

DCAC



International

**FITNESS EDUCATION CONFERENCE
AND TRADE SHOW**

AUGUST 4-8, 2010

HILTON ALEXANDRIA MARK CENTER
in Alexandria, Virginia

*Group Exercise Certification,
Personal Training Certification,
and 240+ Continuing Education Sessions
for Fitness Professionals in:*

Group Exercise • Personal Training
Yoga • Pilates • Dance • Nutrition
BOSU • Aquatics • Spinning™ • Indo-Row
Athletic Conditioning • Mind-Body Training
Fitness Business Management • and MORE!

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Twist Conditioning Inc.

W.I.T.S.

YogaFit®



W.I.T.S. Reception

Come join us for a fun social that is courtesy of W.I.T.S & DCAC. The night will include various beverages like fine wines, various beers, spring water and soft drinks as well as light hors d'oeuvres. This event is from 7pm - 9pm Friday 8/6/10. Come network with some of the top folks in our industry. An additional Wii drawing for attendee's will be given at the end of the night! Space is limited so register early and RSVP to W.I.T.S. at jdelvec@witseducation.com

New for 2010!

DCAC invites you to join us in Upper Level Lobby Foyer for three special coffee breaks throughout the weekend. Choose a fresh, hot cup of Gourmet Coffee, Gourmet Decaf, or Hot Tea and enjoy the latest and greatest gadgets, clothes and products from our Trade Show demonstrated on the stage. These coffee breaks are totally free! Just an added bonus for you, our valued attendee! Please select regular coffee, decaf, tea or "nothing" when you make your session selections. You will receive a ticket in your welcome packet to redeem your free coffee when you register by May 31, 2010.

Starbucks coffee breaks are sponsored by:

 DCAC Friday August 6th, 2010, 9 am - 10 am

 Dynamix Music Saturday August, 7, 2010 9 am - 10 am

 Fundamental Fitness Products Sunday April 18, 9 - 10 am

DCAC thanks Dynamix and Fundamental Fitness Products for their support of DCAC Houston!



DCAC
International
2010

Greetings from the offices of Fitness Conventions, Inc.

This year the DCAC 2010 International Fitness Conference and Trade Show will offer more variety and programming than ever before. In our 19th year, it is our mission to provide the highest quality training, the world's best presenters and continuing education for group exercise instructors, personal trainers, program directors, club managers and owners, aquatic group exercise instructors, and yoga/pilates/mind body instructors. We have added three completely new rooms to our program that will allow us two more "movement" and one more lecture session per time slot all weekend!

Join us August 4 – August 8, 2010 for our International Fitness Conference, offering 265 fitness education sessions and 26 pre/post conference events taught by the world's leading fitness experts. DCAC continually strives to host the fitness industry's leading experts from around the world in an effort to equip fitness professionals with the tools, skills and knowledge needed for success today, tomorrow and into the future.

We are excited about our 19th annual Conference & Trade Show and appreciate your continued support through the years. DCAC has been a success because of your ongoing participation and involvement

We will look forward to seeing you this summer!

Yours in health,

Alison Boyd and Shannon Salisbury

Producers of DCAC Fitness Conferences

DCAC
2010

DCAC General Office Information

8141 Solitude Lane
Mechanicsville, VA 23111

www.dcacfitness.com

800-DCAC-551 (toll-free)

804-559-0464 (office)

804-559-6598 (fax)

dcacfitness@aol.com



DCAC staff (from left to right): Jamie Corell, Shannon Salisbury, Alison Boyd, Gloria Holt, and Jill Spencer

At all our events you will find the industry's foremost presenters from around the world offering the latest health related research, trends, and training techniques. Listed below are the names of some of the presenters who will be offering sessions during our conference. For complete list of presenters and biographies, go to www.dcacfitness.com and click on the "Alexandria" tab and then click on "Presenters."

Abbie Appel
Terri Arends
Pat Backe
Gail Bannister-Munn
Melissa Baumgartner
Leslee Bender
Lawrence Biscontini
Douglas Brooks
Jeannie Brown
Johnson
Kwame Brown
Sherry Catlin
Suzie Celentano
Marcie Clark
Scott Colby

Fabio Comana
Mary Comfort
Candice Copeland-
Brooks
Kathryn Coyle
Josh Crosby
Jay Del Vecchio
Laurie Denomme
Melanie Douglass
Michael Dudley
Bishop Garland
Teri Gentes
Patrick Goudeau
Clay Grant
Trina Gray

Linda Grymes
Jenn Hall
Ariel Hernandez
Leah Husk
Amy Hyams
Rob Johnson
Dawn Juarez
June Kahn
George Kassouf
Petra Kolber
Jeff Krabiel
Stacey Lei Krauss
Len Kravitz
Misha Laird
Charles Little

Sarah Manson
MaryBeth Marotto
Becky Martin
Ashley Mazurek
Pete McCall
Irene McCormick
Jeff McMullen
David Mesirow
Tricia Murphy Mad-
den
Mindy Mylrea
Amy Nixon
Kim Pace
Lori Patterson
Laura Ribbins

Beth Shaw
Robert Sherman:
Emily Splichal
Craig Stuart
Vivian Thurman
Patrizia Tombesi
Misty Tripoli
Jane Vaganek
Manuel Velazquez
Debi Vincent
Ken Weichert
Derrick Wilburn
Erica Wilson
Rose Zahnn



EXHIBITING AND ADVERTISING OPPORTUNITIES

Want to exhibit your company's products and services at DCAC's 2010 Conference and Trade Show? High visibility booths mean high volume sales! As an exhibitor, you will find the trade show at the Hilton Alexandria Mark Center convenient, centrally located amidst all the events and activities, and open for extended hours to allow for lots of shopping! In addition, we are offering numerous advertising opportunities for both exhibiting and non-exhibiting companies! Visit our web site at www.dcacfitness.com for more details.

SHOPPING AT THE TRADE SHOW

Everything to do with fitness all in one place! The trade show will have all the latest in fitness equipment, software programs for trainers and counselors, information for personal trainers looking to expand their business, workout apparel and much more including music and videos. Products are specially priced for the show. Admission to the tradeshow is FREE and open to the public. For details on DCAC 2010 exhibitors and sponsors, check out our web site at www.dcacfitness.com.

CONTINUING EDUCATION CREDITS

PLEASE NOTE: DCAC will not be handing out a cd-rom at this conference. Each attendee will receive a notebook and pen. Outlines for sessions will be available to download from the DCAC web site prior to the conference beginning 7/16/2010.

DCAC 2010 will offer over 20 contact hours worth of continuing education. Pre-conference Events and Specialty Seminars will be worth additional contact hours as well. CEC's for AAAI, ACE, AEA, AFAA, NETA, NSCA, and WITS are in the application process. A complete list of specific credits per session will be available on our web site at www.dcacfitness.com around 5/15/10. A full list will also be available on site at the DCAC 2010 registration booth, Thursday, August 5, 2010. Continuing Education credits (CEC'S) are dependent upon session selection. Please note that CEC's are only granted for workshops and lectures, but not for master classes, however, each certifying organization has unique standards and awards credits differently.

