

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

Thursday 8/2/18 6:00 p.m. - 8:00 p.m.

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

Saturday 8/4/18 6:00 p.m. - 8:00 p.m.

Renew your CPR certification quickly and easily on site at DCAC 2018! 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 and training)**

**Register: <https://www.regonline.com/DCACINT2018>**

**703 Acquapole® Level 1 with Sonja Burns**

Thursday 8/2/2018 8:00 a.m. - 2:00 p.m.

**CECS: AEA 8.0**

Acquapole® training favors a total workout, combining cardio, muscle strengthening, flexibility - and fun! This is a class for all body types and ages. During the Acquapole Level 1 training, you will learn:

- \* the different postures and holds used on the pole
- \* upper & lower limbs and abdominal wall exercises
- \* the design of an exciting Acquapole® class

Instructors will receive the Acquapole® instructor manual and the Acquapole® International Certification upon completion.

**Cost: \$149.00 until 6/30/2018 / \$199.00 after 6/30/2018**

**Register: <https://www.regonline.com/DCACINT2018>**

**704 Advanced Balance and Corrective Exercise for Actively Aging Adults with Dr. Evan Osar**

**POST CON** Sunday 8/5/2018 9:00 a.m. - 5:00 p.m.

**CECS: ACE 0.7, AFAA 7.0, NASM 0.7**

Nearly 1 in 3 individuals over the age of 65 will fall and experience a significant injury related to that fall. More than 7 million Americans are living with a knee or hip replacement and another 31 million have osteoarthritis that impacts their quality of life. While these statistics are sobering, the great news is that fitness professionals who understand how to work with these issues are in the best position to help older adults regain balance and strength, so they can accomplish their health and fitness goals. In this one-day intensive workshop, the fitness professional will discover the number one reason so many older individuals experience osteoarthritis of the hips, knees, and spine as well as changes in their balance. Additionally, the fitness professional will discover how the principles of the Integrative Movement System™ can dramatically improve how older individuals move and how they feel while encouraging their clients to return to and or continue to do the things they need, want, and love to do. The fitness professional will leave this one-day workshop with a blueprint for empowering and inspiring their actively aging adult population.

**Cost: \$199.00 until 6/30/2018 / \$299.00 after 6/30/2018**

**Register: <https://www.regonline.com/DCACINT2018>**

**705 Barre Above® Powered by Savvier Fitness® with Tricia Murphy Madden**

**POST CON** Sunday 8/5/2018 9:00 a.m. - 5:00 pm.

**CECS: AFAA 12.0, ACE 1.2, NASM 0.8**

Whether you currently teach barre or are motivated to add this popular format to your repertoire, look no further than Barre Above®, one of the fastest growing barre programs in the country. Discover the essentials of barre and see how this dynamic and progressive method of training enhances strength, flexibility and balance. Watch your toolbox expand as you study and practice the progressions and regressions necessary to

teach a fun, effective and efficient barre workout that is perfect for all fitness levels. Walk away with tips on how to implement, launch and run a successful and in-demand barre program that requires little to no equipment.

Certification includes:

Two DVDs, plus electronic versions

Print and electronic instructor manual

FREE Bender Ball

1 Month FREE membership on Barre Above site

Equipment and apparel discounts

**Cost: \$199.00 until 6/30/2018 / \$249.00 after 6/30/2018**

**Register: <https://www.regonline.com/DCACINT2018>**

### **706 BioExercise™ with Laurie Denomme**

**Thursday 8/2/2018 2:30 p.m. - 8:30 p.m.**

**CECS: AEA/AF 6.0, ACE 0.6, ATRI 6.0**

Although technology makes things easier, the resulting convenience allows people to think and move less. BioExercise™ is an innovative new program that is grounded in science, exploding with new ways to move and engage all the senses. Combine activities for the body and mind to improve total body functionality, while learning to define and track outcomes to personalize results. Learn key strategies that incorporate brain boosters with purposeful movement to fast-track results. The comprehensive approach makes BioExercise™ especially beneficial for people over 50, while the flexibility of the program makes it easy to apply to existing formats you may already teach. Strengthen the body. Sharpen the mind. Do BioExercise™!

