

Group 1 - FRIDAY 8/7/15 7:00 A.M. – 9:00 A.M.**201 Introduction to Rotational Bodyweight Training™ - RBT™ with Anthony Musement
Workshop GE, PT**

In this session, attendees will learn: the difference between Rotational Bodyweight Training™ and traditional suspended bodyweight training; why rotation and instability are key elements to any fitness or performance program; why an unlocked or free moving anchor point provides greater challenges to proprioception, motor unit recruitment and core engagement; and why Rotational Bodyweight Training™ is the next evolution in traditional suspension style training.

**202 Peak Pilates®: Good to Great Reformer Group Teaching with Kathryn Coyle
Workshop GE, MB, PT**

Pilates was originally intended to be taught one-on-one but now group reformer classes have become a reality and a staple offering at Pilate's studios. Teaching group reformer classes requires a specific and unique set of skills. In this session you will learn the art of multi-level teaching, progressing a group of different bodies, understanding how to still work individually within a group setting, how to create a fun and exciting class dynamic and more! Take your reformer classes from good to great!

**203 SPINNING®: HIIT the Road! with Javier Santin
Workshop CY**

High Intensity Interval Training is here to stay as it has shown great results in improving athletic capacity and fitness, glucose metabolism and fat burning. It also dramatically increases EPOC, resting metabolic rate and VO2 Max. Working through five different interval profiles you will take home, we will review and practice the why and how of HIIT to challenge your students in your next class.

**204 Athletic Step 2015 with Harold Sanco
Workshop GE**

Are you "all stepped out" when it comes to complicated 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 in no time at all.

**205 BOSU® On the Minute with Shannon Fable
Workshop GE, PT**

On the minute, every minute, is a protocol designed to test fitness levels against a recurring 60 second timer. The format presents a reward trade-off -- go harder and faster to gain more rest, or pace yourself and pay the price with shorter rest intervals. Involving minimal class planning, this intense and results-driven workout features several unique movement complexes designed to provide an integrated total body workout. Learn a versatile system that is scalable for group classes, small group team training and 1-1 client programming.

**206 Hipster Yoga Stretch with Doris Thews
Workshop GE, MB**

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

**207 Barre-Less with Heather Conrdorf & Katie Haggerty
Workshop GE, MB, PT**

Barre is one of the hottest workouts with one problem...you need a barre. Walk away from Bar-less with a new method to deliver barre with a repertoire of seamless transitions, cues, and movements to use in class next week!

**208 Yapana® Yoga Intro to Yoga Therapy with Leeann Carey
Workshop GE, MB**

We've all heard the term "yoga therapy", but what exactly does it mean and how can you get started in this profitable sector of the yoga market? In this workshop, we will learn what yoga therapy entails, how to do a basic yoga therapy assessment, what the basic yoga therapy protocols are for common issues, what training options and earning potentials are in this market, as well as how to attract students to your practice. **Note: Please bring a yoga mat, yoga block, bolster and yoga strap to class with you.**

**209 Holistic Fusion with Skip Jennings
Workshop GE, MB**

Movement as Meditation: Holistic Fusion is a blend of several mind-body formats that incorporate qigong, Pilates, yoga and meditation. This unique and powerful workshop is designed to create a full physical, mental and spiritual experience. You will learn the differences and similarities between each format and gain a powerful self-awareness through meditative movement.

**210 Let's Play Today Games Galore For Kids! with Yvonne Kusters
Lecture/Workshop GE, MB, PT**

Ready for Recess? Jump in and you'll discover some incredibly fun games and songs to play with kids (and adults too) ages 2 - 12. Learn the ins and outs of what you'll need to get started, safety tips, where to market, and simple business strategies to make kids fitness a blast and profitable. Expand your current scope of work, beyond the fitness center, and into schools, rec., libraries, malls and more. Learn how and get ready to play!

**211 Happiness Epidemic with Petra Kolber
Lecture/Workshop AQ, CY, GE, MB, PT**

This is your time to be the participant without thinking about next week's classes or clients. Take your instructor hat off and check in for a mini retreat. Happiness is everywhere but to create the change you must live the change. You are so busy taking care of others that I would guess it has been a long time since you took some "me time." Bring your notebook, bring your hopes and dreams and bring an open mind. I will lead you through 90 minutes of exercises and conversation that will help you remember why you got into the fitness business, reframe your work from a job to a calling and give you tips and techniques that you can use on a daily basis to create a purpose driven life.

**212 Schwinn® Cycling: Hot Topics in the Saddle with Amy Dixon
Workshop CY**

Every instructor knows that an awesome class comes from preparation and planning; every great instructor knows how to develop that class in less time! This workshop is all about working smarter, not harder to put great rides together. You'll learn multiple class design tricks of the trade and walk away with a library of 25 mix and match stages you can use immediately to create a ride from scratch or re-energize a well-loved workout. All new and complete play list and class design sheet included!

**213 Simple Six Total Body Tune-Up (AQUA) with Laurie Denomme
Workshop AQ**

Forward and back; right to left; turn in and out – this is a day in the life of a foot. Whether the task is walking, lifting, or playing a favorite sport, feet are fundamental to movement. Experience exercises using 10 different foot positions to prepare the body for your daily routine. Take a load off! Train in the pool and move better.

Group 2 - FRIDAY 8/7/15 9:30 A.M. – 11:00 A.M.**214 Bodyblade®: Burn with Abbie Appel
Workshop GE, PT**

Breathe new life into your high intensity interval training with this cutting-edge Bodyblade workout. Alternate between timed -intervals of core stability and explosive body weight movements for the ultimate metabolic conditioning. Learn why it is impossible to over-train using the Bodyblade and how executing specific isolated movements can complement muscle group activation for the most effective and intense program.

**215 Peak Pilates®: Get Real Reformer with Zoey Trap
Workshop GE, MB, PT**

Do your regular students still have trouble doing the more advanced reformer work? In this workshop you will learn great building block and preparatory strategies to provide a challenge for them to keep them progressing. Discover just how to approach the work so your students feel both challenged and successful

**216 SPINPower®: Power Tools for the Studio Rider with Marci Williams
Workshop CY**

Learn the basic concept of wattage and cycling with power. We will mix in terminology, training concepts, and an explanation of the zone parameters specific to training with power in the studio. We will add some instructor training tips and tools during our 'POWER RIDE.'

**217 Piloxing® with Jordan Ballard
Workshop GE, MB, PT**

PILOXING IS A NON-STOP, CARDIO FUSION OF STANDING PILATES, BOXING AND DANCE THAT WILL PUSH YOU PAST YOUR LIMITS! The program uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. These techniques are also supplemented by the use of weighted gloves, further toning the arms and maximizing cardiovascular health. Add to that fun dance moves and you have a muscle-toning, fat-burning workout that will make you feel physically and mentally empowered! In May of 2010, PILOXING® launched the PILOXING® Academy in order to educate and license fitness professionals to teach the program. Since then the Academy has certified thousands of instructors in over 40 countries around the world. PILOXING® is the brainchild of Swedish dancer and celebrity trainer Viveca Jensen and the culmination of her mission to physically and mentally empower women through fitness.

**218 Savvier Fitness® Tabata Bootcamp™ the Workout with Mindy Mylrea
Workshop GE, PT**

Tabata Bootcamp™ is a revolution in HIIT training and wellness coaching. Mindy introduces

you to the Tabata Bootcamp workout, and shows how an amazing 30 minutes can lead participants to embark on a full wellness journey for real change. Using the 20-10 timing protocol with max intervals, mixed intervals, and quickies and our unique signature foundational moves timing of 40-30-20 and 30-20 10 you will experience a total new way to excite and challenge your students for maximum sustained success.

219 SQUEEZE-n-TEASE Pilates with Jeff McMullen
Workshop GE, MB

Come and experience the "sensual" side of dance and Pilates combined. Grab a sexy rhythm, add sultry arm work, extra hips, and dance for a freestyle cardio workout that is "extra hot"! Squeeze-n-Tease Pilates is inspired by burlesque and erotic dance movement with no experience required. Experience a synergistic blend of choreography cardio segments, seamlessly woven together between blocks of Pilates based, body weight muscle conditioning work emphasizing the CORE. Elements of aerobics, dance, Pilates, yoga and functional movement patterns are combined to teach you the fundamentals of a slow, stylized and very unique fusion based workout.. Empower your students to improved confidence, body awareness, and self-esteem. Leave your ego at the door, turn down the lights, let's strip and get fit for 2015!

220 Martial Fusion® Kickboxing Cardio Burn with Guillermo Gomez
Workshop GE

A 60-minute fat-blasting, calorie-burning Kickboxing workout that combines basic upper and lower body techniques, kickboxing combinations and dynamic footwork in a 32-count choreography.

221 Chakra Powered Yoga Flow with Connie Borho
Workshop GE, MB

The 7 Chakras are areas in the body that energy moves through in order to create healthy blood and nutrient flow for a healthy body. A chakra that does not move energy efficiently creates both physical and emotional dis-ease. Learn the postures best suited to tuning up each chakra to its highest efficiency and experience guided thought-journeys that can bring greater awareness of the balance within our chakra centers. We will focus on mindful movement as a meditation tool recreating the constant state of motion we are in throughout everyday life. This session is not just a physical workout, it is not just a lesson in mindfulness; it is a true integration of the two.

