

GROUP 1 SESSIONS - Friday 8/5/16 7:00 am - 9:00 am**201 BOSU® Total Body Blast with Shannon Fable****Workshop GE, PT**

Train from head to toe with the BOSU® Balance Trainer! Your body needs cardio, strength, core and flexibility training to keep it in tip top shape, and the Balance Trainer is the perfect tool to train all four of these key fitness components. Take your teaching and coaching to the next level by learning how to quickly and easily sequence BOSU drills into unforgettable workouts with progressions, regressions and variations that can be scaled from novice to elite athletes. Experience four unique 15-minute Total Body Blast workouts that can be used independently or mixed, matched and rearranged for limitless possibilities.

202 Everybody Dance 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 teach to your students' strengths and have everyone leaving your classes feeling successful. Discover how to utilize the latest techniques from the world of positive psychology in your classes, 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.

203 Shockwave with Amy Dixon, Josh Crosby & Alex McLean**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 bootcamp and circuit workouts designed to amplify team spirit, push limits and maximize the fun-factor. Come experience this easy-to-teach, simple-to-do, minimal equipment format that includes ShockWave's jaw-dropping "secret sauce" and ideas for recreating this experience in your classes.

204 Introduction to Rotational Bodyweight Training™ with Danielle Foster**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.

205 SPINNING®: The Seven Summits with Joe Krasinskas**Workout CY**

One of the great challenges in mountaineering is the Seven Summits. The goal: reach the highest peak on each continent. Master your climbing technique as you ascend to the top of the world.

206 Peak Pilates® Jump to It with Gina Lang**Workshop GE, MB, PT**

Jumping is not only go for the heart, it's a challenge for stability, and it's fun. Explore the mechanics of the jump and enjoy a workshop packed with ideas for introducing and advancing jump skills to your students!

207 MVe® Total Balance & Control with Connie Borho**Workshop GE, MB, PT**

Experience total balance, control, and power in vertical combinations on the MVe Chair, and in linear combinations on the foam roller. Challenge your concept of how to achieve balance through stability and mobility, on the floor and in the air. Build strength and coordination through dynamic movement on equipment that will MAKE you stabilize or MAKE you fall!

208 ActivMotion® Bar Functional Flexibility with Leslee Bender**Workshop GE, MB, PT, S**

This session combines the sciences of physical, biological and behavioral to create authentic change in the body with the use of a roller, therapy ball and ActivMotion™ you will learn how to manipulate fascia followed by immediate exercises that increase flexibility balance and strength authentically! Learn why the body is a whole and not a part and each joint and muscles affects the others dynamically! Get ready to make a change and never turn back to old antiquated ways of stretching!

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

Ask a Pilates or Yoga practitioner and they will likely have different ideas about the word "CORE" based upon the positions and motions of each whether standing, sitting, prone, or supine. However these modalities contain exercises that are the backbone of trunk training. In this workshop, learn isometric, concentric, and eccentric resistance training exercises that can be directly applied to your clients for maximum trunk training results using effective cueing and subtle positioning

210 PILOXING® SSP: Protect the Spine with Jordan Ballard**Workshop GE, MB, PT**

Pilates principles play a very important role in all Piloxing movement. In this workshop, learn proper alignment and posture to avoid compression and deterioration due to compromised posture + repetitive movements. You will walk away feeling a little taller, knowing how to teach your participants to build strong postural muscles for a healthy spine!

211 The Untapped Market - Marketing, Screening and Training the 55+ Population Part 1 with Bobby Kelly**Lecture AQ, GE, MB, PT, S**

Starting Jan 1st 2016 every 8 seconds another boomer will turn 70 years old. There is little research done on marketing and training this population. They have the time (mostly retired), the willingness (often fearful of aging), and the means (most wealthy generation in history). Learn how training our gaining population will change health care and take your business to the next level.

212 SCHWINN® CYCLING: The ABC's of Indoor Cycling with Doris Thews**Workshop CY**

Whether you are brand new or an experienced cycling instructor, revisiting the elements that create the best cycle classes is time well spent. In this coaching focused course, we will unpack the secrets to a Schwinn Instructor's success. It begins and ends with the Schwinn Coaches Pyramid which provides a process to organize and prioritize the key elements of a top notch ride. While keeping the ride simple through authenticity, we focus on creating profound experiences through a coach style instruction designed to appeal to the broadest of audiences. Revisit each component of the pyramid and master each element before moving to the next. We'll even provide you with a robust list of drills to practice and a checklist designed for self-evaluation to make sure all the elements are falling into place. New instructors will feel in control and veterans will have the tweaks needed to go from good to great; a not to miss deep dive designed to help you #RIDERIGHT.

213 Seventeen Social Media Tops for Your Fitness Career with Amanda Vogel**Lecture AQ, GE, MB, PT, S**

Social media can be fun, but it's also a necessary tool for promoting your fitness brand, facility, services and/or classes and building a loyal community of followers and facility members. Join Amanda - the social media "voice" behind multiple fitness brands - and discover 17 simple (but under-used) tips and tricks for instantly making your social media

marketing quicker, easier and more profitable on Facebook, Twitter, Instagram and more.

214 Old School Remix (AQUA) with Laura Ribbins

Workshop AQ

This session is for those who hate to exercise! Come experience a fun, invigorating remix of games and moves over the years that will let you forget you are exercising. Laura will put adrenaline in your veins and a smile on your face.

GROUP 2 SESSIONS - Friday 8/5/16 9:30 am - 11:00 am

215 R.I.P.P.E.D.® The One Stop Body Shock with Rhonda Marsh

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 assistance, 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.

216 SteplogicOlogy with Katie Haggerty

Workshop GE

Step is a sequence of mathematic equations that are seamed together like a piece of art. This session will teach the foundations and breakdown methods of building choreography so you can turn any basic step movement into a masterpiece, while grasping how to gauge the learning curve that comes with each class!

217 Body Bar® Strong with Sherry Catlin

Workshop GE, PT

Athleticism meets Grace and Power with Body Bar’s unique approach to Boot Camp intervals with a metabolic conditioning twist! Total body integrated moves will activate muscle fibers and awaken powerful movement skills. Get hot, sweaty, out of breath and out of steam from strength to cardio to core and more. Master your body while enhancing muscular strength, endurance, power and definition.

218 Bodyblade®: Go With the Flow with Tami Reilly

Workshop - GE, PT

Get out of your head and in touch with the rhythm ... the rhythm of the Bodyblade! For twenty plus years, Bodyblade has benefited clients in a variety of ways including performance, balance, endurance, strength and coordination. Experience the intensity of the workout while focusing on fluidity and finding the flow. No experience necessary!

219 SPINNING®: Teach Recovery Yes You Can! with Martha Williams

Workshop CY

Teaching the Recovery Energy Zone™ is one of the best gifts we can give our students and ourselves. Designing a beautiful recovery ride is easy with simple steps and tools that will be given during the workshop ending with a recovery ride.

220 Peak Pilates® Tower Tone with Zoey Trap

Workshop GE, MB, PT

Find the spring sensation and challenge the 4 S’s of stability, strength, stretch and stamina in this dynamic workout. Connect like never before and take this winning class home to your students!

221 Peak Pilates® Absolutely Fabulous! with Kathryn Coyle

Workshop GE, MB, PT

The abdominal series of five is infamous! It challenges strength, stamina, stability and flexibility. The possibilities are limitless with these 5 exercises come and explore new and classic variations and how to use props to keep this incredible series fresh and challenging for your students.

222 MECA Interval Training with Jeffrey Anderson & Heather Crosby

Workshop GE, MB, PT

MECA INTERVALS is designed to integrate all aspects of the MECA TRAINING SYSTEM. You will be guided through a dynamic stretching sequence followed by 10 minute cycles of Kettlebell Strength work Paired with 10 minutes Wedge (Core) work. You alternate back and forth from the intense core work to the strengthening, heart rate elevating KB work. This system integrates all biomechanically sound movement patterns with dynamic core strengthening. This class delivers Intense cardiovascular and muscular strengthening patterns to give you a total body-conditioning workout.

223 Power Music® TRANSFORMATION Begins Here: Combining Yoga & Sport with Alex McLean

Workshop GE, MB, PT

Uniting two disciplines -- yoga and sport, begin your transformation here. Learn how to integrate movement from traditional yoga poses with sport-influenced exercises including plyometrics, speed, power and strength. Designed progressively to allow self-guided intensity with a focus on creating a better body and improved breath control. TRANSFORM by Group Rx is a unique, integrated and diverse program that volleys back and forth between movement and deep stretching. Transform Yourself.

224 SB Body Barre™ with Ann Marie Barbour & Stacey Vandiver

Workshop GE, MB, PT

A Barre class with “no installation required - Only a Body Barre and Ball!

Learn from Soul Body how to properly teach an effective “Barre” class focusing on form and flow. Proper alignment is the key! In this session you will learn how to execute and cue proper body alignment, how to find and work in neutral spine, what muscles to recruit for each exercise and focusing on those accessory muscles that are often overlooked in other classes that use bigger movements. We also will work on helping your participants be aware of their body from head to toe, think total body connectivity (alignment, breath, core stability, centering of weight, balance, strength).

We will also focus on the “flow” or our Soul Body programs. One of the most important elements of Soul Body Barre classes is our flow and seamless transitions from one exercise to another. When choreographing our classes we layer complexity and intensity so the class continually moves to music in a graceful manner, almost like a dance.

