401 Savvier Fitness Tabata Bootcamp Teaser™ with Mindy Mylrea
Workshop GE, PT
When was the last time you saw a complete total body turn around in you or your clients? How many of your students credit you for their fitness and weight loss success? If the answer is not as many as you’d like then you are ready for Tabata Bootcamp TM. Explore the science of current HIIT training protocol and learn how to implement and execute Mindy’s 6 and 30-minute tabata and HIIT interval training workouts and find out how you too can become a Tabata bootcamp TM trainer.

402 KettleBell Concepts™: Introduction to KettleBell Lifting with Maria Scally
Workshop GE
What is a kettlebell and how do you use it? In this introductory workshop we will talk about the history of kettlebell lifting, exploring why it has made such a powerful resurgence in the fitness world. On a business level, we’ll discuss why the kettlebell is, arguably, the best tool for a small group, revenue generating, semi-private training environment. We’ll also touch on some of the very basic science regarding why and how we use kettlebells as we perform some basic kettlebell movements.

403 Schwinn Cycling® Pimp My Playlist with Jeffrey Scott
Workshop CY
Get hip, get updated, and get ready to upgrade your music know-how! Whether you have been teaching for days or decades, this workshop will show you how to develop a rockin’ playlist, use music for maximum motivation, and navigate cutting-edge music technology that will elevate your skills as a coach. Special Bonus: Schwinn will debut its must-have instructor music app and give it FREE to everyone who attends this workshop.

404 How to Attract the Affluent Boomer Client That Stays, Pays and Refers with Dan Ritchie
Lecture AQ, GE, MB, PT, S
The Baby Boom Generation is the most affluent, dominant generation this country has ever seen. They represent over 80 million people and control over 70% of the USA household wealth. They range in age from 48-67, but they aren’t taking growing old lying down! You need to learn strategies to attract these clients that are leaving the health clubs en masse. These clients stay for years, pay in full, and refer their friends. They don’t reach short term goals, they want to stay vibrant and healthy for years to come.

405 Power Balance For Healthy Aging (AQUA – Shallow Pool) with Laurie Denomme
Workshop AQ, S
Physical fitness and therapy experts agree that balance is an essential component of any exercise program. Better balance results in improved body awareness, posture, and coordination, while decreasing the likelihood of injury from falling. Learn how to effectively target proprioceptors, the body’s internal system responsible for detecting and interpreting movement. Experience a series of fun-to-do, one and two footed exercises designed to keep the body strong and help maintain independence. Attempt to maintain your ground as you complete this shallow-water power balance challenge!

406 Body Weight Burn with Abbie Appel
Workshop GE, MB
Learn how to develop high-intensity programs that your small and large groups will love. Experience a variety of unique, fresh circuits that incorporate your favorite and most familiar strength/conditioning and athletic-driven movements with NO EQUIPMENT. Push past boundaries with Tabata-style drills as we challenge muscular endurance, strength and power in this timed-based, intensity-driven workout with measurable results.

407 Total 60 with Kathy Kleaka & Allison Santana
Workshop GE
Abandon inhibition as you allow yourself to get lost in the music and move in perfect sync to every beat of some of today’s most current hits. Total60® targets all muscle groups in this cardio-sculpt total body workout. Come experience one of the most effective and eclectic workouts that class participants will love and be begging for more of on your schedule!

408 Zumba® Fitness Party with April Smith
Workshop GE
Exhilarating Moves, Live Music, Non-Stop Energy! Get down and dance with The Zumba Performance Team like you've never experienced! The Zumba program is no longer the best kept secret in town. It's a global "Fitness Revolution" with more than 12 million Zumba enthusiasts all over the world - dancing and partying to the Zumba beat. Since 2001, the Zumba program has spread like wildfire, and has become the single most influential movement in the fitness industry. Why? Because it's the best and healthiest party around. Come experience the Latin passion, exotic rhythms and sexy beats that no other fitness program can offer you. Experience new choreography techniques, and a non-stop, get-down-and-dance, calorie burning, high-energy workout! Feeling the music and getting fit never felt so good!

409 Schwinn® Cycling: Class Design Crunch Time with Jeffrey Scott
Workshop CY
Every instructor knows that an awesome class comes from preparation and planning; every great instructor knows how to develop that class in less time! This workshop is all about working smarter, not harder to put great rides together. You'll learn multiple class design tricks of the trade and walk away with a library of 25 mix and match stages you can use immediately to create a ride from scratch or re-energize a well-loved workout.