222 BANG Power Dance™ with Amanda Strand
Workshop GE

BANG Power Dance™ is dangerously funky power dance fitness format using weighted gloves and featuring music that inspires you to get fierce and move! BANG Power Dance™ delivers the intensity you need to get the results you crave.

223 MECA Spine Mechanics Core with Jeffrey Anderson
Lecture GE, MB, PT, S

The fitness professional has more power to assist clients with back, neck, hip and knee issues

Than they may realize. Dr. Anderson saw the positive influences trainers could have on their clients when armed with the right tools, first hand while in practice. This lecture is about creating understanding of how motor patterns are altered in today's culture and how to appropriately re-groove them, from the post-rehabilitation client all the way through the elite athlete. Information presented will include the four fundamental changes that happen to human biomechanics which drive negative motor pattern development. Detailed overview of how these changes relate to the development of back, hip and knee problems. Concluding with foundational concepts about what the trainer can do to begin to re-groove appropriate motor patterns and improve the functional capacity of the client.

224 C.H.E.K Institute Back Strong & Beltless with Tomi Toles
Lecture GE, MB, PT

Today, in the era of modern technology and education by advertisement, we are inundated by the gadget approach to injury prevention, yet statistics show that injuries are not being prevented! More people suffer back pain than any other orthopedic injury, which has led to extensive use of back corsets and weight belts for the proposed prevention and treatment of back injury. In this lecture, you will learn about the strong anatomical evidence against the prevalent use of belts and corsets: if you need a corset, don't buy one, BUILD ONE! You will learn why many people can lift more while wearing a belt and why they are likely to accelerate the rate at which their spinal structures degenerate with such aids. You will come away with a clear understanding of when to use such supports and how to wean them away from those that have become dependent upon them as a crutch.

225 Schwinn® Cycling Class Design Crunch Time with Shannon Fable
Workshop CY

Every instructor knows that an awesome class comes from preparation and planning; every great instructor knows how to develop that class in less time! This workshop is all about working smarter, not harder to put great rides together. You'll learn multiple class design tricks of the trade and walk away with a library of 25 mix and match stages you can use

immediately to create a ride from scratch or re-energize a well-loved workout. All new and complete play list and class design sheet included!

226 Bata Bing (AQUA) with Julie See
Workshop AQ

Bata bing, bata boom...Julie shares her favorite formats to fantastic fitness. Fast & furious. Slow & strong. Powerful propulsion. No need for high intensity interval training (HIIT) formats, including the Tabata protocol, to be boring in order to achieve spectacular results. Water provides inspiration to make every workout your "best class yet!"

Group 3 Lunch Sessions - Friday 8/7/15 11:30 a.m. – 1:00 p.m.

227 KettleBell Concepts®: (KCA) Kettlebell Core Academy with Angie Miller
Workshop GE, PT

Using one of the most versatile training tools around you'll learn how to transform your client's mid-section, promote better posture, and improve balance. Through full body integration exercises you'll discover how the dynamic nature of the kettlebell can enhance functional movement patterns and strengthen the core like no other training tool. Exercises will develop into movement sequences that require increased skill and efficiency. You'll walk away with an arsenal of ideas to share with your clients and a mid-section that will talk to you for days.

228 Peak Pilates®: MVe® Chair for Athletes with Kathryn Coyle
Workshop GE, MB

Athletes need a challenge and to hone performance specifically for their sport. As hard-charging athletes, they inherent muscle balances that come from daily training. Join Tough Mudder finisher and half marathoner Kathryn Coyle and gain insight into training cyclists, golfers, tennis players, equestrians, runners and more! Explore sport- specific demands, imbalances, and injury risks and learn set sequences that include power and agility moves for your recreational and competitive Pilates students.

229 SPINNING®: UP! with Javier Santin
Workshop CY

Standing techniques are favorites with our participants, but do they really know when and why to use them? Let's revisit these movements using real video footage to review how those techniques are used in outdoor cycling and how we should apply them in our classes for a safe and realistic riding experience.

230 Cardio Dance Remix with Harold Sanco
Workshop GE

In this workshop, you'll learn top-level tips and techniques to help you stir up your current cardio dance routines for a class that will leave all participants buzzing and yearning for more. Whether you teach hi-lo, hip-hop or Zumba, you'll gain insight on how to tap into your own creativity for teaching choreography that's fun and easy to follow.

231 ShockWave with Josh Crosby, Amy Dixon & Doris Thews
Workshop GE, PT

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

232 POUND-ROCKOUT WORKOUT® with Kirsten Potenza & Christina Peerenboom
Workshop GE

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Through continual upper body motion using our lightly weighted drumsticks, called [Ripstix™](#), you'll turn into a calorie-torching drummer, POUNDing off pounds as each song flies by. Rock, rap, dubstep, pop and old school music fuse to create the POUNDtrack series, which is hand-selected by music enthusiasts, drummers and POUND founders [Kirsten Potenza](#) and [Cristina Peerenboom](#).

Group 3 Lunch Session Continued - Friday 8/7/15 12:00 p.m. – 1:30 p.m.

233 Hit It!® Kickbox II and Constance and Kevin Barker
Workshop GE

A fusion of cardio-kickbox, nightlife culture AND HIIT! The same awesome intensity and killer music as Hit It!® Kickbox BUT incorporating HIIT Drills (High Intensity Interval Training)! This format makes Kickbox easier to follow for newbies, jacks up the intensity for your intermediate to advanced fitness junkies and provides plenty of modifications for those

that typically cannot handle HIIT.

234 Yapana® Yoga Step, Stretch & Leap with Leann Carey
Workshop GE, MB

A well-designed yoga class feels more like an experience rather than a "class". Using Yapana's "step, stretch, leap" sequencing, you will learn how each segment of the yoga class creates a full experience which include: a theme that supports a physical key positions skill; warm-ups that include the skill and prepare primary muscles; and poses that lead to the "Queen Pose" practiced in several variations that integrate all three. You'll leave feeling satisfied and walk away with a new skill that can be applied off the mat and in other physical activities. **Note: Please bring a yoga mat, yoga block, bolster and yoga strap to class with you.**

235 Balance Now With the ActivMotion Bar with Robert Sherman
Workshop GE, MB, PT

No games, gimmicks or tricks. Changing balance at any age is about removing uncertainty, building confidence and replacing fear with courage. Using a bar with internal rolling weights creates an immediate feedback tool to recognize the need to stabilize. If you want to learn new and innovative ways to train active agers, or anyone with balance issues, this session is a "must attend".

236 Anytime Fitness GROOMing Habits with Shannon Fable
Lecture GE, MB, PT

Quality instructors and trainers are NOT knocking down our doors begging to work for us. What's a manager to do? It's time we created a fail proof system for GROOMing the type of professional we know can do the job. Learn the DOs and DON'Ts of 'grooming' your own workforce. And, walk away with a system to develop top-notch instructors and trainers that will continue to produce year after year.

237 Train, Teach and Vacation with FitBodies Inc.
Lecture AQ, GE, MB, PT, S

Big vacation rewards to you and your family when you book a teaching vacation with Fit Bodies, Inc. What does it take to teach in the tropics? You will leave the session understanding what a teaching vacation is exactly, and what it takes to be involved with Fit Bodies - the largest teaching vacation organization in the world. Learn about crowd pleasing favorite formats resort guests are sure to enjoy while they, and you, are enjoying the all-inclusive, luxury resort. Guests are sure to enjoy your classes! Then join the Fit Bodies, Inc. team of guest fitness instructors vacationing and teaching at luxury resorts through Caribbean, Mexico and Central America.

238 SCHWINN® Cycling: Pimp My Play List with Jeffrey Scott
Workshop CY

Get hip, get updated, and get ready to upgrade your music know-how! Whether you have been teaching for days or decades, this workshop will show you how to develop a rockin' playlist, use music for maximum motivation, and navigate cutting-edge music technology that will elevate your skills as a coach. All new and complete play list and class design sheet included!

239 Simple Six for Pelvic Core Integration (AQUA) with Laurie Denomme
Workshop AQ

One in three women suffer from **pelvic floor dysfunction**. Improve muscle performance using speed, impact, and movement variations. This stretch fusion program will measurably improve the integrated function of the abs, back, hips and pelvic floor. Finally, a complete core workout!

Group 4 - Friday 8/7/15 2:00 p.m. – 4:00 p.m.

240 Ugi® Fit: Fit on Fire with Abbie Appel
Workshop GE, PT

Experience a modern twist on the old school medicine ball with Ugi®. This time-efficient, 30-minute, high-intensity workout challenges dynamic balance, core conditioning, resistance training and athletic performance. Learn techniques for creating successful, results-driven classes that enhance fitness, wellness and happiness.

241 Peak Pilates®: Chair Challenge with Zoey Trap
Workshop GE, MB

The Pilates Chair demands strength, stamina, balance, and core. In this workshop you will learn new choreography for a workout that will challenge all of your students using combinations that combine Pilates, Fitness, and Yoga into seamless blocks. Get stronger one pump at a time. Take the chair challenge!

242 SPINPower®: Power Plus with Marci Williams
Workshop CY

Adding PST (Personal Spinning Threshold) to heart rate training is a science. Science-based training is rooted in measurable factors like heart rate and wattage power and monitoring correlating heart rate response. Learn to use the most valuable trainable component of power/wattage to determine specific training zones, which help riders, get stronger, burn maximum calories and reach goals.

