

GROUP 1 FRIDAY 8/1/14 7:00 A.M. – 9:00 A.M.**201 Savvier Fitness® Quickies – Mindy Mylrea****Workshop GE, PT**

The number one reason people have for not working out is lack of time. The message has always been if you don't have an hour a day to workout than don't even bother. Research shows us now that this isn't true. Every minute matters and every action has a reaction. So let's use this minimal time message to excite our students fat burning engines 24/7. Mindy will teach you ways to assist your students both in and out of the gym. Experience workouts that are short and sweet and ways to continue the conversation long after the workout with you is over. You owe this to your students and clients to attend this workshop

202 STEP Into Happiness – Petra Kolber**Workshop GE**

Join Petra in a Monday Morning Ready Step session. This class begins by going back to the heritage of step with easy to master base moves. We then add logical layers and progressions that give multiple variations to every combination. This easy to implement methodology will give longevity to your already awesome moves and have all your participants feeling super successful and happy.

203 Shockwave – Josh Crosby, Julz Arney, Greg Cook & Doris Thews**Workshop GE, PT**

It's time to get amped up, get competitive and get ready to push like never before. Utilizing rowing machines, BOSUs, stability balls, steps, weighted bars and a variety of other equipment, this workshop is designed to give you new ideas for circuit and bootcamp classes that are designed to amplify camaraderie, team spirit and competition, and get results while maximizing the fun factor. You will not even know you are working out, but you will push your limits as you work to take your team to the championship! Perfect for all levels of fitness, these ideas will put a new surge of energy into your bootcamp and circuit training classes!

204 CrossCore®: So What is Rotational Bodyweight Training™? – Anthony Musemici**Workshop GE, PT**

In this class attendees will learn the difference between Rotational Bodyweight Training™ and traditional suspended bodyweight training. They'll learn why rotation and movement in the transverse plane are key elements to any fitness or performance program, why an unlocked or free moving anchor point provides greater challenges to proprioception, motor unit recruitment and core engagement, and why Rotational Bodyweight Training™ is the next step in suspended bodyweight training.

205 ACE® Abs Revealed – Jonathan Ross**Workshop GE, MB, PT**

Deliver abs for "show" and for "go" while using smart programming and creative new exercises. Explore when to follow the rules of ab training - and when to break them, why you can still use crunches, why planks are over-used, and more.

206 Savvier Fitness® Golden Barre – Leslee Bender**Workshop, GE, MB, PT**

Many barre studios discourage the active older adult and do not have any modifications for knees and backs! This is the only class that embraces exercises suited for all levels of students hoping to experience the feeling of barre, ballet, Pilates and yoga combined never compromising the joints! You will leave with the tools to help students

enjoy the benefits of dynamic exercises that will greatly improve their quality of life and preserve your body as a trainer!

207 Peak Pilates®: Shapes in Space – Kathryn Coyle & Zoey Trap**Workshop GE, MB, PT**

Flex, extend, bend, and twist through the Peak Pilates® Shapes in Space and gain a new vocabulary that will breathe fresh understanding into your practice and teaching. Explore the Shapes in Space on the mat, reformer, chair, and cadillac as you progress through a myriad of exercises that range from simple to sensationally challenging, helping you to understand what one exercise has to do with another and how to really get deep in the work.

208 SPINPower™: Layering Power onto Heart Rate Training -**Danielle Foster****Workshop CY**

All cycling science has come from tests based on measuring power and monitoring correlating HR response. You've got HR training down, now learn how to use the trainable component, power, to determine zones and create rides to get your riders stronger and burn maximum calories.

209 Yoga I.S.® Therapeutic Back Care – Lauren Eirk**Workshop GE, MB, PT**

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

210 Metabolic Conditioning – The Good, The Bad, The Ugly – Len Kravitz**Lecture AQ, CY, GE, MB, PT, S**

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211 Schwinn® Cycling: Pimp My Playlist – 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.

212 How To Attract the Affluent boomer Client That Stays, Pays & Refers – 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.

213 Luscious Legs & Arm Candy (AQUA) – 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.

GROUP 2 FRIDAY 8/1/14 9:30 A.M. – 11:00 A.M.

214 Body Bar® Trilogy – Sherry Catlin
Workshop GE, PT

Athleticism Meets Grace and Power with Body Bar's unique approach to the Barre! This total body workout originating from the deep core out to the extremities will define your line, activate muscle fibers, and awaken powerful movement skills you never knew you had. Master dynamic balance with core control while enhancing muscular strength, endurance and definition. Develop the power and grace of a dancer or athlete and the body that looks like one too!

215 Zumba Fitness® Party –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!

216 Surge® Reactive Resistance Training – Casey Stutzman
Workshop GE, PT

From the people that brought you BOSU®, meet Surge®, a water-filled tool that imposes top-down instability the way it happens in life. Imagine a firefighter holding a surging hose, a parent holding a wiggling toddler, or an MMA fighter breaking a hold. Surge harnesses the physics of quickly-changing fluid dynamics to replicate unstable demands on the body and creates incredible think-react muscle actions. Learn the techniques, methods and overload principles to orchestrate reactive stability exercises that challenge even your fittest clients.

