

Group 1 Friday 8/3/18 7:00 a.m. - 8:30 a.m.**201 LaBlast® with Louis Van Amstel
Workshop GE**

LaBlast® Fitness is a life-changing dance fitness program that inspires the mind and transforms the body while teaching the true skill of dance. Each LaBlast® class allows everyone - from the absolute beginner to the advanced dancer - to experience a customized routine chock-full of function and fun. 'if you can clap it, you can dance it'™

**202 Plyoplay with Jonathan Ross
Workshop GE, PT**

Welcome to the intersection of fun, fast, and fitness. Playful, intense, plyometric exercises allow you to experience a challenge while you are captivated by the fun and friendly competition. Ideal for clients seeking a non-traditional exercise experience which remains challenging enough to create change. Mix some sweat, speed and smiles: come get lost in play to find yourself in fitness!

**203 PLYOGA® YOUR BODY IS POWER® with Stephanie Lauren
Workshop GE, MB**

You are ready for this! PLYOGA is challenging, but it is equally modifiable! We have reinvented interval training to give you a chance to actually recover as part of the class. Use it! Love it! Take it to the next level! This is our flagship format! This 4-part high intensity interval system uses accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Come enjoy a format that is sweeping the Americas! YOUR BODY IS POWER®! *No Equipment *Terrific for all ages *Creates a movement friendly environment for all levels

**204 CORE De Force™ LIVE with Becky Conser
Workshop GE, PT**

CORE DE FORCE LIVE is much more than a typical cardio class. It's an empowering, core-focused workout, inspired by the highest-octane sport in the world—mixed martial arts. CORE DE FORCE LIVE won't just burn major calories. Created by Beachbody Super Trainers Joel Freeman and Jericho McMatthews, this workout combines authentic boxing, kickboxing, and Muay Thai moves, explosive power moves and interval training that all engage your core, so you get in killer shape - fast!

Ready to get the body you've always wanted? It starts with one punch. The only question is...how hard will you fight for it?

**205 Peak Pilates®: Circle of Power with Cherry Herzog
Workshop GE, MB, PT**

The Power Circle is a 3- 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.

**206 The Mystery of the Pelvic Floor with Mary Anne Snavely
Lecture GE, MB, PT, S**

Prevention is the key to alleviating embarrassing complaints women live with daily from pelvic floor dysfunction (PFD). This awareness lecture will delve into the reasons pelvic floor dysfunction is so prevalent and why it leads to poor pelvic floor muscle function, pelvic instability, urine leakage, constipation, and surgery. Pelvic muscle control, posture, functional movement, daily habits and poor diet are increasing the risk of this disorder outside the common risk of pregnancy, childbirth, high BMI, exercise and menopause. Wellness professionals can help women improve the incidence of PFD and help to decrease

the high volume of surgeries by becoming informed. Enjoy learning the mystery behind the human pelvis, spine and internal pelvic organs.

**207 Diet Diagnosis with Bruce & Mindy Mylrea
Lecture GE, MB, PT, S**

Scores of new diet books are published by the \$60B weight loss industry every year, however, our general population is still gaining weight. What gives? Mindy and Bruce sift through all the available scientific evidence of the current largest diet trends to diagnose which if any actually work for sustained, healthy, long term weight loss. This lecture outlines key strategies to assist you help your clients steer to an eating plan is healthful and sustainable for life - not just until the next diet book comes out.

**208 SPINNING®: Coaching From Start to Finish with Shaun Sullivan
Workshop CY**

Feel as though the warm-up, cool down and stretch sometimes get lost in the shuffle? Like the entire class is focused just on the body of the ride? Attend this engaging and interactive session and reconnect with the significance of these ride essentials. Make every class you teach engaging and exciting from the very beginning all the way to the final stretch!

**209 Schwinn® Cycling: Buy 1 Get 1 Free, Class Design on A Dime! with Robert Sherman
Workshop CY**

Back by popular demand! Our wildly successful Class Design workshop BOGOF is back, bigger, better and going to leave you with a TON of ideas to keep you & your riders happy for a very long time. We will discuss member's wants, needs and how to keep all types of riders happy in class. It's all in the way you set it up!

**210 Acquapole® with Sonja Burns
Workshop 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.

Group 2 Friday 8/3/2018 8:45 a.m. - 10:15 a.m.**211 CHAKABOOM® - The Original Dance Fitness Experience!
with Leo Lins & Robert Magalhaes
Workshop GE**

CHAKABOOM is the Optimal Dance Fitness Experience is an original, high-energy workout influenced by the rhythm and culture of countries around the world. CHAKABOOM incorporates various styles of dance & music into an explosive group fitness experience - providing a full body workout. This class motivates, challenges and inspires participants to reach their highest potential; leaving participants feeling energized and accomplished. Along with an amazing workout, CHAKABOOM is so much fun - it makes an hour feel like a minute.™

**212 POUND® Rockout Workout with Amy Ward
Workshop 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!

**213 Yoga Strong for Seniors by Body Bar® with Lauren Eirk
Workshop GE, MB, S**

In this session, join Certified Yoga Teacher, Yoga Therapist Lauren Eirk, MS, to learn how to create a therapeutic Yoga practice, showcasing the MicroBar from Body Bar, Inc. for your deconditioned and aging students. With age, neuromuscular issues such as joint instability, chronic pain, numbness, loss of balance and muscular atrophy can start to develop. During the "Yoga Strong Seniors" workshop, see how the design, comfort, and versatility the MicroBar is the perfect yoga prop to create bone-loading, strength building improvements to the hip, core, lower leg, and upper extremities. See variations and modifications for various fitness levels, even for those who prefer to work from the chair. With improved strength and stability in the joints, improved mobility, stamina, and posture will result.

**214 Combat Cardio Kickboxing with Lynne Skilton-Hayes
Workshop GE**

Blend heart pounding boot camp inspired power moves with traditional kickboxing drills and combinations. You'll review critical technique on punches and kicks and learn how to progress drills and combinations with guidelines for safe and effective program design in mind. This workshop is ideal for both a new instructor looking to teach kickbox or the seasoned instructor looking for new ideas for your current kickboxing or athletic classes. Come take a jab at this intense workout!

**215 Peak Pilates®: MindBody Boot Camp with Kathryn Coyle & Zoey Trap
Workshop GE, MB**

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

**216 Glutes and Psoas: Corrective Exercises with Dr. Evan Osar
Lecture/Demo GE, MB, PT, S**

Hip tightness and discomfort are two of the leading causes of decreased performance and the development of chronic pain. The psoas and glutes are vital to maintaining optimal function 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 psoas and glute function. You will not look at glute or psoas training the same after this session.

**217 HIIT Extravaganza: New Research & Ten New Programs with Len Kravitz
Lecture GE, MB, PT, S**

The emerging research examining high-intensity intermittent exercise indicates numerous benefits for cardiovascular health, fat loss, insulin resistance and cardiovascular performance. The physiological, metabolic, and biological mechanisms underlying all of these responses and adaptations will be discussed. Len has scoured the research and will present 10 Trailblazing HIIT programs.

**218 SPINPower®: Personal Spinning® Threshold with Joey Adams
Workshop CY**

The platform of the SPINPower® program comes from identifying a rider's PST (Personal Spinning Threshold). In education, a student's progress is measured in performance increases over

time. Performance enhancement starts with a benchmark. The PST becomes a personal benchmark to deliver the content - the instruction. Without a benchmark, riding a bike simply becomes that - riding a bike. The establishment of a rider's PST brings meaning to every ride. It is time to find your PST and then be able to bring it to your riders. In this workshop you will find your PST, learn how to conduct an effective PST, how to turn it into a potential profit center and how to create positive physiological change for you and your riders.