Preconference & Specialty Events Schedule

DATE	TIME	CRS #	PRECON TITLE	PRESENTER	WORKSHOP FEE		
FRI 8/6	6:30pm – 8pm	800	Adult CPR & AED Training	Sussman	\$40.00		
SAT 8/7	6:30pm – 8pm	801	Adult CPR & AED Training	Sussman	\$40.00		
THU 8/5	7pm – 8:30pm	802	The African Drum Dance	Little	\$30 before 6/30	\$40 after 6/30	
THU 8/5	10am – 4pm	803	Balletone® Sole Synthesis	Hall	\$99 before 6/30	\$129 after 6/30	
THU 8/5	5pm – 9pm	804	Beamfit™	Mesirow	\$89 before 6/30	\$99 after 6/30	
						Purchase a beam for an additional \$99	
THU 8/5	5pm – 9pm	805	Bender Ball® Foundations	Biscontini	\$79 before 6/30	\$99 after 6/30	
THU 8/5	8:30am – 6:30pm	806	C.H.E.K Institute Equal, But Not the Same!	Mazurek	\$149 before 6/30	\$199 after 6/30	
THU 8/5	9am – 5pm	807	The Coaching Approach to Fitness	Baumgartner	\$149 before 6/30	\$169 after 6/30	
THU 8/5	9am – 1pm	808	Core Foundations for Movement	Denomme	\$79 before 6/30	\$99 after 6/30	
THU 8/5	8:45am – 3:15pm	809	Deep Water Training Day	Stuart	\$99 before 6/30	\$129 after 6/30	
THU 8/5	12pm – 6pm	810	Flirty Girl Fitness™ The Flirtification	Hall/Myler	\$169 before 6/30	\$199 after 6/30	
THU 8/5	9am – 4pm	811	Head & Shoulders, Knees and Toes: An Advanced Yoga Alignment Workshop	Laird	\$99 before 6/30	\$129 after 6/30	
THU 8/5	10am – 4pm	812	Intensive Coach Training	Pace	\$129 before 6/30	\$149 after 6/30	
THU 8/5	1:30pm – 6pm	813	Om-Powering Older Adults	Comfort	\$79 before 6/30	\$99 after 6/30	
THU 8/5	5pm – 9pm	814	Rolling Ropes™	Kolber	\$ before 6/30	\$ after 6/30	
THU 8/5	8am – 12:30pm	815	Stop Being A Human Doing	Celentano	\$79 before 6/30	\$99 after 6/30	
THU 8/5	8:30am – 5pm	816	The Success Express	Colby/Wilburn	\$ before 6/30	\$ after 6/30	
THU 8/5	5pm – 9pm	817	Urban Striptease™ Aerobics Master Training	Murphy/Madden	\$ before 6/30	\$ after 6/30	
THU 8/5	10am – 5pm	818	Whole Self Wellness	Gentes	\$ before 6/30	\$ after 6/30	
THU 8/5	9am – 5pm	819	YogaFit® Basics	Moreno	\$ before 6/30	\$ after 6/30	
The following Pre Conference & Specialty Programs have special registration instructions listed							
THU 8/5	8:30am – 5:30pm		ACE Functional Training & Assessment Workshop	Comana	\$175 before June 30 (Register directly at 800-625-3636)		
THU 8/5	9am – 5pm		Boot Camp Challenge®	Patterson	To register call Lori Patterson at 636-734-8594		
THU 8/5	8am – 4:30pm		NETA Group Exercise Certification Exam	NETA	\$199 (Register direct at 800-237-6742 or www.netafit.org)		
WED 8/4 & THU 8/5	8am – 5pm 8am – 3pm		NETA Personal Trainer Certification Exam	NETA	\$349 (Register direct at 800-237-6742 or www.netafit.org)		
THU 8/5	8am – 12pm		NSCA-Certified Personal Trainer® Exam (NSCA-CPT®)	NSCA	\$235 NSCA members	\$370 non-members	
						(Register direct at 800-815-6826 or 719-632-6367 or certification@nsca-cc.org)	
THU 8/5	12:30pm – 6pm		NSCA-Certified Strength and Conditioning Specialist® (NSCA-CSCS®)	NSCA	\$260 NSCA members	\$395 non-members	
						(Register direct at 800-815-6826 or 719-632-6367 or certification@nsca-cc.org)	
THU 8/5	8am – 5pm		Spinning® Instructor Orientation	Juarez/Arends	\$325 (Register direct at 800.847.SPIN (7746) or 310.823.7008 or www.spinning.com)		
THU 8/5	7pm – 9pm		Spinning® A Perfect Storm	Arends/Juarez/ Krabiel	\$75 (Register direct at 800.847.SPIN (7746) or 310.823.7008 or www.spinning.com)		

For full descriptions of each conference session listed above, please visit our web site at www.dcacfitness.com. Or, you can request a printable copy of the descriptions by sending an email to dcacfitness@aol.com or call us at 1-800-DCAC-551

Preconference & Specialty Events

On Wednesday Aug. 4 and Thursday Aug. 5, 2010, DCAC will be offering a number of diverse and exciting Pre Conference & Specialty programs. These programs (listed below) are separate from the actual DCAC 2010 International Fitness / Personal Training / Mind-Body / Pilates conference sessions, and there are separate fees for each. Partial CEC information has been listed for these events. Additional information will be available once the CEC application process is complete. Please check our web site at www.dcacfitness.com for the latest updates. **PLEASE NOTE:** The following descriptions are modified/shortened for the brochure. If you would like to review the full descriptions of each course being offered at DCAC Alexandria 2010, please go to www.dcacfitness.com and click on Washington, DC. Then, click on Registration/Event Info.

ADULT CPR & AED TRAINING

Two (2) Year Certification / Re-Certification Class

Don Sussman of "Know CPR"

#800 Fri. 8/6 • 6:30 pm – 8 pm and

#801 Sat. 8/7 • 6:30 – 8 pm

\$40 PER PERSON

Special DCAC Rate includes all fee, handouts, books and training

THE AFRICAN DRUM DANCE

Charles Little

#802 Thurs. 8/5 • 7 pm – 8:30 pm

Master Class

Join Charles for a soul-stirring experience of African Dance combined with the powerful rhythms of the drums. Come find your roots!

\$30 BEFORE JUNE 30 / \$40 AFTER JUNE 30



SOLE SYNTHESIS

Jenn Hall

#803 Thurs. 8/5 • 10 am – 4 pm CEC's: 0.6 ACE and 6.0 AFAA

When barefoot training meets strength, cardio and flexibility in one workout, fitness takes on a whole new meaning. Sole Synthesis is "simplicity through triplicity" ... no fancy moves are used, just unique twists on foundational fitness moves to get you started. The idea is to simply use movements you've done for ages, without extra equipment, and redefine your expectations. This session is an elevated functional training program that is deceptively challenging; take your shoes off and see what your SOLE can do!

\$99 BEFORE JUNE 30 / \$129 AFTER JUNE 30



BEAMFIT™

David Mesriow

#804 Thur. 8/5 • 5 pm – 9 pm CEC's: 0.4 ACE, 4.0 AFAA

Beaming™ stands for Balancing Experiences with Activity to Motivate life change. The Beamfit™ balance challenges harmonize familiar physical movements with mind-body philosophy as you explore barefoot and somatosensory training while integrating balance, precision, stability, strength, endurance, stretch, and much more.

\$89 BEFORE JUNE 30 / \$99 AFTER JUNE 30

(purchase a beam for an additional \$99)

Savvier Fitness BENDER BALL® STRONG HEALTHY BACK

Lawrence Biscontini

#805 Thurs. 8/5 • 5 pm – 9 pm CEC's: ACE and AFAA cec's available

Your clients and students may feel that they have to work on expensive back or strength training equipment, but in truth your own body is the finest machine made when you have the knowledge how to use it.

This program is designed to give you the understanding of the analysis of the foot and how it affects the entire kinetic chain. You will learn how a postural assessment can help your students in everything they do from daily activities to hard core training.

\$79 BEFORE JUNE 3 / \$99 AFTER JUNE 30



C.H.E.K INSTITUTE EQUAL, BUT NOT THE SAME! CONSIDERATIONS FOR TRAINING FEMALES

Ashley Mazurek

#806 Thurs. 8/5 • 8:30 am – 6:30 pm CEC's: .9 ACE and 7.0 AFAA

This interactive seminar presents a scientifically founded approach to training female, based upon current research and years of Paul Chek's clinical experience treating orthopedic disorders in women. Dispelling common myths and misconceptions, this seminar is sure to provide a paradigm shift for the exercise professional.

This course will provide cutting edge information sure to improve your success with female clients.

\$99 BEFORE JUNE 30 / \$149 AFTER JUNE 30

Preconference & Specialty Events

THE COACHING APPROACH TO FITNESS – THE FUNDAMENTALS OF LIFESTYLE WELLNESS COACHING

Melissa Baumgartner

#807 Thurs. 8/5 • 9 am – 5 pm CEC's: .7 ACE, 7.0 AFAA

This full day interactive workshop is designed for the Fitness/Wellness professional who desires to learn and develop masterful techniques from the methodologies of Lifestyle Coaching. Learn valuable communication skills and understanding the process of behavior change; as well as learning and applying techniques to reach short- and long-term goals. Workshop fee includes a comprehensive training manual, a certificate of course completion and worksheets to get you started in your own coaching practice.

\$149 BEFORE JUNE 30 / \$169 AFTER JUNE 30

CORE FOUNDATIONS FOR MOVEMENT

Laurie Denomme

Thurs. 8/5 9 am – 1 pm Course #808 CEC's: 4.0

Function begins at the trunk! Because the muscles of the trunk are the foundation for all body movements, core stability and endurance play a critical role in our day to day activities. This specialty track will teach you how to awaken the deep core muscles, enabling efficient movement. All clients will benefit from an instructor who understands deep core training as a key component of total body conditioning.

\$79 BEFORE JUNE 30 / \$99 AFTER JUNE 30

DEEP WATER TRAINING DAY

Craig Stuart

#809 Thurs 8/5 • 8:45 am– 3:15 pm CEC's: 5.0 AEA

Go beyond basic training techniques and challenge your students to achieve optimal results through interval and circuit training. Learn a variety of deep-water training formats that use sport-specific conditioning drills and balance & agility training to challenge all the systems in the body.

\$99 BEFORE JUNE 30 / \$129 AFTER JUNE 30

* Note – this session will be held off site from the main conference hotel. Please see web site for more detailed information regarding location.



THE FLIRTIFICATION

FlirtyGirlFitness™ Jenn Hall & Mindy Mylrea

#810 Sun. 8/8 • 12 p.m. – 6 pm CEC's: .5 ACE and 5.0 AFAA

Flirty Girl Fitness™ explodes on the fitness scene with outrageously unique and sexy classes to inspire woman to get fit, have fun and feel fabulous! Our fun, easy to learn dance moves bring together the perfect combination of cardio and strength training while promoting positive body image, self-esteem, and confidence. A Flirty Girl Booty Beat DVD, Flirty Girl Booty Beat Advanced DVD, Flirty Girl Booty Beat Music CD, Foundational Moves DVD, and a Training Manual and Certificate are included in the price.

\$169 BEFORE JUNE 30 / \$199 AFTER JUNE 30

HEAD, SHOULDERS, KNEES & TOES: A YOGA ALIGNMENT WORKSHOP

Misha Laird

#811 Thurs. 8/5 9 am– 4 pm

CEC's: 6 contact hours for Yoga Alliance

9:00 a.m. – 12:00 p.m.