225 WHAT TO EAT AND WHY - The Research! with Teri Gentes

Lecture GE, MB, PT

There likely has never been more focus and frenzy surrounding food in today’s world in all of history. In addition to the endless diet related afflictions and varying dietary approaches including such concerns as allergies, drug related food restrictions, ethics, and diet and lifestyle preferences (carnivore, omnivore, herbivore, paleo, gluten-free, raw, etc.), our eating norm/habits today are anything but simple or normal. Where many simply concern themselves with getting some food, any food, into their bodies every day, our more affluent and informed societies lament with their meal choices in a much different way. The term ‘healthy’ diet is tossed around like there is a general consensus and agreed upon description yet in reality each person has their own definition. Let’s explore what truly is good for us with up to date research that will rock your world and rekindle great health.

226 SCHWINN® CYCLING: Music Makeover - There’s An App for That with Jeffrey Scott

Workshop CY

Join Schwinn’s resident music experts for a deep dive into the amazing technology available to make your playlists memorable. Music is a magical ingredient sure to help you stand out while keeping riders motivated from warm up to cool down. Whether the thought of finding, mixing and customizing music to perfect playlists overwhelms you or excites you, come see how this process is easier and more accessible than ever. From apps to music websites and easy to use computer programs, we’ll have your playlists pumping like the hottest nightclub

DJ! We guarantee you'll walk away with useful tools to set your playlist apart from the rest.

227 The Happiness Epidemic: Catch It If You Can with Petra Kolber
Lecture AQ, GE, MB, PT, S

Your success as a leader in this industry depends on your mindset. Join Petra in an interactive lecture that will challenge you to rethink everything you believe about being an agent for change. What would happen if you never used weight loss as a goal but instead used happiness as the ultimate marker of success? What would happen if your clients or students got out of bed every morning excited and empowered simply by the thought of working out with you? And how would your day change if your work transformed from a job into a calling? The Happiness Epidemic reframes the "Why" behind the workouts, and teaches you how to mobilize untapped motivation in both yourself and others. Discover how to exercise your gratitude muscle and strengthen your courage so that you are free to inspire your clients with a contagious desire to jump for joy and stretch for their dreams. Train a body - change a body. Train a mind - change a life.

228 tAQUA™ - HIIT the Water! with MaryAnn Briggs

Workshop AQ

"Tabata" gets WET in this High Intensity Interval Training in shallow water. Tabata interval training is one of the most effective types of high intensity interval training (HIIT). Mixing this format with the properties of water through a variety of simple yet intense exercises allows each class to blast away the calories and increase resting metabolic rate. Whether your goal is muscle tone, weight loss, cross training, or just some fun, tAQUA™ will help you get there.

GROUP 3 SESSIONS Friday 8/5/16 11:30 am - 1:00 pm

229 Barre Boot camp Tabarrta with Leslee Bender

Workshop GE, MB

This session brings in barre and hitt all at once! If you are time crunched and your students love both barre and tabata then you will LOVE this session! You will learn how to execute dynamic simplistic choreography that truly changes your body in a very short amount of useful time! There is not tucking or over pulsing! Only, tried and true techniques that all students can regress and progress. Come dance, move and sweat to a class that is truly dynamic and above all functional!

230 Savvier Fitness® Fluid Strength with Mindy Mylrea

Workshop GE, MB, PT

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

231 PiYo® Live with Joie Walsh

Workshop GE, MB

Sweat, stretch, and strengthen—all in one workout! PiYo LIVE combines the muscle-sculpting, core-strengthening benefits of Pilates with the strength and flexibility of flowing yoga movements. Using nothing but your own body weight, you'll perform a series of high-intensity, low-impact moves that will work every single muscle for a long, lean, and incredibly defined physique. No weights. No jumps. Just hardcore results.

232 CrossCore®: RBT™ Burn with Danielle Foster

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, stability balls, medicine balls, etc... to create a class like no other. Workshop includes warm-up, workout and cool down.

233 SPINNING®: What's the Worst That Could Happen? with Joe Krasinskas

Workshop CY

Come discuss Spinning® contraindications in stark terms. Learn a system to evaluate the safety of movements and how to explain risks to your classes. If you think, "What's the Worst That Could Happen?" you will see safety in a whole new way.

234 Peak Pilates® Pilates for the Golden Ages with Connie Borho

Workshop GE, MB, S

This workshop will provide you with the knowledge of how to safely and effectively work with senior exercisers. Specific age-related body mechanics and neurological issues will be discussed relative to Pilates exercise techniques. Learn how to modify and/or prop exercises on the mat and equipment to provide comfort, assistance, and challenge. The aging baby boomer population needs Pilates

235 Peak Pilates® Peak Pilates Mat Progressions with Kathryn Coyle

Workshop GE, MB

Make the advanced mat more accessible. Learn preparatory exercises, building blocks, and prop use that provide great stepping stones toward the advanced mat. Gain tools to help your students maximize their mat!

GROUP 3 CONTINUED - Friday 8/5/16 12:00 pm - 1:30 pm

236 Double the Fun - Results Driven Partner Training with Krista Popowych

Workshop GE, MB, PT

In this workshop, experience partner training at its best. This session will have participants or clients teaming up and working out together in creative, challenging and effective ways. If you want to infuse your workouts with incredible energy, over-the-top intensity and a positive atmosphere this session is for you! Learn the ins and outs of partner training and then experience a workout that can be used for group exercise classes, personal training and small group training.

237 An introduction To Christ Centered Yoga™ with Becky Martin

Workshop GE MB

Learn the foundational concepts of Christ Centered Yoga and how to incorporate them into your practice, classes and programs. Christ Centered Yoga™ combines the physical benefits of yoga, the emotional benefits of prayer and the spiritual benefits of faith, resulting in an exponentially beneficial and transformational experience for the practitioner.

238 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.

239 Yes! Fitness Music Breaking It Down: Tips, Tricks & Time-Saving Tools for Digital Music - FREE LUNCH INCLUDED with Melanie Douglass

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

Going digital with your group ex music is a positive change that saves time, money, hassle, and stress. Yet, many of us haven't made the transition because we simply don't have time to make the transition that saves us time...funny and ironic! If you do not consider yourself "tech savvy" or if you're missing out on the incredible benefits of digital music, this session is for you! We'll remove the barriers, hook you up with free music, and walk you through free and paid digital music solutions. Get ready to explore a whole new world of fun, fresh, hot new music -- right at your fingertips! Bring your device and let's go digital. Attendees receive free apps, discounts PLUS a box lunch of your choice.

240 SCHWINN® CYCLING: The “HARD” Conversation with Shannon Fable**Workshop CY**

In our time crunched society, no one ever wants to leave class feeling like they didn't get enough. Riders and instructors are constantly looking for new ways to 'up the ante'. Unfortunately, many rumors exist regarding how to make class tough. In this whistle blowing workshop, we'll shine the light on the top 5 ways instructors and riders are attempting to make class harder, what's actually happening and what to do instead. Learn how to avoid the temptation of using these ineffective methods and replace with solid strategies to keep your class challenging in all the right ways.

241 Strategize Your Social Media - 6 Steps to Success with Amanda Vogel**Lecture AQ, GE, MB, PT, S**

A lot of fitness pros and companies are “all over” social media for fitness marketing. However, having a Facebook Page, Twitter account or Instagram feed isn't what matters—it's how you leverage those social channels that counts. If you haven't already worked out a smart, well-rounded STRATEGY for your fitness marketing on social media, it's time to start. Doing so will help rev up revenue, attract more qualified followers and save an enormous amount of time. Walk away from this session with a 6-step plan and a take-home template for strategizing your every move on social media—it's easier than you think!

242 Aqua Interval Buffet with Lori Templeman**Workshop AQ**

Experience a variety of interval training protocols adapted for the water. We will explore various ratios of HIIT, counting sets, partner work, running and more! Learn how to effectively time and execute these formats in your classes for increased challenge and progression.

GROUP 4 SESSIONS - Friday 8/5/16 2:00 pm - 4:00 pm**243 BOSU® Sport Kids with Mindy Mylrea****Workshop GE, PT**

BOSU® Sport Kids will teach you how to create exercise sessions and classes that encourage kids to have lots of fun while they get fit, strong and flexible. Discover a total body fitness program targeting 6 - 12 year olds that combines coordination, motor skill development, flexibility, and fitness in short, high energy workouts that kids love! You'll experience five specially designed workouts that focus on different components of youth fitness and physical development. Workouts such as Ready Set Go, Freestyle Fanatic, Lava Land, Super Sports and Stretch Time can be used individually or linked together for longer sessions. Come discover new methods to help get kids excited about exercise and plant the seeds for a lifetime of fitness and wellness!

244 Choreography Institute™ with Christi Taylor**Workshop AQ, GE, MB, PT, S**

This workshop is for group fitness pro's specializing in dance-based fitness programs. Do you instruct a dance class that requires song-by-song choreography development? Or maybe you're instructing one of the combination-by-combination classics that are making a comeback; such as step or high impact aerobics. No matter the format, this workshop will add value to your service. During this session you will learn Christi's *Five Practical Components of Creative Choreography Development*. Next, you will participate in one of her infamous group coaching sessions to implement your new knowledge and create your own choreography. Finally, you will leave with a master template that will help you create choreography ideas for years to come. Christi is a 30-year choreography development pro and wants to share her life-long tips so you too can find your inner choreographer.

