

DCAC Fitness Pre/Post Conference Events - Thursday 8/3/17 & Sunday August 8/6/17

Course #: 701 Adult CPR & AED Training: Two (2) Year Certification / Re-Certification Class with Don Sussman, Know CPR

Thursday 8/3/17 6:00 p.m. - 8:00 p.m.

Course #: 702 Adult CPR & AED Training: Two (2) Year Certification / Re-Certification Class with Don Sussman, Know CPR

Saturday 8/5/17 6:00 p.m. - 8:00 p.m.

Renew your CPR certification quickly and easily on site at DCAC 2017! The newest CPR Guidelines will be taught by a certified and authorized CPR Instructor. This nationally-recognized program provides a two (2) year renewal certification for Adult Cardiopulmonary Resuscitation (CPR) and AED from the American Safety & Health Institute. Immediately upon successful completion of this training, participants will receive an American Safety & Health Institute course completion card with a suggested retraining date of two years. You must have current CPR certification or one that has recently expired in order to register.

Cost: \$45.00 per person (Special DCAC Rate, includes all fees, handouts, books, and training)

Register: www.regonline.com/DCACINT2017

Course #703: The 5 Step PFT® Blue Print to Success with Mary Anne Snively, Pelvic Health Systems™ and The Female Pelvic Medicine Institute

Thursday 8/3/17 5:30 pm - 9:30 pm

CEC's: ACE (0.4), AFAA 4.0, NASM (0.4)

The 5 Step PFT® BluePrint to Success, is a pre-designed module to facilitate easily adaptable solutions for trainers and instructors who desire improved program development skills, improved program structure and implementation and overall presentation skills. The 5 Step PFT® BluePrint adds value, results and lasting success for clients, participants and the wellness professional leading to higher sales, increased attendance and improved loyalty. Trainers and instructors have limited time and other pressures that make program design difficult to fit in to their busy schedule. Our PFT® BluePrint makes it easy for you. Our module is easily adaptable to all levels of fitness and interest keeping everyone's experience great. Don't worry, you will still utilize your favorite props, tools and workout methods and use them to create individualized, large or small group workouts by following the easy 5 Step PFT® BluePrint.

Cost: \$99.00 by 6/30/17 / \$129.00 after 6/30/17

Register: www.regonline.com/DCACINT2017

Course #704: Barre Above™ with Tricia Murphy-Madden and Linda Haupt

Thursday 8/3/17 9:30 a.m. - 5:30 p.m.

CEC's: ACE (0.8), AFAA (8.0), NASM (0.8), SCW (7.0)

Join Barre Above™ for a totally dynamic and progressive method of barre training for all bodies. Learn the essentials and how to implement, launch and run a successful and in-demand barre program. Whether you have a barre, multiple barre set-ups, no barres at all, or are just using chairs, this education fits all needs for clubs, studios and independent instructors. Barre Above is based on applied science to create strength, flexibility and balance in the body. With flexible programming, and progressions and regressions for all fitness levels, you will acquire the ability to teach a fun, effective and efficient barre workout for all fitness levels. Includes two DVDs, Instructor Manual, & Online Instructor Account. No Licensing Fees. Options for Ongoing Choreography. No CPR card not required.

DCAC Fitness Pre/Post Conference Events - Thursday 8/3/17 & Sunday August 8/6/17

Cost: \$199.00 by 6/30/17 / \$229.00 after 6/30/17

Register: www.regonline.com/DCACINT2017

Course #705: BioExercise for Arthritis (AQUA) with Laurie Denomme

Thursday 8/3/17 12:00 p.m. - 6:00 p.m.