Head & Shoulders: Yoga Alignment Workshop I

Created for yoga instructors who are ready to take their understanding of essential yoga postures to the next level, this session takes an in-depth look at shoulder alignment in downward facing dog. All explorations are designed to optimize power in the upper body while developing full range of motion in the shoulders and freedom in the neck.

1:00 p.m. – 4:00 p.m.

Knees & Toes: Yoga Alignment Workshop II

Just looking at knees & toes in basic yoga poses can give instructors valuable information about how to guide students into safer places, more effective alignment and typically a more vibrant yoga experience! We'll explore adjustments through the spine, pelvis and legs to create more stability and power in our poses. Wall work and hands-on adjustments included.

\$99 BEFORE JUNE 30 / \$129 AFTER JUNE 30

INTENSIVE COACH TRAINING

Kim Pace

#812 Thurs. 8/5 • 10 am – 4 pm

CEC's: 0.6 ACE

These concentrated sessions will share with you the health, fitness, and wellness industry's cutting-edge best practices. Described as "The pathway for how we move through life", the Efitte® Exercise Training Method is a mastery of movement practice that unifies coaching and training platforms to enable you to expand your business platform and increase your income potential.

\$129 BEFORE JUNE 30, \$149 AFTER JUNE 30



OM-POWERING OLDER ADULTS... CENTEREDSENIORS™ BY CENTEREDBEING™

Mary Comfort

#813 Thurs. 8/5 • 1:30 pm – 6 pm

CEC's: ___

Get centered! This four hour workshop by centeredbeing welcomes fitness instructors, personal trainers, activity directors, physical and occupational therapists, and mental health professionals who wish to help older adult (senior) clientele to live more centered, healthy and happy lives. Workshop participants will learn how to apply the centeredbeing 8 principles of centered living to the unique health condition challenges common to the senior/older adult population, including but not limited to: osteoporosis, diabetes, parkinsons's disease and dementia. The program also explains how the centeredbeing 8 principles of centered living can enhance overall physical, social, and mental well-being by om-powering the activities of daily living and encouraging fall-prevention, self-efficacy, and socialization skills.

\$79 BEFORE JUNE 30 / \$99 AFTER JUNE 30

Preconference & Specialty Events

ROLLING ROPES™

Petra Kolber

#814 Thurs. 8/5 • 5 pm – 9 pm

CEC's: ___

NOT ONE JUMP IS REQUIRED!

Tired of recycling old classes? Tired of trying to “fill” the hour? Rolling Ropes gives you an exercise methodology that trains all the components of fitness in one session. Created by David Weck, you will discover ways to create a mastery of movement for your students utilizing the BOSU® principles that are now applied to a rope. This technique will place you and your class on the path to mastery - mastery of your body and mastery of your movement - all of which will last a lifetime.

\$ ___ BEFORE JUNE 30 / \$ ___ AFTER JUNE 30



STOP BEING A HUMAN DOING... BECOME A CENTEREDBEING™!

Suzie Celentano

#815 Thurs. 8/5 • 8 am – 12:30 pm

CEC's: ___

Discover how to inspire your self and your clients to live more happy, healthy, and centered lifestyles, with centeredbeing! Inspired by the Pilates Principle of Centering, and the mind/body/spirit connection, this exciting new 4-hour workshop will “om-power” you and your clients to stay centered every day.

\$79 BEFORE JUNE 30 / \$99 AFTER JUNE 30

THE SUCCESS EXPRESS: LAUNCHING AND RUNNING A SUCCESSFUL FITNESS BUSINESS

Derrick Wilburn & Scott Colby

#816 Thurs. 8/5 • 8:30 am – 5 pm CEC's: 8 credit hours for ACSM, AEA, NSCA (NFPT & NSCF pending)

Attend a day of Continuing Education Sessions that will help you launch your business, improve your skills and be successful in the fitness industry.

8:30 a.m. – 10:30 a.m.

Fitness Business 101/What IS Marketing? Wilburn

10:30 a.m. – 12:00 p.m.

Developing Private Studios Wilburn

12:00 p.m. – 12:30 p.m.

Lunch on Your Own

12:30 p.m. – 2:00 p.m.

Start & Grow A 6 Figure Bootcamp Business Colby

2:00 p.m. – 3:30 p.m.

Generating Clients through Business Networking & Referrals Wilburn

3:30 p.m. – 5:00 p.m.

Using Social Media to Grow Business Colby

\$139 BEFORE JUNE 30 / \$159 AFTER JUNE 30



URBAN STRIPTEASE™ AEROBICS MASTER TRAINING

Tricia Murphy

#817 Thurs. 8/5 • 5 pm – 9 pm

CEC's: 0.5 ACE, 5.0 AFAA

Join 1300 instructors worldwide and become an Urban Striptease Aerobics instructor. Take away the skills needed to offer, market and launch your Urban Striptease program. Learn how to choreograph and develop sexy, sensual, safe and challenging movements that can be taught at your facility. Urban Striptease is all about having fun but still creating a challenging exercise class. Experience what it feels like to help women in your area feel more confident inside and out. Training includes training manual.

\$89 BEFORE JUNE 30 / \$119 AFTER JUNE 30

WHOLE SELF WELLNESS

Teri Gentes

#818 Thurs. 8/5 • 10 am – 5 pm

CEC's: Pending

Eating is a Given! Knowing What to Eat and How to Cook is a Necessity. Statistics reveal 80% of diseases are related to diet and lifestyle. This full day session educates, empowers and enables you to improve your dietary habits with practical user friendly information delivered in a fun, educational, and inspiring “food focused” atmosphere with actual “food prep” demo’s and taste testing. Eating is essential and Natural Whole Foods Gourmet Nutritionist and cooking coach Teri Gentes shows you how to do it well and enjoy every bite. The Lineup includes:

\$119 BEFORE JUNE 30 / \$139 AFTER JUNE 30



YogaFit®
Training Systems
www.yogafit.com

YOGAFIT® BASICS

Sheila Moreno

#819 Thurs. 8/5 • 9 am – 5 pm

CEC's: 0.8 ACE

This class combines traditional yoga poses with modern fitness moves. Special attention is given to modifications for each pose, catering to multiple fitness levels, body types, and special conditions. The result is a safe, incredible body/mind workout.

\$199 BEFORE JUNE 30 / \$209 AFTER JUNE 30



ACE FUNCTIONAL TRAINING & ASSESSMENT WORKSHOP

Fabio Comana

Thurs. 8/5 • 9 am – 5:30 pm CEC's: .8 ACE

Functional training continues to grow in popularity as the foundation for fitness and sports conditioning programs. Training to improve posture, movement efficiency and overall muscular performance related to a variety of activities defines functional training. Enhance your knowledge and applied skills with the latest tools and techniques in personal training to stay ahead of the game. A broadband internet connection (cable) or DSL is necessary to view the prerequisite online video that accompanies this course. Access to the video is provided with your confirmation letter approximately two weeks prior to the workshop.

\$175 BEFORE JUNE 30

To register call ACE directly at 800-625-3636.

Preconference & Specialty Events

BOOT CAMP CHALLENGE®

Lori Patterson

Thurs. 8/5 • 9 am – 5 pm CEC's: .7 ACE, 5.25 AFAA

Boot Camp Challenge is a complete turnkey business model that produces immediate income for you and results for your members. For fitness facility owners and individual fitness professionals, Boot Camp Challenge is a complete licensed program that includes staff training by Master Boot Camp Challenge trainers, complete workout plans, assessment tools and marketing tools. For pricing and registration please call (636) 734-8594 or email at lori@bootcamp-challenge.com.

To register for this class and/or to receive more information on pricing, call 636-734-8594 or send email to lori@bootcamp-challenge.com.



NETA GROUP EXERCISE CERTIFICATION EXAM

Thurs. 8/5 • 8 am – 4 pm

The NETA Group Exercise Instructor Certification is designed for individuals interested in teaching exercise in a group setting. NETA has the only NCCA Accredited Group Exercise Certification that provides training. Certification is valid for two years.

Topics include:

- Anatomy, Kinesiology, Physiology & Nutrition
- Cueing, Choreography, Communication & Music Skills
- Safe Exercise Evaluation

Passing the NETA Group Exercise Instructor Certification exam demonstrates to potential employers that you have obtained the fundamental knowledge required to become a successful instructor.

Recommended Materials:

NETA Fitness Professional's Manual: This complete guide is essential to prepare you for the Group Exercise Instructor and the Personal Trainer Certifications. #125 • \$45 (Purchase 45 days in advance.)

Group Exercise Instructor Study Guide & Practice Exam 50 questions. Item #26 • \$25

Practical Skills For Group Exercise Great study tool. Item #901 • \$79

\$199 DCAC FITNESS RATE / \$249 STANDARD

To register, visit www.netafit.org or call 1-800-237-6742



NETA PERSONAL TRAINER CERTIFICATION EXAM

Wed. 8/4 • 8 am – 5 pm

Thurs. 8/5 • 8 am – 3 pm

CEC's – 14 NETA,
1.4 ACE, 11 AFAA

The NETA NCCA Accredited Certified Personal Trainer Certification is designed for trainers who wish to instruct clients individually or in small groups. The curriculum and exams are continuously updated to stay on the cutting edge of the fitness industry. Certification is valid for two years.