243 R.I.P.P.E.D. THE ONE STOP BODY SHOCK® with Stephanie Millward
Workshop GE, PT

"R.I.P.P.E.D.- The One Stop Body Shock®" fitness system is a total body workout that puts the FUN in FUNCTIONal athletic based training. The formulaic combination of Resistance, Interval, Power, Plyometrics, Endurance, and Diet requires the body to respond to the constantly changing format within the session, offers ultimate results in minimal time, and with an evident emphasis on music, participants of all levels burn, build, and bulletproof their bodies with smiles and determination.

244 Savvier Fitness® Strength Overload with Mindy Mylrea
Workshop GE, PT

Break free of the traditional strength training workout and go into Strength Overload. Using Gliding Discs, Stability balls, and only body weight you will experience combo workouts targeting lower, upper, and core in flowing grounded patterns and dynamic explosive patterns. Learn progressions and regressions that allow all levels of fitness to feel successful.

245 Indo-Row®: The Perfect Calorie Burn with Josh Crosby & Doris Thews
Workshop GE, PT

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

246 #STRONG with Heather Corndorf
Workshop GE, MB, PT

Being strong has never been sexier. Combine full-body resistance training with continuous cardio training and you get #STRONG. Progressions in this class are smart and creative. Go home with movement that makes you feel strong, inspired, and sexy.

247 HIIT Training: Holistic HIIT Interval Training with Stacey Lei Krauss
Workshop GE, MB, PT

HIIT workouts are trending... but is this method safe for students of all levels? Holistic Interval Training® is different than what you've experienced! This TABATA---style HIT class is built on a foundation of barefoot full---body exercises and fuelled with high---end anaerobic drills to turbo---fire your metabolism. Results? Beautifully sculpted flexible muscles, healthy joints, and a balanced body from head to toe. A barefoot, equipment---free class catering to students of ALL---LEVELS.

248 PranaBarre with Tricia Murphy
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, PranaBarre 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.

249 The Willpower Dilemma with Keli Roberts
Lecture AQ, CY, GE, MB, PT, S

Willpower, self-control, discipline...so many people don't have enough of it...willpower is such a limited resource and yet so critical if you want to move forward in the world. Whether the goal is to lose weight, exercise more regularly, stop procrastinating, quit smoking, or even get to bed earlier, all of this requires willpower. In this lecture we will examine the roots of self-control and mastermind ten powerful strategies to help coach your clients to develop more willpower and improve daily habits.

250 Eating for Life with Teri Gentes
Lecture AQ, CY, GE, MB, PT, S

What and how we eat has more impact upon our lives than most anything else, with exception - what and how we think. Nurturing and honoring your own health and wellbeing is one of the most powerful ways to better our planet. Internationally acclaimed' whole self health advocate, educator and leader Teri Gentes details how you better the entire world and your - self, your family, friends and clients with every bite you take and every spent dollar you vote with. Gain lifesaving insights enabling health and healing with education, inspiration and practical application. Session includes: doable ideas and easy transitions to

eating healthier versions of foods you love along with recipes, taste testing and product samples. Essential info for life!

251 SCHWINN® Cycling: Rock Stars, Preachers and Party People / How to Win In the New Era of Coaching with Amy Dixon, Jeffrey Scott and Skip Jennings
Workshop CY

Welcome to the new era of indoor cycling where to teach a truly unforgettable ride, you must be more than just a good coach. To be an addictive, inspirational instructor, you need to discover and amplify your personal style, then use this to create an experience on the bike. Join Schwinn's top Master Trainers for a ride that feels like a concert, revival, and all-nighter rolled into one and learn how to bring maximum charisma to every class you teach. All new and complete play list and class design sheet included.

252 H2O Stacked (AQUA) with Jeff McMullen
Workshop AQ

Step beyond the usual hum-drum follow the leader type approach in your classes and develop a true sense of camaraderie for your participants, circuit style. Discover the possibilities that this method of training has on improving cardiovascular fitness, muscular strength and endurance and power development! Examine the principles of circuit training as they apply to class design and format, equipment usage, and participant motivation and socialization. Have them waiting in line for your classes!

Group 5 - Friday 8/7/15 4:30 p.m. – 6:00 p.m.

253 CrossCore®: RBT™ - Feeling the Difference, Knowing the Difference with Anthony Musemici
Workshop GE, PT

In this workshop, attendees will receive a basic introduction to Rotational Bodyweight Training™. They will be taught the difference between RBT™ and traditional suspended bodyweight training. They will physically "Pull the Pin™" allowing them to experience the difference between traditional suspended bodyweight training and progressive suspension style training with rotation: RBT™.

254 Peak Pilates®: Flex & Flow Mat with Kathryn Coyle
Workshop GE, MB

Build progressive combinations that flex your body with flow to build physical and mental stamina and strength. Enjoy a contemporary approach that sequences classical Pilates exercises into fun combinations that challenge the core and develop fluid strength.

255 SPINNING®: Karma Interval with Javier Santin
Workshop CY

The Law of Karma dictates that what you give is what you get. We will follow this simple yet powerful rule to create different types of intervals where every drop of sweat will be rewarded with an equal amount of rest. From technical drills to high intensity segments, we will experience the balance between effort and ease. Follow the Law of Karma to become a better athlete!

256 Calvinography® – The Diary of Step with Calvin Wiley
Workshop GE

A step workout that is centered around dance, incorporating new and exciting elements of motivation. Advanced step workout that leaves you looking at Step with new possibilities.

257 BOSU® Dimensional Core Training with Doris Thews
Workshop GE, PT

Advance your core training techniques by taking a global approach as you explore multi-dimensional methods to effectively produce power and improve core function. Learn a series of integrated core exercises to mobilize, stabilize and strengthen the core, giving you greater ability to access the core for optimal function. Dimensional core training delivers results!

258 2015 F.I.R.E. - Fierce Interval Resistance Exercise: Ignite Your Metabolism! with Keli Roberts
Workshop GE, PT

Ignite your metabolism and set your classes on FIRE with this metabolic training workshop. Review the science behind metabolic conditioning and develop coaching skills through practical application. This step-by-step system will provide you with 3 full total body HIIT workouts suitable for Small Group Training and traditional Group Exercise settings. Learn plug and play formats ready to go for your class on Monday!

259 Dancing For Joy with Petra Kolber
Workshop GE

Join Petra in a non-stop, choreography packed and easy to replicate dance workout that is Monday morning ready. Learn how to teach to your students strengths (even those who think they can't dance) and have everyone leaving your classes feeling successful. Discover how to utilize the latest techniques from the world of positive psychology in your classes, so

every time you will move your students into a happier mindset, have your students smiling and leave them wanting to come back for more.

260 Interval Yoga Ebb & Flow with Connie Borho
Workshop GE, MB

Find the balance between fast and furious and slow-mo by sequencing specific asanas as a flow to combine blocks of power moves with segments of more restorative postures. Help train the nervous system to regulate back to balance by creating a natural ebb and flow of effort within your practice. Learn how to sequence power with balancing postures to bring your students back to equipoise.

261 60 Is the New 40 with Angie Miller
Workshop GE MB, PT

The Boomers are here and a group exercise class is the perfect place to keep them active and healthy. Group environments give them the social support they need to feel connected, and the energy and camaraderie that motivates to get fit and stay well. In this workshop you'll learn how to design safe and effective group exercise programs for older adults. You'll walk away with cardio, strength, and stretching sequences, as well as proper modifications for a well-rounded program. It's time to expand your reach and discover the joy of helping older adults stay independent as long as possible.

262 C.H.E.K Institute Expand Your Business by Working with Medical Professionals with Tomi Toles
Lecture AQ, GE, MB, PT

In the ever-changing world of healthcare, establishing a network of allied medical professionals can be one of the most lucrative business activities a personal trainer can do. To be considered a fellow professional and receive referrals, you must be able to speak the language of the healthcare provider, communicate effectively and understand the etiquette of working with medical professionals. Learn all this, plus "in-the-trenches" techniques for building your own referral network.

263 Making Sense of Current Food Trends with Bruce Mylrea
Lecture AQ, CY, GE, MB, PT, S

Soy is good. Soy is bad. Organic is a must. Organic means nothing. Kale may save my life. Kale may kill me. We are bombarded these days with conflicting information about just about everything related to the food we eat. It is easy to feel overwhelmed in a world of contradiction. Armed with the latest researched based information Bruce will sift through the noise and uncover myths and truths about what we eat and how that food will affect our energy, immunity, and total well-being. Just because it is on the internet doesn't make it true. In this in-depth informative lecture, Bruce will reveal / peel the onion and the latest research of today's popular diets. Learn the science and long term efficacy of all the latest diet crazes and which ones will offer a lifetime of weight management AND long term health and wellness. This lecture will arm you with the facts you need to know as a wellness coach to help your clients achieve real success.

264 SCHWINN® Cycling – Leave Em' Breathless with Amy Dixon
Workshop CY

Sports Psychology + High Intensity Training = Explosive Results! Get ready for a dose of the fitness industry's hottest topic paired with the mind/body tools to make it pop. Experience an all-out, explosive sweat session plus the science, skills, and electric coaching you can take back to your classes to leave 'em breathless! All new and complete play list and class design sheet included.