CEC's: AEA (6.0), ACE (0.6) (pending), ATRI (6.0)

Mental and physical actions are connected with the brain serving as the control center. The brain, like the rest of the body needs to be worked. BioExercise is a new program dedicated to exercising the brain by teaching cognitive based exercises to enhance total body awareness. Connect mind and movement to boost attention, memory, and learning for improved results in physical exercise. This course will expand knowledge and teaching skills for arthritis and related musculoskeletal conditions, and was developed for AEA Arthritis Foundation Program Leaders and Aquatic Fitness Professionals. Experience a successful 10 step format that covers all essential components. Connect total body functionality using 6 directional movements with awareness. Apply 7 evidence-based strategies to boost brain activity and improve physical results. Be on the cutting edge of aquatic fitness! Seasoned and new exercise professionals alike will leave this course with new ways to engage our most valuable asset to better exercise results - the brain.

Cost: \$75.00 by 6/30/17 / \$99.00 after 6/30/17

Register: www.regonline.com/DCACINT2017

Course #706: Integrative Corrective Exercise Instructor Level I: Corrective and Progressive Exercises for the Trunk and Spine with Dr. Evan Osar

Thursday 8/3/2017 8:30 a.m. - 4:30 p.m.

CEC's: ACE (0.7), AFAA (7.0), NASM (0.8), 7.0 SCW

Baby boomers and individuals 65 years of age and older are currently the largest growing segments of the population. As increasing numbers of these individuals advance and move into their senior years, a significant proportion of them will experience chronic low back tightness and dysfunction. These limitations are leading to increased reliance on pharmaceutical agents and increasing incidence of orthopedic surgeries. However, by understanding and applying the principles of the *Integrative Movement System*™ into a corrective and progressive exercise program, the fitness professional can help their baby boomer and senior clients improve alignment and control of the trunk and spine. Additionally, this information will allow the fitness professional to be instrumental in helping improve their client's functional strength and stability and become the movement-based solution to the health care crisis.

Learning objectives

- The fitness professional will become aware of the needs and wants of the baby boomer and senior populations and how to accomplish these goals by incorporating the principles of the Integrative Movement System™ into their clients exercise program
- The fitness professional will discover how the principles of the Integrative Movement System™ - alignment, breathing, and control - of the trunk, spine, and pelvis (thoracopelvic canister) relate to the development of efficient core function
- The fitness professional will be able to perform a functional assessment of their clients to determine range of motion and stability of the trunk and spine
- The fitness professional will be able to apply the principles of the Integrative Movement System™ into an exercise program designed to improve core function in the baby boomer and senior populations

DCAC Fitness Pre/Post Conference Events - Thursday 8/3/17 & Sunday August 8/6/17

- The fitness professional will discover how to develop a safe and effective corrective and progressive core exercise program that helps their baby boomer and seniors work towards accomplishing their health and fitness goals

Cost: \$199.00 before 6/30/2017 / \$299.00 after 6/30/2017

Register: www.regonline.com/DCACINT2017

NSCA® Certified Personal Trainer Exam Preparation: The Next Step in Your Career with Kathryn Russell

Thursday 8/3/17 9:00 a.m. - 5:00 p.m.

This one-day clinic is specifically designed for group fitness instructors looking to expand their career. As a NSCA Certified Personal Trainer, you can step beyond the group training setting and apply your knowledge, skills, and abilities to individually assist clients seeking to improve their health and fitness. Industry professionals will identify methods for preparation and key knowledge, skills, and abilities needed to successfully pass the best personal training certifications in the industry.

Cost: \$150.00

Register: <https://www.nasca.com/events/clinics/NSCACPT-DCAC-Convention/>

Course #707: One Day To Wellness with Bruce & Mindy Mylrea

Thursday 8/3/17 8:00 a.m. - 5:00 p.m.

CEC's: ACE (0.9), AFAA (9.0), NASM (0.9)

One Day to Wellness is a comprehensive wellness course encompassing all the latest and greatest in behavioral change research, eating strategies for sustained success, mindful and productive goal setting, This one day course will have you diving deeply into the wellness continuum through nutrition, fitness, meditation, and life balance. This course is for fitness, nutrition, and wellness coaches wanting to assist their clients with all the latest coaching and motivational tools as well as anyone who needs that infusion of life transforming energy. As a One Day to Wellness coach you will have all the resources you need to offer worksheets, assessment, application, and one hour lectures to include in your tool box for recruitment and retention.