Topics include:

- Exercise Science
- Health & Fitness Assessments
- Exercise Programming for Healthy Adults
- Exposure to Cardiovascular & Strength Training Equipment
- Dynamics of Communication & Leadership Skills

Recommended Materials:

NETA Fitness Professional's Manual: This complete guide is essential to prepare you for the Group Exercise Instructor and the Personal Trainer Certifications. #125 • \$45 (Purchase 45 days in advance.)

Personal Trainer Study Guide & Practice Exam 50 questions. Item #16 • \$25

Personal Trainer Exam Prep DVD Set Complete live workshop presentation is great for aspiring and seasoned personal trainers.

75 Practical Exercises, Live Workshop Presentation. Item #150 • \$99

Pre-requisite: Proof of current CPR or provide proof after workshop to receive certificate.

\$349 DCAC FITNESS RATE / \$399 STANDARD

To register, visit www.netafit.org or call 1-800-237-6742



NSCA – CERTIFIED PERSONAL TRAINER® EXAM (NSCA-CPT®)

Thurs. 8/5 • 8 am – 12 pm

The NSCA-Certified Personal Trainer® credential is ideal for those who train active and sedentary clients in a variety of settings. Earning the nationally accredited NSCA-CPT credential required you to pass on rigorous personal training examinations in the industry (average 57% pass rate).

To receive additional information and a registration packet for the NSCA-CPT exam, contact NSCA Headquarters at (toll free) 800-815-6826 or 719-632-6367 or e-mail: certification@nsca-cc.org Please visit www.nsca-cc.org for more information about the exam as well as online exam registration, and exam review material online order form and study suggestions. The early registration deadline is June 30, 2010, and the registration cutoff is June 30, 2010.

\$235 FOR NSCA MEMBERS / \$370 OR NON-MEMBERS

Preconference & Specialty Events

NSCA CERTIFICATION COMMISSION
The Continuing Body of the National Strength & Conditioning Association

NSCA – CERTIFIED STRENGTH AND CONDITIONING SPECIALIST® EXAM (NSCA-CSCS®)

Thurs. 8/5 • 8 am – 12 pm

Certified Strength and Conditioning Specialists® (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.

To receive additional information and a registration packet for the NSCA-CSCS exam, contact NSCA Headquarters at (toll free) 800-815-6826 or 719-632-6367 or e-mail: certification@nsca-cc.org. Please visit www.nsca-cc.org for more information about the exam as well as online exam registration, and exam review material online order form and study suggestions. The early registration deadline is June 30, 2010, and the registration cutoff is June 30, 2010.

\$260 FOR NSCA MEMBERS / \$395 NON – MEMBERS



SPINNING® INSTRUCTOR ORIENTATION

Dawn Juarez & Terri Arends

Thurs. 8/5 • 8 am – 5pm

CEC's: 8.0 AFAA

Become one of the world's most sought-after fitness instructors—a certified Spinning® Instructor. This 9-hour Orientation is your first step. Topics include bike setup, the five core movements, three hand positions, choosing music, creating a 40-minute Spinning journey, safety considerations, teaching techniques, Spinning philosophy, heart rate training and a three-phase instructor training program. After completing this Orientation, you will be qualified to teach the Spinning® program at any official Spinning center throughout the world. Certification will be awarded after completing the self-paced instructor training program and successfully passing the assessment. Please bring a heart rate monitor, water bottle, energy food, towel, clothes for two rides, bike shorts, stiff-soled shoes and a pen or pencil. There will be a lunch break mid-day.

FEE: \$325 (plus shipping & handling for course materials)

Registration fee includes the Spinning® Instructor Manual. A certified instructor card will be issued upon successful completion of the assessment. To register by phone call 800.847.SPIN (7746) or 310.823.7008. To register online visit www.spinning.com.



SPINNING® – A PERFECT STORM

Terri Arends, Dawn Juarez & Jeff Krabiel

Thurs. 8/5 • 7 pm – 9 pm

CEC's: 2 STAR Points

It starts with a poised energy.... it builds and gathers strength it twists, it turns, it interacts with a force..... a force of three.... Be a part of the powerful energy and experience the perfect alignment of nature's passion brought to life by a commanding sound journey with Master Instructors Jeff Krabiel, Dawn Juarez, and Terri Arends. Brace yourself for the challenge that will fearlessly unleash the strength from within. Feel it's fury.... A storm is coming....

FEE: \$75 (15% discount for SPIN® members)

To register call 800.847.SPIN (7746) or 310.823.7008 or online at www.spinning.com.





SPECIAL HOTEL RATES

The Hilton Alexandria Mark Center Hotel is offering specially discounted room rates for DCAC participants. Only \$139.00 for single, double, triple & quad occupancy! Hurry and reserve your room today. To make your sleeping room reservation, please call the Hilton Alexandria Mark Center

directly at 1-703-845-1010 or by calling the toll-free number 1-800-HILTONS (1-800-445-8667). To reserve a room online, go to dcacfitness.com/events/washington-dc/travel-lodging/ and click on the "book your hotel room" link. To receive these special rates, you MUST specify that you are an attendee of the DCAC 19th Annual Washington, D.C. International Fitness / Personal Training / Mind-Body Conference & Trade Show. Special DCAC rates apply only to reservations made before July 7, 2010. After this date, reservations will be accepted based on availability and are subject to regular hotel rates.

FOOD OPTIONS

The hotel has many food options/restaurants within two miles of the hotel. In addition they have the restaurant FINN AND PORTER on premises. Finn and Porter has a fantastic sushi bar, dinner menu and reasonable breakfast and lunch options. In addition to these options, DCAC and the Hilton will be offering the following to give attendees easy and quick solutions for meals during the main convention. Cash concessions (includes beverages, snacks, fruits, yogurt, and sandwiches) Friday & Saturday, 5:30 a.m. – 4 p.m., and Sunday, 5:30 a.m. to 1 p.m. We will have a special SOUP AND SALAD BAR available on Friday & Saturday from 11:30 a.m. to 2 p.m. The soup and salad bar will be \$13 a person and it will include 2 "Soups of the Day", one of which will be a vegetarian option. The salad bar will include a minimum of 12 items such as tossed mixed greens, sliced cucumbers, tomato wedges, shredded carrots, ripe olives, pickled beets, garbanzo beans, sliced banana peppers, sunflower kernels, shredded cheese, chopped hard boiled eggs, croutons, etc. There will also be a minimum of four dressings offered.

PARKING

There is FREE parking on the hotel property. Simply park in the hotel lot. As you leave the parking lot, identify yourself as a DCAC attendee. There will not be a charge for parking. In an attempt to handle overflow parking, this year we have contracted 150 additional FREE parking spaces. If the hotel lot is full, you will find these additional FREE

parking spaces in and around the hotel area. These additional spaces will be identified clearly with signage as available for DCAC attendees to use.

TIPS FOR YOUR TRIP

You will be moving quickly from session to session and sometimes from one location to the other, so pack accordingly. You might want to bring a sweatshirt or cover-up with you to sessions each day in case you get cold during those times when you aren't exercising. The conference and trade show are a great networking opportunity, so don't forget to bring your business cards. Many participants bring snacks with them such as bagels, crackers, energy bars, etc. Please note that NO audio taping, videotaping, or photography will be permitted at any time in any conference activity sessions except by authorized personnel. As a courtesy to others, please put your pager on "vibrate" and turn your cell phone off while in sessions. In response to attendee requests and to preserve the educational atmosphere and safety of all participants, children and babies are not allowed in sessions.

GETTING TO THE CONFERENCE

BY AIR



The closest airports are the **Dulles International Airport (IAD)** and **Ronald Reagan National Airport (DCA)**.

The Washington Flyer is a van service that provides transportation for Dulles Airport and the Ronald Reagan National Airport. Go to the Washington Flyer booth and request transportation, the cost is \$15.00. Reservations are required 703/685-1400.

The Hilton offers a complimentary shuttle to and from the Ronald Reagan National Airport and Metrorail, Pentagon City Mall and Metrorail and the Pentagon. Call the hotel at 703/845-1010; tell the operator what airline you have arrived on; they will tell you where to meet the shuttle.

BY CAR

If you'll be traveling by car, please refer to the driving directions below. There is ample parking at the Hilton Alexandria Mark Center Hotel, and it is FREE of charge.



DIRECTIONS TO THE HOTEL

The Hilton Alexandria Mark Center Hotel is located 5 miles SW of Washington, DC. Follow route 395 to exit 4 West to Seminary Road.