**219 StairMaster® Presents - HIIT MIX Solution with Sonja Friend-Uhl
Workshop GE, PT**

Stairmaster has created a formula that allows clubs & trainers alike to utilize any/all equipment options available with unique interval protocols resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results Driven, Interactive, Scalable, Exciting & Engaging, Team/Community-centric! Plug in the details and PLAY!

**220 Schwinn® Cycling: The Magic of the 3 C's with Jeffrey Scott
Workshop CY**

The Magic of the 3 C's: 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!

Group 3 Friday 8/3/2018 10:45 a.m. - 12:15 p.m.**221 INSANITY® LIVE with Becky Conser
Workshop GE**

MAX INTERVAL TRAINING! Push your body to the max and reach your personal best, no matter where you're starting from. This high-energy workout created by Super Trainer Shaun T, takes you through group-focused cardio drills, athletic conditioning, and explosive moves without any equipment.

**222 Mini-Band Breakdown with Abbie Appel
Workshop GE, PT**

Discover how this incredible, inexpensive core activator will transform your workouts and bring new dimension to your lower-body strength programming. Utilizing mini bands, master 10 new movement progressions that can add challenge to any multilevel group conditioning class. Abbie will share the latest research on activation techniques using rubber resistance and cover the many nontraditional methods to employ the ever-versatile mini band.

**223 21st Century Body Sculpt with Keli Roberts
Workshop GE, PT**

Feel stuck in a rut with your body sculpt classes? Need some new ideas? Then this presentation is a one-stop workshop that offers instructors five unique program design ideas ready to update your classes. Utilizing familiar equipment options, review the training principles that not only make your classes effective, but will help your participants get real results. See how the simple ideas work to provide endless inspiring options to end burnout and boredom and bring your classes into the 21st century!

**224 SPORT™ with Billy Boynton
Workshop GE**

SPORT™ by Group Rx is a game changer. Ramp up your cardio and put your balance and coordination training into high gear. Using a variety of tools such as steps and dumbbells, learn how strategically chosen athletic movements in every plane of motion conquer fears and leave you and your participants with a "Yes I Can!" attitude. SPORT training strengthens the heart, increases

bone mineral density, and tones the entire body with every move you make. It's GO Time!

225 Peak Pilates®: Pilates for the Tall and Tight with Cherry Herzog

Workshop GE, MB, PT

Pilates may be for every body but working with students who are tall and tight brings an extra challenge for both student and teacher. Learn solid strategies for working with the taller, tighter students that allow them to progress safely and work effectively. Gain a thought process that will allow you to understand the unique needs of this population that can transfer to all apparatus.

226 Take Your Passion to Paradise with Lisa Snowden

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

How about converting your classes onto a beach setting? Offer your fitness specialty to resort guests while enjoying plenty of vacation time yourself. The luxury, all-inclusive resort settings experienced with Fit Bodies, Inc. are plentiful in beach and sunshine. Check out this session - You'll learn all about the teaching vacation program, it's benefits and what others have to say. All types of group fitness instructors and mind/body specialists are invited to participate and enjoy out of this world vacations. Over 70 luxurious, all-inclusive resorts to select from to enjoy a teaching assignment with vacation in tow. Fit Bodies, Inc./FitnessProTravel.com is a fitness-based and female owned/operated company out of Kentucky, since 1992.

227 Eating for Health, Weight Loss and Longevity with Teri Gentes

Lecture GE, MB, PT, S

Are your clients in dire need of a dietary over-haul and behavioral reboot? This workshop shares: • the latest evidence-based scientific research • strategies to achieve sustained weight loss and increased vitality • an easy to adhere to whole foods approach to eating and • the scientifically proven path to sustained weight loss and disease prevention. 30-year veteran in whole-self life style wellness Teri Gentes wows you into action in this inspiring session complete with food demos, tastings and take-home product samples.

228 SPINNING®: Run, Jump, Climb - Repeat! with Shaun Sullivan

Workshop CY

Travel a familiar road, yet experience it for the first time. Have fun and challenge your fitness through this progressive loop ride using 3 fundamental Spinning movements crafted in a unique and exciting profile you can use with your students right away!

229 Schwinn® Cycling: Train Right Re-imagined with Amy Dixon

Workshop CY

If you are going to do it all, do it right! At Schwinn® our motto is Ride Right. While we love motivating the masses on the bike, we also know that what we do off of the bike is an integral part of a well-balanced fitness program. This workshop takes a good look at the ranges of motion and common muscular imbalances involved in indoor cycling. We will arm you with tools to create complimentary flexibility and strength-based programs to counter the riding position on the bike. You will experience 2 different cross-training programs that integrate mobility, strength and cardio while staying true to the promise of doing it right.

230 Pilates For Posture & Core Strength (AQUA) with Anne Pringle-Burnell

Workshop AQ

Pilates basic principles and exercises are adapted for water. Peyow Aqua Pliates basics includes postural alignment exercises, stability, balance and offers modifications to be used in therapeutic classes, with older adults, obesity, special populations and chronic conditions. Case Studies published May 2015 presented from 2-year study at the Rehabilitation Institute of Chicago.

Group 4 Friday 8/3/2018 1:15 p.m. - 2:45 p.m.

231 Pulling for Power™ by Water Rower® with SGT. Ken®

Workshop GE, PT

Pulling for Power™ with SGT Ken® utilizes extremely effective Variable Intensity Interval Training (VIIT) techniques with WaterRower drills and calisthenics uniquely arranged to muster muscle-fatigue like never before. VIIT can help you burn body fat for 24 hours from a 60-minute workout. Pull for power today to produce progress tomorrow!

232 RUMBLE by R.I.P.P.E.D.® with Susan Jessup

Workshop GE, PT

You are the Live Action Star in this authentic, yet simple to master, cardio mixed martial arts adventure! Like R.I.P.P.E.D.®, RUMBLE is formulated with Systematic Science based techniques that are safe, effective, FUN, and just simply bad ass! Your Co-Star, The RUMBLE STICK, is your weapon that creates a higher degree of training and is an extension of your body, which enhances spatial awareness, overall movement, and will energize you with empowerment.

233 Killer Core with Lauren Eirk

Workshop GE, MB, PT, S

The core is still a hot topic in fitness, and many of our most effective and popular core exercises are rooted in the teaching of hatha yoga. Join us as we experience a flowing, athletic yoga practice that focuses on the hip and trunk areas of the body with inspiring cues and progressive exercise challenges that can be adapted for all levels of fitness. The power and strength within these movements will bring a new awareness and respect to the importance of the core.

234 Step Sampler with Harold Sanco

Workshop GE

Step into the future with this next-level step class! Discover how to take moves you know and love and evolve them into exciting new step choreography routines that sizzle. You'll discover how to incorporate dance-based alternatives that excite and challenge participants of all levels.

235 Peak Pilates®: Dynamic Duo: Pilates Stick and MVE® Chair with Kathryn Coyle & Zoey Trap

Workshop GE, MB

Double your fun using the Pilates Stick & Mve Chair as you work on 2 pieces of apparatus with 2 Master Instructors! Experience shapes in space that flow seamlessly through all body positions in a fresh and innovative way. Take away a whole new class format.

236 Knee Osteoarthritis? Corrective Exercise Strategy with Dr. Evan Osar

Lecture/Demo GE, MB, PT, S

Knee osteoarthritis limits many individual's ability to walk, run, and participate in many activities. Unfortunately, many individuals are not given great options outside of rest, medications, and surgery. During this dynamic session, you'll discover why so many older adults have knee osteoarthritis and the most effective corrective exercises for improving your

client's knee and foot function. Additionally, you'll discover what exercises you will want to include as well as which ones to avoid in individuals with advanced knee degeneration.