Lecture GE, MB, PT, S
Using just your eyes and brain, the information gained from simply observing your client walking can provide deep insight into areas of potential weakness in the body and injuries just waiting to happen. You will discover how to identify core dysfunction, muscle imbalances and postural issues with a 3-5 minute gait analysis and then pin-point the additional assessments that will provide the most information in the shortest possible time. This highly simple yet effective approach to gait analysis does not rely on expensive cameras and equipment, nor an in-depth understanding of ground reaction forces, biomechanics and orthotics.

411 Hydro-Fit® Circuit It To Work It! (AQUA - Deep Pool) with Craig Stuart
Workshop AQ
Gear up, get wet and sculpt your body with liquid resistance. Gain in-depth experience in how to optimally challenge metabolic and biomechanical systems with circuit training in deep water.

412 LTS: LeBARRE! with Jenn Hall
Workshop GE, PT
Taking the hottest trend in dance-inspired conditioning and using a “make-sense progression” to create a format suitable for every level of exerciser, LeBARRE is a session like no other! Using the portable Equalizer™ this session combines balance, agility, resistance, working recovery and eloquence into a challenging full-body workout. Use the exercises alone or in unique sequencing patterns provided to create an entire LeBARRE program! No dance experience or pink tights required!

Saturday 10/4/14 11:30 a.m. - 1:00 p.m.

413 Piloxing® with Abby Honaker
Workshop GE
Transform yourself into a tough and agile boxer, gracious ballerina and hip street dancer all in one workout! PILOXING is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high energy cardio workout. Using the most current science PILOXING incorporates formats such as interval and barefoot training to burn maximum calories and increase stamina. This new workout is attracting die hard followers including Hollywood celebrities and international stars and has been featured on TV shows such as The Doctors, Access Hollywood, and ET! and in magazines including Shape, Fitness Magazine, Redbook, O Magazine, Elle, Vogue, OK!, People and US Weekly.

414 Hit It!® Kickbox II with Lindsey DiFiore
Workshop GE
This is a high-energy class that fuses cardio-kickboxing, HIIT Drills (High Intensity Interval Training) and nightlife culture, DJ KJ® makes you really sweat while mixing motivation and fueling your workout! Basic boxing, kickboxing and tae-kwon do moves are used in the class content MINUS the fluff and dance moves! Learn to teach a fun, dynamic result-oriented class that caters to both women AND men! Hit It!® Kickbox II is easier to follow for newbies, jacks up the intensity for your intermediate to advanced fitness junkies and provides plenty of modifications for those that typically cannot handle HIIT.
415 C.H.E.K Institute: Fabulous and Functional Butt Training with Ashley Mazurek
Lecture GE, MB, PT
Everyone is looking for a better-looking booty! Whether the client’s goal is more tone, lift or shape, the key to successful training is not only to improve the look but also the function of the backside. When you help your clients sculpt their derriere and eliminate their back pain at the same time, you’ll be a superstar! We’ll start with a little theory so you understand the “whys”. Then we’ll get into the “hows” of lumbo-pelvic assessments, effective stretches and functional butt exercises that really enhance esthetics and improve performance.

416 HI-YO Knees & Hips (AQUA – Shallow Pool) with Laurie Denomme
Workshop AQ
Restore flexibility, improve balance, progress function and advance muscle strength, while maintaining or enhancing cardiovascular health. This workshop teaches and applies understanding of basic biomechanics to select and progress exercises critical to knee and hip function. Pair high intensity intervals with Yoga exercises to deliver enhanced total knee and hip health.

417 Feldenkrais For An Evolved Pilates Mat Class with Valerie Grant
Workshop GE, MB, PT, S
Discover the background of the Feldenkrais method including genesis and developmental advantages (Weber-Fechner, physics, body mechanics) and how repetitive movements, i.e. habits can restrict and cause deterioration of fluidity. Experience awareness through movement (ATM) verbally commanded lesson chosen for its specific influence on the Pilates Fundamentals.

Saturday 10/4/14 2:00 p.m. - 4:00 p.m.

418 Savvier Fitness® Intensity Overload / Battle of the HIITS with Mindy Mylrea
Workshop GE, PT
Fartik, Tabata, Little - positive recovery, negative recovery, - longer intervals , shorter intervals when to use it and when not to. So many options and so little time. What is a trainer to do. Trust Mindy to hold your hand and guide you through the HIIT battleground. Learn the science then strategically put HIIT training to the test. Formulate progressions and principals for success and retention and create training sessions that matter.