Address: 5000 Seminary Road, Alexandria, Virginia

Main Conference Sessions

Group/Date/Time

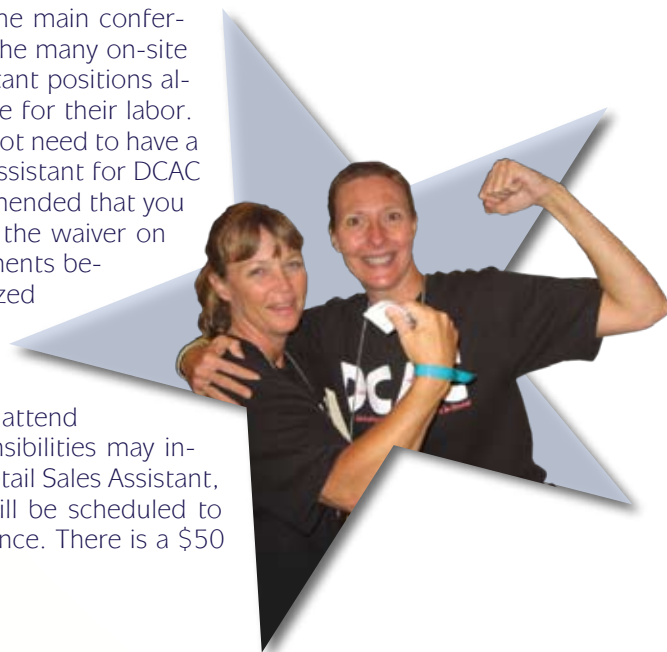
Main Conference Sessions

FITNESS EDUCATION CONFERENCE WEEKEND REGISTRATION

We have lined up three days full of fantastic sessions to provide you with high quality training and continuing education for your area of fitness experience. This registration includes one session of your choice from each time slot during the Fitness Education Conference Weekend Friday 08/06/10 to Sunday 08/08/10.

STAFF ASSISTANT REGISTRATION

Work part-time during DCAC 2010 and receive a discounted rate off the main conference registration! DCAC utilizes the efforts of individuals to assist with the many on-site responsibilities that are required to produce our conference. Staff Assistant positions allow an individual to attend the conference at a reduced cost in exchange for their labor. You do not need to have prior experience in order to apply, and they do not need to have a fitness industry-related background. The deadline to register as a Staff Assistant for DCAC 2010 is 05/31/10. However, space is very limited. Therefore it is recommended that you register as soon as possible. The Staff Assistant Agreement is listed in the waiver on the registration form. Please read and make sure you meet the requirements before registering as a staff assistant. Work schedules cannot be customized around specific sessions. You CAN however, register and pay separately for many of the Pre Conference Events and still be a staff assistant. When you are not working, staff assistants attend sessions just like a regular attendee. CEC's may be earned for both those sessions that you attend in full as well as those for which you are assigned to work. Job responsibilities may include: Setup, Door Monitor, Sound Technician, Registration Assistant, Retail Sales Assistant, Office Staff, Staff Leader, and Teardown. Part-time Staff Assistants will be scheduled to work a maximum of fifteen (15) hours during the length of the conference. There is a \$50 cancellation fee.



How to Register:

ONLINE

To register online, please visit our website at www.dcacfitness.com and click on "Washington DC" Then, click on the yellow "Register Now" button. We accept all major credit cards for online registrations, including VISA, MasterCard, American Express and Discover. You can also register online and indicate that you are mailing a check. Please mail the completed registration form with the check and indicate that you registered online. Online Registration will be open until Sunday 08/01/10 at 5:00pm.

POSTAL MAIL

If registering by postal mail, you may pay by personal check, money order, or credit card. If paying by check please make payable to Fitness Conventions Inc. Mail your completed registration form along with payment in full to DCAC Fitness Conventions, 8141 Solitude Lane, Mechanicsville, VA. 23111 USA. Mailed in registrations must be received by Sunday 08/01/10.

AT THE DOOR (Beginning Thursday 08/5/10)

If registering "at the door," you may pay by personal check, money order, credit card, or cash (US currency only). Bring your completed registration form along with payment in full directly to the DCAC Registration Kiosk onsite at the Hilton Alexandria Mark Center. You will be given a receipt upon registering onsite.

*NOTE: With the exception of registering at the door, once your registration and payment have been processed, you will receive a receipt via e-mail within two weeks. If you do not receive a confirmation by the end of this time period, please contact the DCAC Office to check the status of your registration. *No registrations will be accepted by fax.*

Buyer's Guide



BEAMFIT™

Try BEAMING at DCAC HOUSTON and then take home a Beam for \$99! David Mesirov's Beamfit™

Balancing your Experiences with Activities to Motivate life change. Add the beneFIT of Beaming™ to your LIFE! Don't just get FIT, get BeamFIT!

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All new BOSU® programming, inspired by YOU! Introducing the BOSU® Xplode Cross-Training Series, BOSU® Studio Pilates and BOSU® Stax Elevation System. Arm yourself with tools to satisfy the most demanding clients. Acquire resources to bring out

your passion for fitness, especially for those who need it most. Take advantage of exclusive fitness professional pricing on BOSU® equipment and programming during the event. E-mail sales@bosu.com, find us on Facebook at www.facebook.com/the.official.BOSU.fan, page, or visit the booth for details.



CENTEREDBEING

centering the world.
one centeredbeing at a time.

Calling all Coaches, Fitness Instructors, Personal Trainers, K-12 educators, Senior Center Activity Directors, Health Promotion Specialists and Parents! We offer Free Workouts, Curriculum/Lesson Plans, and Home Studies to om-power you and those you care for to become more centered, happy and healthy! Visit us at www.centeredbeing.com. Share the Love. Live the Joy.



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Visit our booth and enter to win a chance at a \$100 Gift Certificate and receive a FREE Live with Paul Chek Audio CD! Also learn how our Advanced Training Programs can make you one of the most sought-after professionals in the industry! www.chekinstitute.com 800.552.8789

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CHIBOLSTER®

The ChiBolster® Pilates Program incorporates traditional Pilates methods with a modern twist. Recognized by therapists as an effective program to re-educate incorrect movement patterns, you will find that our educational framework provides an easy, effective, flexible and versatile way to build core strength, relieve pain and balance the body for better health and well-being. Valid only for the DCAC event - stop by the SPRI booth for your opportunity to purchase the ChiBolster® products at a 40% discount..Don't Miss Out!!

For more information on the ChiBolster® program and products, visit our website at www.chibolster.com or www.spri.com.



DYNAMIX

Visit the Dynamix Music booth at the DCAC Conference for our buy 3 and receive a 4th CD FREE offer especially for DCAC attendees. For more info visit: www.DYNAMIXMUSIC.com, or call 800-843-6499.



FLIRTY GIRL FITNESS

Become a Flirty Girl Instructor at DCAC. Flirty Girl Fitness, North America's hottest women's fitness club, is expanding and you are invited to join our team! We've designed an amazing new dance-based fitness program "Booty Beat", and we're offering instructor training at DCAC and around the country. It's fun and fabulous. Once you complete the course you'll be able to start teaching the very next day! To register go dcacfitness.com. You can also visit us at flirtification.com or call 800-464-7309



FUNDAMENTAL FITNESS PRODUCTS

Fundamental Fitness Products is offering 20-40% off all of our demonstration products call Chris Anastasoff at 866-207-6308 or e-mail Chris@funfitpro.com to reserve your products today!

GYMSTICK™ GYMSTICK

Gymstick products bridge the gap between indoor and outdoor fitness with a variety of fitness tools. From first timers to the most demanding fitness professionals, Gymstick offers progressive solutions to reach everyone's personal goals. Reserve your Gymstick equipment online before the show at www.gymstickfitness.com and receive the show special by entering coupon code DCACVA



HYDROFIT

HYDRO-FIT is offering special discounts on all aquatic exercise equipment used in sessions at DCAC. WAVE Belts®, Hand Buoys, Noodles, Cuffs and WAVE WEBS® are available at deep discounts. Call 800-346-7295 or visit the HYDRO-FIT booth early to reserve your favorite products. Quantities are limited, so don't miss out!



MAD DOGG ATHLETICS

Visit the Mad Dogg Athletics booth to take advantage of special discounts on equipment and education materials from Spinning®, Peak Pilates®, Resist-A-Ball®, Pilatesstick®, and Bodyblade. Save 25% on demo MVe® Chairs from Peak Pilates when you take them home from the conference!



NETA

NETA, has been training and certifying fitness professionals for over 32 years. It offers a variety of education programs, including NCCA accredited Group-Exercise and Personal Trainer certifications. In addition, NETA offers programs in Pilates, Reformer, Yoga, and many home study courses. NETA's dedicated presenters have trained and certified more than 125,000 fitness professionals nationwide. For more information, call: 800-237-6242 or visit: www.netafit.org



POWER SYSTEMS

Save 25% on all Power Systems classroom equipment, including the Airope™, kōr Kettleball, VersaSteps™, Elite Power Med-Ball™ and more. For more information please call (800) 321-6975 or visit www.power-systems.com.

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SPORT AND HEALTH

24 Convenient Locations in VA, MD and DC

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TWIST CONDITIONING

Twist Sports Conditioning is offering discounts on all demonstration products through Fundamental Fitness Products. Call Chris Anastasoff at 866-207-6308 or e-mail Chris@funfitpro.com to reserve your products today!



URBAN STRIPEASE

Providing Education, Choreography, Music and Programming to clubs worldwide. www.urbanstriptease.com

"NO POLE just SOUL"

DCAC 2010 Registration Form

PART A: ATTENDEE INFORMATION

First Name/Last Name

Street Address

City State Zip Code

Primary Contact Number

Email Address

PART B: REGISTRATION OPTIONS

• FITNESS ED CONFERENCE WEEKEND

Friday August 6 – Sunday August 8
 \$249.00 – deadline 05/31/10
 \$299.00 – deadline 07/31/10
 \$325.00 – onsite registration

• STAFF ASSISTANT REGISTRATION.....

Friday April 16 – Sunday April 18
 \$119.00 – deadline 05/31/10

• PRE CONFERENCE & SPECIALTY EVENTS ...

Please list here the course # and title for your workshop.
 See pages 2-4 for descriptions.