217 Bodyblade®: Burn, Baby, Burn – Nadine Stewart
Workshop GE, MB, PT

To kick start a stale fitness routine you have to force your body past the point in a workout when it wants to say uncle—without overtraining. The Bodyblade offers variable resistance without requiring a change in equipment AND it's impossible to over train. As soon as your muscles

fatigue, you won't be able to keep the Bodyblade in motion. Switching between high-intensity cardio and strength moves every minute for an hour will keep your body guessing and your heart rate up. You can do anything for a minute... so let it burn!

218 LTS: LeBarre! – Jenn Hall
Workshop GE, MB, 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!

219 Feldenkrais For An Evolved Pilates Mat Class – Valerie Grant
Workshop GE, MB, PT

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.

220 Peak Pilates®: Reformer Variations – Zoey Trap
Workshop GE, MB, PT

Variations can spice up any reformer session, keeping students on their toes, while challenging their physical ability and concentration. Add a little salt and pepper to your reformer workouts by learning more about how and why to use variations, and then by getting down to it and picking up new twists on the old classics. After, all variety is the spice of life.

221 SPINNING®: Challenging Endurance! - Mark Tickner
Workshop CY

There are many types of endurance sessions, from flat road higher cadence endurance, to big gear flats, rolling terrain, fast / slow tempo work and more. Once you understand the basic concepts you can then have fun with your class design, training and progress riders easily week after week with little or no thought involved. Spend minimal time putting fun, effective and challenging endurance classes together time and time again!

222 Out With the Old and In With the Olders – Bernadette O'Brien & Lawrence Biscontini
Workshop AQ, GE, MB, PT, S

Join Lawrence & Bernadette for a theoretical and practical application of what it means to train “seniors” today versus just a few years ago. Teaching to this population, the “chronologically enriched,” involves a new mindset and a new toolbox for today's group and personal trainers. This team – with a combined age over 130 years – will share with you a discussion of “age”, new general guidelines, and practical stories of movements, successes and inspiration that you can take to your older clients with a fresh approach.

223 The Perfection Detox™ - The Lecture – Petra Kolber
Lecture AQ, CY, GE, MB, PT, S

There is a disease that has become an epidemic in the fitness industry and it's called perfectionism. Striving to be perfect kills dreams and robs you of joy and purpose. And the data is in, proving beyond any doubt that in addition to reducing the quality of your life it can also take years off

your life. What you believe your clients perceive. As a leader and coach, your beliefs profoundly affect the success of your clients. That means you can help your students and clients elevate, not only their level of success but also their self-esteem. But, first, you must raise your level of confidence and know that you are more than good enough.

This session reveals how you can move away from the pursuit of perfection and toward giving yourself, as Tal Ben-Shahar says, "the permission to be human."

224 Schwinn® Cycling: Girl Power – Julz Arney, Shannon Fable, Doris Thews & R. Vaziralli
Workshop CY

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

225 How To Be An Anti Aging Exercise Specialist – Pete McCall
Lecture AQ, GE, MB, PT S

From plastic surgery to vitamins to hormone shots the anti-aging market is a multi-billion dollar industry yet the aging process is an inevitable part of the human life cycle that can't be stopped. The biological aging process effects a number of normal physiological functions in the human body but understanding how to develop exercise programs to stimulate certain hormones and improve integrity of the myo-fascial system can help slow-down and minimize the effects of aging process. This workshop will review how aging creates change in the human body and will address specific exercise program design strategies that can help your clients retain their youthful energy and appearance.

226 Body Bar® Aqua Flex – Laura Ribbins
Workshop AQ

The Aqua Flex bar is the same as the versatile Body Bar Flex, but redesigned for use in water fitness classes. The bar is very lightweight, flexible, and buoyant; plus its variable resistance adds to the natural resistance of the body's movement through the water for a very effective workout. Using many of the same moves as in Body Bar Flex exercise programming, the Aqua Flex Program is an effective, low-impact workout for developing muscular strength and endurance, core conditioning, and dynamic flexibility, as well as being a fun and unique way to exercise in the water. The Aqua Flex Workout is a series of 20 moves that can be incorporated into existing water fitness classes, either shallow or deep water workouts. The exercises are designed to target all major muscle groups and because most of the moves are compound in nature, functional fitness is enhanced and improved agility and coordination are a positive side effect. Cardiovascular benefits can be enhanced by performing the moves while moving through the water with standard water fitness locomotor movements.

GROUP 3 FRIDAY 8/1/14
11:30 A.M. – 1:00 P.M.

227 Ultimate Sandbag Training Metabolic Stability – Josh Henkin
Workshop GE, PT

Combining the benefits of both stability and metabolic training can seem impossible and contradicting. Metabolic Stability will show how to integrate these methods into a innovative and fun fitness system. How you see stability and metabolic training will completely transform.