245 POUND® Rockout.Workout with Danielle O'Reilly**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!

246 Tore Up From the Floor Up with Tami Reilly**Workshop GE, PT**

Shred your muscles and strengthen your core in this full-body workout that starts on the floor and moves to standing work using UGI® balls, Bodyblades® and bodyweight. Learn a series of progressive exercises that you can incorporate into pre-existing small group training classes, or with your personal training clients.

247 SPINNING®: Balancing Your Training For Optimal Health with Martha Williams**Workshop CY**

Recurring injuries, illnesses, insomnia and mood swings can be signs of overtraining. A simple periodization schedule creates the balance our bodies and lives need for optimal health and wellness.

248 Peak Pilates® Reformer Progressions with Kathryn Coyle**Workshop GE, MB, PT**

Students who aren't progressing are students who aren't staying! Do you have students who are proficient with intermediate work and you want to take them farther? Explore a well thought approach to taking your students into the realm of higher level.

249 Peak Pilates® Connect the Dots with Zoey Trap**Workshop GE, MB, PT**

Do you know how to connect through your core? To button up? To link one body part to another for added stability, alignment and strength? “Connect the dots” and learn to connect one body part to another from head to toe for a more powerful and engaged movement session.

250 The Bannister Method™ Hands On Stretching with Gail Bannister-Munn**Workshop GE, MB, PT, S**

This workshop will show you how important stretching is, and demonstrate how easy it is to stretch your clients on your table, or on the floor. Learn stretches with clear, step-by-step practical applications to increase your skills. Trainer-assisted stretching, as part of each training session, will help your clients improve their flexibility while keeping your training within the scope of personal training.

251 Vinyasa Fitness Yoga with Lauren Eirk**Workshop GE, MB**

Whether in private studios, specialized healthcare facilities, or fitness centers, Vinyasa Fitness Yoga continues to be the style that continues to be the most popular for those seeking a more rigorous practice for physical health and mental | emotional stability. As teachers, we struggle to make our classes fresh for our students to be an inspiration to them. In this class, learn creative sequences, cutting-edge cueing, and a refreshing, new look at the poses that we teach every day.

252 BarreWRX Barres, Balls, Bands & Ballet with Alex McLean**Workshop GE, MB, PT**

Join international presenter, Alex McLean, for BarreWRX, a new and exciting class format 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 its 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!

253 Straight to the Core with Teri Gentes**Lecture GE MB, PT, S**

It's all about the gut - Gut health that is! If your clients digestive system isn't working well, results will always be compromised. The best way route to the healthiest, sexiest body and 'knock-em-over killer

abs' extends well beyond exercise. Gain the most valuable info on healing the gut from the inside out. Whole foods lifestyle and nutrition educator and practitioner Teri Gentes shares scientific research revealing the best way to great core conditioning begins with-in. Essential information for the increased health and fitness success of you, your loved ones and your clients!

254 SCHWINN® CYCLING: Girl Power 2.0 - Leaning Into the Schwinn Sisterhood with Keli Roberts, Doris Thews & Amy Dixon
Workshop CY

We're taking the conversation to the next level after the first two years of this record breaking Schwinn workshop. What do your female students need to have an amazing class experience? What holds them back and how do you, as their trainer find the sweet spot between fierce challenge and ferocious fun? This workshop is stacked with latest applied research, strategies for reaching out to every personality in the room and advice from female icons to inspire and uplift you.

255 101 Ways to Transition to A Plant Based Diet with Bruce Mylrea
Lecture, GE, MB, PT, S

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

256 NoodleFLEX™ by Body Bar® (AQUA) with MaryAnn Briggs
Workshop AQ

Brand new programming from MaryAnn Briggs and Body Bar, this new water fitness equipment combines the buoyancy of a noodle with the resistive properties of the AquaFLEX bar for a suspended and challenging deep water experience. If you're bored with your noodle moves, come be the first to learn how to really FLEX your noodle. You don't want to miss this!

GROUP 5 SESSIONS - Friday 8/5/16 4:30 pm - 6:00 pm

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

258 The Bare Essential Strength Training 101 with Gail Bannister-Munn
Workshop GE, PT

Looking for a Strength Training class that gives you loads of options? Most strength training classes have so many props, and toys. This is a total body conditioning class using few props while creating incredible results. This class will teach new instructors a strong coaching base line in how to coach a great strength class, with progressions for every level. Create new challenges for your advanced students while keeping your beginner members safe.

259 Barre Core Fusion with Leslee Bender
Workshop GE, MB

This session gives you the detailed techniques to incorporate core with any barre class. With barre being so hot right now many exercises such as pulsing and tucking for long extended periods of time not only shorten the muscles but make them weaker creating back pain and bad posture. You will walk away with how to activate and elongate the body's core for function and results utilizing all three planes of motion! Get ready to make the change

260 Resist-A-Ball® / Ugi® Mash-up! with Jennifer Hansen
Workshop GE, PT

Big ball, little ball - what challenges await! Using two pieces of equipment - Resist-A-Ball and Ugi - we will explore a variety of exercises that benefit core, stability, strength and sports performance. This is functional fitness at its best!

261 SPINNING®: Around the World in 80 Minutes with Joe Krasinskas
Workshop CY

A ride inspired by Jules Verne's masterpiece, Around the World in 80 Days. Test your endurance as you experience the sights and sounds of several countries in a race against time.

262 Peak Pilates® Full Body Super Stretch Reformer with Connie Borho
Workshop GE, MB

Experience a luxurious sensational stretch class using repertoire on the reformer that Joseph Pilates specifically designed for dancers. The Reformer's support through the ropes and springs allows the student to achieve a greater range of motion, in a safe way, than otherwise would be available. Because of this support, the student can relax and feel the sensuality of deep stretching. Learn how to build a session or a class around the theme of grace and flexibility...of strength within the sexy length of your muscles!

263 Peak Pilates® Stretch Solutions with Zoey Trap
Workshop GE, MB

Do you have tight students and/or athletes that have trouble accessing the work correctly? Don't wonder what to do, instead learn a solid strategy for helping the body to open and realign. Learn stretches that can be layered into the work and given as 'homework' to address the needs of the very tight. One of the 4 S's is Stretch- help your tight students realize that benefit.

264 CLUB VIBE® with Ally Ponte & Kelly Schur
Workshop GE

Studio style dance meets cutting edge fitness in this creative, innovative, effective & explosive dance workout! Participants are kept moving from start to finish as they learn, rehearse and ultimately perform the routines. Each class is carefully designed to offer participants opportunities to individualize intensity as a means of improving overall fitness. *Dance with a Purpose that Delivers Results. Period.* Come experience the ((VIBE))!!!

265 Stretching a Long with Krista Popowych
Workshop GE, MB, S

Stretching---a---Long is a perfect session to inspire you to take your stretch classes, end of workout routines or personal stretching practice to a new level of elongation and relaxation. After discussing some of the key elements of flexibility training, fascial lines and effective stretch sessions experience various sequences that flow together in a manner that makes sense and feels great. Reach a heightened sense of self-awareness that will ultimately improve you and your participants overall well-being.

266 SB Body Barre™ with Ann Marie Barbour & Stacey Vandiver
Workshop GE, MB, PT
A Barre class with "no installation required - Only a Body Barre and Ball!

Learn from Soul Body how to properly teach an effective "Barre" class focusing on form and flow. Proper alignment is the key! In this session you will learn how to execute and cue proper body alignment, how to find and work in neutral spine, what muscles to recruit for each exercise and focusing on those accessory muscles that are often overlooked in other classes that use bigger movements. We also will work on helping your participants be aware of their body from head to toe, think total body connectivity (alignment, breath, core stability, centering of weight, balance, strength). We will also focus on the "flow" or our Soul Body programs. One of the most important elements of Soul Body Barre classes is our flow and seamless transitions from one exercise to another. When choreographing our classes we layer complexity and intensity so the

class continually moves to music in a graceful manner, almost like a dance.

267 Anytime Fitness Managing a Personal Training Team in the New Era with Shannon Fable

Lecture GE, PT

Personal Training Managers are faced with a challenging job...to motivate a group of fitness professionals towards an increasing revenue goal while simultaneously balancing the needs of upper management, colleagues and members. Create a well functioning team by exploring strategies for producing and providing incentives that lead to improved performance both inside and outside of the club. Generate a new plan for individual sales and service goals, and individual and group performance goals that will help you achieve exemplary customer service. Finally, build a team that is equally revered by clients and members that have not yet invested in personal training.

268 SCHWINN® CYCLING: Teaching Tips Form TED®: From Noble to Noteworthy with Jeffrey Scott

Workshop CY

Do you know TED? TED (Tec Writing about health, nutrition and fitness for magazines and the web—and sharing that published content via social media channels—opens the door to a higher profile and payment for your writing and services in the fitness industry. But first you must win over and engage editors, readers and social media users with the right content “packaging” and voice. Discover tricks of the trade for crafting and sharing informative and entertaining articles and blog posts. Receive in-depth guidance from a seasoned writer for finding your place in the lucrative niche of health and fitness writing. enology, Education & Design) Talks are sweeping the nation: short, poignant, and prophetic presentations that move people to action. While you may not think public speaking and power presenting is in your job description, you might want to think again! There’s much we can learn from the masterful TED speakers about stage presence, word choice, structure and more. This workshop will deliver the top 10 tips of professional talk organizational structure and the 3 pillars of influence that, when applied, will help you create cycling classes that are profound. Walk away with a long list of coaching and cueing tips that are Monday morning ready.