Course # _____ Course Title _____

Course # _____ Course Title _____

Course # _____ Course Title _____

*One Day Rates may be available if space allows after 07/01/10.

• TOTAL

*Group Registrations: If you have a group of 10 or more, please contact Jamie at 1.800.DCAC.551 or dcacfitness@aol.com before you register.

PART C: PAYMENT OPTIONS

Credit Card: VISA MC AMEX DISC

Card Number Exp. Date

Card Holder's Name

Card Holder's Signature

Billing Address

City State Zip Code

Check/Money Order: Payable to: Fitness Conventions Inc.
 # _____ Mail to: DCAC Fitness Conventions
 8141 Solitude Lane
 Mechanicsville, VA 23111

Note: If you register for the Fitness Education Conference Weekend, please send your complete session selection pages (R-1-4 of this brochure) as well as your complete registration form with your payment.

PART D: REGISTRATION POLICIES:

Listed below are the registration policies and procedures for all events at the DCAC 2010 International Fitness Education Conference & Trade Show August 4-8, 2010 in Alexandria, Virginia, USA.

Informed Consent: Please read the following very carefully. By submitting your registration, you hereby agree to and accept all terms and conditions listed below. If you are not in agreement with following, in whole or in part, then you will not be permitted to register for the DCAC 2010 International Fitness Education Conference & Trade Show or any of the events in conjunction with it, August 4-8, 2010.

1. Physical Condition Certificate: I hereby certify that I have no physical condition or defects which would cause undue strain on any part of my body by my engaging in strenuous exercise or other similar activities that I might pursue while participating in the DCAC 2010 International Fitness Education Conference & Trade Show, or any of the events in conjunction with it August 4-8, 2010.

2. Release and Assumption of Risk: I agree that by my participation in the DCAC 2010 International Fitness Education Conference & Trade Show, or any of the events in conjunction with it, from August 4-8, 2010, I expressly assume all risks and full responsibility for any injuries, damages, and losses which I may incur on or about the premises of said events. I do hereby fully and forever release and discharge DCAC/Fitness Conventions Inc., its shareholders, directors, officers, employees, agents, independent contractors and any other affiliates connected with said organization from any and all claims, demands, damages, rights of action or causes of action, liability including that which may arise out of negligence or carelessness on the part of the aforementioned persons or entities, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out of my participation in the DCAC 2010 International Fitness Education Conference & Trade Show, or any of the events in conjunction with it, from August 4-8, 2010. I also understand that I may be video taped, audio recorded, and/or photographed during this event and that DCAC/Fitness Conventions Inc. may use this media for any and all purposes without compensation of any kind to me and without further notice to me or permission from me.

3. Cancellation/Refund Policy: NO REFUNDS! I understand that if I cannot attend the conference, I may transfer my registration to another individual for a \$50.00 processing fee. In the event of a medical emergency or death in the family, I can receive a credit for my registration towards a future DCAC Convention/Event. The credit will be issued, less a \$50.00 processing fee. (Both a transfer and a credit require that written notification by postal mail is received by 07/20/10. Please mail requests to DCAC 2010, 8141 Solitude Lane, Mechanicsville, VA 23111 USA.) Presenters, classes, dates and times are subject to change without notice.

4. Returned Check Fee: A \$35 fee will be charged for all returned checks. No exceptions.

5. Staff Assistant Agreement: (Applies to Staff Assistant Registrations Only) All Staff Assistants must be available to work/attend the entire conference from Thursday August 5 at 6:00 pm until Sunday August 8, 2010 at 4:00pm. NO EXCEPTIONS! You may not be required to work these particular hours, but to make scheduling manageable, we ask that all staff assistants be available during this time period. Staff assistants receive the discounted registration rate in exchange for working approximately 15 hours during the conference. You will be required to attend a staff meeting on Thursday night, August 5th at 6:00 pm at the Hilton Alexandria Mark Center Hotel to review the duties you will be asked to perform during the weekend. You will register like a regular attendee and select a session for each time slot. After the staff assistant work schedule is complete, you will receive your assigned duties. You will be allowed to attend your selected sessions when you are not scheduled to work. For more information, please contact Alison Boyd by emailing cadssboyd@aol.com or calling (804) 397-0469.

I have read and agree to DCAC/Fitness Conventions Inc. terms and conditions listed in Part D: Registration Policies.

Signature Date

DCAC INTERNATIONAL 2010 FITNESS EDUCATION CONFERENCE WEEKEND SESSION SELECTION FORM

This form is used to select sessions when you register for the Fitness Education Conference Weekend, Friday August 6th – Sunday August 8th, 2010. It is not applicable to any pre-conference or specialty programs offered on Wednesday 08/04/10 or Thursday 08/05/10. Please fill out this form completely and be sure to provide your full name (as it appears on your registration form), your phone number with area code and indicate if you have already registered ON BOTH SIDES OF THIS FORM. Listed below and on the next page are the conference sessions in order by date and time. Select the sessions you wish to attend using the numbers (1,2,3) to indicate your first, second and third choices for each time slot. If your choices are not marked in numerical order of preference for any given time slot or the sessions you chose are full, a random session will be assigned for you. In order to submit this Session Selection Form, you MUST a) already be registered for the DCAC 2010 Fitness Education Conference Weekend, or b) submit registration and payment in full simultaneously with your Session Selection Form. Assignment of conference session selections will be processed based on registration order.

* For full descriptions of each conference session please visit our web site at www.dcacfitness.com. Or, send us an e-mail requesting a copy be e-mailed to you at dcacfitness@aol.com.

Group 1 – Friday – 7:00am – 9:00am

- 200 Power Systems® The Ultimate Kettleball Workout *McCormick* 🧘🏻🧘🏻🧘🏻
- 201 Step CELEBRATION! *McMullen* 🧘🏻
- 202 Rotational Circuit *Kolber* 🧘🏻🧘🏻
- 203 Resist-A-Ball® Seamless Strength *Appel* 🧘🏻🧘🏻🧘🏻
- 204 Street Kata *Garland* 🧘🏻
- 205 Spinning® Performance Indoor Riding *Juarez* 🧘🏻
- 206 Everyday Pilates & Posture *Clark* 🧘🏻🧘🏻
- 207 Peak Pilates® Reformer JUMP! *Coyle* 🧘🏻🧘🏻
- 208 YogaFit® Full Body Blast *Shaw* 🧘🏻🧘🏻
- 209 Straight Up Mat *Hernandez* 🧘🏻🧘🏻
- 210 Expose Your “Sole” by Balletone® *Hall* 🧘🏻🧘🏻
- 211 Managing The Mat *Sherman* 🧘🏻🧘🏻
- 212 Beaming™ Bar and BEYOND *Mesirov* 🧘🏻🧘🏻
- 213 Going Functional *Johnson* 🧘🏻
- 214 From Good to Excellent *Comana* 🧘🏻
- 215 C.H.E.K Institute Balance Training for Every Client *Mazurek* 🧘🏻
- 216 Are You Hitting The Mark *Munn* 🧘🏻🧘🏻🧘🏻🧘🏻
- 217 Coaching Initial Intake Session & Goal Setting *Pace* 🧘🏻
- 218 Get Wet & Shake Your Buddha *Biscontini* 🧘🏻🧘🏻
- 219 Aqua Choreography Made Simple *Ribbins* 🧘🏻

Group 2 – Friday - 10:00am – 11:30am

- 220 Get your GROOVE on 1-2 *Tripoli* 🧘🏻
- 221 Step Success *Kolber* 🧘🏻
- 222 Body Bar® Lean Mean Legs! *Catlin* 🧘🏻🧘🏻
- 223 Fit Ball Move: Round and Around! *Velazquez* 🧘🏻
- 224 Baby Boomer Boot Camp Challenge® *Patterson* 🧘🏻🧘🏻
- 225 Spinning® Creative Climbs *Krabiel* 🧘🏻
- 226 Indo-Row® The Perfect Calorie Burn *Brooks/Crosby* 🧘🏻
- 227 Peak Pilates® Reformer Rhythms *Coyle* 🧘🏻🧘🏻
- 228 Total Yoga Core *Zahnn* 🧘🏻🧘🏻
- 229 Power Systems® Total Body Conditioning *Biscontini* 🧘🏻🧘🏻🧘🏻
- 230 Christ Centered Yoga™ *Martin* 🧘🏻🧘🏻
- 231 Gym Yoga Can Be Real Yoga *Laird* 🧘🏻
- 232 FFP Start & Grow a 6-Figure Bootcamp Business *Colby* 🧘🏻🧘🏻
- 233 What’s Really In It? *Gentes* 🧘🏻🧘🏻🧘🏻
- 234 The SMART Way to Set Goals *Baumgartner* 🧘🏻
- 235 Coaching Movement *McCall* 🧘🏻🧘🏻
- 236 Urban Striptease™ The Self-Esteem Project *Murphy Madden* 🧘🏻🧘🏻
- 237 Fall Proof! *Backe* 🧘🏻🧘🏻🧘🏻
- 238 SilverSneakers® SilverSplash® *Marotto* 🧘🏻🧘🏻
- 239 HydroFit® Pour It To The Core *Stuart* 🧘🏻
- 240 Gymstick® Nordic Walking *Sherman* 🧘🏻🧘🏻