228 Re-CREATE your workout ... GROOVE IT! The GROOVE™ Experience – Misty Tripoli
Workshop GE, MB

THEGROOVE™ is Ultimate Functional full body workout! It is easy to flex the muscles of the body, but how often do we allow our students to flex their very important muscle of creativity or are we always defining it for them? This session explores creative ways to functionally train the body that improve agility, speed, explosive power, endurance, higher brain function and the muscle of creativity! We will also explore ways to train the many critical body parts that are left out of the "typical" workout like eyes, ears, fingers and toes. If you can move it, you can GROOVE it! Get creative, jump out of the box and see what is possible when you give your students the ability to use their mind and bodies creatively! Simplify and GROOVE!

229 C.H.E.K INSTITUTE Effective Flexibility Training: You Don't Have to Tie Yourself in Knots! – Tomi Toles
Lecture GE, MB, PT

Stretching is an integral part of any exercise program, yet commonly practiced methods produce tremendously inconsistent results. In this workshop you will learn the most common problems that cause tight muscles and how to assess which areas of the body require improved flexibility – and which do not! We'll explore different stretching techniques and when to use them for optimal results. You'll leave with specific assessments and stretches you can use immediately with your clients.

230 Ugi®: Fit – Nadine Stewart
Workshop GE, MB, PT

Ugi Fit is the ultimate 30-minute workout that combines strength, cardio and core training into a fun and challenging way of becoming functionally fit. A workout that can go anywhere, this series of 30, one-minute exercises is efficient enough to change your body completely. From warm-up to cool-down, Ugi makes people feel good about their bodies, energy and health.

231 Indo-Row® - Josh Crosby & Doris Thews
Workshop GE

Dubbed "the *perfect* calorie burn," **Indo-Row®** is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, **Indo-Row®** is perfect for group exercise instructors and personal trainers. No experience is necessary.

232 Centered Groove by centeredbeing™ - Gina Piccoli, Phyllis Cook, Angelique Lockhart
Workshop GE, MB

Experience centeredbeing's all-new mind/body/dance/fitness workout that will rock your mind body and life! Learn how to bring the empowering cues of an inspiring yoga class into group fitness. This fun, user-friendly and low-impact workout is suitable for all populations.

GROUP 3 FRIDAY 8/1/14 CONTINUED
12:00 P.M. – 1:30 P.M.

233 Peak Pilates®: Sports Chair – Kathryn Coyle
Workshop GE, MB

Athletes need challenge, but they often have inherent muscle balances that come from daily training. Gain insight into training skaters, golfers, tennis players, equestrians, runners and more! Explore sport-specific

demands, imbalances and injury risks and learn set sequences that include power and agility moves for your Pilates students who are also recreational and competitive athletes.

234 SPINPower™: KJ Fest - Danielle Foster
Workshop CY

The most profound training effects come from efforts based on the work, rather than response. Being able to measure the work done via the power meter of the Spinner® Blade ION translates to accurate caloric expenditure during each ride. All aspects of the ride from specific warm-up parameters, pedal stroke engagement, to active recoveries in between sets will be discussed on how to get maximal calories out of every minute.

235 Yoga Discipline and Dream – 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.

236 Cream Rises: Promoting Excellence Among Instructors and Trainers - Lawrence Biscontini
Lecture AQ, GE, MB, PT, S

Based on Lawrence's best selling book of the same name which is a consistent show sell-out and textbook at such universities like Minot State University, explore the difference between being good and great as a fitness teacher, personal trainer, and presenter. Join this ACE, Can-Fit Pro, and IDEA Award Recipient for thoughts on sharpening your instructional skills, becoming a presenter, or attracting media attention beyond what your peers do. This lecture will give you oodles of ideas on ways to improve your present career. Learn the importance of beginning and ending sessions, developing themes, retaining your clients, owning the stage, and more!

237 Schwinn® Cycling: Class Design Crunch Time – Shannon Fable
Workshop CY

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

238 Training For the 55 Plus Populations, Effective Strategies For Improving Balance, Power and Mobility – Dan Ritchie
Lecture AQ, 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.

239 Stop Seated Stress with Integrated Core Training (AQUA) – Laurie Denomme
Workshop AQ

Sitting at a computer, an extended commute, an inactive lifestyle, or any long hours in a seated position can lead to muscle shut down. Reduce, eliminate, or prevent related joint and muscle pain by using a series of 3-dimensional standing, kneeling, and seated aquatic exercise progressions. Movement dysfunction is prevalent among individuals who dedicate many hours to sitting, resulting in hand-wrist, neck-shoulder, and low back musculoskeletal disorders. Learn why sitting is a core activity and how this simple strategy can be used to sit-proof the body!

GROUP 4 FRIDAY 8/1/14 2:00 P.M. – 4:00 P.M.