265 Simple Six to Ease Arthritis Pain (AQUA) with Laurie Denomme
Workshop AQ, S

Learn how to use six moves to expand the benefits of traditional exercises for arthritis. Experience a series of joint specific and integrated whole body exercises that ease arthritis pain. Take home a 6-week progressive program proven to reduce stiffness while building strength and stamina so clients can move at their best.

Group 6 - Saturday 8/8/15 7:00 a.m. – 9:00 a.m.

266 Rock & Roll with Ugi® with Abbie Appel
Workshop GE, PT

Metabolic conditioning is still "rocking" the fitness world. Learn a new HIIT protocol with a unique interpretation of the medicine ball. Experience 10 fundamental movement patterns involving cardio, strength and core in 3 rounds with 3 progressive variations. Move in 3 planes of motion for a total-body workout with endless options.

267 Peak Pilates®: The Reformer Series as a Progression Tool with Connie Borho
Workshop GE, MB

Using the Reformer Series', explore how to progress students from a modified or building block form of the exercise, to its full advanced expression. Specific Reformer Series' are broken down and built back up in order to discover what a body needs to understand in each exercise before an advanced version can be mastered.

268 SPINPower®: A Season of SPINPower with Marci Williams
Workshop CY

Develop a periodized training program for riders who are looking to become either recreational outdoor riders or competitive athletes. We will work with Personal Spinning Threshold data and learn about the process of creating a 20-week individualized training program using SPINPower training zones.

269 50 Grades of Clay with Clay Grant
Workshop GE

Sexy and Cool! This fun and effective group class combines strength, cardio, power and core training in easy to use blocks of movement and motion. Join Clay for a multi planar, multi exercise extravaganza. Learn 10 spatial orientations with at least 5 exercises or movements per orientation that progresses, regresses and varies the fitness experience for total body conditioning. Using this approach, you will be able to continuously expand your exercise library and vocabulary. Get ready for 50 grades of Clay!!

270 Dance Project with Katie Haggerty
Workshop GE

This hot and sweaty dance party will make you forget you are working out! Explore creating simple, easy to follow routines through intricate add-on choreography that will leave you feeling the star of a music video!

271 Indo-Row: The Team Attack on Total-Body Training with Josh Crosby & Doris Thews
Workshop GE, PT

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

272 MECA Core – The Workout with Jeffrey Anderson & Heather Crosby
Workshop GE, MB, PT, S

The group training class known as MECA Core is a very innovative core strengthening class that is poised to change the way exercises are designed for the general public. Developed utilizing sound science from the fields of biomechanics and kinesiology, the MECA Core class focuses on exercises designed to help undo cultural influences that adversely affect human movement. Biomechanical science has demonstrated that the prevalence of musculoskeletal conditions such as back pain and degenerative joint disease, is significantly enhanced by these negative cultural influences.

The MECA Core class begins with yoga style poses that have been modified to meet specific goals. The effectiveness and efficiency of yoga poses for the purposes of strength, flexibility and balance are difficult to match. The class then progresses into abdominal exercises utilizing the MECA Back Wedge. A foam exercise tool designed to protect your lower back from the damaging forces of traditional abdominal exercises. In addition, the MECA Back Wedge is designed to enhance the natural extension of the spine and accentuate the elasticity of the supportive soft tissue of the lower back muscles and ligaments. The Back Wedge also redirects the negative forces of traditional abdominal conditioning from the lower back into the abdominal wall, so the ab strengthening efforts are enhanced.

The class concludes with traditional core stabilization exercises and rehabilitative exercises that completely round out the program.

273 Yoga Groove with Skip Jennings
Workshop GE, MB

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

274 BANG Barre™ with Amanda Strand
Workshop GE, MB, PT

BANG Barre™ is an incredibly funky, ballet-based toning and flexibility workout using the barre (or chair), featuring music that will bring out your inner dancer.

275 Class Act with Tricia Murphy
Lecture AQ, CY, GE, MB, PT, S

Come learn how to motivate & manage your class or clients with superior communication and delivery skills. Pick up valuable tools as a group fitness instructor or personal trainer to help handle participants of all backgrounds. Learn preparations for both YOU, and THEM, so that fewer challenges arise. Take away coping communication skills for dealing with

everyone from the “squeaky wheels” to the dreaded “front row frowners” so you can support your participants without losing yourself.

276 Performance Training After 40 with Pete McCall
Lecture PT

Do you work with recreational athletes over the age of forty? Did you know that adults can lose 1% of muscle mass per year after age of 30 or that cardiac output can decrease during the aging process? Learn how to apply the variables of exercise program design to help your recreationally active clients gain an edge on their competition. This session will address specific principles, strategies and techniques for developing an exercise program to enhance the skills of power, speed, agility and quickness which are necessary for athletic success at all ages but are critical for those athletes still competing over the age of 40.

277 SCHWINN® Cycling – Totally Cook'd with Gregg Cook
Workshop CY

Want to know what the experts are saying, playing, and doing in their classes? Here's your chance! Join NYC's top trainer for a unique and memorable ride that will challenge your fitness and leave you completely spent. Bonus: a complete ride walk thru and a class design breakdown every stage.

278 Rated M For Mature (AQUA) with Julie See
Workshop AQ

Julie's AARP (Aquatic Aerobic & Resistance Program) format is fun, targets function, and provides fundamental exercises for the mature market. Baby Boomers and beyond want a training program that meets their needs...not a watered-down workout. Getting older is not for sissies, and this workout is not either!

Group 7 - Saturday 8/8/14 9:30 a.m. – 11:00 a.m.

279 CrossCore® RBT™ Burn with Anthony Musemici
Workshop GE, PT

Based on HIIT principles of training, attendees will learn how to properly apply rotation and instability to traditional suspension style training as well as how to implement other training tools such as kettle bells, Bosu, medicine balls, etc... to create a class like no other. Workshop includes, warm-up, workout and cool down.

280 Peak Pilates®: Pilates for Runners with Kathryn Coyle
Workshop GE, MB

Anyone who is a runner knows that a certain amount of preventive maintenance is required if you want to get your miles in. Pilates is the perfect method to keep you on our feet since it will build strength without excessive fatigue, stretch out tight and sore muscles and will help prevent injury. Whether you are a weekend warrior or a serious competitor explore how to adapt the classical reformer and tower for the runner's body.

281 SPINNING®: Power of Two with Javier Santín
Workshop CY

Teamwork: divide the task to multiply success. Two Presenters, Two Teams, One Goal. In this session we will explore different ways to Team Teach a ride between two instructors. Pace-lines, Relays or Team Sprints are some of the techniques we will use to develop different class formats that will create a unique experience for your students. Experience the Power of Two and remember: Together Everyone Achieves More!

282 Piloxing® Barre with Jordan Ballard
Workshop GE, MB

PILOXING® Barre is an exciting new fitness 'Barre' workout, utilizing the same fundamental disciplines (Pilates, Boxing and Dance) from the already world-renowned fitness craze, PILOXING. A complementary program to PILOXING, PILOXING Barre is a comprehensive, well-rounded workout that is low-impact, yet intensity building. This new program creates full body awareness utilizing a Ballet Barre for the entire class, both standing and grounded. Think of the Barre not just as another tool, but as a support to create external resistance and initiate more muscle engagement. The Barre will aid you to achieve body balance, and give you more concentrated toning, allowing you to take your muscles deeper into each exercise, through a more complete and dynamic range of motion. Overall, PILOXING Barre, with PILOXING signature-style of power, fluidity and grace, will burn calories, and re-define your body in a way that feels amazing!

283 Savvier Fitness® Best of Boot Camp 2015 with Mindy Mylrea
Workshop GE, PT

All NEW for 2015 Bootcamp at its best. When was the last time you called your workout intense, crazy, creative, and off the charts? This workshop will help you bring that sensation

back to your challenge hungry crowd. Using the toys found around even the cheapest of gyms you will learn crazy kick butt choreography, experience an interval workout that is an explosion for the sweat glands, and go home with more drills, skills, and games then you could possibly imagine.

284 BOSU® Plyo Power with Amy Dixon
Workshop GE, PT

Quick, explosive movement is essential for developing athleticism. BOSU® Plyo Power focuses on total body plyometric progressions which can be appropriate for most clients and athletes. Learn drill mechanics, progressions and coaching cues to successfully implement plyo training into fitness and sport programs. Be challenged with advanced training techniques and optimize results!

285 Martial Fusion® Kickboxing Cardio Power with Guillermo Gomez
Workshop GE

A 60-minute fat-blasting, calorie-burning Kickboxing workout that combines basic upper and lower body techniques, kickboxing combinations and dynamic footwork in a 32-count choreography.

286 Yapana® Yoga Shoulder Sequence with Leeann Carey
Workshop GE, MB

Although there are many factors that make up a healthy posture, the shoulders play a key role. A slouched posture with rounded shoulders overstretch and strain the upper back and shorten and weaken the muscles between the shoulder blades. Habitual slouching collapses the chest, prevents "free breathing", and can develop into stress injuries or dysfunction in your shoulder joints. Ouch! This smart Yapana® sequence uses a tried and tested formula that supports the shoulders' full free range of motion, and stabilized and stretches neighboring muscles required to reverse slouching and start shining! **Note: Please bring a yoga mat, yoga block, bolster and yoga strap to class with you.**

287 Rolling Yoga with the ActivMotion Bar with Robert Sherman
Workshop GE, MB

"Juice" your yoga practice with rolling resistance. Yoga postures support the necessity for balance, strength and flexibility. Combine asana with a new method of increased muscular engagement, stabilization and support. Learn outcomes that will stimulate the senses, increase focus and achieve balance rolling your yoga. Try a new twist on Yoga and enhance your practice by attending this session.