269 Fitness Writing: Blogs, Websites & Magazines with Amanda Vogel

Lecture AQ, GE, MB, PT, S

Writing about health, nutrition and fitness for magazines and the web—and sharing that published content via social media channels—opens the door to a higher profile and payment for your writing and services in the fitness industry. But first you must win over and engage editors, readers and social media users with the right content “packaging” and voice. Discover tricks of the trade for crafting and sharing informative and entertaining articles and blog posts. Receive in-depth guidance from a seasoned writer for finding your place in the lucrative niche of health and fitness writing.

270 Aqua Strength Challenge - Buoyancy VS. Drag with Lori Templeman

Workshop AQ

Planning to use equipment in class but don’t have enough for everyone? This teachable format allows two types of equipment to be used simultaneously. Safe and effective use of drag and buoyant equipment will be discussed and directly compared in the pool. Which type of equipment is “preferred”? You decide by evaluating the pros and cons of each!

GROUP 6 SESSIONS - Saturday 8/6/16 7:00 am - 9:00 am

271 BOSU® 3D Xtreme - Creative Circuit Solutions with Amy Dixon

Workshop GE, PT

Looking for ways to refresh circuit programming at your club? Need ideas to maximize usage of BOSU® Balance Trainers? Look no further! BOSU® 3D XTREME™ is a completely unique, high-intensity, team oriented program that combines functional total body training with calorie-blasting cardio, intense core, and interactive team challenges for XTREME results. Beyond the innovative exercises using Balance Trainers and equipment you already have in your facility, 3D XTREME

will help you re-imagine what circuits look like, how they can be delivered for maximum impact and the results you can promise your clients. Whether you implement a 3DX circuit, or use ideas from the amazing library of drills for other workouts, we know the 3D XTREME exercises will challenge you, the pace will drive you and the team energy will inspire you!

272 Step+Dance=Party with Katie Haggerty

Workshop GE

Take the basic movements of step and add the intricacy of dance, and you will have a party! Learn how to evolve basic step movements utilizing the music beyond 4, 8 or 16 counts and discover new ways to effectively deliver and communicate the breakdown, so that every student leaves with a feeling of success and ready for the next party!

273 CIZE® Live with Joie Walsh

Workshop GE

CIZE LIVE is a dance class for dancers as well as anyone who’s ever wanted to learn to dance. This isn’t one of those dance classes where you just shuffle your feet to the beat. Created by Shaun T, world-famous choreographer and fitness trainer, CIZE LIVE breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance! It’s so fun it doesn’t feel like a workout—but it will burn serious calories like one.

274 Resist-A-Ball® Boot Camp with Jennifer Hansen

Workshop GE, PT

These days it seems no fitness center or personal trainer is complete without offering boot camp training. Fitness enthusiasts everywhere are lining up for tough, no-nonsense, total-body workouts that deliver as big on endorphins as they do on results. There’s no better way to get in this game than with Resist-A-Ball® Boot Camp—think power, core strength and a whole lotta sweat. You’ll learn exercises and circuits for private or small-group personal training or group ex classes.

275 SPINNING®: Form and Technique Clinic with Martha Williams

Workshop CY

Review in detail the nine movements in the Spinning program and receive hands-on coaching to review alignment, pedal stroke, hand positions, cadence and posture. Get coaching cues to help your students perfect their form and technique on the bike.

276 Peak Pilates® Yoga on the Reformer with Zoey Trap

Workshop GE, MB

A whole new concept of exercise is born by crossing Pilates reformer and yoga. West moves east in this demanding workout that combines spring driven resistance and stability challenges with yoga postures. Experience the reformer with totally new eyes, challenge the yoga body in a whole new way, experience new exercises and a new approach. Gain cross over students from yoga, challenge Pilates regulars, and create a whole new use for your equipment.

277 Peak Pilates® Pilates for MS with Gina Lang

Workshop GE, MB

An MS client faces many challenges including unilateral weakness, spasticity, gait abnormalities, and unsteady balance. This workshop gives a general introduction to these common struggles and examines why the classical order works. It also will explore proper exercise choice for personalizing individual need selection and focus.

278 ActivMotion® Bar Ignite the Mind Body to Balance NOW! with Robert Sherman

Workshop GE, MB, PT, S

Changing balance abilities at any age is about removing uncertainty, building confidence and improving coordination and functional strength. Using a bar with internal rolling weights creates an immediate feedback tool to recognize the need to stabilize and lock into muscle control. No games, gimmicks or tricks. Just hold, move and swing the Activmotion Bar and replace fear with courage.

279 Yoga Beatz with Lucy Waite & Gretchen Gegg**Workshop GE, MB**

Looking for ways to spice up your yoga practice? Hoping to get more people in class? Yoga Beatz is a song-based, mixed-level, yoga class that uses traditional yoga poses mixed with non-traditional music to form flavorful flows. Not only will this session provide you with the opportunity to experience a Yoga Beatz workout first-hand, but you will also learn the methodology behind Yoga Beatz class design. Learn it today, teach it tomorrow!

280 PILOXING® Barre: Punch 'n Plié with Jordan Ballard**Workshop GE, MB, PT**

It's time to Box At The Barre in this dynamic interval fusion workout! Energizing cardio boxing drills elevate the heart rate and blast calories, while sculpting barre exercises keep your muscles long and strong. Get ready to sweat in this one-of-a-kind barre workout that will leave you feeling Powerful AND Graceful!

281 The Truth about Toxins - 4 Steps to Superior Health with Michael Dudley**Lecture GE, MB, PT, S**

Many people eat pretty clean, exercise, lead a healthy life and are still plagued with health issues ranging from digestive problems and allergies to life threatening diseases. "Chemicals have replaced bacteria and viruses as the main threat to human health...The diseases we're beginning to see as the major causes of death in the latter part of this century and into the 21st century are diseases of chemical origin."- Rick Irvin, a toxicologist at Texas A&M University
Are there factors in our environment that are causing the dramatic rise in diseases such as cancer, cardiovascular disease, diabetes, autism, inflammatory, autoimmune and degenerative diseases? The causes of our deteriorating health didn't happen overnight. Learn the 4 steps you can take to protect and improve your health against the increasingly toxic environment we live in.

282 SCHWINN® CYCLING: If You Build it, they WILL Come with Shannon Fable**Workshop CY**

Looking for ways to ensure your riders get what they need each and every time they sit in the saddle? Look no further - come learn Schwinn's new and improved class design system that makes creating classes a cinch. How you decide what to do, what to say and what to play provides the framework for unforgettable class experiences for all members. But, class design shouldn't be stressful or time consuming for YOU! You'll leave with an easy to follow, turnkey system for selecting the best content, layering in mind/body elements and organizing music to bring it all together. Whether you are new to teaching indoor cycling or a long time cycling coach looking for new ideas, this session will fill your toolbox with practical tips you'll put to work right away!

283 Heavily Meditated & Highly Motivated - An Introduction to Meditation for the Fitness Mind with Petra Kolber**Lecture AQ, GE, MB, PT, S**

The greatest "muscle" you will ever train will be your mind. Yet for many in the fitness industry meditation seems too ethereal or we think we just do not have time. Come and learn "gateway" meditations that can be first steps to incorporating meditation into a fitness lifestyle. Learn the latest research that supports the many health and wellness benefits of this practice, and discover easy to replicate mini meditations that are grounded in language that is both familiar and non-threatening. Your mind drives everything you do, including your willpower and your outlook on life. Where your mind goes, the energy flows and your life follows. Train a body - change a body. Train a mind - change a life.

284 WFT!™ - Water Fitness Triathlon with MaryAnn Briggs**Workshop AQ**

Using the sport moves of a triathlon, this unique program divides your hour-long suspended workout into (water) running, hydro-biking, and modified swimming exercises that will work your body in all planes of movement with a balanced muscular and cardiovascular effort. Keep

your choreography simple and your workout continuously challenging with WFT!™.

GROUP 7 SESSIONS - Saturday 8/6/16 9:30 am - 11:00 am**285 Pure Spice with Christi Taylor****Workshop GE**

Fitness pros can now spice up their own dance classes using Christi's signature instruction and design techniques demonstrated in her latest video; Pure Spice Dance Fitness™. Pure Spice was released into the home-fitness consumer market in 2013 with rave reviews! It's your turn now. Join Christi as she teaches you the *Five Instruction & Design Strategies* necessary for you to become an official "Spice Girl (or Guy)." This thrilling movement celebration will introduce you to a blend of Latin and Middle Eastern dance styles and music, as well as American pop, country, hip hop, and rock & roll. Lots of creativity, lots of take-home choreography, lots of tips, and lots of fun! Choreography notes included.

286 Step It Up! with Gail Bannister-Munn**Workshop GE**

Let's combine your creative sense of style with expressive feel good combinations. This workshop introduces choreography from familiar base movements, and then moves through layering of combinations to challenge your desired complexity. Creative footwork, directional changes, and unexpected rhythms are only fun if you figure out how best to teach them. These workouts will open doors to unlimited creative potential.