240 Piloxing® - Jordan Ballard
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.

241 STEPtacular BODY – Jeff McMullen
Workshop GE

Are you a seasoned instructor and missed the "step craze" of the late 80's or brand new to the fitness field, looking to expand your tool belt? The good news is the 411 is out and Step is looking for new recruits! Explore and learn the fundamental components behind developing and teaching a successful mixed level step class from start to finish – choreography design, cuing and transitions, breakdowns and modifications, and musical interface! Join Jeff on this journey through body weight based calisthenics and core strength mixed with cardio intervals and unique choreography sets. You'll successfully leave this session with 3 complete class designs in hand!

242 Reebok One The Ultimate Push-Up – Nick Tumminello
Workshop GE, PT

Push-Ups: The Purest, Most Powerful tool in a Fitness Professional's arsenal... if you know how to use it! Discover how to use the push up to asses and correct muscle imbalances, improve core and shoulder stability, develop athletic strength, increase upper-body explosive power and even boost metabolism to burn fat! Expect to learn plenty of new exercises you can immediately apply to all fitness levels. Plus, discover why the kneeling push-up and clapping push up maybe poor exercise choices!

243 Resist-A-Ball®: Guts, Gams and Glutes – Abbie Appel
Workshop GE, PT

This creative workshop is designed to teach group instructors how to use the Resist-A-Ball to target the lower body. Learn fun strength and endurance moves with layers of progressions and a multitude of options to effectively teach to all of your class participants. Review the connection between the core and lower body and discuss how the core really functions.

244 R.I.P.P.E.D. The One Stop Body Shock® - Billy Kirby & Terry Shorter
Workshop GE, PT

Experience this total body “plateau proof fitness formula” workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D to help attain and maintain your physiques in ways that are fun, safe, doable and extremely effective.

**245 Functional Flexibility and Fascia Fitness – Leslee Bender
Workshop GE, MB, PT**

Functional Flexibility and Fascia Fitness. If you are looking to preserve your own body in this industry or your students for the long haul then this session is a must attend! You will experience how to utilize a tennis ball to release fascia and immediately move three dimensionally to improve flexibility and function! The results are immediate and when performed routinely the body adapts to better function for all activities for life guaranteed!

**246 Peak Pilates®: Mini-Ball Pilates – Zoey Trap
Workshop GE, MB**

Get on the ball and learn new way to incorporate this sense-ational tool into your Pilates arsenal. Learn how to support the body, challenge stability, inhibit dominant muscles and improve movement patterns. You'll never want to teach without a ball again!

**247 SPINNING®: The Perfect Interval - Mark Tickner
Workshop CY**

With the perfect music and grooves to accompany our flawless riding technique that is synched to the perfect cadence, using the best movement to reach our specific goals, we will ride together as one team. Be prepared to work all of your energy systems and have fun along the way while learning some cool tricks and games for teaching all types of intervals and adding another dimension to your class!

**248 Yoga I.S. Mechanix® - Lauren Eirk
Workshop GE, MB**

This workshop deals with the understanding of Hatha Yoga as a form of resistance training by exploring creative usage of yoga props. This workshop will help define a primary stimulant in Hatha Yoga: Force. Learn how to manipulate it and why adding external forces to the already challenging internal resistance being created from Yoga can challenge the body in ways that you have never felt before!

**249 Championship Teaching – Len Kravitz
Lecture GE, MB, PT, S**

Great teachers are not born, they are developed. This evidence-based, dynamic lecture address all of the variables and factors in teaching and communicating that will enhance your ability to help clients and students. Learn the best ways to deliver positive feedback, deal with many teaching situations, improve communication and eventually become a championship teacher and personal trainer. A must presentation for all professionals who teach people.

**250 Schwinn® Cycling: Nothin' But the HIITS! – Keli Roberts
Workshop CY**

Popular indoor cycling instructors use High Intensity Interval Training in their classes, and dozens of creative versions of the original scientific testing protocols have become mainstream. Let's take it back to basics and explore why these training systems show proven results and how to fold them into your rides the way they were originally designed. Up your teaching game with the science and the inspiration to deliver a ride that goes beyond Tabata and takes your classes to the next level.

**251 Eat To Live, Food For Thought – Bruce Mylrea
Workshop 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 life and thrive.

**252 Aqua Zumba® Pool Party – Tony Witt
Workshop AQ**

Zumba Fitness lovers are die-hard party people, so putting Zumba movements into the water was a 'no-brainer'. The challenge was made: "People already do Salsa in the water, now do something you've never seen before". Create something that everyone can do and still be challenged physically by doing it. Aqua Zumba was born! This refreshing, invigorating Zumba Pool Party will include many different Latin and International dance rhythms. This unique workout complements all the muscles and allows all people, those that are fit as well as those with disabilities or physical limitations to join in the Zumba experience!

GROUP 5 FRIDAY 8/1/14 4:30 P.M. – 6:00 P.M.