419 KettleBell Concepts™: Athletic Yoga with Maria Scally
Workshop GE, MB
Athletic Yoga focuses on stretches based on the practice of yoga to enhance performance. This class demonstrates how to incorporate yoga with an athletic twist of sport specific movements that improve stability around the joints and strength within the muscles. The kettlebell dynamically works the body as a unit to strengthen muscles, improve stamina, and strengthen the core while achieving more flexibility within the body. Utilizing kettlebells during yogic postures develops an athlete’s breathing technique, improves balance, flexibility, and core endurance.

420 Schwinn® Cycling: Leave’em Breathless with Jeffrey Scott
Workshop CY
Sports Psychology + High Intensity Training = Explosive Results! Whether you joined us for the debut of this workshop last year or you are just arriving to the party, get ready for a second dose of the fitness industry’s hottest topic paired with the mind/body tools to take your ride experience over the top. This workshop includes an all-out, explosive sweat session as well as the science, skills, and electric coaching you can take back to your classes to leave ‘em breathless...again!

421 Training for the 55 plus populations, Effective strategies for improving Balance, Power and Mobility with Dan Ritchie
Lecture GE, MB, PT, S
You will learn how to safely and effectively train your older clients to improve Power, Balance and Mobility. We will discuss Power Training methods and why strength training alone does not impact Power improvement. Why strength training without Balance training can actually worsen Balance. Why Mobility is a huge determinant of independence and quality of life and why we should be training our clients for greater Mobility and Balance.

422 Hydro-Fit® Deep Choreography Blast (AQUA - Deep Pool) with Craig Stuart
Workshop AQ
Harness the power of liquid resistance and get a blast of new deep-water exercises and choreography ideas. Learn by doing and discover new moves, teaching terminology and class options you can immediately take home to pump up your classes.

423 Adding Intention to Your Yoga Practice with Valerie Grant
Workshop GE, MB
What is “attention?” By introducing the concept of attention to our mind/body classes, we can turn what once seemed like a movement pattern into something much deeper and more meaningful. See and feel the difference attending to your body can have on your own practice, and take it back to share with your students instantly. This is your chance not only to get a new look at taking your practice home with you (instead of leaving it on the mat!), but also how to view everything on the mat as a means to achieve functionality off of it.

Saturday 10/4/14 4:30 p.m. – 6:00 p.m.

424 ActivMotion Bar Disruptive Training with Derek Mikulski
Workshop GE, PT
The essence of Disruptive Training is to engage the mind and body to establish efficient movement patterns and elicit positive long-term change in the body’s ability to move. In the Disruptive Training workshop, fitness professionals will learn how to significantly improve their client’s levels of neuromuscular coordination and fitness by challenging them with a completely new training stimulus - the ActivMotion Bar. Through the client’s experience with the multisensory Disruptive Training stimulus, they will progressively: Disrupt their habitual movement patterns as the unstable load pulls them out of position, thus encouraging activation and strengthening of under-active muscles; Discover movement learned in the prior two phases by being challenged with large, multi-planar, athletic exercises that require all kinesthetic systems to engage and complement one another. Instructors will learn how to progressively disrupt, discover and define in core, balance and strength based movements to stimulate their client’s neuromuscular system to change and adapt with a higher level of fitness and better coordination. Combining the benefits of both stability and metabolic training can seem impossible and contradicting. Metabolic Stability will show how to integrate these methods into an innovative and fun fitness system. How you see stability and metabolic training will completely transform.

425 Step Sampler with Harold Sanco
Workshop GE
Step is making a comeback. Are you ready to offer classes that inspire and challenge both newcomers and seasoned veterans? In this workshop you’ll learn to layer your routines—from basic breakdowns to high-energy choreography combinations—so that everyone walks away feeling energized and accomplished. You’ll marvel as step novices and experts sweat and smile, side-by-side.

426 Eat To Live, Food For Thought with Bruce Mylrea
Lecture AQ, GE, MB, PT, S
Real Food for Thought - A journey from meat to plants. 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 live and thrive.

427 Wet ‘N’ Wild Club Dance (AQUA – Shallow Pool) with Jeff McMullen
Workshop AQ
Who says you can’t bring the dance club to the pool? Revive your current aqua class, utilizing a whole different perspective with this cardio-based dance oriented workout. Learn new dance movements and sequences that will have hips shakin’ and smiles breakin’ on the faces of your participants. Refresh your teaching abilities and put the FUN factor back into the pool!