288 THE 3 C's OF GROUP EXERCISE PERFECTION: CUE, COACH, COMMUNICATE
with Jeff McMullen
Lecture GE, MB, PT

Have you hit a rut? Feeling like you need inspired or to reinvent yourself? Why not focus on 3 simple areas already in your tool belt, you can fine tune your performance even further, the 3 C's. Examine the commonalities and misconceptions of saying too much. Learn a simple formula to follow to make your verbal, visual, and kinesthetic language appropriate for all fitness levels to interpret and follow. Review proven coaching techniques you can work the room, while managing the masses!
Walk away feeling enlightened and invigorated from this thought provoking session.

289 Augmenting Health & Performance with Super Foods with Teri Gentes
Lecture AQ, CY, GE, MB, PT, S

In a world where the quality of our food is highly questionable and diseases plague an ever increasing number of people - young and old, super foods and supplements can augment your diet. Those we see making news most often such as Spirulina, Maca Root, Medicinal Mushrooms and Raw Cacao are typically added to a smoothie. Wellness and Nutrition expert Teri Gentes will cover her preferred 'hot list' of powerful natural whole foods for performance along with creative ways to enjoy them in a variety of savory, sweet and spicy amazing tasting foods. Recipes and samples included.

290 SCHWINN® Cycling Got Lactate with Keli Roberts
Workshop CY

Want to know what the experts are saying, playing, and doing in their classes? Here's your chance! Join industry icon, Keli Roberts in a unique and memorable ride based on the art and science of lactate threshold training. Bonus: a complete ride walk thru and a class design sheet breaking down every stage!

291 HydroFit® Power Balance & Strength (AQUA) with Craig Stuart
Workshop AQ

Experience the power of liquid resistance and take your shallow water training to a new level. Discover how to challenge the body with more complex movement patterns. Learn how to use water's progressive overload to enhance postural stability, improve balance and increase functional strength.

Group 8 Lunch Session - Saturday 8/8/15 11:30 a.m. – 1:00 p.m.

292 Bodyblade® and Ugi®: Cutting-Edge Core with Abbie Appel
Workshop GE, PT

Sharpen your core with two modalities that are perfectly suited to each other, UGI and Bodyblade. Discover why vibration training performed with a reactive surface develops greater precision, accuracy and control. Learn how to customize the intensity for strength and cardio programs and why this time-efficient workout is essential for everyone.

293 Peak Pilates®: Pedal Progressions with Zoey Trap
Workshop GE, MB, PT

Combine MVe® chair exercises with balance and strength challenges in combinations that develop strength from the inside out. Quiet your mind and focus as you build choreographed sequences that bring all of the Pilates principles to life. Meld music and movement to create a dance between you and the equipment.

294 SPINPower®: Power to the Pedals with Marci Williams
Workshop CY

As we attract more riders wanting to utilize POWER in their rides we also need to develop and enhance our "Spinning eye" skills. By reviewing the basics such as bike set-up, form analysis, and pedal stroke application we can understand how to best use riders unique "framework" and muscle memory to facilitate an increase in power on the bike. Learn methods, skills, and drills to help individualize and maximize each training session.

295 R.I.P.P.E.D.® Body Camp with Stephanie Millward
Workshop GE

By following the order of the R.I.P.P.E.D. acronym and maintaining the successfully proven principles of this athletic-based group fitness formula, we're adding the element of friendly competition & highlighting the fun in FUNctional. It's 45 minutes of non-stop action as you and your team members battle the clock and push your endurance and mental strength to its limits. Cardio, weights, Fun, Done!

296 ShockWave with Josh Crosby, Amy Dixon & Skip Jennings
Workshop GE, PT

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

297 POUND-ROCKOUT WORKOUT® with Kirsten Potenza & Christina Peerenboom
Workshop GE

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Through continual upper body motion using our lightly weighted drumsticks, called Ripstix™, you'll turn into a calorie-torching drummer, POUNDing off pounds as each song flies by. Rock, rap, dubstep, pop and old school music fuse to create the POUNDtrack series, which is hand-selected by music enthusiasts, drummers and POUND founders [Kirsten Potenza](#) and [Cristina Peerenboom](#).

Group 8 Lunch Sessions Continued - Saturday 8/8/15 12:00 p.m. – 1:30 p.m.

298 Tai Chi in Motion with Cheri Wolff
Workshop GE, MB, PT

The holistic art of Tai Chi (Taijiquan) emphasizes relaxing the body and calming and focusing the mind through a series of movements which attend to nuances of balance, flexibility and coordination.

Medical research has increasingly shown the benefits of tai chi practice as an alternative therapy for a wide range of health issues, as well as indicating a significant reduction in falls among older adults.

This interactive session will offer a taste of the types of movement that characterize Tai Chi practice.

299 C.H.E.K Institute Primal Pattern® Movement System with Tomi Toles
Workshop GE, PT

Using principles from motor control research, the Primal Pattern® Movement System uses seven basic patterns to condition the entire body. This interactive session will show you how to use these movement patterns (individually and combined) to produce a practically unlimited toolbox of exercises. Not only will you learn how to regress the patterns to make the exercises easier for deconditioned or rehabilitation clients; you'll also learn how to advance the exercises to increase the challenge for more skilled clients or athletes. Come and see just how flexible the system is! It can be used with just bodyweight or with whatever equipment you happen to have. You are only limited by your imagination!

300 Hit It!® P.O.W.E.R. with Constance & Kevin Barker**Workshop GE**

The hottest cardio, resistance training and core interval class around incorporating moves derived from boxing and MMA training and the use of P.O.W.E.R. Punch Gloves! This class is designed to be an intense full body conditioning class which can totally reshape the entire body. This program is an excellent addition to your group ex classes, small group and personal training sessions!

301 Creating Community, Charity and Cross Promotion for Your Facility Thru Run Clubs with Doris Thews**Lecture AQ, GE, MB, PT, S**

How would you like to offer new programming that supports your business, members and community, while getting fit at the same time? Running/walk clubs are a way to reach a large population from the beginner runner/walker to the social runner to the complete level runner. These levels come together to create a community to support a local cause and also cross promote your club and its services. This lecture/workshop will teach you the benefits of reaching a large population that will increase new clients/members and offer something new for client/membership retention. This workshop will help you select a local charity run/walk event to support and will show you how to schedule the run/walk club so the participants peak for a particular race day. In addition, this community will have an opportunity to hear from fitness experts on services that the club offers to support the run/walk club goals. These services range from retail to supplements to Group X mind body classes to PT services. The lecture will end with a run/walk lead by fitness leaders. You can experience how it feels to be placed in a pace group of your peers. You will leave this workshop with the basics to offer run clubs in your facilities or communities. You will experience a true "runners high" by creating a business to improve health in a fitness community, and support a local charity at the same time.

302 ACE® Obesity Makeover with Jonathan Ross**Lecture GE, PT, S**

Be different to make a difference. Our current approach with training for obesity ignores critical aspects of human behavior and motivation. Coaching rather than training will take you beyond the exercise program and develop your ability to create desire for health behaviors in your clients. Negative attitudes, opinions, and feelings about exercise are learned – find the emotional relevance of exercise and you can unleash motivation and change mindsets. Discover why we have willpower, how to save it, and how to get more of it. Change their brains, know what's in their hearts, and you can more easily change their bodies!

303 SCHWINN® Cycling: Ride the Total Body Trend with Circuits with Gregg Cook**Workshop CY**

Wait, weights on the bike? In this workshop, learn how to deliver the new indoor cycling class promise of a "Complete Workout" while staying authentic to both the strength work and the ride. Come experience the most effective and efficient way to get a total-body workout in your cycling classes – An electric ride combined with off-the-bike circuits that do more than follow the trend, they set the standard!

304 Hi-Yo Core Crushing Intervals (AQUA) with Laurie Denomme**Workshop AQ**

Buoyancy meets turbulence in this shallow-water HIT interval challenge. Master basic moves with a core-grabbing twist – appropriate for beginners, yet challenging for the most seasoned of water exercisers. A well-planned interplay of upright, kneeling, seated, prone, supine, and side-lying combinations is certain to get to the core of your training!

Group 9 - Saturday 8/8/15 2:00 p.m. – 4:00 p.m.

305 CrossCore®: RBT™ - Feeling the Difference, Knowing the Difference with Anthony Musement**Workshop GE, PT**

In this workshop, attendees will receive a basic introduction to Rotational Bodyweight Training™. They will be taught the difference between RBT™ and traditional suspended bodyweight training. They will physically "Pull the Pin™" allowing them to experience the difference between traditional suspended bodyweight training and progressive suspension style training with rotation: RBT™.