287 Body Bar® Slow Burn with Sherry Catlin**Workshop GE, PT**

Lift and lower, contract and release, bend but don't break...Take your Barre work away from the wall and MOVE with this cutting edge workout that elongates, lengthens and strengthens. Define your line while developing dynamic strength, balance, power and control for a body instilled with greater endurance, mobility and grace.

288 CrossCore®: RBT™ - Feeling the Difference, Knowing the Difference with Danielle Foster**Workshop GE, PT**

In this workshop, you will receive a basic introduction to Rotational Bodyweight Training™ (RBT). Using a series of dynamic exercises, we will review the differences between traditional suspended bodyweight training and progressive suspension style training with rotation.

289 SPINNING®: The Barkley Marathons with Joe Krasinskas**Workout CY**

Perhaps the world's most difficult and mysterious race, the 100-mile Barkley Marathon has had only 14 runners finish since it began in 1986. Test your mental and physical toughness as you take on some of the world's most challenging terrain.

290 Peak Pilates® Tower Progressions with Connie Borho**Workshop GE, MB**

Moving from introductory exercises through more advanced work needs a systematic approach to progression. Discover how to organize your student's progression using the Cadillac exercises to maximize the body's understanding of more difficult exercises.

291 MVe® 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 even your fittest students with combinations that combine Pilates and fitness into seamless blocks. Get stronger one pump at a time. Take the chair challenge!

**292 Out with the Old in with the Older with Bernadette O'Brien
Workshop - GE, S**

Out with the Old in with the Older recognizes that the heterogeneous nature of older adults (those 50 years young or older as defined by ICAA) requires they train according to capability rather than chronological age. Its purpose is to help participants perform their Activities of Daily Life (ADL's), help improve their stability, mobility and balance, enable them to get up and down from the floor, be cognizant of the various types of age, and play and integrate mental, visual and physical "games" to improve their health and fitness.

**293 Yoga Rx Neck & Back Dysfunction with Lauren Eirk
Workshop GE, MB**

They say that one is "only as old as the spine is flexible". However it is important to assess the interrelationship of joints from head to toe when working with clients suffering from neck and back issues. The late B.K.S. Iyengar brought therapeutic yoga to America, exposing us to the first look at using Yoga Asana to treat various health issues. In this workshop, we will employ a biomechanical take on these methods, using classic Yoga positions to evaluate range of motion and create powerful isometric resistance challenges in order to achieve improved range of motion and overall joint stability. See how this evaluation process can be a great indicator of the client's ability to deal with external loads and various challenges in his or her exercise program.

**294 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 workshop 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!

**295 FIFTY PLUS AND FABULOUS - Aging with Grace with Teri Gentes
Lecture A, GE, MB, PT, S**

Aging doesn't have to mean wearing out, breaking down, gaining weight and lifetime reliance on pharmaceuticals. The demographics of society see the population majority 'over 50' and struggling with chronic and/or debilitating dietary related diseases. Over 50 herself, Whole Foods Nutrition and Detox Coach, Chef and Author Teri Gentes reveals how to coax-coach your clients to better nourish their health and wellness objectives and their success rate with every day healthy living. She'll share the most recent science on how the right dietary approach can help overcome chronic inflammation and degenerative diseases such as arthritis, diabetes, heart disease, obesity, Chron's, IBS, allergies/intolerances, hormonal imbalance and more. This session debunks myths, informs, empowers and enables your ability to guide and inspire your older clients to live their healthiest life ever with new discoveries, reliable resources, meal ideas and nutrient essentials.

**296 SCHWINN® CYCLING: Go With the Flow: The Cycling Coaches Survival Kit with Robert Sherman and Rachel Vaziralli
Workshop CY**

Teach long enough and you'll meet Murphy - Murphy's Law that is. Inevitably, what can go wrong will go wrong at some point in your teaching career: stereo doesn't work, mic batteries are dead, new member walks in 10 minutes late, bikes are broken and so much more. Let us create your cycling survival kit so you don't have to! Walk away with a comprehensive list designed by cycling veterans of what you need stashed in your bag, your head and on your phone to handle every "OH SH#&*T" moment like a pro.

**297 Anytime Fitness Personal Branding University: Rethinking Who You Are & What You Do with Shannon Fable
Lecture AQ, GE, MB, PT, S**

Developing your Personal Brand is the cornerstone to creating the career of your dreams. Too often, we simply label ourselves with our 'job' (personal trainer, group exercise instructor) which can put you in the box and shut down potential sales conversations. In this workshop, you'll learn the three key components to distinguishing yourself in the noisy fitness world. Walk away with several activities to further clarify your brand and, more importantly, how to talk about what you do without sounding confusing, boring or just like everyone else! A must see session that will instantly transform your business.

**298 Stretch Fusion in More Directions (AQUA) with Laurie Denomme
Workshop AQ**

Adding 6 directional moves to the already popular Stretch Fusion program adds a new twist to exercises for enhanced results. Flexibility, strength, cardio and balance - this workout has it all. Making the body more resilient to stress, providing relief to pain and preventing injuries ... this is Stretch Fusion made better!

GROUP 8 SESSIONS - Saturday 8/6/16 11:30 am - 1:00 pm**299 DUEXDance with Heather Corndorf & Katie Haggerty
Workshop GE**

Wanna dance with somebody? This hip-hop style session will teach you how to layer and build a routine through add-on choreography...with a partner. Build a greater awareness of how you can take the stage into the studio and leave your members ready to audition for So You Think You Can Dance!

**300 TurboKick® Live with Joie Walsh
Workshop GE, PT**

Turbo Kick LIVE combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken! **NO BAGS. NO GLOVES. JUST RESULTS.** Think you need a sparring partner to reap the benefits of kickboxing? Think again. In every Turbo Kick LIVE class, you'll incorporate real kickboxing moves with proper form and technique to get totally sculpted—no bags or gloves necessary. And even though we throw in some intense HIIT training, we promise—this workout feels like the ultimate party. From the amped-up music to the incredible energy, you'll leave every class dripping sweat and ready to conquer anything!

**301 Kamagon® Total Body Conditioning with Keli Roberts
Workshop GE, PT**

Not your mama's body sculpt! Total Body Conditioning with the Kamagon Ball® offers a fresh approach to training with this highly effective and fun workout. Learn unique sequences that utilize multi-joint, tri-planar functional movement patterns. Experience how flowing movement progressions, combined with the Hydro-Inertia® of the water-filled Kamagon Ball, demand input from the nervous system for motor learning, coordination and equilibrium with a perfect balance between stability and mobility.

**302 Ugifit®: Unleash Your Inner Athlete with Tami Reilly
Workshop GE, PT**

Using the Ugi® ball, this workshop will add the element of sport specific drills to the mix to challenge your participants as the athletes they truly are. The Ugi program is a fabulous platform to challenge your cardiovascular stamina, strength and sense of balance. Unleash YOUR inner athlete with Ugi.

**303 SPINNING®: Maracas - The Journey with Martha Williams
Workout CY**

Enjoy the sounds of Soca/Calypso/Reggae in this Strength Energy Zone™ ride up and around winding hills with a quick descent to the beautiful town of Maracas. A picturesque journey ride that will challenge even the strongest of climbers.

**304 Peak Pilates® Rhythmic Reformer with Kathryn Coyle
Workshop GE, MB**

The classical work has unique and strong rhythms that unlock the beauty of the movement. Feel the difference rhythm makes in improving movement quality and gain authentic insight into the classical work.

**305 Peak Pilates® Stand Up Pilates with Connie Borho
Workshop GE, MB**

Since we spend most of our days in a vertical position, doesn't it make sense that we strengthen, stabilize and stretch our bodies in a vertical position in our workouts? Learn how to adapt traditional Pilates mat, reformer, and chair exercises to a standing position, experience fusion exercises that will challenge clients in new way and explore Pilates from a higher point of view!

GROUP 8 CONTINUED - Saturday 8/6/16 12:00 pm - 1:30 pm**306 MECA Core with Jeffrey Anderson & Heather Crosby
Workshop GE, MB, PT**

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. * This Class is a culmination of the Information delivered in the Friday MECA TRAINING LECTURE/WORKOUT COMBO

**307 Yoga Beatz with Lucy Waite & Gretchen Gegg
Workshop GE, MB**

Looking for ways to spice up your yoga practice? Hoping to get more people in class? Yoga Beatz is a song-based, mixed-level, yoga class that uses traditional yoga poses mixed with non-traditional music to form flavorful flows. Not only will this session provide you with the opportunity to experience a Yoga Beatz workout first-hand, but you will also learn the methodology behind Yoga Beatz class design. Learn it today, teach it tomorrow!

**308 BarreWRX Barre, Ball, Bands & Ballet with Alex McLean
Workshop GE, MB, PT**

Join international presenter, Alex McLean, for BarreWRX, a new and exciting class format 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 its 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!

**309 20 Shades of Great with Krista Popowych
Lecture PT**

In this session, we will look at 20 different ways to take your training business to the next level. From inspiring meet and greets, comprehensive business plans, long term planning, experience marketing and more, walk away with great ideas that will bring your PT business to the forefront.