237 PLANT POWERED, PALEO or KETO - WHAT TO DO! with Teri Gentes

Lecture GE, MB, PT, S

Eating trends come and go like seasons in northern areas. Right now there is a divide between plant strong, paleo and keto diets so let's tear it down and look at the facts. In this session we explore the history and most up to date science behind these various diets. Teri Gentes details the healing impacts of each and no it doesn't have to be an all or nothing approach'. Perhaps a Pot Pourri diet is best? Let's look at the research and you can decide what's best for you. Enjoy a craving inspiring' demo and tasting sample in this energized session certain to get you passionate about diet and long term health. Embrace Teri's energy and experience her provocatively engaging ability to enable your transition to the most healthful habits you've ever had and reclaim your vibrancy.

238 StairMaster® Presents - BoxMaster® with Pete McCall

Workshop 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 clients and members! With the ability to cater to all levels of fitness, the BoxMaster® will not only excite and encourage greater participation in boxing style fitness training; it will also help boost your client/member retention with an entirely different way to get in shape!

239 Schwinn® Cycling: Rhythm Done Right with Robert Sherman

Workshop CY

When the music and coaching are spot on Rhythm Riding can be a magical experience. The RIGHT Rhythm ride doesn't need smoke and mirrors or unnecessary distractions. We will show you how to capture and captivate your riders the RIGHT way and provide your members with a memorable, results based, musically amazing cycling experience.

240 Three B's of Core (AQUA) with Kathleen Cowling

Workshop AQ

It's not just abs and crunches anymore! In life, the body moves in multi-directions with the core in the middle of it all. Learn how the 3 B's of Core: *back, belly and butt* serve as whole body connectors to enhance *breathing, bracing and balance*. Explore new ways to help participants find and feel their core working. Apply concepts to common exercises used in any water exercise class.

Group 5 Friday 8/3/2018 3:15 p.m. - 4:45 p.m.

241 STRONG by Zumba® with Renee Pickett

Workshop GE

Think you have what it takes? STRONG by Zumba® is a revolutionary high-intensity workout, led by music. Body weight, muscle conditioning, cardio and plyometrics are synced to original music designed to match each move.

242 Power Systems® Funtensity Bootcamp with Jonathan Ross

Workshop GE, PT

Lose yourself in play to find yourself in fitness. Use the science of the brain to move the body in ways that bring enjoyment to exercise and enhance life. Transform the exercise experience for

people who have trouble sticking with it. Discover creative strategies for integrating fun with intensity into exercises you already do in your training sessions and classes along with new moves to use reactivity, agility, coordination, and connectivity with others. Arrive with a purpose. Leave with a passion. Become a professional of fun. Intensity creates change of the body - fun creates change of the mind.

243 Prana Barre with Tricia Murphy-Madden

Workshop GE, MB

This unique format brings together two opposing yet complementary forces into one beautifully integrated class. The isolated movements of barre sculpt your arms, lower body and core, while the flowing poses of yoga increase your flexibility and balance. Combined with a focus on breathing deeply and moving gracefully, Prana Barre balances the nervous system and leaves you feeling strong, invigorated and refreshed. Take away a simple system to create a fusion program like no other.

244 Gray Institute®: Rehabilitation Strategies for Lower Extremity Injuries with Pat McCloskey

Workshop GE, MB, PT, S

Do you have a client that is injured? Do you have any clients that have been injured in the past? Do you want to ensure your clients don't get injured? In this presentation, we'll discuss strategies for rehabilitation - and prevention - of common injuries of the lower extremities. Learn the Principle-Strategy-Technique Process and how to apply it to ALL your clients to get them healthier and keep them healthy!

245 Peak Pilates®: Power Chair with Kathryn Coyle

Workshop GE, MB

Take your Pilates chair 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 their Pilates technique into the vertical realm and achieve new heights. *Not for beginners, attendees should already know Pilates chair

246 The Truth About Kegels with Mary Anne Snavely

Lecture GE, MB, PT, S

We have all been told to "stop the flow of urine" or squeeze your pelvic floor muscles as hard as you can. Learn why both of these situations will dysfunction pelvic floor muscles causing increased leakage, retention or pain. Muscle synergy within the pelvis is critical. Mary Anne will share what habits and muscles women overdevelop that over power the pelvic floor muscles and lead to either a high tone or low tone pelvic floor causing loss of muscle synergy and pelvic floor dysfunction. Mary Anne will share the common habits, exercises, behaviors and misconceptions regarding Kegels that create undesirable tone of pelvic floor muscles.

247 What to Eat Every Day for Optimal Health with Bruce and Mindy Mylrea

Lecture GE, MB, PT, S

Learn the scientifically proven foods that should be consumed on a daily basis for optimal, sustainable health and wellness. We know plant-based foods are almost always the healthiest choice, but exactly which ones and how much of them should we be incorporating into our daily diet. This evidence-based lecture provides you with all the specifics as well as a simple tool to help your clients optimize their dietary choices that is easy to implement.

248 SPINPower®: Physiology of a Power Ride with Joey Adams Workshop CY

We are all unique riders We all have unique needs. In this workshop you will look “behind” a ride by understanding the F rules: Fun, Fit, Form, Fuel, and Fitness. There is no shortcuts to these F rules as it comes to reaching your goals. If you don't follow them you just curse with the other four letter F word in a mindless pursuit of an illusion! In this practical approach you will learn the “why's” behind a ride and how to use them to create an effective and engaging class by using the science of exercise from a watt to a KJ to tap into your true power.

249 StairMaster® Presents - HIIT MIX Solution with Abbie Appel Workshop GE, PT

Stairmaster has created a formula that allows clubs & trainers alike to utilize any/all equipment options available with unique interval protocols resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results Driven, Interactive, Scalable, Exciting & Engaging, Team/Community-centric! Plug in the details and PLAY!

250 Schwinn® Cycling: The Power Behind POWER with Keli Roberts Workshop CY

Power has become the hot topic in indoor cycling. Measurement is motivation and when used properly it can help members of all fitness levels improve their fitness. Learn what POWER is, how to coach to it, how to use it to motivate in a variety of different ways. There is power in POWER!

251 FUNKTIONAL Barre (AQUA) with Anne Pringle-Burnell Workshop AQ

Learn techniques from yoga, dance, and Pilates to strengthen the lower extremities and hips, and stabilize the torso against the movements of limbs. Using dance-based exercises, stretches on the “barre” (noodle), Pilates footwork, and plyometrics, the lower extremities can be conditioned for agility, flexibility and power. This course uses the mind/body component of breath with movement, dynamic stretches, and exercises from the cadillac/trapeze Pilates repertoire.

Group 6 Friday 8/3/2018 5:00 p.m. - 6:30 p.m.**252 PIYO® LIVE with Becky Conser****Workshop GE, MB**

PILATES + YOGA + NONSTOP MOVEMENT. Sweat, stretch, and strengthen—all in one unique workout created by fitness guru Chalene Johnson! Using only your bodyweight, you'll perform a series of low-impact, high-intensity Pilates- and yoga-inspired moves to work every single muscle in your body. The result? A long, lean, and incredibly defined physique.

253 LaBlast® SILK with Louis Van Amstel Workshop GE

Ease into fitness with LaBlast® SILK, the dance fitness format based on TV's Dancing with the Stars that allows the new dancer to gradually build strength and stamina with easy to follow patterns and no impact.