306 Peak Pilates®: Good to Great Reformer Groups with Kathryn Coyle**Workshop GE, MB**

Pilates was originally intended to be taught one on one but now group reformer classes have become a reality and a staple offering at a Pilates studios. Teaching group reformer classes requires a specific and unique set of skills. Come and learn the art of multi-level teaching, progressing a group of different bodies, understanding how to still work individually within a group setting, how to create a fun and exciting class dynamic and more! Come learn how to take your reformer classes from good to great!

307 SPINNING®: Musicality with Javier Santín**Workshop CY**

Music is a language that speaks to people's emotions, and it is no small component of a Spinning Session: Using the music bpm's to coach cadence and rhythm release, riding off-beat using emotions to achieve a deeper mind-body connection, and plunging into the different layers of a track to discover endless possibilities. In this workshop we will review the basics of music structure and how to apply it in our mixes. Then, together we will create a 45' live mixed session that will unveil the musician in you! **Note: Attendees are encouraged to bring their own laptop and mixing software such as MixMeister to get the most out of the Workshop.**

308 Breathless Body 4 - Going Strong with Amy Dixon**Workshop GE, PT**

BREATHLESS BODY 4–GOING STRONG was designed to get you looking and feeling stronger in no time with calorie-torching combinations that use tubing and your own bodyweight. Based on a powerful protocol called *Metabolic Strength Conditioning* that blends intervals of total-body strength with high-intensity cardio, this workout turns up the dial on your metabolism, does a great job at burning fat, and creates nicely defined muscles across your entire body. Expect to go strong with challenging intervals lasting between 15 and 45 seconds, balanced out with periods of recovery for maximum results. BREATHLESS BODY 4 will motivate you to bring out your inner and outer strength as you keep GOING STRONG toward your goals.

309 Kamagon® Kore with Keli Roberts**Workshop GE, PT**

Integrated whole body movement requires effective recruitment of core musculature in order to produce or reduce force, and a perfect balance between core stability and mobility. Using the Kamagon® Ball, learn progressive programming to train the core from the ground up with tri-planar movement sequences that enhance core function. Experience functional training with an emphasis on hydro-inertia, the dynamic water movement inside the Kamagon® Ball and leave convinced that you'll never need to do another crunch!

310 Piloxing® Knockout with Jordan Ballard**Workshop GE, MB, PT**

PILOXING® KNOCKOUT is the ultimate test of athleticism and the latest release by the world-renowned fitness brand, PILOXING. Knockout takes fitness to a whole new level! This killer workout will not only test your endurance to the max, but will push your physical abilities past their limits. With high-intensity plyometric functional training, PILOXING® Knockout will help you conquer obstacles and achieve a level of fitness you never knew you were capable of. Your Instructor will guide you through 6 Rounds, consisting of one 3-minute Base and one 2-minute Drill. Each Base will take you through a new way of performing high intensity core strengthening exercises influenced by boxing, functional training, cardio and plyometrics. The Drills consist of dynamic classics with a hard-core twist. This power workout includes a warm-up, cool down and the raw energy that made PILOXING famous. It's sure to -- KNOCK you OUT!

311 Dance Around the Nation with Tricia Murphy & Alex McLean**Workshop GE**

Come check out the dance programs that are rocking bodies of members from east to west and north to south. Take away choreography from all over the country and decide whether your neck of the woods is ready for what's happening elsewhere. This session is a non-stop cardio journey around the country with some of the industry's most fly instructors.

312 willPower Barre-less Fusion with Stacey Lei Krauss**Workshop GE, MB**

Have you wanted to teach barre, but don't have a barre at your studio? Barre workouts are trending – but why give students an additional point of contact, when what they REALLY need is single --- leg drills for balance, proprioception and intrinsic strength? Barre---LESS is equipment---free and barefoot. You'll experience elements of ballet, Pilates and yoga. You'll fatigue your muscles through controlled drills and then immediately lengthen them. This method results in the long, strong, lean muscles and the "barre---sore" that our clients love because it targets "all the right places." This class caters to students of ALL---LEVELS, especially smart for students managing injuries.

313 Understanding Movement with Everything You Needed to Learn About Movement You Learned as a Baby - Pete McCall**Workshop PT**

From rolling to crawling to walking the human body has very specific stages of neurological development to establish optimal movement skills. This interactive workshop will review essential skills of human movement, address the stages of development and provide exercises strategies that you can use to improve your clients coordination and movement skill. These exercises can be used as a component of corrective exercise strategies, applied for a dynamic warm-up or structured to create a challenging bodyweight workout.

314 Leadership that Inspires...and Beyond with Katie Haggerty**Lecture AQ, GE, MB, PT, S**

Determine the keys to not only being a leader, but also what it takes to INSPIRE! Explore and discover where you stand as a leader, and define what it takes to get to the next level so you will be untouchable!

315 Dietary Disasters & Lethal Lifestyles with The Changeable North American Way with Teri Gentes

Lecture AQ, GE, MB, PT, S

Does it take disease to motivate people to improve diet and lifestyle? Are your clients stuck in a reactive mode with a preoccupation on treatment of disease rather than prevention? Are they running/walking to fundraise for treatment research money or are they eating and exercising to prevent the onslaught of disease itself? Proactive health is imperative in disease prevention. Using practical application of age old wisdom discover effective ways to inspire your clients to embrace healthy habits now.

316 SCHWINN® Cycling – Inspired Intensity with Robert Sherman
Workshop CY

Want to know what the experts are saying, playing, and doing in their classes? Here's your chance! Join mind/body master, Robert Sherman in a unique and memorable ride that will look deeper into what drives each one of us to challenge and focus on reaching our personal best. Bonus: a complete ride walk thru and a class design sheet breaking down every stage!

317 HydroFit® Hydro Boost (AQUA) with Craig Stuart
Workshop AQ

Gear up, get wet and discover a variety of new and exciting HITT formats designed to boost cardio training and metabolic expenditure. Learn how to maximize buoyancy and resistance to push fat burning systems into high gear and optimize training benefits.

Group 10 - Saturday 8/8/15 4:30 p.m. – 6:00 p.m.

318 CrossCore®: RBT™ with CrossCore® RBT™ Burn - Anthony Musemici
Workshop GE, PT

Based on HITT principles of training, attendees will learn how to properly apply rotation and instability to traditional suspension style training as well as how to implement other training tools such as kettle bells, Bosu, medicine balls, etc... to create a class like no other. Workshop includes, warm-up, workout and cool down.

319 Peak Pilates®: Critical Connections and Pilates Mat with Connie Borho
Workshop GE, MB

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

320 SPINPower®: How to G.I.G? Or Get in Gear with Marci Williams
Workshop CY

If you want to develop more "Gig-o-bytes" of power, be a "GIGantic success, "GIGgle a bit, "Get in the Groove", or "Grow Gracefully" this course is for you. We will examine how to get riders to add resistance as well as increase the work they do in every ride. Whether it is working with "Wann-a-bee's" or "Athletes in Training" everyone gains from learning the foundations of power and its application in the Spinning program.

321 Calvinography® Chair Dance with Calvin Wiley
Workshop GE

A group fitness dance exercise class that's outside of the box, using a chair as a prop & tool. Get ready to express yourself and move your body and soul with one of CALVINOGRAPHY's signature theme classes. Back by popular demand, the "Chair Dance" will set your spirit free and put to rest any doubts about sitting down!!!

322 Out Of Bounds with Mindy Mylrea
Workshop GE, PT

This fast-paced workshop takes you out of your comfort zone and beyond your limits! Using a variety of functional training equipment, your heart will race, legs will burn, core will scream and arms will pump! This athletic-based circuit format works with different types of equipment and training goals. Embrace challenge and go Out of Bounds!

323 BarreWRX Barres, Balls, Bands & Ballet with Alex McLean
Workshop GE, MB

Join international presenter, Alex McLean, for the convention debut of BarreWRX, a new class format for this on-trend workout backed by solid exercise science and authentic ballet experience. The BarreWRX tri-level Tone Zone™ method challenges muscular strength and endurance using barres, balls, and bands. The Dance Chance™ element inspires you to move like it's opening night at the ballet, and the highly effective Core on the Floor™ component completes this total barre body workout. BarreWRX is the best of the barre

phenomenon uniquely created to be a thrill for students to experience and a pleasure for instructors to teach!

324 INTENSuality with Jeff McMullen
Workshop GE, MB, PT

Come and experience the "sensual" side of dance. Grab a sexy rhythm, add sultry arm work, extra hips, and dance for a freestyle cardio workout that is "extra hot"! INTENSuality is inspired by burlesque and erotic dance movement but no experience is required. Experience a synergistic blend of choreography cardio segments, seamlessly woven together between blocks of body weight muscle conditioning work with a little something extra. Elements of aerobics, dance, Pilates, yoga and functional movement patterns are combined to teach you the fundamentals of a slow, stylized and very sexy striptease performance. Empower your students to improved confidence, body awareness, and self-esteem. Leave your ego at the door, turn down the lights and step inside for an INTENSuality delight.