**310 SCHWINN® CYCLING: Train Right 2 Ride Right with Amy Dixon
Workshop CY**

If you are going to do it all, do it right! When it comes to Indoor Cycling, our motto at Schwinn is Ride Right. And while we love motivating the masses on the bike, we also know that what we do off

of the bike is an integral part of a well-balanced fitness program. This workshop takes a good look at the ranges of motion and common muscular imbalances involved in indoor cycling, and arms you with the tools to create complimentary flexibility and strength based programs to counter the riding position on the bike. You will experience 2 different cross-training programs that integrate mobility, strength and cardio while staying true to the promise of doing it right.

**311 The Behavior Change Secret with Bruce Mylrea & Mindy Mylrea
Lecture AQ, GE, MB, PT, S**

Do you spend hours with your clients coaching them to better health only to watch them lose all of their gains or NEVER see results? This lecture will outline the latest key concepts in behavioral change science that will help you help your clients shift their bad patterns of behavior into long term habits of optimal health. Bruce will outline step by step, how to use the successful keys of behavioral change science to give your clients the edge and confidence they need in order to reach their long term wellness goals. BE THE AGENT OF CHANGE THAT YOUR CLIENTS WANT YOU TO BE!

**312 Rebound Detox (AQUA) with Laura Ribbins
Workshop AQ**

Rebound Detox is an "AWESOME" experience you won't want to miss. Rebounding in the water delivers your lymphatic system a "push" and a cushioned G force to provide a free-flowing system that drains away toxins. Come experience a jumping workout that leaves you feeling healthy and invigorated. Rebound Detox is suitable for everyone. A brief anatomy lesson, understand the lymphatic system simply, to deliver information on the power of rebounding, it's effect on cancer patients and defining detoxing understanding / experiencing rebounding, health bounce and strength bounce)

GROUP 9 SESSIONS - Saturday 8/6/16 2:00 pm - 4:00 pm**313 BOSU® Balance Basics & Beyond - Keys to Anti-Aging with Pam Benchley & Bernadette O'Brien
Workshop GE, MB, PT, S**

Balance training and functional strength are key components to improved performance and successful activities of daily life at any age. While moving through the body's functional positions, this workshop will explore how the BOSU® Balance Trainer can enhance balance training with games and sequences that build strength, challenge proprioception and ultimately promote efficient movement through the entire kinetic chain. Get new ideas for active aging workouts that make balance training empowering and fun!

**314 Savvier Fitness® Best of Bootcamp 2016 with Mindy Mylrea
Workshop GE, PT**

All NEW for 2016 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 than you could possibly imagine.

**315 Shockwave with Doris Thews, Josh Crosby & Gregg Cook
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 bootcamp and circuit workouts designed to amplify team spirit, push limits and maximize the fun-factor. Come experience this easy-to-teach, simple-to-do, minimal equipment format that includes ShockWave's jaw-dropping "secret sauce" and ideas for recreating this experience in your classes.

**316 CrossCore®: RBT™ Burn with Danielle Foster
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, stability balls, medicine balls, etc... to create a class like no

other. Workshop includes warm-up, workout and cool down.

**317 SPINNING®: Moving Beyond the Top 40 with Joe Krasinskas
Workshop CY**

Stuck in a music rut? Not sure what new music to add or afraid to try something new? Led by a semi-professional musician, this session will explore different genres of music and strategies for incorporating these selections into your classes.

**318 Peak Pilates® Tower Double Up: PilatesStick & Tower with Connie Borho
Workshop GE, MB**

PilatesStick and Tower?) Either one Workshop Description: Double revenue, double the challenge, and the double the fun using the Tower Unit and the PilatesStick together. Experience supine and prone exercises on the Tower, while the PilatesStick works off the back with seated and standing work. This workshop will bring the two sides of the Tower together for a powerful class that works all body positions in a fresh and innovative way.

**319 Peak Pilates® Chair Progressions with Kathryn Coyle
Workshop GE, MB**

The chair repertoire is daunting and the advance exercises require a mix of strength, stability, flexibility and balance. Learn how to progress your students to the more advanced exercises, one pump at a time with sequences that skill build. Work with intelligence to learn strategies that set students up for success on the chair and keep them safe, inspired and learning.

**320 ActivMotion® Training with Derek Mikulski
Workshop GE, MB, PT, S**

Life is ever changing. Variables both inside and outside of our body are always acting to push, pull, accelerate and decelerate our center of mass as we move through space. With dynamic resistance that shifts inside, ActivMotion Bars safely simulate this ever-changing, dynamic environment so that with any client, we can more effectively engage every physiological movement system in an integrated way, igniting the senses to build a stronger mind-muscle connection and activate more core and joint stability muscles. Learn how to truly deliver innovative new experiences and scientifically proven better results for clients through ActivMotion Training.

**321 The Untapped Market: Marketing, Screening and Training the 55+ Population Part II the Workout with Bobby Kelly
Workshop GE, S**

Starting Jan 1st 2016 every 8 seconds another boomer will turn 70 years old. There is little research done on marketing and training this population. They have the time (mostly retired), the willingness (often fearful of aging), and the means (most wealthy generation in history). Learn how training our gaining population will change health care and take your business to the next level.

**322 WERQ® Like a Boss with Haley Stone
Workshop GE**

Prepare for an amazing cardio dance experience as team Diva stomps it out against team Hip Hop. Before the WERQout, participants will chose a team. Team Diva will represent mega pop artist icons like Britney and Beyonce. Team Hip Hop will represent the swagger stars of hip hop like Drake and Nicki Minaj. WERQ Dance Fitness choreographer, Haley Stone, will lead this wild WERQout and judge which team gets turned up the most to earn the Like a Boss title. Dancers, divas, players, movers and shakers of all dance abilities are welcome to #WERQLikeABoss!

**323 Fit Bodies Inc. What Is A Teaching Vacation and How Will It Positively Impact My Life? with Erica Wilson
Lecture AQ, CY, GE, MB, PT, S**

Fit Bodies, Inc. has offered teaching vacations to great instructors for nearly 25 years. It creates a way for singles, couples and families to vacation at luxury destinations many could only dream of spending

their leisure time. And while the economics of participating in the program are prevalent for most instructors, the way lives are touched and forever positively changed is truly amazing. The ability to positively impact the life of unsuspecting guests in such a sweet, vacation setting is truly one of a kind. We look forward to sharing the ins and outs of this vacation program for yoga, tennis, Zumba and group exercise instructors.

**324 SCHWINN® CYCLING: It's All About the BASE with Amy Dixon
Workshop CY**

Its official - The fitness world has crowned HIIT as the only way to get fit and see results. No doubt - HIIT is a super effective way to train. But, according to research, it should only make up approximately 20% of total weekly training volume. What's a cycle coach to do with the other 80%? The answer is simple: endurance based training. While endurance based training isn't a hip new, quick fix fitness craze, it is a proven way to help you increase aerobic capacity, relieve stress, increase wattage and get fitter. This much needed workshop shines a light on the "Anti-HIIT Workout" that will have your riders going harder for longer, translating to higher wattage output and bigger calories across the board. How could it get any better? Learn the secrets of creating and delivering Anti-HIIT workout stages and classes sure to delight every rider in the room!

**325 GPS: The Art Of Movement Transitions with Christi Taylor
Lecture GE, MB, PT, S**

This session is for all fitness pros who instruct groups of two or more students simultaneously. Whether you're a personal trainer or group fitness instructor, it's extremely important to understand and apply successful group movement transitions. By incorporating Christ's *Four Transitional Rules of the Road*, you will understand the art of movement transition and be able to begin applying this new skill instantly; offering your students a safer and more effective exercise experience and bringing greater value to your fitness service.

**326 Body Bar® AQUA FLEX HiIT with MaryAnn Briggs
Workshop AQ**

Experience the amazing Body Bar AquaFLEX in a shallow water workout that will challenge your muscular strength and endurance as well as dynamic flexibility in ways you never thought possible in an aquatic environment. This exciting programming takes the original AquaFLEX moves to even greater heights (depths!) with minimal choreography and maximum results. (No previous AquaFLEX experience required.) AquaFLEX original also available!

GROUP 10 SESSIONS - Saturday 8/6/16 4:30 pm - 6:00 pm

**327 R.I.P.P.E.D.® Body Camp with Rhonda Marsh
Workshop GE, PT**

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!

**328 Power Music® Foundation Focus with Athletic Step Training - AXIS + Power Step 30 with Alex McLean
Workshop GE**

Functional, athletic and time efficient training is yours in AXIS + POWER STEP 30. AXIS is a 30 minute focus on the basis of all movement... the middle of your body. Move like never before, beginning from the core. POWER STEP 30 incorporates cardio, strength, balance, and agility through multi-plane patterns, on the floor and step, as a means to give your participants all they need in the time they have.

**329 PILOXING® Knockout: Total Body Challenge with Jordan Ballard
Workshop GE, MB, PT**

It's time to turn up the calorie-torching with this integrated training POWER HOUR! A creative twist on traditional athletic drills increase the intensity and UP the fun factor. In this workshop, you will learn

how the blend of cleverly timed strength and cardio drills test participants' limits like never before.

330 HIIT - Bodyblade® style with Tami Reilly

Workshop GE, PT

Experience the perfect blend of intense cardio and active rest utilizing one of the top ways to sharpen your core and more ... the Bodyblade. Discover ways to integrate this versatile training tool into your clients HIIT programming.