254 Top 10 Most Effective Yoga-Pilates Exercises with Lauren Eirk**Workshop GE, MB, PT, S**

Ask a Pilates or Yoga practitioner and they will likely have different ideas about the word “CORE” based upon the positions and motions of each whether standing, sitting, prone, or supine. However, these modalities contain exercises that are the

backbone of trunk training. In this workshop learn isometric, concentric, and eccentric resistance training exercises that can be directly applied to your clients for maximum trunk training results using effective cueing and subtle positioning.

255 Step Revival with Lynne Skilton-Hayes Workshop GE

Remember the days when step classes were packed? It's still the great workout it always used to be. So where did they go? We might need to rethink our approach—not get so focused on the finale, because without a successful journey, the finale doesn't matter, does it? This choreography workshop is designed to review the teaching techniques, smart progressions and learning curves that are paramount to teaching seamless choreography, reducing student frustration and driving the numbers back to your step classes.

256 Peak Pilates®: Flexcushion Fusion Flow with Zoey Trap Workshop GE, MB

Flex your muscles and blow your mind with this fusion class on the Flexcushion. Find yourself flowing into positions and moving through ranges of motions you never felt possible. And work your core like never before! Flexcushion is the way to get fit and have fun. NEW!

257 Corrective Exercise Strategy for Forward Shoulders with Dr. Evan Osar**Lecture/Demo GE, MB, PT, S,**

Many clients have the forward shoulder and head positions that contribute to chronic tightness, discomfort, and inhibit them from exercising at the level they want. In this dynamic presentation, you'll learn how the shoulder truly works, corrective and functional exercises, and incorporating the most effective cuing to address the forward shoulder and head positions. Additionally, you'll discover why common exercise cues such as ‘squeeze the shoulders down and back’ directly contribute to shoulder and neck issues and how to more appropriately cue and teach functional exercise. You will not think the same about the shoulder when you leave this session.

258 Secret Life of a Fat Cell with Len Kravitz**Lecture GE, MB, PT, S**

This profoundly researched presentation covers numerous topics, including the purposes of fat in the body, the role of fat for energy production and athletic performance, fat metabolism, gender differences in fat metabolism, health issues with fat and countless myths and misconceptions about fat. Leave with eight fabulous calorie-burning workouts and countless practical ideas to reduce fat.

259 SPINNING®: Rockin' Refresher with Shaun Sullivan Workshop CY

Rewind to where it all started. Brush up on the 9 techniques of the Spinning program in this refresher ride set to a rocking soundtrack!

260 BioExercise™ Total Body Tune-Up (AQUA) with Laurie Denomme**Workshop AQ**

What separates a good workout from a truly unforgettable exercise experience? Meet BioExercise™ -- an innovative new way to stimulate neuroplasticity through combined physical and cognitive challenges. This interval workout uses structure with

variance to command your full attention and deliver a demanding (yet fun) whole-body workout. Strengthen your body. Sharpen your mind. Do BioExercise™!

Group 7 Saturday 8/4/2018 7:00 a.m. - 8:30 a.m.

261 CHAKABOUNCE® with Leo Lins & Robert Magalhaes

Workshop GE

CHAKABOUNCE is an original, low-impact, high-energy workout developed specifically for use with rebound boots. CHAKABOUNCE is uniquely designed and takes the fear out of rebounding and replaces it with fun - utilizing amazing music and carefully designed techniques & choreography to give a full body workout where every participant feels successful, challenged and ready for more.

262 R.I.P.P.E.D.®: REFORMULATED! with Terry & Tina Shorter
Workshop GE, PT

Re-energize and revolutionize your group exercise environment with the next generation of effective and proven fitness technology; Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. A refreshingly athletic approach to carefully designed CARDIO, well balanced WEIGHTS, turbo charged FUN, and the music will drive you to DONE!

263 Yoga for the Inflexible Enthusiast with Demetreous Hill
Workshop GE, MB

For ages, Yoga masters have said that this antiquated mind-body practice can do more than just keep you strong and flexible. They believed that regularly twisting the body like a pretzel on a sticky mat yielded health and Wellness benefits including reducing sleeplessness, loss of extra pounds and it reduces risk for heart disease. Yoga increases the range of motion in the hips, which can reduce lower-back pain. This fundamental training encompasses a fusion of specially selected Yoga asanas for the entire body and breathing/meditation methods to ease the mind and bolster the immune system.

264 Gray Institute®: Rehabilitation Strategies for the Upper Body with Pat McCloskey
Workshop GE, MG, PT, S

Back pain, neck pain, shoulder pain ... Do you have any clients that suffer from these issues? In this presentation, we'll discuss strategies for rehabilitation - and prevention - of common ailments and injuries for the Upper Body. Learn the Principle-Strategy-Technique Process and how to apply it to ALL your clients to get them healthier and keep them healthy!

265 Peak Pilates®: Reformer on the Chair with Cherry Herzog
Workshop GE, MB

Reform your chair by adding reformer exercise variations! Enjoy a different take on classical chair with these fresh new twists that create new inspiration for the mind and the body

266 The Pelvic Floor and Your Spine with Mary Anne Snavely
Lecture GE, MB, PT, S

Spine and pelvis deficiencies are particularly prevalent in regard to pelvic floor dysfunction. Postural and movement screenings in sitting, standing and sleeping are incredible tools to gain relevant data to discern existing muscle imbalances that insidiously change the skeletal system due to repetitive behaviors and movements. These insidious changes cause neuromuscular deficiencies from overuse or underuse of muscles that control the kinetic pattern of pelvic floor muscle function. Mary Anne will share easy techniques that assist with improved movement and posture leading to healthier muscle function within the pelvis. You will hear discussion of how important it is to

understand consistent neutrality of the spine and pelvis to control muscle imbalances of the pelvic floor.

267 Mastering the Move to Plant Strong Eating with Teri Gentes
Lecture GE, MB, PT, S

Are you considering shifting to a plant-based diet faster growing than ever based nutrition or are your clients are eating this way? This session is all about how to master the move. Discover what you absolutely need to know, what you need to eat for sufficient nutrient intake, (amino acids, essential fatty acids, vitamins, minerals...) and how to make it happen. Leave with fabulous recipes, on-line resources, imperative supplement needs, and suggested products enabling easy adherence to the most amazing eating habits. Teri's been eating and educating on whole food plant-based nutrition since early 90 authoring books, recipes and teaching about whole food, culinary consumption as the path to healthy living. Paleo Diets will be discussed.

268 SPINPower®: Met Cart Session with Joey Adams
Workshop CY

What happens to your body as you ride a bike? Find out in this session as we take a look inside the body by using a metabolic cart. In this session one participant volunteer (chosen at random) will demonstrate for an audience what it looks like to progress through thresholds by taking a ramp test. Learn how to use this information to teach people to burn fat as a fuel instead of being a carb-craving machine. In this hands on experience you will learn all about the differences between aerobic threshold, ventilatory thresholds, anaerobic threshold and lactate threshold. In addition, you will learn how zones are developed to match a unique physiology and then apply that information to create SPINPower® training that makes sense based upon physiology!

269 Schwinn® Cycling: Music MAGIC! with Jeffrey Scott
Workshop CY

In this workshop you will learn what to play, when to play it, and where to FIND the music and remixes that no one else on your team will have. Music is magic, and we are going to make you all magicians!

270 Aquapole® Boxing Bag with Sonja Burns
Workshop 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.

Group 8 Saturday 8/4/2018 8:45 a.m. - 10:15 a.m.

271 Zumba® Cardio Blast with April Smith

Workshop GE

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 and international artists. So, come walk in, and dance out!