325 Yapana® Yoga Discovering the "Restore" In Yapana® Restorative Yoga with Leeann Carey
Workshop GE, MB

Discovering the "restore" in Yapana® Restorative Yoga. Every body is different and unique. A standard restorative pose prop set-up doesn't always meet everyone's needs. Part of what makes restorative yoga restorative, is using strategic prop set-up to meet individual needs that address the same issue whether it is meant to wake up areas or calm down overworked ones. This class will teach you how to meet you or your students where they are without forcing time or destination. **Note: Please bring a yoga mat, yoga block and yoga strap to class with you.**

326 Mindfulness and Meditation with Angie Miller
Workshop GE, MB, PT

Mindfulness is the ability to be present, to let go of guilt from the past and worry about the future so we can live fully in the moment. Mindfulness is key to managing stress. It allows us to free ourselves from negative thought patterns and destructive behaviors that interfere with our ability to meet our goals and live a productive life. Mindfulness is linked to the ancient tradition of meditation, known to improve our physical and psychological health, as well as our mental functioning. Come to this workshop to learn mindfulness skills and meditation practices that promote personal insight.

327 C.H.E.K Institute Flatten Your Abs Forever with Tomi Toles
Lecture PT

Everyone dreams of flat abs, but all too often sees little or no result from exercise or dieting – the dreaded paunch remains despite being able to perform hundreds of crunches! This lecture explains all the reasons why your exercise program may not be getting the results it should. Learn the common problems that prevent people from achieving flat abs including ineffective exercise programming, poor nutritional habits, hormonal imbalance, gynecological and gastro-intestinal disorders and much more. Understand important factors to look for when assessing your clients and how multidisciplinary programs can really work to condition and flatten abdominals

328 Making Sense of Current Food Trends with Bruce Mylrea
Lecture AQ, CY, GE, MB, PT, S

Soy is good. Soy is bad. Organic is a most. Organic means nothing. Kale may save my life. Kale may kill me. We are bombarded these days with conflicting information about just about everything related to the food we eat. It is easy to feel overwhelmed in a world of contradiction. Armed with the latest researched based information Bruce will sift through the noise and uncover myths and truths about what we eat and how that food will affect our energy, immunity, and total well-being. Just because it is on the internet doesn't make it true. In this in-depth informative lecture, Bruce will reveal / peel the onion and the latest research of today's popular diets. Learn the science and long term efficacy of all the latest diet crazes and which ones will offer a lifetime of weight management AND long term health and wellness. This lecture will arm you with the facts you need to know as a wellness coach to help your clients achieve real success.

329 SCHWINN® Cycling – Girl Power with Abbie Appel, Keli Roberts & Doris Thews
Workshop CY

Who runs the world? For many instructors the majority, if not all, of the riders in the room are women. In this workshop, a team of Schwinn's top female trainers will give you 5 ways to win with the women in your rides and keep them coming back for more. Experience an all-new workout filled with power (and empowerment!), measurement and motivation that's fabulous, fierce, and the perfect fit for this audience.

330 Innovative Choreography IV (AQUA) with Julie See
Workshop AQ

Creative combinations for shallow water training that target impact and rhythm to achieve intensity options. Expand your programming with five segments of choreography that can

stand alone or fuse with other formats, such as high intensity intervals or circuit training. Challenge everyone in the pool with patterns that are fun and functional at all training intensities.

Group 11 - Sunday 8/9/2015 7:00 a.m. – 9:00 a.m.

331 CrossCore®: RBT™ with Feeling the Difference, Knowing the Difference with Anthony Musemici
Workshop GE, PT

In this workshop, attendees will receive a basic introduction to Rotational Bodyweight Training™. They will be taught the difference between RBT™ and traditional suspended bodyweight training. They will physically "Pull the Pin™" allowing them to experience the difference between traditional suspended bodyweight training and progressive suspension style training with rotation: RBT™.

332 Peak Pilates®: Musical Chairs with Connie Borho
Workshop GE, MB

This Peak Pilates MVe Chair workshop will make you rethink how you design your chair classes. Learn to create a class that switches between the MVe Chair and floor-based fitness movements. Work with different blocks of choreography that combine to create a flowing, focused, fun workout. Two people, one chair, great workout!

333 SPINPower®: May the F.O.R.C.E. Be With U with Marci Williams
Workshop CY

When students are taught the WHYs of resistance and cadence they can begin to develop FORCE. The development of FORCE creates leaner, faster and stronger riders who can more efficiently burn calories and become more fit. We will review skills and techniques that can help our riders "connect", along with HOW to generate more power with every pedal stroke.

334 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!

335 Surge® Advanced Core Training with Skip Jennings
Workshop GE, PT

What are the demands on the core in challenging and intense environments, and how do we train the core to be successful in sport performance situations as well as in daily life? In this workshop you will learn to use the properties of water for dynamic resistance and create exercises and complexes that will build a high functioning core. Discover new core training methods to transfer force, link whole body movement, stabilize, initiate or resist rotation, and maintain core function under fatigue. Learn how to build a core that works!

336 BarreWRX Barres, Balls, Bands & Ballet with Alex McLean
Workshop GE, MB

Join international presenter, Alex McLean, for the convention debut of BarreWRX, a new class format for this on-trend workout backed by solid exercise science and authentic ballet experience. The BarreWRX tri-level Tone Zone™ method challenges muscular strength and endurance using barres, balls, and bands. The Dance Chance™ element inspires you to move like it's opening night at the ballet, and the highly effective Core on the Floor™ component completes this total barre body workout. BarreWRX is the best of the barre phenomenon uniquely created to be a thrill for students to experience and a pleasure for instructors to teach!

337 Fitness Playground with Jonathan Ross
Workshop GE, MB, PT, S

When was the last time you had so much fun that you didn't realize how hard you were working until you stopped? It's time to feel that again. Mix fun and fitness like you haven't since all you knew was fun. No bugs, no bullies, all enjoyment. You will experience exercises and games to bring you a challenge that you will lose yourself in. Come in and play! Discover creative ways to up the enjoyment of challenging exercise to enhance the exercise experience with emotion. Develop a stronger connection among your participants and a stronger bond to you as the professional in the center of the experience.

338 Son Rise Christ Centered Yoga™ with Becky Martin
Workshop GE, MB

Awaken your body and soul with this practice, designed to bring physical, emotional and spiritual balance to the rest of your day. All are welcome.

339 Rebel Resistance by ActivMotion Bar with Derek Mikulski
Workshop GE, PT

Resistance that moves inside a bar will shake you to the core. Learn an innovative approach to strength training and reaction using more than just a static weight. The Disruptive training System provides a true foundation for all functional integrated movement. If you are ready to learn movement for fitness, movement for life in a completely new and effective way, this session is for you.

340 From Agile to Starting: Exercise Strategies to Develop Different Types of Strength with Pete McCall
Lecture PT

According to the SAID Principle human physiology adapts to the specific physical demands imposed up it. It's a well-known fact that resistance training improves strength but what is not as well-known is there are a number of different types of strength and training for each requires a specific exercise program. The lecture will describe the various types of strength including agile, maximum, relative and starting as well as cover the physiology of how each is distinctly different from the other. Learning the difference between the different types of strength and, more importantly, how to train them means your clients programs will never be the same.

341 The Personal Trainers Resource to Meal Plans for Clients with Teri Gentes
Lecture PT

You know the success of your clients extends beyond their fitness component. The question 'how, what, when do I eat?' plagues most of our society. The business of food and media sensationalism cause more confusion than clarity for most people. In this session, Whole Foods Natural Nutrition educator, coach, culinary chef, food enthusiast and recipe author Teri Gentes instills crystal clear comprehension of the essential components of healthy eating. Take home fabulous suggested meal plans to share with your clients enabling their success in fitness/wellness and every-day living.

342 SCHWINN® Cycling: Start a Revolution with Mindy Mylrea
Workshop CY

As fitness professionals we know that an hour on the bike is only the beginning of real health and wellness. Come to this session for a true-to-form inspirational Mindy Mylrea indoor cycling workout and to learn how to start a Revolution in your classes! Through research-based coaching, cueing and discussion that you can bake right into the ride, Mindy will show you how to create a connection with your students that ignites positive behavioral change for life.

343 HIIT the Pool (AQUA) with Jeff McMullen
Workshop AQ

Let's head to the pool and give high intensity interval training a new twist! Bootcamp style calanetics, sport specific drills, and even familiar sequences take on new meaning TABATA style! Discover how to create unique and challenging water workouts by combining the intensity of interval training with the power of deep or shallow water. Learn the principles of TABATA style training as they apply to class format and workout design. Varying intensity, speed, water depth, and ROM styles will enhance flexibility, muscular and aerobic endurance. Refresh your existing program by offering interval based activities in a suitable for all ages and abilities.

Group 12 Sunday 8/9/2015 9:30 a.m. – 11:00 a.m.

344 KettleBell Concepts®: Why Everyone Should Swing with Angie Miller
Workshop GE, PT

A Kettlebell of course. Kettlebells are great for one-on-one training, but they're even better in a large group, with energy, motivation, and healthy competition to keep it real. Learn how to design programming, build sequences, and turn traditional kettlebell exercises into a heart pounding, powerful workout that will keep them coming back for more. Whether you're a group fitness instructor or personal trainer, this session is for you. You'll walk away with skills, drills, and blocks of choreography that you can mix and match to make your own.

345 Peak Pilates®: Work the Wall with Zoey Trap
Workshop GE, MB

Learn how to get students to work with a deeper connection to their powerhouse, a better heel to seat connection, more length and opposition- all with a wall! Reach for it. Every studio has a wall- learn to work yours.

