exercises that tap into our seven chakras. As a *result, a revitalization* of energy health.

### **347 NSCA® Bridging the Gap: Monitoring Client Training with Julia Olsen (LEC) GE, PT**

Fitness tracking is one of the hottest trends of 2017. The use of trackers and other tools can help individuals reach their goals and succeed with behavior modifications. Learn new methods for monitoring participant intensity over time to ensure change and minimize overtraining and injury.