272 G.R.A.N.T. Groves with Clay Grant
Workshop GE

These Great Rhythms & Amazing Nonstop Transitions will take you on a journey to the land of cardio grooves and body shakin' moves. Join Clay in his signature cardio movement class and experience the groove like no other. The dance choreography runs from beginner to advanced and everything in between. In this high energy, exhilarating workout, each block is broken

down, layered and then peeled away using **Claymotion**, Clay's proven method of breakdown, shakedown and takedown. Everybody can dance, sweat and have fun as we reveal the secrets of movement, choreography and rhythm. Don't miss your chance to move to the groove!!

**273 Choreography Overload by Body Bar® with Tricia Murphy-Madden
Workshop GE, MB**

Like any other format, our minds and bodies need new choreography when it comes to Barre. New sequences and new ways for creating change in the body sometimes comes in the form of equipment. By incorporating the Body Bar Micro Bar, your Barre room will feel fresh, sexy and on-trend. Adding upper body training during your intense leg work will leave your clients begging for more. This session will be your choreography overload and will send you back to your classes with enough unique movement patterns to last you months.

**274 Shifting Is the New Lifting with Jonathan Ross
Workshop GE, MB, PT, S**

Resistance training typically equals lifting. In the real world, the fittest, most capable people do more than lift against gravity...they shift and twist! Handling gravity and momentum well is essential for precise and powerful movement. No matter what your fitness goal, activity, or sport, movement is essential. Performance improves only when the body is trained to integrate and coordinate movement with simultaneous mental focus and engagement. Discover how the addition of shifting and twisting to your lifting will take your results to new levels!

**275 Peak Pilates®: Pilates Mve® Chair Variations with Kathryn Coyle
Workshop GE, MB**

Need some fresh ideas for cool variations to spice up your private or group chair? Explore the different ways to create variations with the chair exercises and take away the tools to create variations that make sense for your students.

**276 Group Exercise Instructor? Incorporate Corrective Exercise with Dr. Evan Osar
Lecture/Demo GE, PT**

Group Exercise Instructors: You are at the forefront of our industry and increasing numbers of individuals are seeking out your classes. Unfortunately, many common exercises and cues are directly contributing to our client's chronic tightness and discomfort. Discover common exercises that contribute to tightness and discomfort and how simple changes in alignment, breathing, control, and cuing can make all the difference in how your clients feel and move.

**277 The Female Training Advantage 2018 with Len Kravitz
Lecture GE, MB, PT, S**

This state-of-the art lecture summarizes recently published research and science on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric expenditure and female physiology related to exercise will be discussed. Several new and highly effective resistance training and endurance workouts (from studies) will be introduced.

**278 SPINNING®: The Wellness Ride with Shaun Sullivan
Workshop CY**

Be uplifted through a personal wellness journey! Ride the twists, turns and climbs of the 5 Spinning Energy Zones while you connect

with your mental, physical, professional, social and spiritual influences.

**279 StairMaster® Presents - HIIT MIX Solution with Pete McCall
Workshop GE, PT**

Stairmaster has created a formula that allows clubs & trainers alike to utilize any/all equipment options available with unique interval protocols resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results Driven, Interactive, Scalable, Exciting & Engaging, Team/Community-centric! Plug in the details and PLAY!

**280 Schwinn® Cycling: To Breathless and Back with Amy Dixon
Workshop 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.

Group 9 Saturday 8/4/2018 10:45 a.m. - 12:15 p.m.

**281 TURBO KICK® LIVE with Becky Conser
Workshop GE**

THE ULTIMATE CARDIO KICKBOXING PARTY! Ready to become a total knockout? Created by fitness expert Chalene Johnson, this workout combines fierce cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes and will get you get ultra-lean and toned. Feel unstoppable in the class that's high-energy, fast-paced, and totally addicting!

**282 Fluid Strength with Mindy Mylrea
Workshop GE, PT**

Mindy has done it again. First, she brought you Gliding, then Tabata Bootcamp, then One Day to Wellness and now the most amazing group exercise program of them all Fluid Strength. Fluid Strength is miraculous movement that matters with integrated, challenging patterns of flowing perfection. Gain strength while challenging balance, coordination, and power. Each sequenced pattern offers progressions and regressions for every fitness level and combinations that grow from a solid base but has endless possibilities. Being a Fluid Strength instructor allows you the opportunity to go beyond traditional choreography linking movement to your mind and exploring all possibilities that the body has to offer

**283 Power Systems® THE WARRIOR FIT GAMES with SGT Ken®
Workshop GE, MB, PT**

Highly effective exercise events uniquely arranged in an obstacle course to awaken the competitor in you! A combination of exercises from the 1946 US Army Physical Fitness manual and athletic sporting events, this program can create the next American Ninja Warrior or CrossFit Games contender. Don't miss your chance to thrive in the WARRIOR FIT GAMES!

**284 STEP Up to Get Down with Clay Grant
Workshop GE**

Master the techniques of breaking down fun, creative step combinations with a step, twist and spin to mix things up to the right degree. Get down as we progressively layer in rhythm and direction for symmetrical, tap free step patterns built from the ground up. Bring fun back to the board and get down as you step up! Zoom, Zoom!

**285 Peak Pilates®: Practical Powerhouse with Zoey Trap
Workshop GE, MB**

Help your students connect more fully to their Powerhouse with fundamentals, props and touch. Learn how to create and cue a class for powerhouse impact and discover how to make movement matter more.

286 Pop, Hop & Rock with Preston Blackburn

Lecture GE, MB, PT

Children can't operate fully in a classroom if they haven't mastered the strengths and movement patterns that underlie reading, writing and math skills. Children must be physical in order to make the body-brain connection that allows them to explore all of their world. Be prepared to learn the foundational movement patterns children need to develop strong learning skills supported by evidence drawn from studies, then connect the evidence to these patterns/strengths and relate them to movement on the playground, in hard play, in structured and unstructured play. During the workshop we will apply these principles to big physical activity that is easy to put into action.

287 What Is Too Much and Not Enough for Water for Your Pelvic Floor? with Mary Anne Snavely

Lecture GE, MB, PT, S

The never-ending discussion of how vital water is to our health, Hear Mary Anne share with you how the amount of water you drink can put one at risk for pelvic floor dysfunction. Hear discussion on what is too much and what is not enough water and how different behaviors lead to leakage, constipation, bladder or bowel retention due to poor muscle function of the bladder and poor pelvic floor muscle control.

288 SPINPower®: Bringing the Outside In with Joey Adams

Workshop CY

Whether riding in your local Tuesday Night Worlds and dreaming of winning the rubber chicken, or racing in your local cycling event or just riding along Washington's bike paths, you can bring the outside indoors with watts. Indoor cycling has its heritage from the road. Bring your coaching to a new level by understanding that there is a reason behind each of the indoor cycling movements. These moves are rooted in physiology and safety, as well as practicality. It is time to bring indoor cycling back to where it came from by bringing the road inside with watts while leveraging what makes indoor cycling energizing and unique. In this workshop, you will review the physiology of each position and biomechanics of riding a bike inside as well as outside and apply these principles to a safe, fun and effective SpinPower ride.

289 Schwinn® Cycling: #WhoAmI with Jeffrey Scott

Lecture CY

#whoami? Get ready to write...not ride in this business lecture from Schwinn designed to help you find your lane, define your values, craft your message and break through the clutter in this ever-changing fitness landscape. Walk away with the tools you need to become the marketing maverick of your own brand.