346 SPINNING®: Musicality with Javier Santín
Workshop CY

One world, one passion, one program. Join me on a visual adventure around the world and its five Continents that will get you through the whole range of cadences, Energy Zones™ and techniques in the Spinning® program. Get your passport, we are ready to depart!

347 R.I.P.P.E.D.® RMX with Stephanie Millward
Workshop GE, PT

R.I.P.P.E.D., the ultimate fitness formula has found another way to shock your body and keep your participants coming back for more! The R.I.P.P.E.D. RMX allows you to mix and

match segments from various Season releases, either following the basic format order of the components representing the acronym R.I.P.P.E.D., or incorporating the R.I.P.P.E.D. Shuffle where you can shuffle the segments to enhance neuro-muscular patterning to improve results, keeping it fun, and truly making this a "Plateau Proof" workout.

348 Savvier Fitness® Bodyweight Bootcamp with Mindy Mylrea
Workshop GE, PT

No equipment, well almost no equipment. Using the best tool you own - your body - you will experience a bootcamp like no other. Mindy is the best at creating, super cool creative, challenging, and off the chart skills and drills for any type of bootcamp held anywhere. Enjoy an interval workout that is an explosion for the sweat glands, and go home with more ideas, tips, tricks, and games than you could possibly imagine.

349 SQUEEZE-n-TEASE Pilates with Jeff McMullen
Workshop GE, MB

Come and experience the "sensual" side of dance and pilates combined. Grab a sexy rhythm, add sultry arm work, extra hips, and dance for a freestyle cardio workout that is "extra hot"! Squeeze-n-Tease Pilates is inspired by burlesque and erotic dance movement with no experience required. Experience a synergistic blend of choreography cardio segments, seamlessly woven together between blocks of Pilates based, body weight muscle conditioning work emphasizing the CORE. Elements of aerobics, dance, Pilates, yoga and functional movement patterns are combined to teach you the fundamentals of a slow, stylized and very unique fusion based workout.. Empower your students to improved confidence, body awareness, and self-esteem. Leave your ego at the door, turn down the lights, let's strip and get fit for 2015!

350 C.H.E.K Institute Assessing Core Functional For Superior Results with Tomi Toles
Workshop GE, PT

There are dozens of assessments you can perform to determine how well your client's core is functioning, but which ones really give the most information in the least amount of time? You'll learn which tests the CHEK approach considers mandatory, how to determine the best assessments for different types of clients and what to do with your results to create personalized core conditioning programs that help your clients reach their goals.

351 willPower & grace® with Stacey Lei Krauss
Workshop GE, MB

willpower IS: self-control. Grace IS: elegance of action. willpower IS: meeting long term goals, grace IS: making your hard work look easy. willpower & grace® is a fusion of the physical and the philosophical - and it may change the way you approach fitness .. forever. Experience an easy-to-follow, high-energy cardio fusion and take your mind on a journey to a "new & improved you!" This full-body equipment-free workout is also barefoot; it incorporates proven foot fitness methodology, helping you become more stable and aligned. You'll leave this session feeling inspired, confident and physically complete; from the ground up!

352 MOXIE with Heather Corndorf
Workshop GE, MB, PT

MOXIE is an intermediate/advanced workout and your chance to show what you've got! In 20 minutes you will alternate between nonstop cardio and strength exercises--- no equipment. Challenge yourself in a different way every time as you get stronger through cardio kickboxing, drills, and body-weight strength exercises. It's thoughtful, it's effective, and you definitely need your MOXIE.

353 Elastic vs. Contractile: Exercise Strategies for Different Types of Muscle Understanding Muscle Physiology with Pete McCall
Lecture PT

Why do bodybuilders look so different than Olympic weightlifters? The answer lies in the fact that human muscle is comprised of two distinctly different types of tissue: the contractile element and the elastic component. Exercise programs should include effective strategies to properly enhance the function of each tissue. This interactive session will explain the difference between the types of muscle and address specific exercise strategies for improving the performance of each.

354 Energy In the Raw I and II with Teri Gentes
Lecture AQ, CY, GE, MB, PT, S

Nourishing our body with energy dense great tasting foods is the objective of most athletes and health advocates. Far beyond vegetable greens, smoothies and juices, raw food is flavor and nutrient dense alkaline nutrition in its finest form. Discover the numerous benefits of consuming these energizing foods as natural nutrition educator, recipe creator, culinary chef and lifestyle coach Teri Gentes details the healing impact. The most current research reveals a dietary intake of raw foods (50% or more) is one of our most powerful aspects for a strong, healthy, disease resistant body. Learn to make items such as: raw taco meat wraps w/ vegan cheese, crème's parfaits and more. See and taste for yourself how easy and amazing 'living' food is. You'll be wowed.

355 Schwinn® Cycling: How to Rock a Theme Ride with Doris Thews
Workshop CY

When teaching consistently from week to week, top-notch instructors know how to create impact by shaking it up now and then with a theme ride. This workshop walks you through a grab-bag of theme ideas proven successful in an indoor cycling setting along with the tips, tricks and tools to pull them off. Come learn how to develop and deliver rides based on holidays, celebrations, music, and special intentions that will get the entire facility buzzing about the experience!

356 HydroFit® H2O Abs Lab (AQUA) with Craig Stuart
Workshop AQ

Experience an energetic combination of abdominal and core strengthening exercises. This workshop goes in-depth and explores creative options for targeting the deepest muscle layers in the body using simple and effective buoyancy equipment.

Group 13 - Sunday 8/9/2015 11:30 a.m. - 1:00 p.m.

357 Ugi® Fit: Fit on Fire with Abbie Appel
Workshop GE, MB

Experience a modern twist on the old school medicine ball with Ugi®. This time-efficient, 30-minute, high-intensity workout challenges dynamic balance, core conditioning, resistance training and athletic performance. Learn techniques for creating successful, results-driven classes that enhance fitness, wellness and happiness.

358 Peak Pilates®: Heavy Metal Pilates Workout with Kathryn Coyle
Workshop GE, MB

Get your heart pounding with this fast paced Pilates fusion workout. Amp up your classes with small props and body weight exercises designed to create muscle strength and endurance. Guaranteed to bring results!

359 SPINPower®: The Paradox of Training with Marci Williams
Workshop CY

Less is more, go slower to get faster, tear down to get stronger. Learn how to break plateaus and become fitter, faster, stronger, and healthier by using our knowledge of exercise physiology. With all the "do more" messages out there, learn how to listen to your own body. Learn strategies to counterbalance the "paradox" of why it is so hard to go easy!

360 Drop It Like It's Hot NYC Chair Workout! with Clay Grant
Workshop GE

Just when you thought it was safe to sit on your gluteus maximus, along comes this session designed to spice up your life, through dance, by incorporating the chair. By throwing in a shake here and a bump there, we take the chair to another level. This session makes for an exciting, fun way to burn calories, tone and strengthen the muscles, challenge the core and get your cardiovascular groove on. Yes, make no mistake...we move...up, down, on and all around the chair. No plane of motion is left untouched, no muscle group unchallenged. This is for any and all levels. Leave your inhibitions at the door. Sit down I say!

361 Calvinography® Fame Class Reunion with Calvin Wiley
Workshop GE

A group fitness dance exercise class concept born from the famous and classic movie "Fame"... this class will make you 'want to live forever'. As it was so famously stated in the movie... "The sweats starts here"!!! So get ready to sweat and live in the 8 count with CALVINOGRAPHY® and reunite your spirit with the years of "FAME"!!!

362 Christ Centered Yoga™ Basics with Becky Martin
Workshop GE, MB

Experience the joy that comes from this moving prayer of praise and worship. We will learn how to allow scriptural truths to lay the spiritual and mental foundation from which we add the physical practice of yoga. All are welcome

363 Barre-Less with Heather Corndorf & Katie Haggerty
Workshop GE, MB

Barre is one of the hottest workouts with one problem...you need a barre. Walk away from Barre-less with a new method to deliver barre with a repertoire of seamless transitions, cues, and movements to use in class next week!

364 Heat Em Up and Cool Em Down with Skip Jennings and Doris Thews
Workshop GE, MB, PT, S

The Before and After Shot: Research shows that members mostly remember how the Instructor made them feel when the class starts and when it ends. Do you want to shift your before and after from 0 to hero? Are you still doing the same warm up from years ago? Do you need a new cutting edge, intentional cool down that invites your students to return? Well this is the workshop for you. During this session we will teach you the what, how, why and why of the warm-up. We will discuss and demonstrate the art of the perfect cutting edge

cool down. If you are just starting out or a veteran instructor, you will leave with a fresh new perspective and a system to keep your classes in high demand.

365 Tai Chi in Motion with Cheri Wolff

Workshop GE, MB

The holistic art of Tai Chi (Taijiquan) emphasizes relaxing the body and calming and focusing the mind through a series of movements which attend to nuances of balance, flexibility and coordination. Medical research has increasingly shown the benefits of tai chi practice as an alternative therapy for a wide range of health issues, as well as indicating a significant reduction in falls among older adults. This interactive session will offer a taste of the types of movement that characterize Tai Chi practice.

366 Next Level Noodle (AQUA) with Julie See

Workshop AQ

Take your aquatic class to the next level with creative cardio, targeted toning, and core concepts...all with the pool noodle. Explore all impact levels (grounded, propulsion & levels I, II, III) and modifications for all ability levels in this fun-focused, total body conditioning class.