253 Savvier Fitness® Intensity Overload / Battle of the HIITS – 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.

254 DANCE your HEART OUT! THEGROOVE™ Experience – Misty Tripoli

Workshop GE, MB

THEGROOVE™ has revolutionized the GROUP DANCE experience! Move beyond the “workout”, step onto the **DANCE** floor and have a mind-expanding, dynamically interactive, deliciously creative DANCE Experience for your mind, body, heart and soul! THEGROOVE™ is a simple, refreshing and REVOLUTIONARY way of experiencing movement and DANCE that takes you past the physical, connecting you to your OWN innate intelligence and creativity. It's impossible to get it wrong! Come together with other dance lovers, **UNITE** in a simple movement or rhythm then DANCE your heart out **UNIQUELY** like you! Get your body on the **DANCE** floor and **GROOVE!**

**255 101 Ways to BOSU® -Shannon Fable
Workshop GE, PT**

How many ways can you BOSU? We promise 101 exercises before you walk out the door, and double that when you use the BOSU B3 System to make even the simplest drill into a challenge. Not only will you master a wide variety of BOSU exercises for cardio, integrated strength, core and flexibility, but you'll see how easily these ideas can turn into 15, 30 and 45 minute classes that can be refreshed, rearranged or restructured

for an unlimited number of BOSU experiences suitable for group ex, small group or personal training environments. Whether you are new to BOSU, or a groupie always begging for more, 101 Ways to BOSU will give you the biggest bang for your buck!

256 CrossCore®: Rotational Bodyweight Training™ Group – Nadine Stewart

Workshop GE

An introductory Rotational Bodyweight Training™ Group, this group class includes a full-body workout with a CrossCore Master Instructor. Experience first-hand, the evolution in suspended bodyweight training. Pull the Pin™ and be challenged by increased instability, full body rotation and core engagement as you're taken to the next level of bodyweight training.

257 LTS: LeBOOT! – Marc Lebert

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!)

258 Recovery: The Forgotten Training Variable – Pete McCall

Workshop GE, MB, PT

Do you have clients who love to exercise but can't seem to reach their goals or who exercise vigorously everyday yet can't seem to lose any weight? Do you work with recreational athletes who love to train and compete but can't seem to improve their times or performance? The typical mentality is that if a little exercise is good for us, then more must be better, however overtraining is a serious issue with detrimental consequences. Simply increasing volume and intensity of the training stimulus may not be the best way to overcome a plateau; in fact another way to consider overtraining is that the client is under-recovered. This workshop will help you to identify if your clients suffer from overtraining and provide you with program design strategies to help your clients move towards their goals and avoid the negative consequences of being under-recovered.

259 Peak Pilates®: Pilates Fit! - Kathryn Coyle

Workshop GE, MB

Don't settle for 'fit'—get Pilates fit. Feel the fusion, find the flow, and create core connections as Pilates merges with traditional fitness. Maximize your training time with this fast-paced, challenging workout.

260 SPINPower™: KISS Guide to Power - Danielle Foster

Workshop CY

No matter what zones you're following, training comes down to a simple equation: training below, at and above threshold. Learn simple methods to establish the threshold marker and how to achieve meaningful results by training around it.

261 Yoga Euphoria – 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.

262 Moving To Happiness™ Part One - Petra Kolber

Lecture GE, MB, PT, S

In this session, you'll discover how to inspire your students (and yourself) to create lives full of happiness and joy. Using research based tools from the field of Positive Psychology, you'll learn:

- How to leverage rituals instead of willpower to breakthrough and achieve your goals.
- How to create experiences that foster happiness and a feeling of success.
- How to ask the right questions versus searching for the correct answers in order to create custom fit solutions for your clients needs.

If you are looking for ways to stay relevant within the fitness industry and want to position yourself as a thought leader, this session is not to be missed. In fact, you may find yourself rethinking much of what you know about fitness. Come and explore how to help others move into a body filled with happiness.

263 Schwinn® Cycling: Rock Stars, Preachers and Party People – How To Win In the New Era of Coaching – Julz Arney, Jeffrey Scott & Rachael Vaziralli

Workshop CY

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

264 Unleash Your Willpower – Jonathan Ross

Lecture GE, MB, PT

What is willpower? How do you get more of it? Why does it feel like you never have enough? Discover how attitudes, opinions, and feelings about exercise are learned and how to change the learned responses for a more positive result of your efforts. Learn the secret to immediate and long-term motivation to help your most frustrating clients.

265 Power Balance For Healthy Aging (AQUA) – 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!

GROUP 6 SATURDAY 8/2/14 7:00 A.M. – 9:00 A.M.

266 Body Bar® Stealth – Sherry Catlin

Workshop GE, PT

This graceful yet powerful workout defines every inch while developing dynamic strength, balance and control. Take every classic move you know and increase the challenge with total body integrated movement. Innovative progressions include power, balance, and rotation challenges

that will give you a body instilled with greater strength, endurance, mobility and grace.

267 Zumba® Fitness Party – 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!

268 Moving To Happiness™ Part Two – The Movement – Petra Kolber

Workshop GE

In this movement session, discover the power of FLOW over technique in a classic Petra Kolber dance class. Petra will reveal how movement can be a gateway to a happier and more joyful life. FLOW is the sweet spot where the appropriate level of challenge, meets your student or client's level of expertise. When they are fully engaged, they enter into flow and move into a deeper sense of happiness. The choreography can be used in a pre – choreographed or freestyle format and it is Monday morning ready. A wide variety of levels are demonstrated throughout the class to enable you to get out of your head, into the moment and in FLOW.