428 LTS: LeBOOT! with Jenn Hall
Workshop GE, PT
This EPIC bootcamp style workout combines old school strength training moves, agility drills, muscle endurance work and 100 exercises (on handout) with the amazing portable Equalizer™ and Buddy System™! We will be combining compound movements with intense isolation and blurring the lines between aerobic and anaerobic. Add in some
“Giant” and “Super” sets with the Equalizer™ and Buddy System™ combo and you are going to write home about this one! (If you can hold a pen or type with your elbows!)

Sunday 10/5/14 7:00 a.m. - 9:00 a.m.

429 Savvier Fitness® Best of Bootcamp 2014 with Mindy Mylrea
Workshop, GE, PT
All NEW for 2014 Bootcamp at its best. When was the last time you called your workout intense, crazy creative, and off the charts? This workshop will help you bring that sensation back to your challenge hungry crowd. Using the toys found around even the cheapest of gyms you will learn crazy kick butt choreography, experience an interval workout that is an explosion for the sweat glands, and go home with more drills, skills, and games then you could possibly imagine.

430 Hit It!® P.O.W.E.R. with Lindsey DiFiore & Adrianne Gabel
Workshop GE
The Hit It!® P.O.W.E.R. class format is a cardiovascular, resistance and core based high intensity interval style conditioning class incorporating moves derived from boxing and MMA training. This class is designed to be an intense full-body conditioning class which can totally reshape the entire body. Power Fight Gear has developed the BEST tool possible for amplifying the intensity of every workout...P.O.W.E.R. Punch Gloves!

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

432 Stretch Fusion Elevate (AQUA - Shallow Pool) with Laurie Denomme
Workshop AQ
Get off the bottom as changes to body position and impact are used to provide core overload to Yoga based exercises. Integrate speed changes and 3-D movement to increase flexibility, strength and endurance benefits. Be prepared to elevate your feet as well as your heart rate!

433 Dynamic Duo with Jeff McMullen
Workshop GE, PT
Partner up and increase the workout potential, socialization aspect and FUN factor for your classes or small group personal training sessions, with no equipment involved! Learn new skills and drills where the theme involves 2: cardiovascular, muscle conditioning, CORE integration and active flexibility, a COMPLETE full body workout, chock full of modifications and options! Fine tune your cuing, coaching and communicating skills to effectively work without the use of additional equipment, thus your “body is your machine”. Bring it!

Sunday 10/5/14 9:30 a.m. - 11:00 a.m.

434 Piloxing® with Abby Honaker
Workshop GE
Transform yourself into a tough and agile boxer, gracious ballerina and hip street dancer all in one workout! PILOXING is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing, and the fun and sensuality of dance into a high energy cardio workout. Using the most current science PILOXING incorporates formats such as interval and barefoot training to burn maximum calories and increase stamina. This new workout is attracting die hard followers including Hollywood celebrities and international stars and has been featured on TV shows such as The Doctors, Access Hollywood, and ET! and in magazines including Shape, Fitness Magazine, Redbook, O Magazine, Elle, Vogue, OK!, People and US Weekly.

435 Zumba® Fitness Party with April Smith
Workshop GE
Exhilarating Moves, Live Music, Non-Stop Energy! Get down and dance with The Zumba Performance Team like you’ve never experienced! The Zumba program is no longer the best kept secret in town. It’s a global “Fitness Revolution” with more than 12 million Zumba enthusiasts all over the world - dancing and partying to the Zumba beat. Since 2001, the
Zumba program has spread like wildfire, and has become the single most influential movement in the fitness industry. Why? Because it's the best and healthiest party around. Come experience the Latin passion, exotic rhythms and sexy beats that no other fitness program can offer you. Experience new choreography techniques, and a non-stop, get-down-and-dance, calorie burning, high-energy workout! Feeling the music and getting fit never felt so good!

436 Schwinn Cycling Presents Mindy Mylrea’s Favorite Ride: Tabata Tantrum with Mindy Mylrea
Workshop CY
We all want to know what the experts are saying, playing, and doing in their classes and here is your chance! Join Mindy Mylrea for a unique and memorable ride where you’ll get your fill of Mindy's specialty, Tabata intervals, and more of your favorite HIIT training. No need to throw a fit! This ride will have everything you need, motivation, music, energy, and to top it off, a class design sheet breaking down every stage for you to use right away in your classes!