#### **Learning Objectives:**

1. Learn what common weaknesses and movement dysfunctions affect people over 50.
2. Use principles of Applied Functional Science (AFS) to develop purposeful physical exercises.
3. Improve brain-processing speed for better *physical* results using seven brain-boosting activities.
4. Apply the WECOACH formula based on six-directional movement to personalize exercises.
5. Use graded intervals to help identify optimal working intensity.

**Cost: \$99.00 until 6/30/2018 / \$119.00 after 6/30/2018**

**Register: <https://www.regonline.com/DCACINT2018>**

### **707 Fluid Strength with Mindy Mylrea**

**Thursday 8/2/2018 5:30 p.m. - 9:30 p.m.**

**CECS: AFAA 5.0, NASM 5.0, ACE 0.5**

Experience Mindy's newest certification. Fluid Strength. Train for movement and muscle will follow. Building muscle without movement patterning creates tight, short, inflexible stumps. Mindy will gracefully link movement to movement and generate an integrated approach to strength training that makes sense to the senses. Develop muscle that matters for increased strength, flexibility, and function.

**Cost: \$99.00 before 6/30/2018 / \$129.00 after 6/30/2018**

**Register: <https://www.regonline.com/DCACINT2018>**

### **708 Funtensity with Jonathan Ross**

**Thursday 8/2/2018 9:00 a.m. - 4:00 p.m.**

**CECS: ACE 0.6**

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.

**Cost: \$209.00 before June 30, 2018 / \$259.00 after 6/30/2018**

**Register: <https://www.regonline.com/DCACINT2018>**

**710 One Day to Wellness with Bruce & Mindy Mylrea****Thursday 8/2/2018 8:00 a.m. - 5:00 p.m.****CECS: AFAA 9.0, NASM 9.0, ACE 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 include: Manual, Tote bag, Food Samples, Cooking Demos, Special Gift, Customized action plan, CD / DVD and downloads

**Cost: \$199.00 before 6/30/2018 / \$229.00 after 6/30/2018 / couples fee \$299.00 (CALL TO REGISTER AS A COUPLE)**

**Register: <https://www.regonline.com/DCACINT2018>**

**711 PIYO® LIVE Workshop with Becky Conser****Thursday 8/2/2018 9:00 a.m. - 5:00 p.m.****CECS: ACE 0.7, AFAA 7.0, NASM 0.7**

If you like to stretch and strengthen with yoga—but you love to MOVE—then you're meant to lead PiYo LIVE. PiYo LIVE features Pilates and yoga-inspired moves - accelerated - so you burn crazy calories. Using nothing but your own body weight, you'll perform a series of high-intensity, low-impact moves that will work every muscle. PiYo® LIVE Master Trainers will guide you through the training process. In addition, you are provided with information on how to build your business and create community within your classes all in this action packed, fun and sweat filled one-day Instructor workshop.

**Cost: \$149.00**

**Register: <https://www.regonline.com/DCACINT2018>**

**712 PLYOGA® Instructor Certification with Christine Conti****Thursday 8/2/2018 8:00 a.m. - 3:00 p.m.****CECS: AFAA 6.0, ACE 0.7, NASM 0.6, SCW 7.0, CanFitPro 3fis/3pts**

PLYOGA® is a 4-part high intensity interval system using fundamental, fluent, and accelerated yoga postures as an active recovery for intense plyometric perfection. YOUR BODY IS POWER®

PLYOGA® was formed in 2013 with 2 primary purposes in mind. The first was to reinvent interval training to incorporate a true active recovery measure with the goal being true safety and effective fitness in all planes of motion. The second is to give many athletes and group exercise enthusiasts, who favored boot-camp style workouts, an avenue to where they could also emphasize their flexibility, balance, and muscle elongation. PLYOGA® is highly modifiable and can be taught without equipment or music cueing at any venue. Come learn about our trainer incentives and get your continuing education units. No Facility Licensing Fees No Mandatory Monthly Fees Terrific Incentives for PLYOGA Team Members

**Cost: \$99.00 before 6/30/2018 / \$149.00 after 6/30/2018**

**Register: <https://www.regonline.com/DCACINT2018>**

**713 RUMBLE by R.I.P.P.E.D.® Instructor Certification with Susan Jessup****Thursday 8/2/2018 9:00 a.m. - 5:00 p.m.****CECS: ACE 0.7, AFAA 8.0, NASM 0.8**

R.I.P.P.E.D.® RUMBLE is an authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment. Rumble's formulated with Systematic Science based techniques that are safe, effective, and FUN!