Group 3 – Friday Lunch Sessions

- 11:45am – 1:15pm**
- 241 Clubbing *Goudeau* 🧘🏻
- 242 BOSU® Xplode *Brooks* 🧘🏻🧘🏻🧘🏻
- 243 Power Vinyasa For Functional Fitness Yoga *Sherman* 🧘🏻🧘🏻
- 244 centeredbeing™ Om-Powered Wellness Workshop *Celentano/Comfort* 🧘🏻🧘🏻
- 245 The Bannister Method™ Flexibility *Munn* 🧘🏻🧘🏻🧘🏻
- 246 FFP Fitness Business 101 *Wilburn* 🧘🏻🧘🏻
- 247 Tap Into Your Fat Burn *Comana* 🧘🏻🧘🏻
- 248 Exhalation to Inspiration *Vaganek Bahneman* 🧘🏻🧘🏻🧘🏻🧘🏻
- 249 Strength & Power H2O *McCormick* 🧘🏻
- 250 Stretch Fusion IV *Denomme* 🧘🏻
- 12:45pm – 2:15pm**
- 251 STEP Bar None *McMullen* 🧘🏻
- 252 Monday Morning Moves *Kolber* 🧘🏻
- 253 Urban Striptease™ Chair-Licious *Murphy Madden* 🧘🏻
- 254 Spinning® Blending Music and Cadence *Arends* 🧘🏻
- 255 Four On The Floor for Core *Zahnn* 🧘🏻🧘🏻🧘🏻
- 256 Peak Pilates® MVE® Chair Pedal Progressions *Coyle* 🧘🏻🧘🏻
- 257 49 Push-Ups 16 Links and More: An Ashtanga Yoga Practice *Laird* 🧘🏻🧘🏻
- 258 Beaming™ Soulful Sole-Ful Synergy *Biscontini* 🧘🏻🧘🏻
- 259 C.H.E.K Institute Does That Functional Exercise Improve Function? *Mazurek* 🧘🏻🧘🏻
- 260 Work IT! The New Fitness Business Model *Gray* 🧘🏻🧘🏻🧘🏻

Group 4 – Friday – 2:30pm–4:30pm

- 261 The Groove Method™ Groove your Body ALIVE – Dance *Tripoli* 🧘🏻
- 262 dieHARD Step *McMullen* 🧘🏻
- 263 Body Bar® Flexible Strength *Appel* 🧘🏻🧘🏻
- 264 Play Ball *Goudeau* 🧘🏻
- 265 Pumping Rubber *Vincent/Kassouf* 🧘🏻🧘🏻
- 266 Spinning® There’s a Technique Behind This *Juarez* 🧘🏻
- 267 Indo-Row® The Perfect Calorie Burn *Brooks/Crosby* 🧘🏻
- 268 Pilatesstick® Stick with It! *Coyle* 🧘🏻🧘🏻
- 269 YogaFit® YogaCore *Shaw* 🧘🏻🧘🏻
- 270 Off The Wall Yoga *Husk* 🧘🏻🧘🏻
- 271 Pilates Mat with Ring & Small Ball *Hernandez* 🧘🏻🧘🏻
- 272 Yoga En Fuego! *Vaganek Bahneman* 🧘🏻🧘🏻
- 273 Foundational Beaming™ *Mesirov*
- 274 Healthier Eating Habits For Beginners *Gentes* 🧘🏻🧘🏻🧘🏻
- 275 Setting the Stage for Change *Baumgartner* 🧘🏻🧘🏻
- 276 Power Training *McCall* 🧘🏻
- 277 Coaching Static + Movement Musculoskeletal Screens *Pace* 🧘🏻🧘🏻🧘🏻🧘🏻
- 278 Creating Results Understanding Body Typing *Johnson* 🧘🏻🧘🏻🧘🏻
- 279 Aquatic XGames 2010 *Ribbins* 🧘🏻🧘🏻
- 280 Hydro-Fit® Tranquility & Turbulance *Stuart* 🧘🏻

SESSION SELECTION FORM CON'T.

Group 5 – Friday – 5:00pm–6:30pm

- 281 Flirty Girl Fitness™ Fun Fit & Fabulous Hall 🤗
- 282 The Step Balance Velazquez 🤗
- 283 Urban Striptease™ Teaseology Murphy Madden 🤗
- 284 BOSU® Core Flow Brooks 🤗🤗🤗
- 285 SilverSneakers® Muscular Strength & Range of Movement Marotto 🤗🤗🤗
- 286 Spinning® Picking Up the Pace with Tempo Training Arends 🤗
- 287 Pilates Mat Little 🤗🤗
- 288 Bodyblade® Core Like Never Before! 🤗🤗
- 289 YogaFit® Safe Yoga Shaw 🤗🤗
- 290 Foundational Pilates Clark 🤗🤗
- 291 Yoga Gently Laird 🤗🤗
- 292 Pure PilatesFit Zahnn 🤗🤗
- 293 FFP Creating Additional Income Streams Wilburn 🤗
- 294 PURPOSE! Gray 🤗🤗🤗🤗
- 295 High Octane Fueling Comana 🤗🤗🤗
- 296 C.H.E.K Institute Heavy Breathing – The Science & Practice Mazurek 🤗🤗🤗
- 297 The Fiscally Fit Fitness Professional Catlin/Dudley 🤗🤗🤗
- 298 Fall Prevention Programs Backe 🤗🤗🤗🤗
- 299 Cardio Flex Denomme 🤗
- 300 Olympic Challenge Grymes/Brown Johnson/Wilson 🤗

Group 6 – Saturday 6:00am–6:55am

- 301 Street Kata Garland 🤗
- 302 SPR® Sgt. Ken's Circuit Training™/Operation Craving Competition™ Sgt. Ken Weichert 🤗🤗
- 303 Serious Savasana Husk 🤗🤗
- 304 Spinning® Ain't No Mountain High Enough! Juarez 🤗

Group 7 – Saturday – 7:00am–9:00am

- 305 Latin Low Impact Little 🤗
- 306 Step Up & Shake It Velazquez 🤗
- 307 Body Bar® Grace Under Pressure Grant 🤗🤗🤗
- 308 Resist-A-Ball® Super Charged Circuit Appel 🤗🤗
- 309 Twist Conditioning The SMART Gym Manson 🤗🤗
- 310 Spinning® The Art of Selective Cueing Arends 🤗
- 311 Pilates Mat Foundations Clark 🤗🤗🤗
- 312 Peak Pilates® Rev'd Up Reformer Coyle 🤗🤗
- 313 YogaFit® Flex & Flow Shaw/Moreno 🤗🤗
- 314 Pilates Mat with Mini Beam & Thera Band Hernandez 🤗🤗
- 315 Ballet My Way by Balletone® Hall 🤗🤗
- 316 Flow and Release with Chi-Bolster Bender 🤗🤗🤗
- 317 Beamlates™ Kahn 🤗🤗
- 318 Feasting On Health Gentes 🤗🤗🤗
- 319 FFP Using Social Media to Grow Business Colby 🤗🤗🤗
- 320 Child Development + Fitness = Play Brown 🤗🤗
- 321 Program Designs – A Marketing Strategy McCall 🤗
- 322 Work IT! The New Fitness Business Model Gray 🤗🤗🤗
- 323 Muscle Memory by Design Denomme 🤗
- 324 Weigh-less Workout Ribbins 🤗

Group 8 – Saturday 10:00am–11:30am

- 325 Groovalicious Dance Party! Tripoli 🤗
- 326 StepTonic™ Douglass/Nixon 🤗
- 327 The Final Step Goudeau 🤗
- 328 BOSU® Amped! Mylrea/Brooks/Brooks/Krauss 🤗🤗
- 329 Twist Conditioning Complete Core Challenge Manson 🤗🤗
- 330 Spinning® The Five Step Sprint Krabiel 🤗
- 331 Core Washboards Rollers & Love Handles Kassouf 🤗🤗🤗
- 332 Peak Pilates® Mat to the Max Coyle 🤗🤗

- 333 Postural Reboot Johnson 🤗🤗🤗
- 334 Yoga Sweat Flex & Flow Laird 🤗🤗
- 335 Mastery Of Movement Un-Wind Pace 🤗🤗🤗
- 336 The Architects Of Aging with The Chi-Bolster Kahn 🤗🤗🤗🤗
- 337 centeredkids™ by centeredbeing™ Celentano 🤗🤗
- 338 Trailblazing Strategies to Burn Calories Kravitz 🤗🤗
- 339 Essentials of Exercise Physiology Comana 🤗🤗🤗
- 340 C.H.E.K Institute Is Stress Making Your Pants Tight Mazurek 🤗🤗🤗
- 341 Fight For Your Right To Party Gray 🤗🤗🤗
- 342 Go Deep Vaganek Bahneman 🤗
- 343 Power to The Pool Marotto 🤗🤗
- 344 iAy CarAmba! Aqua Velazquez 🤗

Group 9 – Saturday – Lunch Sessions

11:45am – 1:15pm

- 345 Street Kata Warrior Level II Garland 🤗
- 346 Resist-A-Ball® Complete Core Appel 🤗🤗
- 347 Boot Camp Challenge® Cut & Paste Circuits Patterson 🤗🤗
- 348 Peak Pilates® MVE® Chair Hard Core Krauss 🤗🤗
- 349 Off The Wall Yoga Husk 🤗🤗
- 350 Bender Ball® Men On Mats Bender 🤗🤗
- 351 Fitness Programming for Children Brown 🤗🤗
- 352 FFP Attract Clients & Make MORE Money Through Public Speaking Wilburn 🤗
- 353 Why Use Two When One Will Do McCormick 🤗
- 354 Express Workout Ribbins 🤗