331 SPINNING®: Pensacola Stage Race! with Martha Williams

Workout CY

A Race Day Energy Zone™ that focuses on the challenge of a road race, time trial and criterium. ride with a video of cyclists competing in the Pensacola Cycling Classic Stage Race. Music and coaching will be used to motivate and push you to your race day limit! Wear your favorite cycling jersey and be ready to race to the finish.

332 Peak Pilates® the Power of Three with Connie Borho, Kathryn Coyle & Zoey Trap

Workshop GE, MB

Explore the Critical Connection of the 3 anchors: inner thighs, abdominals, and sitz bones individually and then bring them together to feel the synergistic effect. Don't wonder about this concept, understand and apply it.

333 ActivMotion® Bar Functional Balance for the Aging Adult with Derek Mikulski

Workshop GE, MB, S

Balance in the real world is SO much more than we think! Our living environment is ever changing. Forces such as gravity, acceleration, deceleration and momentum are constantly pushing and pulling our center of mass in different directions as we move through space. Additionally, our senses play a key role in providing us with much needed biofeedback that we use to determine spacial orientation.

For the most transferable and useable functional balance training, exercises need to challenge the body in ways that simulate the forces and variability that life throws at us everyday. Additionally, we need to ignite the body and mind in the process by integrating senses like touch, vision and sound into the picture. This allows us to heighten awareness and develop a deeper understanding of what balance really is relative to our position in space.

In this session, we will introduce and explore new science-backed approaches to how we can truly help our aging population replace fear with confidence and live life stronger everyday.

334 BALLEblast™ with Christi Taylor

Workshop GE

Christi takes ballet to a new sassy flow with this cue-less dance experience. During this session you will learn the *Eight Elements of BALLEblast™ Design & Performance*. You and your students will enjoy a combination of today's hot dance hits while developing phenomenal strength, balance, flexibility, and agility - just like the ballet pro's. Just as important, this program specializes in creating an environment of exhilarating non-verbal interaction between you and your students. This connection causes students to return over, and over again! BALLEblast™ is easy to teach, easy to follow, and perfect for all fitness levels. Choreography notes included.

335 Barre-Less with Heather Corndorf & Katie Haggerty

Workshop GE, MB, PT

Barre is one of the hottest workouts on the market, with one problem... you need a barre. This session will rock your body in 360 degrees through a non-stop focus on muscular endurance, cardiovascular endurance and dynamic flexibility. Walk away from Barre-less with a new method to deliver barre, and a repertoire of seamless transitions, cues, and movements to use in class next week!

336 The Most Important Lifestyle Changes for Cancer Prevention and more with Teri Gentes

Lecture GE, MB, PT, S

Science confirms 80% of our top diseases including the number one killers'- cancer and heart disease are linked to our diet and lifestyle. International lifestyle wellness coach Teri Gentes shares the most recent evidence based research in this informative, inspiring and empowering session. Discover easy, affordable and sustainable lifestyle and nutrition changes you and your clients can make right now. Reclaim your own ability to cultivate an optimal state of wellness and embrace aging as a gift with Teri's top ten easy to implement guidelines.

337 SCHWINN® CYCLING: Dynamic Duos with Doris Thews, Rachel Vaziralli, Robert Sherman & Gregg Cook

Workshop CY

Join us for a faceoff of our very own dynamic duos. Pairs of powerhouses will have you riding, sweating, laughing and loving in this team teaching inspired all-star ride. Not only will you get to witness some of the best in the business create magic on the bike in tandem, but you'll learn tricks to the team teaching trade. It may not take two to make a thing go right, but it certainly can help double the fun. Come find out how.

338 Meaningful Motivation with Lucy Waite & Gretchen Gegg

Lecture AQ, CY, GE, MB, PT

After years of teaching group fitness, personal training, coaching, and instructing both lecture and activity based courses in a university setting, Lucy shares some of the "best practices" for motivation. This lecture will dissect the "workout experience" and examine multiple variables that play a role in participant success. We will discuss the complexity of interactions that occur between participants, instructors, and individuals at various times throughout a workout. Come learn new coaching techniques that will help you create environments of success.

339 Hi Yo Circuit Training (AQUA) with Laurie Denomme

Workshop AQ

HI YO puts a new spin on circuit training to improve strength, stamina and power. You'll never be bored as this highly motivational program quickly moves between upper, lower, and whole body exercises while allowing for self-paced movement. *Are you up for the challenge?*

GROUP 11 SESSIONS - Sunday 8/7/16 7:00 am - 9:00 am

340 Renegade Athletic Circuits Reinvented with Doris Thews

Workshop GE, PT

This fast-paced athletic training circuit will push you out of your comfort zone and beyond your expectations! Using a variety of functional training equipment, this high energy workout encourages you to meet challenge and unpredictability head on. Leave with a unique circuit format that will train your body from head to toe. Train the rebel in you and push the boundaries!

341 Athletic Step Training with Gail Bannister-Munn

Workshop GE

Do you have still have steps in your clubs that are only being used as benches in studio for resistance classes? Step choreography became so complex that only a handful of instructors could do it, and step classes slowly dwindled. This session will give you a whole new take on using the step as an interval cross training tool to remind our members why we loved step. Let's dust off the steps and start using them to enhance the fitness classes again for their intended use. Don't know how to step...that's even better...this workout is perfect for you. No Step requirements needed. This session will allow all successful participation for all skill and fitness levels.

342 BOSU® HIIT Extreme with Keli Roberts

Workshop GE, PT

Intense, focused, efficient, challenging, rewarding, and jam packed with action from start to finish. Learn the science of high intensity interval training and its application to both fitness and sport. Take home a variety of short, plug-n-play high intensity interval sequences that are realistic for both high level athletes and mere mortals, and are guaranteed to raise your heart rate, fitness level, calorie expenditure and the FUN factor!

343 CrossCore®: RBT™ Burn with Danielle Foster**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, stability balls, medicine balls, etc... to create a class like no other. Workshop includes warm-up, workout and cool down.

344 SPINNING®: I.K.E Intention, Knowledge, Execution with Martha Williams**Workshop CY**

The Spinning journey starts with intention. How do you want your students to feel during class and just as importantly after class. Designing the journey requires clear and concise planning. Revisiting the 4 Ps of class design and adding I.K.E.

345 Peak Pilates® Reformer Dance with Connie Borho**Workshop GE, MB**

Be prepared to throw out all your preconceived notions of what a Pilates Reformer session is and come ready to expand and vary familiar exercises with unfamiliar rhythm and dynamics. Traditionally, Pilates is not practiced to an external rhythm from music... but we will buck tradition and dance to the beat of our own music! This workshop will pair Pilates Reformer with motivating, fun, music to create a long flowing dance o traditional Pilates exercises leaving you with a sweaty smile on your face!

346 Peak Pilates® Reformer on the Mat with Gina Lang**Workshop GE, MB**

No Reformer necessary for this workout as you move through the reformer exercises - on the mat! Challenge your core with a workout that has the 'hardest' reputation in Pilates.

347 CLUB VIBE® - The Art of Cueing with Ally Ponte & Kelly Schur**Workshop GE**

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

348 Dealing With Chronic Back Pain with Lauren Eirk**Workshop GE, MB**

Back Care is a billion dollar industry in our country. It is estimated that approximately 80% of the population has dealt with trunk and spine issues in one form or another. In this session, Learn to integrate the ancient practice of Yoga with some of the most innovative techniques being used today to stimulate muscle contractibility and sustainability for hip, trunk and spine regions that can be used with individual clients. Learn how to empower others to take control of their own health to end the cycle of chronic instability and tightness!

349 DUExDance with Heather Corndorf and Katie Haggerty**Workshop GE**

Wanna dance with somebody? This hip-hop style session will teach you how to layer and build a routine through add-on choreography...with a partner. Build a greater awareness of how you can take the stage into the studio and leave your members ready to audition for So You Think You Can Dance!

350 The Exercise Equation with Lucy Waite**Lecture AQ, GE, MB, PT, S**

With an endless number of ever-changing dietary guidelines, nutritional recommendations, exercise programs, workout options, equipment, gadgets, and apps available, many clients and participants turn to you for advice. This session will provide a practical, user-friendly approach to fitness and nutrition that can be utilized by ALL. Learn simple ways to help your clients find balance in their daily diet and exercise needs that will lead them to lifetimes of health and wellness.

351 SCHWINN® CYCLING: Revolution Evolution 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.

352 Brand Identification Resuscitation with Christi Taylor**Lecture AQ, GE, MB, PT, S**

In years past, fitness professionals were able to build their careers solely on passion and perseverance. However in today's competitive industry it is important to add "business development" to your arsenal of skill sets. We must intentionally define and re-define ourselves, our service, and the trajectory of our careers. Who are you? What do you do? Why do you do it? What makes you unique? In this interactive session we will personally ask and define each of these questions. Upon completion, students will have identified and documented the essence of their brand, as well as important strategic steps to take right away to further build their brand. With an arsenal of passion, perseverance, and now a strong brand identity, you will be a force to be reckoned with in today's ever-changing and always exciting fitness industry.

353 Hip Senior Exercises in More Directions (AQUA) with Laurie Denomme**Workshop AQ**

Sore back, knee or shoulder pain? Experience 6 directional, hip focused exercises and feel how subtle changes to height, angle and distance help other body areas. Perfect for people with arthritis or any level workout. Return home with an extended library of hip exercises having whole body results.