Bruce and Mindy Mylrea have been coaching and teaching for over 35 years touches thousands of lives. Bruce is a holistic nutritionist armed with exciting recipes, meal plans and a nutrition continuum that will surely lead to making successful choices for health, balance, and empowerment. Mindy's knowledge of fitness, movement, and her ability to make everything a joy allows her to lead from the heart and soul. She will provide you with all the tricks and toys you need to no longer work out but work in.

Seminar day deliverables: Manual, Totebag, Food Samples, Cooking Demos, Special Gift

Customized action plan, CD / DVD / downloads

Cost: \$199.00 before 6/30/17 / \$229.00 after 6/30/2017

Note: Special Price for Tabata Bootcamp Certified Instructor \$170.00 PROMO CODE: Tabata

Register: www.regonline.com/DCACINT2017

Peak Pilates® Flexible Solutions with Zoey Trap

Thursday 8/3/17 9:00 a.m. - 1:00 p.m.

CEC's: PEAK PILATES (4.0)

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. Learn how to use the Flexcushion- a simple tool to work with a

DCAC Fitness Pre/Post Conference Events - Thursday 8/3/17 & Sunday August 8/6/17

wide variety of issues including low back pain, hip dysfunction, cervical problems, osteoporosis, stenosis and more. Take away tools to help you, help others. Once you work with the Flexcushion, you will never teach without it!

Cost: \$99.00

Register by phone call 800-847-SPIN (7746) or 310-823-7008. To register on line visit: <http://peakpilates.com/flexible-solutions-reston-va-august-3-2017/>

Course #712: RESILIENCE WORKS: A Life Coaching Intensive with SGT Ken® powered by SGT Ken® Sunday 8/6/2017 1:30 p.m. - 5:30 p.m.

CEC's: ACE (0.4), AFAA (4.0), NASM (0.4)

There are two things that can happen to you when faced with an obstacle of any kind: fall apart or bounce back. Resilience, often referred to as emotional fitness or mental toughness, is when you face adversity head-on and grow from your experience. Developed by U.S. Army Master Resilience Trainer, Master Fitness Trainer, Counterintelligence Agent and decorated combat veteran Ken Weichert (aka SGT Ken®), you will immersed with strategies of how to connect for effect, push for perspective, champion through change, live to learn, opt for optimism and how to be your absolute best. Ken has over 300 hours providing resilience training to military and non-military audiences and is the creator of countless tactical fitness and health programs for US Army and Air National Guard service members and their families. His personal mission is to empower people with exceptional resilience training and life coaching strategies to turn stress into strength and obstacles into opportunities!

Cost: \$99.00 before 6/30/17 / \$119.00 after 6/30/2017

Register: www.regonline.com/DCACINT2017

Schwinn® Cycling Instructor CLASSIC Certification (10 Hours) - Convention Experience with Jeffrey Scott & Amy Dixon

Thursday 8/3/2017 9:00 a.m. - 7:00 p.m.

CEC's: ACE (1.2), AFAA (8.0), NASM (0.8)

Get certified in the industry's most respected and progressive indoor cycling instructor training course. In one power packed day you'll have the tools you need to become a successful and sought-after instructor on any bike. This critically- acclaimed certification includes bike fit, cycle science, class design, music and the Schwinn® Cycling Coach's Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students. Join us for the course that offers continuing updated material making this the one certification worth repeating to refresh your skills and inspire your teaching. Exclusive benefits: Schwinn Certified T-Shirt, Power Music® Schwinn Cycling Signature Music, 8 Complete class Plans, A comprehensive resource manual, participants will receive a certificate of completion.