269 Resist-A-Ball®: Tabata – Abbie Appel

Workshop GE, PT

Ramp up the intensity and transform your body with this proven method of training that increases athletic performance and VO2max while decreasing body fat. Use the Resist-A-Ball to perform 20-second bouts of high-intensity training followed by 10-second bouts of active recovery, enhancing your aerobic and anaerobic capacity. This user-friendly, easy-to-develop program will change the way you create workouts for group participants and personal training clients.

270 Reebok One Top 20 Mobility & Warm-Up Exercises – Nick Tumminello

Workshop GE, PT

Mobility and Warm-Up is one of the hottest subjects in the fitness field. But with hundreds of different exercises from which to choose, it can be confusing which drills offer the most value. In this workshop, Nick Tumminello will show you his top 20 warm up and mobility drills for helping clients and athletes feel better, move better and increase the productivity of their training session!

271 3-D Core Starts From the Floor – Leslee Bender

Workshop GE, MB, PT

Forget crunches and lying the floor for antiquated training. This sessions brings it from the ground up and how your body reacts to gravity and stimulus based on applied functional movement and science based exercises. You will discover that the core is more effective when lengthened than shortened and the body changes accordingly. Come discover the truth in training for a strong body in all three planes of motion!

272 Peak Pilates®: Pilates Plyometrics – Kathryn Coyle & Zoey Trap Workshop GE, MB

It's no secret that athletes are doing Pilates, but it's not just for the injury prevention and core strength benefits. Did you know that Pilates can help increase your vertical jump? Come and explore this unique class that will take you from the reformer jump board to the MVe chair and finally to standing sequences that apply the Pilates method to plyometric training. No time to waste -- let's hop to it!

273 SPINNING®: 8 Movement Warrior Challenge - Mark Tickner

Workshop CY

One of Mark's favorite classes to teach... and most challenging too! Learn how to seamlessly use the Spinning movements in a creative and very simple way, but to challenge you and your riders in class to work through a higher energy zone with each movement, leading to an all out maximum effort sprint to test the warrior with the biggest heart!

274 Not Your MaMa's Surya Namascara – Julz Arney

Workshop GE, MB

Come learn and explore energizing, motivating and downright playful movement sequences inspired by Yoga's traditional Sun Salutations. You will experience four distinctive and creative ways to links poses you know with feel-good moves borrowed from dance, athletic training, partner work and child's play all set to a groovy soundtrack of heart-felt music. Here comes the sun!

275 Women, Hormones, Metabolism and Energy Expenditure – Unraveling a Complex Puzzle – Len Kravitz

Lecture GE, MB, PT, S

This original lecture summarizes recently published research and the latest science on the physiological effects of hormones, metabolism and energy expenditure in women. A comprehensive review of fat metabolism, muscle fiber characteristics, body composition, endocrinology, caloric expenditure and female physiology related to exercise will be discussed. Resistance and aerobic training program designs, specifically for women, are presented, which are all based from scientific studies. This ultramodern lecture is a 'must attend' for any personal trainer who trains female clients.

276 Schwinn® Cycling: Totally Cook'd – Greg Cook

Workshop CY

We all want to know what the experts are saying, playing, and doing in their classes and here is your chance! Join [Gregg Cook] for a unique, electrifying ride with a whole lot of [Philly] style. 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!

277 The Hybrid Fitness Professional Sponsored by Fitness Anywhere – Shannon Fable

Lecture AQ, GE, MB, PT, S

Still labeling yourself as a personal trainer or group fitness instructor? STOP! Not only do these terms have a certain connotation to the consumer, but they also limit your potential. The fitness industry is rapidly changing; If you're interested in being relevant for years to come, it's time you evolved, as well. Learn about the three 'buckets' of investible opportunities that exist inside and outside of the traditional club setting and begin to consider expanding your 'role'. Leave with a list of prioritized action items, based on your interests and strengths, that will

help you capitalize on the fitness industry's organic growth. You don't need to be a jack---of---all---trades, but you do need to rethink how you position yourself if you want to increase your earning potential in the next 3-5 years.

278 Splash Dance Retro (AQUA) – Jeff McMullen

Workshop AQ

Who says you can't bring the retro dance craze of the 80's and 90's to the pool? Electric slide, Hammer Time and the Macarena ring a bell? 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!

GROUP 7 SATURDAY 8/2/14 9:30 A.M. – 11:00 A.M.

279 Ultimate Sandbag Training Dynamic Variable Resistance – Josh Henkin

Workshop GE, PT

Daily life is far from perfect, so why should our training be? Dynamic Variable Resistance Training will teach attendees innovative techniques to improve their clients fat loss, strength, to real functional based training programs. DVRT will revolutionize fitness programming ideas.