290 Plank Challenges (AQUA) with Anne Pringle-Burnell

Workshop AQ

Take the Plank Challenge and learn to ground the feet using core and trunk stabilizers for front, side, and back plank positions. Pilates based Plank Challenges intensify strength workouts by adding core stabilization, balance, and mind/body integration. Nothing will be the same once you turn it on a diagonal line!

Group 10 Saturday 8/4/2018 1:15 p.m. - 2:45 p.m.

291 Crew Conditioning™ by Water Rower® with SGT. Ken® Workshop GE, PT

Crew Conditioning™ with SGT Ken® is an exciting four-event athletic challenge with WaterRower drills, plyometric exercises and calisthenics that require the assistance of other athletes, all designed to show you how team-building games will help you double your strength and stimulate your soul. Make your test today your testimony tomorrow!

292 POUND® Rockout-Workout with Amy Ward

Workshop 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!

293 Cueing and Corrective Exercise for the Hip with Lauren Eirk

Workshop GE, MB, PT, S

In this session experience a therapeutic take on teaching exercise, using an integrative isometric approach to progressive resistance training for the hip joint. See how various Yoga and Pilates exercises can be used effectively in a strength training program.

294 WILLOW with Billy Boynton

Workshop GE, MB, PT

Willow is a combination meditation / Interval workout class designed around the largest international scientific study on fundamental well-being, which included over 1,200 participants on 6 continents. The resulting benefits being participants lost significant weight, increased self-esteem, and gained a positive outlook. There was also 49% decrease in clinical depression, a 46% decrease in negative emotion, and a 42% INCREASE in happiness. Willow's easy to learn mediation techniques paired with a variety of fun Intervals and Tabatas is a fun and energizing class. Willow delivers an experience like no other; 6PACK Abs + 6PACK Mind.

295 Peak Pilates®: The Power of Touch with Cherry Herzog

Workshop GE, MB

Touches and Spots require a deep understanding of the human body, of the intention of each Pilates movement and of how to apply precise hands-on techniques. Take away a greater understanding of the timing, sensitivity, and confidence required in touch and a greater ability to establish a safe teaching environment.

296 Balance Strategy for Older Adults with Dr. Evan Osar

Lecture/Demo GE, MB, PT, S

Every single day in the U.S.A. 10,000 individuals turn 65. One in three individuals over the age of 65 will fall costing the health care system nearly \$80 billion every year. During this workshop, you will discover three common reasons why your clients are falling and the three things that you can do to have an immediate effect on your older client's balance. You will discover how the principles of the *Integrative Movement System Corrective Exercise Strategy™* can help your older clients develop improved alignment, control, and stability. Additionally, you will discover safe and effective progressions to improve your older client's

balance and how you can become an essential part of the solution to the health care crisis.

297 Program Design for Active Adults with Pete McCall
Lecture GE, PT, S

Do you work with clients over 40? Would they be interested in slowing down the biological aging process? The right exercise program can help boost production of the hormones many consider to be the fountain of youth. Learn how to apply the variables of exercise program design to help your clients turn back the clock and maintain their youthful appearance and energy levels. You'll learn specific principles, strategies and techniques for developing a program that creates an anabolic response to exercise, and in the process, you'll help your clients find their fountain of youth.

Learning objectives:

- Identify the hormones responsible for promoting muscle growth
- Explain how loaded movement training can improve the architecture of the myofascial system
- Design an exercise program to help clients maintain their youthful appearance and energy levels

298 StairMaster® Presents - BoxMaster® with Sonja Friend-UHl
Workshop 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 clients and members! With the ability to cater to all levels of fitness, the BoxMaster® will not only excite and encourage greater participation in boxing style fitness training; it will also help boost your client/member retention with an entirely different way to get in shape!

299 Schwinn® Cycling: How to WOW! with Mindy Mylrea
Workshop 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 will WOW your participants by integrating the latest cycling protocols through Schwinn's proven system. Get ready to have your mind blown and your classes sold out!

300 4-in-1 Aqua Intervals with Kathleen Cowling
Workshop AQ

Strength, endurance, power, recovery. Muscles require all of these capabilities for optimal health and wellness. Discover the magic of 4-in-1 aquatic interval training. Four 15-second graded intervals allow participants to be challenged and achieve more success. Exercises are selected to maximize improvement in bone density and cardiovascular health. Participants will feel the satisfaction of this complete whole-body workout.

Group 11 Saturday 8/4/2018 3:15 p.m. - 4:45 p.m.

301 STRONG by Zumba® with Renee Pickett
Workshop GE

Think you have what it takes? STRONG by Zumba® is a revolutionary high-intensity workout, led by music. Body weight, muscle conditioning, cardio and plyometrics are synced to original music designed to match each move.

302 Crazy Core Combos with Mindy Mylrea
Workshop GE, PT

4 Complete Core Routines! Would you like to experience some of the most efficient core exercises on the planet? Come to this session and learn 4 completely different core combinations that

can be easily implemented on Monday morning. Packed with critical cutting-edge core research, this session delivers amazing abdominal and back routines.

303 PLYOGA® YOUR BODY IS POWER® with Stephanie Lauren
Workshop GE, MB

You are ready for this! PLYOGA is challenging, but it is equally modifiable! We have reinvented interval training to give you a chance to actually recover as part of the class. Use it! Love it! Take it to the next level! This is our flagship format! This 4-part high intensity interval system uses accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Come enjoy a format that is sweeping the Americas! YOUR BODY IS POWER®! *No Equipment *Terrific for all ages *Creates a movement friendly environment for all levels

304 S.W.A.G. (Step We All Get) with Harold Sanco
Workshop GE

Are you "all stepped out" when it comes to choreography? Simplify the step workouts you love with this no-nonsense, athletic step workshop. Discover athletic-style movements and routines that make both prep time and in-class breakdowns a breeze. Leave with an array of athletic-step ideas that are challenging yet simple for everyone to master.

305 Peak Pilates®: Mat Athletix with Kathryn Coyle
Workshop GE, MB

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!

306 Steps to Motivation with Alison Boyd
Lecture GE, MB, PT, S

It is not January 1, but honestly there is no "right" time to review or set your life goals. Are you in the middle of a life storm, a career change, or maybe you woke up today and thought, "this isn't what I want to be doing with my life"? By the time you complete this session, you will have identified your top ten goals for the next 12 months in 6 different areas of your life, physical, spiritual, mental, family, business and social. You will also gain proven and easy steps to ensure you will reach these goals within the year. In addition, we will discuss some life changing principles you can put in to practice immediately to improve or dramatically change the direction of your life.

307 Inflammation and Chronic Pain with Teri Gentes
Lecture GE, MB, PT, S

Numerous diseases and health challenges are related to chronic inflammation including cancer, heart disease, diabetes, obesity, asthma, IBS, psoriasis, allergies, dementia, migraines, etc. Chronic pain issues and challenges with arthritis, bursitis, colitis, gastritis etc. are also related to inflammation. Discover the healing potential of stress management and an alkaline diet with powerful anti-inflammatory properties that prevent, minimize, control and eliminate inflammation and the most essential lifestyle changes necessary. Whole-self lifestyle coach, nutrition educator, author and chef Teri Gentes share the research on inflammation and the best anti-inflammatory foods and recipes and offers you a taste tease of one of her favorite inflammation taming creations.

308 SPINNING®: Building and Loading: Architecture for Spinning® Improvement with Shaun Sullivan
Workshop CY

Explore the simple yet effective techniques of cadence building and resistance loading for maximum results and enjoyment! Provide your students the blueprint to achieve new heights!