You will use a weapon; The Rumble Stick - creates a higher degree of training and is an extension of your body, which enhances spatial awareness and overall movement.

Similar to R.I.P.P.E.D., Rumble has been created for EVERY body! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way!

Each Instructor who registers for a R.I.P.P.E.D. Rumble certification will receive CEC's, a Rumble Stick, Instructor Training Manual, Digital Instructional Video, Digital Soundtrack, and Fighting Form docs as part of the package.

**Cost: \$229.00 before July 26, 2018 / \$279.00 after July 26, 2018 / \$309.00 At the Door****Register: <https://www.regonline.com/DCACINT2018>****Schwinn® Cycling: Indoor Cycling Instructor Certification with Jeffrey Scott & Amy Dixon****Thursday 8/2/2018 8:00 a.m. - 6:00 p.m.****CEC's: ACE 0.8, AFAA 8.0, NASM 0.8**

Get certified in the industry's most up to date, respected and progressive indoor cycling instructor training course. In one power-packed day, you'll get the tools you need to become a successful and sought-after instructor on any brand of bike. This critically acclaimed certification is based on the Schwinn® Cycling Coach's Pyramid™, a specialized system that makes teaching simple, an incredible experience for students and worth repeating.

You will learn bike fit, cycling science, class design, music, communication skills, motivation techniques and leave with:

- Power Music® Schwinn® Cycling Signature Music
- Eight complete class design plans
- A comprehensive manual and Certificate of Completion

**Cost: \$235.00****Register: <https://corehandf.com/certifications/registration1/default/schwinn-indoor-cycling-training-program-10055.html?continent=north-america&country=usa&state=virginia>****SPINPower® Instructor Certification with Joey Adams****Thursday 8:00 a.m. - 5:00 p.m.****CECs: 6.5 AFAA, 0.7 ACE, 0.8 NASM**

The SPINPower® Instructor Certification is an extension of the Spinning program to provide Certified Spinning Instructors, fitness professionals and enthusiasts advanced education to understand the foundational principles of power and how to use the Spinner® Chrono Power bike by Precor to deliver extraordinary classes and innovative training techniques. Using the gold standard in power meter technology, the Chrono's strain-gauge measurement device and intuitive computer provides riders an immediate measurement of their honest effort and offers accountability for weight loss, performance and progression. The 1-day SPINPower Instructor Training will teach participants how to train and coach with power, use the Personal Spinning Threshold Test (PST Test) to create individualized training zones, and design profiles for power-based classes. Certified Spinning Instructors can earn the SPINPower Certification upon passing the online assessment

Registration includes a downloadable manual and course prep packet. A hard copy of the manual can be purchased at an additional fee and sent to your mailing address. Certified Spinning Instructors who pass the SPINPower assessment can teach SPINPower classes and will receive a digital Certificate of Completion.

SPINPower Certification expires and renews in accordance with your Spinning Instructor Certification. If your Spinning instructor certification expired more than one year ago, you will need to recertify before you can access the online assessment leading to a SPINPower certification. If you cannot complete a Recertification course before you can attend a SPINPower Instructor training, you can attend the SPINPower training, and

then once you have successfully completed the Spinning Instructor Recertification course, the SPINPower certification online assessment will be accessible.