280 Step Up The Interval – Katie Haggerty

Workshop GE

Challenge your mind and body through the intricacy of non-stop step choreography while also being challenged to your ultimate cardiovascular limits and beyond with intervals of athletic drills.

281 BOSU® Out Of Bounds – Mindy Mylrea, Julz Arney & Casey Stutzman

Workshop GE, PT

This fast-paced workshop will take you out of your comfort zone and beyond your limits! Using a variety of functional training equipment, this high energy session mirrors life and sport as you meet challenge, unpredictability and chaos head on. Your heart will race, legs will burn, core will scream and arms will pump! Leave with an athletic-based circuit training format that works with different types of equipment and training goals. Embrace high-intensity and challenge and go Out of Bounds!

282 Ugi®: Fit – Nadine Stewart

Workshop GE, PT

Ugi Fit is the ultimate 30-minute workout that combines strength, cardio and core training into a fun and challenging way of becoming functionally fit. A workout that can go anywhere, this series of 30, one-minute exercises is efficient enough to change your body completely. From warm-up to cool-down, Ugi makes people feel good about their bodies, energy and health.

283 C.H.E.K INSTITUTE Surrounding The Dragon Of Back Pain: An Integrative Holistic Approach – Tomi Toles

Workshop GE, MB PT, S

Back pain is an ailment that affects many personal training clients, yet its etiology and progression can be multi-dimensional. This workshop shows you how to approach clients with back pain from a holistic perspective, using the hierarchy of control centers in the body to determine exercise priorities. You will understand how key stabilizers of the spine and core are linked to the function of the respiratory system and how feed-forward and feedback loops within these areas contribute to back pain. This

presentation will show how back pain is often an expression some other imbalance in the body, rather than purely musculo-skeletal in origin and you will leave with practical approaches to prioritizing your efforts when working with clients who suffer from chronic back pain.

284 Female Chain Reaction – Leslee Bender

Workshop GE, MB, PT

The female client has different biomechanical issues than male clients and their perception of a workout is also different. Women have a tendency to feel they need to squeeze tuck and tighten every muscle to get results especially the glutes, which could not be farther from the truth! Most women have shorter calves and tight hip flexors which can cause severe low back pain and yet lie on the floor hoping they are training their core. This session will give you the tools to give your female client the exercises she needs to be functionally stronger and more efficient in everything she does from the soccer mom to the athlete.

285 Peak Pilates®: Midas Touch – Kathryn Coyle

Workshop GE, MB

Terrific touch techniques transform Pilates students from good to gold. Help your students awaken their kinesthetic awareness as you align, activate, guide, and stabilize their movement on a variety of Pilates apparatus. Touch is educational, transformational and a powerful teaching tool- hone yours.

286 SPINPower™: Speedy Strength - Danielle Foster

Workshop CY

Every rider would like the ability to push a little harder a little faster, both trainable components. Experience workouts that will help the rider get faster, stronger and expend more calories through overspeed and strength drills.

287 Yoga I.S.® The Many Faces Of Breath – Lauren Eirk

Workshop GE, MB

In this workshop, explore the science of Pranayama, (breath-expansion/control). The breath is the link between the mind and the body. It is the string that runs throughout our practice that can be used to restore calmness to our thoughts and our physical body. In this workshop, experience a basic lecture on the anatomy of respiration, followed by a short practice that explores several Pranayama techniques that can be used before, during, and after a Hatha Yoga practice.

288 How To Survive and Thrive In the Fitness Industry – Doris Thews

Lecture GE, MB, PT, S

What does it take to go the distance, endure and succeed in the fitness Industry? One word ... Reputation. Learn what tools are needed to develop and maintain a solid reputation. Discover the essential tools that your favorite veterans have in their tool box that they have collected and relied on throughout their successful careers. This session will confirm and reveal all the tools you will need to succeed and endure in the fitness Industry.

289 Schwinn® Cycling: Hot Topics In the Saddle – Rachael Vaziralli

Workshop CY

Whether in your classes or in the media, people are talking about these indoor cycling issues - resistance, leg speed and muscle hypertrophy, total body strength work during the ride, heart rate training versus training with wattage, and coaching with display technology. Come hear Schwinn's take on these hot topics, coupled with the science to clear up

myths and misconceptions. Then experience a ride that only Schwinn can offer, filled with dynamic interaction, motivation and music.

290 Exercise Programming For the Fountain Of Youth: Part 1 –Pete McCall

Lecture GE, MB, PT, S

Do you work with clients over 40? Do any of them want to slow down the aging process or reverse the effects that getting older has had on their body? Strength and power training can help boost production of the hormones many consider to be the fountain of youth. Learn how to apply the variables of exercise program design to help your clients turn back the clock and maintain their youthful appearance and energy levels. You'll explore specific principles, strategies and techniques for developing a program that creates an anabolic response to exercise, and in the process, you'll help your clients find their fountain of youth.