309 StairMaster® Presents - HIIT MIX Solution with Abbie Appel Workshop GE, PT

Stairmaster has created a formula that allows clubs & trainers alike to utilize any/all equipment options available with unique interval protocols resulting in endless options for Plug & Play workouts that are: Scientifically Sound, Results Driven, Interactive, Scalable, Exciting & Engaging, Team/Community-centric! Plug in the details and PLAY!

310 Schwinn® Cycling: Tour de Schwinn® with Keli Roberts Workshop CY

That yellow jersey requires mental toughness and a never-quit conviction to a goal bigger than yourself. Learn to cultivate true grit through your coaching? This workshop is based on cutting-edge sport psychology strategies designed to add volume and intensity to your instructor playbook.

311 Noodle A.R.T. Total Body Conditioning (AQUA) with Laurie Denomme Workshop AQ

Go beyond noodle basics. This full-body aquatic interval program personalizes the group exercise experience with movements the body craves. Soothing, noodle-assisted stretches for mobility; challenging, resisted exercises for strength and stability; designated time to practice exercises your body needs most. ASSIST-it, RESIST-it, TARGET-it.

Group 12 Saturday 8/4/2018 5:00 p.m. - 6:30 p.m.

312 CHAKABOOM® - The Original Dance Fitness Experience! with Leo Lins & Robert Magalhaes Workshop GE

CHAKABOOM is the Optimal Dance Fitness Experience is an original, high-energy workout influenced by the rhythm and culture of countries around the world. CHAKABOOM incorporates various styles of dance & music into an explosive group fitness experience - providing a full body workout. This class motivates, challenges and inspires participants to reach their highest potential; leaving participants feeling energized and accomplished. Along with an amazing workout, CHAKABOOM is so much fun - it makes an hour feel like a minute.™

313 LaBlast® SHAPE with Louis Van Amstel Workshop GE

Build strength, improve endurance and up the calorie burn with LaBlast® SHAPE, the fiercely fun high-energy dance format based on TV's Dancing with the Stars that combines high impact cardio with muscle sculpting resistance.

314 Bar Moves Update Your Choreography by Body Bar® with Tricia Murphy Workshop GE, PT

Refreshing your barre choreography doesn't have to be a chore. While you want to stay true to the purpose of barre, it doesn't mean you can't have fun with new ideas. Learn how to manipulate movement elements and incorporate the best tools available to create fresh sequences that will inspire and energize your students' class experience.

315 Gray Institute®: Anterior Chain Reaction® for Assessment & Performance with Pat McCloskey Workshop GE, MB, PT, S

Gray Institute® believes that every movement is an assessment. What are your movements telling you about the function of your clients? In this presentation, we'll discuss the Anterior Chain Reaction® - how to use it for a powerful assessment and how to tweak it for added performance. You will NOT want to miss this workshop, as it will empower you to use movement more creatively and more purposefully for the benefit of the individual, the client!

316 Peak Pilates®: Mat with more S- Stretch with Zoey Trap Workshop GE, MB

Every Pilates exercise offers a 2-way stretch—but sometimes we just want more! Come and explore how to add in extra stretches without sacrificing the flow to help your students relieve stress and muscle tension. Don't neglect the 4 "S"- Stretch!

317 Corrective Exercise for the Female Core with Dr. Evan Osar Lecture/Demo GE, MB, PT, S

The statistics are stunning; more than 25 million individuals experience incontinence (75-80% are females). More than one million women have abdominal and/or pelvic surgeries each year. Traditional core training approaches for these women rarely work and can frequently exacerbate their issues. In this interactive session you will discover why so many of your female clients struggle with abdominal and pelvic floor issues. You will understand why the idea of the 'weak' core is a myth and how 'strengthening' the core can contribute to pelvic floor and low back issues. Additionally, you'll discover strategies for working with the female client that has low back, pelvic, and hip dysfunction.

318 World's Best Resistance Training Programs with Len Kravitz Lecture GE, MB, PT

Len scoured over 70,000 journals to present some exciting training programs. Discover the best program designs from around the world to improve strength and hypertrophy. Learn about muscle regarding specific applications to training including muscle metabolism, training to fatigue, protein supplementation and more. A must-attend for personal trainers seeking peak outcomes for their clients.

319 SPINPower®: The Bigger the Power Base, the Better! with Joey Adams Workshop CY

How big is your metabolic foundation? Are you a mountain of mitochondria or fitness that is fickle? It is time to find out what a fitness foundation is all about by using the science of cycling to move your and your athletes fitness to a whole new level. In this workshop you will explore the physiology of the aerobic and anaerobic systems and understand how they relate to muscle fiber types and training. You will then learn how to bring the meaning of the Power of Base to your next class. It is time to get more out of less and that is done with SPINPower.

320 Schwinn® Cycling: Pedal and Pulse with Mindy Mylrea Workshop 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.

321 ADL's: Athletics for Daily Life (AQUA) with Kathleen Cowling
Workshop AQ

Everyone is an Athlete of Daily Life. We lift, we twist, we bend, we speed up and slow down. Learn how to apply an athletic training approach to prepare all ages and fitness levels for the changing demands of life. Explore aquatic exercises for common injuries, de-conditioned individuals, and sports specific cross-training.

Group 13 Sunday 8/5/2018 7:00 a.m. - 8:30 a.m.

322 Abs Revealed with Jonathan Ross
Workshop GE, MB, PT

Everyone wants better abs. Give them abs for "show" and for "go" while using smart programming. Learn when to follow the rules of ab training - and when to break them. Learn why you can still use crunches by using smarter versions. Discover creative new exercises to give clients the best of both worlds and achieve well-developed and well-functioning abdominals. Explore why planks are over-used and better ways to progress once the basic plank is mastered. The exercises are tied together in a complete, progressive training program to start right and finish strong for great-looking, well-performing abs.

323 RUMBLE by R.I.P.P.E.D.® with Susan Jessup
Workshop GE, PT

You are the Live Action Star in this authentic, yet simple to master, cardio mixed martial arts adventure! Like R.I.P.P.E.D.®, RUMBLE is formulated with Systematic Science based techniques that are safe, effective, FUN, and just simply bad ass! Your Co-Star, The RUMBLE STICK, is your weapon that creates a higher degree of training and is an extension of your body, which enhances spatial awareness, overall movement, and will energize you with empowerment.

324 Core Control with Demetreous Hill
Workshop GE, MB, PT

Core Control is a fundamental mat Pilates workout that utilizes resistance bands, gliding discs and Pilates balls. If you are a new Pilates teacher, or one who has some experience, you will enjoy training the core with this effective Pilates-styled flowing mat workout. We'll focus on scapular depression and posterior lateral ribcage breathing and refresh your knowledge of the pelvic floor and how it affects neutral spine. Demetreous offers tips for cuing and how to stabilize the core in order to perform excellent functional movement. This workout is sure to teach you the proper execution of the original 34 Pilates mat exercises while strengthening and lengthening the entire body.

325 B-Dance with Brian Whitaker
Workshop GE

Get your groove back with B-Dance! Come join the "Beyhive" and make your booty bounce to the best of Beyonce's greatest hits. Brian's choreography and amazing energy will electrify and inspire you to move and groove, B-Dance requires No Explanation, Just Translation!

326 Peak Pilates®: Pilates Mat for Everybody with Cherry Herzog
Workshop GE, MB

Sometimes the body needs more than a few fundamentals to prepare for the mat and wake-up. Work though pre-Pilates

exercises and progressions into the basic/Intermediate work This is a invigorating class for Pilates fanatics, new or old at any age.