437 C.H.E.K Institute: Fabulous and Functional Core Conditioning with Ashley Mazurek
Lecture GE, MB, PT, S
A smart core is a good looking core - plus it is vital for good posture, stabilization of the body and optimal performance! Yet there are so many myths and misconceptions about core conditioning plus countless ab training devices on TV, creating confused clients and trainers alike. Attend this session and you’ll learn how movement really occurs in the body through sling systems and integration, plus a systematic approach to improving core function and spinal stabilization that you can use with your clients tomorrow.

438 Hydro-Fit® Deep Core Power (AQUA - Deep Pool) with Craig Stuart
Workshop AQ
Train your students for dynamic stability and improved posture. Learn how to integrate core stabilization techniques and multi-plane movement patterns to target and challenge the deepest muscle layers in the body.

439 Yoga Euphoria with Robert Sherman
Workshop GE, MB
There are certain poses that seem to unlock a release of tension, fear and honesty. What an amazing feeling when you start to love your yoga practice (yourself) by having moments that bring you back. Learn inversions, backbends, forward bends and twists. This will be a practice of support, truthfulness and fun, what could be better.

440 Savvier Fitness® Quickies with Mindy Mylrea
Workshop GE, PT
The number one reason people have for not working out is lack of time. So let’s get more done in less time. Mindy will excite every sense in your body with an integrated approach to fitness. Explore mini workouts that incorporate a total body challenge by addressing strength, cardio, and HIIT. Experience workouts that are short and sweet and ways to continue the conversation long after the workout with you is over by lighting the fat burning engine. You owe this to your students and clients to attend this workshop so that time is never the excuse again.

441 Step Up Your Step with Harold Sanco
Workshop GE
Step into the future with this next-level step class. Throughout this workshop you’ll discover how to take the moves you know and love and evolve them into exciting new step choreography routines. You’ll also discover how to incorporate dance-based alternatives that excite and challenge participants of all levels.

442 Schwinn® Cycling: Abbie Appel's Favorite Ride: Gear Up To the Groove with Abbie Appel
Workshop CY
We all want to know what the experts are saying, playing, and doing in their classes and here is your chance! Join Abbie Appel for a unique and memorable ride that uses the structure of each song to push intensity and inspire you to gear up and get after it! This ride will have everything you need, motivation, music, energy, and to top it off, a class design sheet breaking down every stage for you to use right away in your classes!

443 C.H.E.K Institute: When Working Out Is Not The Answer with Ashley Mazurek
Lecture AQ, GE, MB, PT, S
Exercise is not always beneficial. In fact working out can be too much of an energy drain - a stress - leading to pain, injury and demotivation - precisely the issues we normally workout to avoid! Many people are too tired to work out, and so don’t do any kind of movement at all. Working In is a system of modifying exercises such that the net result is
energy accumulation. Developed by Paul C.H.E.K, this method cultivates and maintains well-being, increases vitality and can be used with all levels of clients. You’ll learn simple effective methods to determine how much vitality your client has, and when a Work In session may produce better results than a traditional workout.

444 Luscious Legs & arm Candy (AQUA - Shallow Pool) with Jeff McMullen
Workshop AQ
Are your aquatic participants feeling a little bottom heavy or not quite sporting the “MaDonna” arms they dream about? Who says you can’t do a total body annihilation of your upper body and/or lower body separately in the aquatic environment? 30 minute, time efficient classes are the RAVE and are great class offerings to add to any schedule looking to maximize pool usage and space. Using the unique qualities of the water and the tools of the trade, explore new exercise sequences and training regimes designed to sculpt sinewy legs and rip arms to oblivion.

445 Partner Yoga with Leah Husk
Workshop GE, MB
Come experience a deeper practice using trust, stability, strength and focus, all with the help of a friend! In partner yoga, healing touch and encouragement serve as core principles helping to cultivate the ability to achieve active postures and flexibility. Have fun with this one! Bring a friend! Don’t have one handy? Come and make a new one and learn the art of zen and playfulness.

446 The Skinny Jean Workout with Leah Husk
Workshop GE
Feel great and rock your favorite pair of jeans. Mold your body into a healthy and aligned physique, with elongated, well-toned muscles. Challenge yourself to go to the next level targeting your core, glutes and inner thighs like never before with new and innovative combinations of exercises! Attain core strength and the calm and grace and the long lean lines of a ballerina!

447 Bombshell Back & Booty with Bands with Abbie Appel
Workshop GE, PT
This hands-on dynamic workshop is all about training the posterior and lateral chains with tubing. Learn why you want to train the muscles of the back and butt together and how to get them to function more effectively by stabilizing, producing more force and ultimately aesthetically looking better. Develop fresh movements and enhance fundamental ones with a variety of progressions and modifications to challenge everyone in your classes from beginning to end.