GROUP 12 SESSIONS Sunday 8/7/16 9:30 am - 11:00 am**354 Savvier Fitness® Body Weight Boot Camp 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 then you could possibly imagine.

355 BALLEblast™ with Christi Taylor**Workshop GE**

Christi takes ballet to a new sassy flow with this cue-less dance experience. During this session you will learn the *Eight Elements of BALLEblast™ Design & Performance*. You and your students will enjoy a combination of today's hot dance hits while developing phenomenal strength, balance, flexibility, and agility - just like the ballet pro's. Just as important, this program specializes in creating an environment of exhilarating non-verbal interaction between you and your students. This connection causes students to return over, and over again! BALLEblast™ is easy to teach, easy to follow, and perfect for all fitness levels. Choreography notes included.

356 POUND® Rockout.Workout with Danielle O'Reilly**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!

357 Ugi® and Yoga with Tami Reilly
Workshop GE, MB

30 minutes is all you need to relish in this slow yoga-style Ugi® workout which will combine intervals of intense strength with deep yoga stretches. Come play on the Ugi® ball and develop your flexible strength.

358 SPINNING®: The Oasis with Joe Krasinskas
Workshop CY

Surrounded by a vast expanse of desert, an oasis provides water, shelter, and food to those who find it. Rest your body, mind, and spirit during this Recovery Energy Zone™ Ride paired with a discussion of coaching techniques for recovery days.

359 Peak Pilates® Tower to the Max with Zoey Trap
Workshop GE, MB

Mix mat, reformer, and chair exercises together and you get a totally terrific tower class. Explore variations that will spark creativity and give a fresh perspective to your Tower.

360 MVe® Pilates Athletic with Kathryn Coyle
Workshop GE, MB

What do you get when you mix Pilates chair with weights and cardio? You get a whole new challenge for your athletes! Discover how moving on and off the pedal improve balance and control, experience combinations of traditional Pilates with fitness and find out how you get all fitness needs met and have a ball in this fast paced, sweaty and challenging Pilates fusion workout.

361 WERQ® Dance Fitness with Haley Stone
Workshop GE

Experience WERQ dance fitness with owner and choreographer Haley Stone. WERQ (pronounced "work") is the wildly addictive dance fitness class based on pop, rock, and hip hop music. With easy to follow, high-intensity dance routines, WERQ has been featured in In Style Magazine as one of the hottest workouts in the country. WERQaholics crush calories and build cardiovascular endurance dancing to the latest chart-topping hits. Learn the secrets behind the unique pre-choreographed class using and the 3Q1 Method of cueing WERQ Dance Fitness classes.

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

Start your day with a yoga practice that renews your mind, body and spirit. In this class you will experience the physical benefits of yoga, the emotional benefits of prayer and the spiritual benefits of faith. The result is a uniquely beneficial and transformational experience for the practitioner.

363 PILOXING® Barre with Jordan Ballard
Workshop GE, MB

Ever boxed at the Barre before? PILOXING® Barre utilizes the Barre as a tool to intensify Pilates and Boxing movement, as well as aid in stability and balance. In this session, you will experience a CARDIO Barre format this is safe, effective and FUN to teach!

364 Mindfulness in Thought, Movement and Meditation with Teri Gentes

Lecture AQ, GE, MB, PT, S

Integral to whole-self- health! The conscious practice of mindfulness is essential for a vibrant, engaged, focused and energized life. Even the most diligent practice of healthful everyday habits will come up short in cultivating optimal wellness without applied mindfulness in all you do. This session, with Whole Self Health and Lifestyle Wellness coach Teri Gentes covers the meaning and benefits of mindfulness and

ways to incorporate this practice into your life every day and inspire your clients to do so as well. In addition to the science behind mindfulness, experience breathing, movement, journaling, aromatherapy and meditation exercises to demonstrate the power of being present in all you do.

365 SCHWINN® CYCLING: Unapologetically Authentic with Keli Roberts

Workshop CY

The indoor cycling category has become crowded with programs ranging from the uber athletic to beyond the bike concepts. It may be tempting to swing the pendulum one way or the other for fear you are alienating a core group of riders, but at Schwinn we believe outdoor riding can meet group fitness to deliver rides that are both simple and entertaining. Authenticity is the A in the Schwinn A, B, C's of Indoor Cycling and that shouldn't intimidate or bore you. Learn everything you need to know to stay true to the second most popular activity on the planet (outdoor cycling), while providing the excitement of the best group fitness experiences. Learn the resources you must have on your bookshelf and walk away with at least 3 fully baked, authentic and theme based rides that will impress even your most hard core cyclists while entertaining your enthusiasts.

366 Real Food for Thought with Bruce Mylrea
Lecture GE, MB, PT, S

80% of weight loss success or failure is based on how and what we eat. As fitness professionals we should be educated in current nutritional information that is founded in current unbiased research. We should look at diet trends with a critical eye and dig deep into what information will help ourselves, our students and clients make the best choices for their health, wellness, and weight loss. This lecture will reveal current fads, fiction, and failures of our dietary pyramid and unlock the key to nutritional behavioral change for sustained results. Learn strategies to help your clients eat to life and thrive.

367 Water World with Foam with Lori Templeman
Workshop AQ

Buoyant equipment is one of the most popular choices utilized in water exercise classes. Working with foam sometimes comes with challenges and safety considerations. This workshop explores various foam equipment types on the market and how they affect our body with submerged movement. Take away guidelines for educating students on safe and effective use.

GROUP 13 SESSIONS - Sunday 8/7/16 11:30 am - 1:00 pm

368 R.I.P.P.E.D.® RMX with Rhonda Marsh
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.

369 Trash It - A No Equipment Revolution with Krista Popowych
Workshop GE, PT

In this interval and strength based workout, participants will experience both high intensity training and strength based work while aiming to achieve the optimal ratio of work to recovery.

This non-equipment based session is perfect for small groups, personal training, boot camps and group fitness classes. Interactive, totally fun and packed with amazing ideas for two or more. A No Equipment Revolution, is a do anywhere anytime workout for anyone and everyone to try!

370 BOSU® Double Up Double Down with Pam Benchley
Workshop GE, PT

Are you ready to double the intensity, double the interaction, double the results and double the FUN? This workshop is designed to teach you dozens of brand new drills, skills and sequences using two BOSU® Balance Trainers, not just one! Learn how to exponentially expand the utility of the BOSU® Balance Trainer simply by doubling down, and walk away with exciting ideas for solo drills, partner drills and team drills that can be used in group fitness, personal training, boot camp, kid's programs, circuit training and sport conditioning. Guaranteed to inspire you to BOSU like never before!

371 PilatesBlade with Jennifer Hansen
Workshop GE, MB, PT

This barefoot session takes the Pilates mat to the next level by adding the Bodyblade. The core and upper body are especially challenged in this workout, and provide unique challenges only the Bodyblade can offer. Great cross training for cyclists!

372 SPINNING®: Endurance - A Mind/Body Experience with Martha Williams
Workshop CY

An Endurance Energy Zone™ ride to create mental focus and discipline. The pedal stroke, the breath and the heartbeat all unite with one another to create a true mind/body experience.

373 Peak Pilates® Circuit Work It! with Connie Borho, Zoey Trap & Kathryn Coyle
Workshop GE, MB

Enjoy this fast paced workout that will have you rotate through chair, reformer, and mat stations. Come together for a challenge in between each station! You don't have to just pick one- taste them all!

374 Guided Relaxation 101 with Becky Martin
Workshop GE, MB

If you've wanted to bring guided relaxation and/or meditation to your classes but don't know how, this class is for you. Join us as we practice the simple steps that will elevate your student's experience from eh to awesome!

375 Chair Yoga Revisited with Lauren Eirk
Workshop GE, MB

Many assign chair yoga to seniors and deconditioned students, however this session will show you just how many ways a chair can add variety and challenge to a Hatha Yoga practice. This session will cause you to rethink the power of the chair as a viable resistance tool!

376 Mentoring: Practical Means to Positive Ends with Lucy Waite
Lecture AQ, CY, GE, MB, PT, S

Are you a mentor for new trainers? Do you help develop new instructors? Having a toolbox full of the right equipment is essential for building successful developmental relationships. This session will discuss mentoring principles modeled through the parent/child relationship and engage participants in a dynamic conversation about using developmental relationships to promote positive outcomes.

377 SCHWINN® CYCLING: The Recovery RX with Gregg Cook
Workshop CY

The peaks of training get all the attention - we continue to tweak the 'work' to be more challenging and effective, often overlooking the important part our 'valleys' play in 'prescribing' programs for our riders. Understanding how the fuel you choose, flexibility and strength training you do, and sub-anaerobic work you challenge yourself with can enhance performance will help you, and your students, be fitter, faster and healthier. Learn the secrets to dialing in effective recovery strategies both inside and outside the cycling studio. Review the research you need, resources you'll reference, and rides you'll relish to give your riders just what the doctor ordered.

378 Let's Rip It Up (AQUA) with Laura Ribbins
Workshop AQ

This workout is the bomb! Let's stop neglecting our obliques and eliminate our love handles with a workout that has variety, intensity and heaps of core results. We will get the visual with core anatomy and "test the waters" with a variety of angles, contractions and weighted static holds to get you on the road to feeling "Ripped Up"