Cost: \$230.00

Register: <http://registration.corehandf.com/certifications/registration1/schwinn-indoor-cycling-training-program-6725.html?continent=north-america&country=usa&state=washington-dc>

SPINNING® Instructor Training with Mark Tickner and Jen Ward

Thursday 8/3/2017 9:00 a.m. - 5:00 p.m.

CECs: ACE (0.8), AFAA (8.0), NASM (0.8)

DCAC Fitness Pre/Post Conference Events - Thursday 8/3/17 & Sunday August 8/6/17

Become one of the world's most sought-after fitness instructors—a certified Spinning Instructor. This 9-hour training is your first step. Topics include bike setup, the five core movements, three hand positions, choosing music, creating a 40-minute Spinning journey, safety considerations, teaching techniques, Spinning philosophy and heart rate training. After completing this training, you will be qualified to teach the Spinning program at any official Spinning center throughout the world. Certification will be awarded after completing the live training day and successfully passing the assessment. Please bring a heart rate monitor, water bottle, energy food, towel, clothes for two rides, bike shorts, stiff-soled shoes and a pen or pencil. There will be a lunch break mid-day. Registration fee includes the Spinning Instructor Manual, a Digital Study Guide to assist with learning the material more effectively and with passing the certification exam, a complimentary 30-day-month SPIN Membership from the date of your Spinning Instructor Training, and a certificate of completion. A certified instructor card will be issued upon successful completion of both the assessment and of the live training day.

Cost: \$355 (plus shipping and handling for course materials)

Register by phone call 800.847.SPIN (7746) or 310.823.7008. To register online visit <http://spinning.com/spinning-instructor-certification-reston-va-august-3-2017/>

STRONG by Zumba® Training with Kelly Bullard

Sunday 8/6/17 9:30 a.m. - 5:30 p.m.

CEC's: ACE (0.8), AFAA (8.0)

STRONG by Zumba® 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.

Cost: \$225 (LATE PRICE - ONE WEEK BEFORE EVENT \$250)

Discount Code: \$25.00 OFF - DCACSBZ25

Register:

[https://strong.zumba.com/en-US/training/2017-08-](https://strong.zumba.com/en-US/training/2017-08-06_SXZ_Reston_US_Zumba_Convention)

[06_SXZ_Reston_US_Zumba_Convention](https://strong.zumba.com/en-US/training/2017-08-06_SXZ_Reston_US_Zumba_Convention)

Course #708: SUCCESSFUL BOOTCAMP BUSINESS with Mindy Mylrea & SGT Ken®

Thursday 8/3/2017 5:30 p.m. -9:30 p.m.

CEC's: ACE (0.4), AEA (4.0), AFAA (4.0), NASM (0.4)

Step into BOOTCAMP BUSINESS! Two bootcamp icons, Mindy Mylrea and SGT Ken®, have teamed up to provide you with the best tools and best practices for elevating your bootcamp business. You'll walk away with several unique and impactful business ideas that are sure to guarantee maximum success. So, whether you are a bootcamp trainer, a personal trainer or group exercise instructor, you'll learn valuable techniques to promote your program, as well as the business strategies to generate the income you deserve.

Includes: 2 manuals, integrated website with turnkey applications to support your business, and discounts on all Tabata Bootcamp® equipment.

Cost: \$89.00 before 6/30/17 / \$119.00 after 6/30/2017

DCAC Fitness Pre/Post Conference Events - Thursday 8/3/17 & Sunday August 8/6/17

Note: Sign up for both Tabata GX Certification and Successful Boot Camp Business and pay ONLY \$229.00 for both courses! USE COMBO AGENDA ITEM ON REGISTRATION FORM!

Register: www.regonline.com/DCACINT2017

Course #709: Tabata GX Certification with Mindy Mylrea

Sunday 8/6/2017 12:00 p.m. - 6:00 p.m.