448 Schwinn® Cycling: Presents Robert Sherman’s Favorite Ride: Inspired Intensity with Robert Sherman
Cycling CY
We all want to know what the experts are saying, playing, and doing in their classes and here is your chance! Join Robert Sherman for a unique and memorable ride that will look deeper into what drives each one of us to challenge and focus on reaching our personal best. This ride will have everything you need, motivation, music, energy, and to top it off, a class design sheet breaking down every stage for you to use right away in your classes!

449 Motivation Transformation - Overcome Your Excuses with Gene Zannetti
Lecture GE, MB, PT, S
When Tony Horton meets Tony Robbins you get a change that lasts. The barrier between you and the body of your dreams is mental - motivation & discipline. Motivation Transformation will teach you how to overcome your excuses forever through proven research in the Psychology of Eating and Exercise.

450 Hydro-Fit® Deep H2O Sport Cross (AQUA - Deep Pool) with Craig Stuart
Workshop AQ
Prepare your students and athletes for better function and improved performance on land. Integrate sport-specific conditioning drills with balance & agility training to challenge all the systems in the body.

451 LTS: LeHIP with Jenn Hall
Workshop GE, PT
Using the LEBERT EQUALIZER as the star of the class, along with the Buddy System and Stretch Strap, LeHIP combines HighIntensity training with Power using multiple methods of proven-effective, interval training to create a fun and challenging fitness format. LeHIP training features familiar fitness choreography and high-energy music in an efficient workout using the EQUALIZER for strength training in Turbulence- Inspired Intervals,
and for agility, speed and power training in 1 to 1 ½ Intervals. Additionally, using the Buddy System for the extra fun factor in “maximum effort, muscle endurance” style intervals using Tabata inspired timing, the class incorporates partner training! The finishing touch is a yoga inspired cool down using the Stretch Strap for complete relaxation. The LeHIP format incorporates a full body, complete interval workout into a challenging 60 min. class that will keep participants coming back for more.

Sunday 10/5/14 4:30 p.m. – 6:00 p.m.

452 LTS: Equalize Your Cardio & Strength with Harold Sanco
Workshop GE, PT
Does your group strength and cardio workout need a boost? Refresh and revitalize your class with a demanding, circuit-style format that integrates the Body Bar® and Lebert Equalizer™. This new group fitness format will show you how to combine dynamic upper- and lower-body movements for a workout designed to improve strength, coordination and cardio capacity among participants of all levels.

453 Mind Blitz with Gene Zannetti
Workshop GE, PT
Train your Brain, Blitz your Body, One Class- Mind BlitZ. Created by the owners of Z-Fanatical Fitness, Mind BlitZ combines research proven Mindset Training and high intensity exercise for all fitness levels. Before you blitz your body with three 10 minute isolation circuits (legs, abs, & arms) you train your brain with a fun Mindset Interaction and energizing affirmations. After you are dripping with sweat you will cool down with deep breathing and finish with a visualization sequence to make change lasting.

454 C.H.E.K Institute: Practical Applications Of Breathing, Posture & Exercise with Ashley Mazurek
Lecture GE, MB, PT, S
Breathing is the highest priority on the totem pole of life, yet the science and practical application of breathing has skipped past the weights room on its way to the mind-body studio! This session brings the research of respiration back to strength training and shows how commonly employed breathing techniques actually work to hinder the biomechanics and physiology of the body. You will learn how to assess breathing patterns as well as identify common problems that can lead to chronic postural and orthopedic problems. Learn how properly timed breathing can facilitate optimal movement and enhance performance.

455 Aqua Kickin’ Mix (AQUA – Shallow Pool) with Jeff McMullen
Workshop AQ
Are you ready for a non-stop, full blown metabolic push without the impact of a traditional kickboxing style workout? Hit the pool and experience the added benefits the aquatic environment adds to cardiovascular conditioning, and full body CORE integration. Learn how to artfully layer upper and lower body punch/kick combinations that maximize results. Explore the 5 CORE based exercises that research indicates are proven to lift seats, tone arms, tighten abdominals and will have your clients and classes “training like a contender” in no time.

456 Yoga Discipline and Dream with Robert Sherman
Workshop GE, MB
Teaching yoga can marry both sides of your being. Understanding the need for discipline and order to create a foundation. Connect that to providing the freedom to explore, experience and disrupt the barriers that hold our potential in the balance. Step into the unknown, learn to teach embracing duality, find yourself and give back.