**Cost: \$325 (includes a downloadable manual and course prep packet) HARD COPY MANUAL: \$30 (plus shipping and handling).**

**Register by phone call 800.847.SPIN (7746) or 310.823.7008. To register online visit <https://spinning.com/spinpower-instructor-training-reston-va-august-02-2018/>**

#### **714 StairMaster® Presents - BoxMaster® Certification with Pete McCall**

**Thursday 8/2/2018 8:00 a.m. - 12:00 p.m.**

**CECS: ACE 0.4, AFAA 4.0, NASM 0.4**

The BoxMaster® has taken boxing style training to another level by simplifying it and making it so much easier to learn with our patented pad placement angles. You throw the punch and the correct surface angle is there. The art of teaching someone to throw a correct punch is no so much easier and safer by allowing you the trainer to observe the student and correct their form instead of standing behind focus mitts and risking injury.

**Cost: \$159.00**

**Register: <https://www.regonline.com/DCACINT2018>**

#### **715 StairMaster® Presents - HIIT MIX Solutions Certification with Sonja Friend-Uhl**

**Thursday 8/2/2018 1:00 p.m. - 5:00 p.m.**

**CECS: ACE 0.4, AFAA 5.00, NASM 0.4**

HIIT MIX is an easy to follow system, comprised of interval training protocols that can be mixed and matched on a variety of equipment. Simple execution and scientifically sound programming provide maximum impact on your small group training program for ultimate member engagement. HIIT MIX can be scaled up or down to suit the participant, space and available equipment options. It's a complete solution not only for members but the sales team as well.

**Cost: \$159.00**

**Register: <https://www.regonline.com/DCACINT2018>**

#### **STRONG by Zumba® with Renee Pickett**

**Thursday 8/2/2018 9:00 a.m. - 6:00 p.m.**

**CECS: ACE CEC's: E- Learning and AFAA CEU's: E- Learning**

STRONG revolutionizes Zumba® workouts as you know them, melding upbeat rhythms with powerful cardio and strength-conditioning moves to fire your fitness potential. Think progressive resistance and overload, plyometrics, core, and functional training using only your own body weight, all rolled into one dynamic, results-driven class guaranteed to challenge your entire body.

Relying on proven HIIT methods, but with a Zumba twist, we call our program HITTZ—High Intensity Tempo Training—Zumba style! The strength of the beat challenges you to find power, strength, speed, stamina, and mobility. Optimize your workout and make every minute count as you push beyond your limits. Join the party and get fit. Sponsored by ZUMBA® FITNESS.

This course includes:

- Electronic Instructor Training Manual
- Training Recap Video - delivered digitally
- STRONG by Zumba™ My First Class™ - 60 minutes of music and moves, delivered digitally
- E-learning course with the foundational fitness moves and science behind the program
- Certificate of Completion
- BONUS - ongoing music and moves on ZIN NOW

- Fitness Certification Credits for Instructor Trainings - varies by country
- Fitness Certification Credits for E-Learning - varies by country

**Cost: \$250.00 / Use PROMO CODE: DCAC25 to receive a \$25 discount and a FREE BAG!!!**

**Register: [https://strong.zumba.com/en-US/training/2018-08-02\\_SXZ\\_Reston\\_US\\_Zumba\\_Convention](https://strong.zumba.com/en-US/training/2018-08-02_SXZ_Reston_US_Zumba_Convention)**

### **Zumba® Basic 1 Instructor Training with April Smith**

**Thursday 8/2/2018 9:00 a.m. - 6:00 p.m.**

**CECS: AFAA 5.5, ACE 0.7**

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes! You will learn the steps to the four basic Zumba® rhythms (merengue, salsa, cumbia, and Reggaeton), and then you will learn how to put these steps together into a song!

*Pre-con fee includes: Cardio Party and Live Class DVD, 20 Minute Express Workout DVD, 4 Basic Rhythms Review DVD, Cardio Party Music CD, The Zumba Instructor's Manual, and Zumba Certificate of Completion.*

**Cost: \$225.00 Use PROMO CODE: DCAC25 to receive a \$25 discount and a FREE BAG!!!**

**Register: [https://www.zumba.com/en-US/training/2018-08-02\\_B1\\_Reston\\_US\\_Zumba\\_Convention](https://www.zumba.com/en-US/training/2018-08-02_B1_Reston_US_Zumba_Convention)**