CEC's: ACE (0.7), AFAA (7.0), NASM (0.7), AEA (3.5)

The most intelligent HIIT GX program is now yours. Tabata GX provides the structure and the sizzle. Master exercise applications and patterning for the ultimate Group X class for every body. Unique HIIT timing is utilized based on science and smarts and uncover progressions and regressions that matter and that make sense. You will master the art of inspiration and delivery with our proven teaching methodology. Don't be just a good instructor. Let TABATA GX make you great!

Certification includes: manual, figure-eight tubing, complete exercise library with workout templates, certificate of completion No licensing fees and no cost to attend future Tabata Bootcamp® trainings, plus discounts on all Tabata Bootcamp® and Tabata GX gear and equipment.

Cost: \$159.00 before 6/30/17 / \$199.00 after 6/30/2017

Note: Sign up for both Tabata GX Certification and Successful Boot Camp Business and pay ONLY \$229.00 for both courses! USE COMBO AGENDA ITEM ON REGISTRATION FORM!

Register: www.regonline.com/DCACINT2017

Course #710: WERQ® Dance Fit Pro Certification with Haley Stone

Thursday 8/3/17 9:00 a.m. - 5:00 p.m.

CEC's: ACE (0.8), AFAA (7.0), NASM (0.7)

The WERQ Dance Fitness Pro Certification prepares you to teach safe and effective WERQ Dance Fitness classes. WERQ® is the wildly addictive cardio dance class based on pop and hip hop music. There are over 450 pre-choreographed routines in the online WERQ library. Instructors choose the routines to make unique playlists. All participants will experience a live WERQ Master Class and practice. The 3Q1 Method of cueing WERQ classes. At the end of the training, each participant completes a 50-question multiple choice exam to access the WERQforce online choreo library and leave with a license to WERQ. Get ready to WERQ!

Cost: \$199.00 before 6/30/2017 / \$249.00 after 6/30/2017

Register: www.regonline.com/DCACINT2017

Course #711: Yoga for Supporting Scoliosis with Leeann Carey

Thursday 8/3/17 8:30 a.m. - 4:30 p.m.

CEC's: Yoga Alliance (8.0)

Practicing yoga with scoliosis requires attention and sensitivity. Poses should be carefully modified to safely address spinal deformity. This full-day workshop presents two yoga sequences to support scoliosis by managing their effects and learning how to share the benefits with others. The first practice focuses on strength and stretch, and the second practice focuses on safe de-rotation and creating space. Both sequences are designed to reduce back pain, define the "center point" in each yoga pose, and emphasize breath awareness.

Yoga Props Required:(2)Yoga Belts; (2)Yoga Blocks (ATTENDEES WILL NEED TO BRING THEIR OWN)

Cost: \$129.00 before 6/30/2017 / \$159.00 after 6/30/2017

Register: www.regonline.com/DCACINT2017

DCAC Fitness Pre/Post Conference Events - Thursday 8/3/17 & Sunday August 8/6/17

ZUMBA® Basic 1 Training with April Smith

Thursday 8/3/17 9:00 a.m. - 6:00 p.m.

CEC's: ACE (0.7), AFAA (8.0)

This training is the first step to becoming a Zumba® instructor as it teaches you the foundation and formula to teach a Zumba® class. You will learn the steps to four basic rhythms (merengue, salsa, cumbia, reggaeton). You'll learn how to put these steps together into a song, and how to create your first Zumba class. We'll provide you with all the tools and resources you will need to teach a Zumba class. Included with Session: Basic Steps Level 1 Review DVD, Basic Steps Level 1 Mash-Up DVD, Basic Steps Level 1 Mash-Up CD, Rush DVD, Basic 1 Electronic Instructor Manual and Certificate of Completion.

Cost: \$225 (LATE PRICE - ONE WEEK BEFORE EVENT \$250)

Discount Code: \$25.00 OFF - TRADESHOWSDCAC25

Register:

[https://www.zumba.com/en-US/training/2017-08-](https://www.zumba.com/en-US/training/2017-08-03_B1_Reston_US_Zumba_Convention)

03_B1_Reston_US_Zumba_Convention