12:45pm – 2:15pm

- 355 Train Like a Pro Without the Dough Comana 🤗🤗
- 356 Body Bar® Booty On Up Catlin 🤗🤗
- 357 Spinning® Finding the Intensity Balance Juarez 🤗
- 358 Indo-Row® The Perfect Calorie Burn Crosby/Brooks 🤗
- 359 Christ Centered Yoga™ Focus on Arm Balancing Poses Martin 🤗🤗
- 360 Pure PilatesFit Zahnn 🤗🤗
- 361 Beam™ From Heart to Sole Kahn 🤗🤗
- 362 Stardate 2010: Engage the NEW Research Kravitz 🤗🤗
- 363 Legislation Issues Industry Effects & the Personal Trainer W.I.T.S. 🤗
- 364 Toxic World Toxic Body? Dudley 🤗🤗🤗

Group 10 – Saturday – 2:30pm–4:30pm

- 365 Tribal Rapture Tripoli 🤗
- 366 Hard Work Conditioning Goudeau 🤗🤗
- 367 Body Bar® B.U.R.S.T. Grant 🤗🤗
- 368 BOSU® Multiplied Myrea 🤗🤗
- 369 Gone In 30 Minutes Appel 🤗🤗
- 370 Spinning® Pre-Ride Set Up and Class Content Arends 🤗
- 371 Reformed Mat Tombesi 🤗🤗
- 372 Peak Pilates® MVE® Chair Spring Into Action Krauss 🤗🤗
- 373 YogaFit® YogaButt™ Shaw/Moreno 🤗🤗
- 374 Journey to Headstand Laird 🤗🤗
- 375 Coaching Movement McCall 🤗🤗
- 376 You Can't Touch This: Safe Yoga Assists and Adjustments Vaganek Bahneman 🤗🤗
- 377 FFP Using Social Media to Grow Business Colby 🤗🤗🤗
- 378 Fat Frenzy MORE About Fat! Kravitz 🤗🤗
- 379 The Tri-Athalon of Whole Self Health Gentes 🤗🤗🤗
- 380 C.H.E.K Institute Flatten Your Abs Forever Mazurek 🤗🤗🤗
- 381 Lifestyle Wellness Coaching – TheBusiness Side of Things Baumgartner 🤗🤗
- 382 Mind Body Teens Brown 🤗🤗🤗
- 383 Fluid Fusion Velazquez 🤗🤗
- 384 Aqua Rhythmics Marotto 🤗

Group 11 – Saturday – 5:00pm–6:30pm

- 385 Twist Conditioning SMART Strength *Manson* 🧘🧘
- 386 The Bare Essentials *Munn* 🧘🧘
- 387 Body Bar® All Systems Go *Mylrea* 🧘🧘
- 388 BOSU® Elevation *Brooks* 🧘🧘
- 389 Catwalk Confidence The Workout *Splichal* 🧘
- 390 Spinning® Transitions Are Key *Krabiel* 🚲
- 391 Indo-Row® The Perfect Calorie Burn *Crosby/Krauss* 🧘
- 392 Pilatesstick® Moving Strength *Coyle* 🧘🧘
- 393 YogaFit® Yoga Strength *Celentano* 🧘🧘
- 394 Standing Pilates *Kahn* 🧘🧘
- 395 Christ Centered Yoga™ There Ain't No High Like the Most High *Martin* 🧘🧘
- 396 Bender Ball® Method Of a Strong Healthy Back *Bender* 🧘🧘
- 397 FFP Attract Clients & Make MORE Money Through Public Speaking *Wilburn* 🧘
- 398 Muscle Mania *Kravitz* 🧘🧘
- 399 Small Successful Studio *Zahn* 🧘🧘
- 400 Power Training *McCall* 🧘
- 401 Hip & Low Back Disorders *Johnson* 🧘
- 402 Stressed Out To the Max *Catlin* 🧘🧘🧘🧘
- 403 Stride & Strength *Marotto* 🧘
- 404 Never Too Old To Exercise *McCormick* 🧘🧘

Fever – 7:00pm–8:30pm

- 405 DanceSport Endurance® *Thurman* 🧘
- 406 Drop It Like It's Hot – NYC Chair Workout *Grant* 🧘
- 407 Step Swap *Douglass/Nixon* 🧘

Group 12 – Sunday – 7:30am–9:00am

- 408 Power Systems® Slam Dunk Sport Circuit *Mylrea* 🧘🧘
- 409 GROOVING for every BODY *Tripoli* 🧘🧘
- 410 Obstacle Course *Goudeau* 🧘🧘
- 411 BOSU® Studio Pilates *Krauss* 🧘🧘
- 412 Resist-A-Ball® Complete Core *Appel* 🧘🧘🧘
- 413 Spinning® Music: Making It Real In Fitness Club Settings *Arends* 🚲
- 414 Indo-Row® The Perfect Calorie Burn *Crosby/Brooks* 🧘
- 415 Peak Pilates® Reformer on the Ball *Coyle* 🧘🧘
- 416 Mastery Of Movement Thera-me™ Upper Body *Pace* 🧘🧘
- 417 Pilates Mat *Little* 🧘🧘
- 418 Balance Strength Flexibility and Core *Munn* 🧘🧘🧘🧘
- 419 Gymstick® Power Wheelz *McCormick* 🧘🧘🧘
- 420 Foundational Beaming™ *Mesirov* 🧘🧘
- 421 Fake Food Addiction *Gentes* 🧘🧘
- 422 Lifestyle Wellness Coaching with Emotional Intelligence *Baumgartner* 🧘🧘
- 423 The Functional Foot & Ankle *Splichal* 🧘🧘🧘
- 424 Real Life Self Defense *Catlin* 🧘🧘🧘🧘
- 425 Creating Results Making Every Workout Rehabilitative *Johnson* 🧘🧘
- 426 Not Your Average Total Body Conditioning *Grymes/Brown Johnson/Wilson* 🧘
- 427 Aquatic Rock *Ribbins* 🧘

Group 13 – Sunday 10:00am–11:30am

- 428 Flirty Girl Fitness™ Fun Fit & Fabulous *Hall* 🧘
- 429 Dance Depot *Velazquez* 🧘
- 430 Body Bar® S.W.E.A.T. *Grant* 🧘🧘
- 431 SPRI® Sgt. Ken's Boot Camp™ – Operation Rapid Response™ *Sgt. Ken Weichert* 🧘🧘
- 432 Set The Tone *Munn* 🧘🧘🧘
- 433 Spinning® Counting Building Loading *Krabiel* 🚲
- 434 Vertical Pilates *Clark* 🧘🧘🧘🧘
- 435 Peak Pilates® Playful Pilates *Coyle* 🧘🧘
- 436 Tranquility Zen Stretch *Catlin* 🧘🧘
- 437 Child Development + Fitness = Play *Browne* 🧘🧘
- 438 centeredseniors™ by centeredbeing™ *Comfort* 🧘🧘
- 439 Reformed Mat *Tombesi* 🧘🧘
- 440 Heart "N" Soul *Kahn* 🧘🧘
- 441 Yoga Is A Four Letter Word *Vaganek Bahneman* 🧘🧘
- 442 Cardio Training On The Edge *Brooks* 🧘
- 443 C.H.E.K. Institute - How To Work In *Mazurek* 🧘
- 444 Women's Health Report *Kravitz* 🧘🧘🧘
- 445 FFP Build Business by Using Teleseminars *Colby* 🧘🧘🧘
- 446 Gentle Aqua *McCormick* 🧘🧘
- 447 Aqua Kickboxing Till You Drop *Grymes/Brown Johnson/Wilson* 🧘

Group 14 – Sunday – 11:45am–1:15pm

- 448 DanceSport Endurance® *Thurman* 🧘
- 449 Let The Praise Begin *Grant* 🧘
- 450 The Hi/Lo Challenge *Vincent/Kassouf* 🧘
- 451 Baby Boomer Bootcamp *Little* 🧘🧘
- 452 Gliding™ Triple Threat *Mylrea* 🧘🧘
- 453 Spinning® Pedal Pace Power *Arends* 🚲
- 454 willPower & Grace™ *Krauss* 🧘🧘
- 455 Bodyblade® Circuit ... Work It! 🧘🧘
- 456 Dancelicious *Zahn* 🧘
- 457 centeredtweens™ & centeredteens™ by centeredbeing™ *Celentano* 🧘🧘
- 458 Mastery of Movement Thera-me™ Lower Body *Pace* 🧘🧘🧘
- 459 Functional Rehab for the Shoulder *Johnson* 🧘🧘🧘
- 460 Catwalk Confidence The Workout *Splichal* 🧘
- 461 Eating Disorders Body Image Dysthymia and the Fitness World *Tripoli* 🧘🧘🧘🧘
- 462 The Pursuit of Authentic Happiness and Well-Being *Baumgartner* 🧘🧘🧘🧘
- 463 FFP How To Develop Winning Strategic Alliances *Wilburn* 🧘🧘🧘
- 464 Consummate Communicator *Clark* 🧘🧘🧘🧘



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