327 Ten Tips to Ace Eating Great with Teri Gentes
Lecture GE, MB, PT, S

Your clients say they're eating healthy yet continue to struggle with health challenges. Cut to the chase in this session where we trash media driven food confusion and discover the most important things to do with your everyday eating habits. Crystal clear guidelines from the American Institute of Cancer Research make it easy for you and your clients to shop for and prepare affordable healthier foods; choose easy-to-make meals and design a menu plan that truly enhances health and vitality. Internationally acclaimed 'whole self' health advocate and educator Teri Gentes reveals food/industry facts you likely never knew and leaves you with doable ideas and easy transitions to share with your clients for sustained success.

328 SPINNING®: No Music? No Problem! with Shaun Sullivan
Workshop CY

You've come to class ready to coach your students through a great workout. You plug in, turn on the stereo, and...nothing. Has this ever happened to you? In this session you will develop the skills you need to be able to shift on the fly. Learn to tap into your senses and surroundings and give your students a ride that truly goes beyond the music.

329 Aquapole® with Sonja Burns
Workshop 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.

Group 14 Sunday 8/5/2018 8:45 a.m. - 10:15 a.m.

330 Zumba® Cardio Blast with April Smith
Workshop GE

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 and international artists. So, come walk in, and dance out!

331 Let the Praise Begin with Clay Grant
Workshop GE

The time has come to shake off the shackles that bind you and reach for the heavens! This inspirational, uplifting praise dance workout is specifically designed to help you release the tensions and stress of life and wake up, workout and worship. Free expression, using everything from classic gospel tunes to the latest gospel grooves, is the rule of the day. When the praises go up, the blessings come down! Experience the joy of worship and the ecstasy of the praise. Hallelujah!!!

332 LaBlast® Line Dancing with Louis Van Amstel
Workshop GE

Country Line Dancing has been a favorite of many for decades. Are you ready to take traditional line dancing out of the saddle and on to the ballroom floor, while blasting it to a whole new level of fun and fitness? Then LaBlast® Line Dance is for you! All the dances you see on DWTS to all 4 walls of the room.

333 Below the Belt with Mindy Mylrea
Workshop GE, PT

The Best Glute and Leg Training on the Planet. How would you like to walk away with the best lower body exercises on the planet that you can teach on Monday morning? You will learn 4 different creative below the belt combos for any fitness theme. This workshop is jam packed with critical cutting-edge research as well as amazing glute and leg routines using every twist and turn in the book.

334 Peak Pilates®: Progressing with Props with Zoey Trap
Workshop GE, MB

Discover how to use props and touch to help your students move to the more advanced exercises in the Pilates mat repertoire. Discover an A, B, C approach to progression that sets your students up for success and keeps them satisfied with their progression.

335 10 Key Rules for Longevity with Len Kravitz
Lecture GE, MB, PT, S

The increasing life expectancy has generated intense focus on the biological mechanisms of old age and longevity. In this research-driven presentation, Len unveils the 10 key rules to slow down aging, extend lifespan and live optimally. If you work with a mature population, this lecture will give you inspiring new interventions to share with these clients.

336 SPINPower®: Give Me Five with Joey Adams
Workshop CY

Spinning's basic moves come directly from the road. Each move, when executed correctly, has a direct correlation to the power generated on the bike. In this class we will explore the simple complexity of each move, we will execute them correctly and see the relationship to wattage. Nine basic moves, nine songs, simplicity in progression and power to the pedals!

337 Schwinn® Cycling: Hot Topics in the Saddle with Abbie Appel
Workshop 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.

338 HIYO Interval Express (AQUA) with Laurie Denomme
Workshop AQ

The number one excuse for not exercising is time. Work smarter by pairing high intensity exercises (HI), with yoga-influenced recovery exercises (YO). Learn how to construct, lead, and manage a 30-minute workout that is both efficient and effective at burning calories, improving fitness, and challenging clients.

Group 15 Sunday 8/5/2018 10:45 a.m. - 12:15 p.m.

339 Dance Like Michael Jackson with Demetreous Hill
Workshop GE

Join veteran dancer/choreographer Demetreous as he explores the endless possibilities of choreography beyond the chorus and the verse. This session utilizes "push beats" and a "vanishing rhythm count" as you experience the multiple step variations that exist in the world of hip-hop dance fitness. The methods taught in this workout will have you moving like you were in a Michael Jackson music video. Join in on the fun!

340 The BYOB Workout with Lynne Skilton-Hayes
Workshop GE, PT

No, it's not what you think! This workshop is about time management in the gym. You've heard it before "I don't have enough time to work out!" Well, we know with all the HIIT protocols today you don't need to spend hours at the gym to achieve results. Chock full of great ideas, this session will provide you with four different 30-minute cardio, strength HIIT workouts using nothing but body weight. So next time you go to the gym, we suggest you BYOB!

341 Killer Core with Lauren Eirk
Workshop GE, MB, PT

The core is still a hot topic in fitness, and many of our most effective and popular core exercises are rooted in the teaching of hatha yoga. Join us as we experience a flowing, athletic yoga practice that focuses on the hip and trunk areas of the body with inspiring cues and progressive exercise challenges that can be adapted for all levels of fitness. The power and strength within these movements will bring a new awareness and respect to the importance of the core.

342 Gray Institute®: Rehabilitation Strategies for Lower Extremity Injuries with Pat McCloskey
Workshop GE, MB, PT, S

Do you have a client that is injured? Do you have any clients that have been injured in the past? Do you want to ensure your clients don't get injured? In this presentation, we'll discuss strategies for rehabilitation - and prevention - of common injuries of the lower extremities. Learn the Principle-Strategy-Technique Process and how to apply it to ALL your clients to get them healthier and keep them healthy!

343 Peak Pilates®: Chair Athletix with Zoey Trap
Workshop GE, MB

Challenge your chair as you go beyond core to more. Incorporate body weight exercises inspired by yoga, fitness, dance, and Pilates and fuse them with traditional chair exercise sequences to move beyond ordinary to extraordinary. You can get it all in this fast paced, sweaty and challenging Pilates chair workout.

344 The Other 23 Hours with Bruce Mylrea
Lecture GE, MB, PT, S

How much time do we spend with each student / client per day. One or maybe only 2-4 hours per week. What about the other hours in their 24-hour day. We can have a huge impact on the wellness of our students lives by the seeds we plant when we ARE with them. What we instill in our student can lead to great change and sustained success. This workshop will shed light on exciting new research into the field of behavioral change, nutritional support, will power, and thoughtful transformative tactics. Experience firsthand how to plant the seeds of change within every workout and what you say matters. Go from great to amazing with these simple strategies for success.

345 SPINNING®: Run, Jump, Climb - Repeat! with Shaun Sullivan
Workshop CY

Travel a familiar road, yet experience it for the first time. Have fun and challenge your fitness through this progressive loop ride using 3 fundamental Spinning movements crafted in a unique and exciting profile you can use with your students right away!

346 Schwinn® Cycling: Let the Music Play - The Art of Nonverbal Cueing with Mindy Mylrea
Workshop CY

Learn to lead an amazing indoor cycle experience without any spoken words. Challenge yourself to go where perhaps you have never gone before. Using body language, facial expressions, chimes, drums, and even sign language Mindy will guide you through a workout without speaking a word. This is truly a magical ride.

347 Body Balance Matters (AQUA) with Laurie Denomme & Kathleen Cowling

Workshop AQ

Muscle weakness, combined with neuromuscular disconnect, can make everyday activities painful and increasing difficult to do. Learn how to use water exercise to identify and target muscular weakness and imbalance, help re-establish neural connections using BioExercise™ brain boosters, and assist clients in building a solid foundation that allows them to maintain independence and enjoy a more active lifestyle as they age.