You will learn: how to identify the hormones responsible for promoting muscle growth, acute response of the endocrine system to exercise and how to design an exercise program to help clients maintain their youthful appearance and energy levels.

291 Hydro-Fit® Two If By Land, One If By Sea – Craig Stuart **Workshop AQ**

Learn unique new choreography for strengthening the upper body in this innovative cardio-strength workout using a single Hand Buoy. Discover how unilateral training enhances performance and improves functional fitness. Why use two when one will do?

GROUP 8 SATURDAY 8/2/14

11:30 A.M. – 1:00 P.M.

292 Piloxing® - Jordan Ballard **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.

293 Jillian Michaels BODYSHRED™ Master Class – Zuta Gilchrist **Workshop GE, PT**

Join Master Trainer Zuta Gilchrist as she leads you through a Jillian Michaels BODYSHRED class! This revolutionary 30-minute interval workout consists of three minutes of strength, two minutes of cardio, and one minute of core work. Each exercise in each category lasts 30 seconds and the full circuit is repeated until you hit 30 minutes. There are no recovery breaks, so get ready for the ultimate sweat session!

294 Mind-Body The Movement: Lean In, Dig Deep, Soar High – Petra Kolber

Workshop GE, MB

We are often so busy, being busy that we forget what it feels like just to be in our own bodies. Sometimes it can feel uncomfortable but more often it can be the one thing that will move us forward into that place just outside of our comfort zone. The place where great change happens. In this session Petra weaves together dance, yoga and Tai Chi inspired

sequences to create an environment where our students are not only in the classroom but also in their bodies. Sequences can be used as cool downs or woven together for a full class. Moves are easy to master and replicate.

295 KettleBell Concepts™: Introduction To Kettlebell Lifting - Anthony Musemici

Workshop GE, P

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.

296 Indo-Row® - Josh Crosby & Julz Arney **Workshop GE, PT**

It's time to get amped up, get competitive and get ready to push like never before. Utilizing rowing machines, BOSUs, stability balls, steps, weighted bars and a variety of other equipment, this workshop is designed to give you new ideas for circuit and bootcamp classes that are designed to amplify camaraderie, team spirit and competition, and get results while maximizing the fun factor. You will not even know you are working out, but you will push your limits as you work to take your team to the championship! Perfect for all levels of fitness, these ideas will put a new surge of energy into your bootcamp and circuit training classes!

297 Feldenkrais For An Evolved Pilates Mat Class – Valerie Grant **Workshop GE, MB**

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.

GROUP 8 SATURDAY 8/2/14 CONTINUED

12:00 P.M. – 1:30 P.M.

298 Peak Pilates®: Chair Intervals with Ugi® - Zoey Trap **Workshop GE, MB**

What do you get when you pair up the MVE Chair with Ugi ball? Sweaty! This is a new challenging circuit workout that will take your aerobic and muscular endurance levels to new heights with one-minute bouts that take you back and forth between the chair and the ball. The pace is fast, the workout furious! Appropriate for everyone from beginner to elite athlete.

299 SPINNING®: The Lightning Strike - Mark Tickner **Workshop CY**

Lightning: A beautiful, spectacular, but deadly natural phenomenon that discharges up to one million volts of electricity, reaches up to five miles high and finishes with a loud crack of thunder! The anticipation of the next lightning strike is never far away. Are you ready for an electrifying, super-high-intensity race day visual ride? Then join Mark for the Lightning Strike!

300 Yoga Infused Fitness – Laura Ribbins **Workshop GE, MB**

Do you want to work out but avoid the hectic circuit training and Bootcamp style class? Come experience a cutting edge fitness class with a bit of yoga infused into it in a controlled, mindful manner. You will feel like you got your heart rate up and muscles were challenged as well as stretched. Yoga infused fitness will add a new challenge to your clients as well as yourself.

301 10 Things You Should Know Before You Start A Youth Fitness Program – Suzie Carmack

Lecture GE, MB, PT

In this interactive lecture, we will explore and explain the complexities of creating a successful youth fitness program. You will learn how to tailor your program based on developmental abilities, community needs, and the unique learning needs of each child. And you will learn common mistakes that are made in designing and running such programs. Whether you have started your youth fitness program at your studio, health club or local school, or seek new ideas for recharging your current program, this session is here to help us you! Let's get the next generation moving to health and wellbeing!

302 Schwinn® Cycling: Ride the TotalBody Trend With Circuits – Greg Cook

Workshop CY

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

303 Train, Teach and Vacation with FitBodies Inc. – Lisa Snowden

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.

304 Zumba® Fitness Pool Party – Tony Witt

Workshop AQ

Zumba Fitness lovers are die-hard party people, so putting Zumba movements into the water was a 'no-brainer'. The challenge was made: "People already do Salsa in the water, now do something you've never seen before". Create something that everyone can do and still be challenged physically by doing it. Aqua Zumba was born! This refreshing, invigorating Zumba Pool Party will include many different Latin and International dance rhythms. This unique workout complements all the muscles and allows all people, those that are fit as well as those with disabilities or physical limitations to join in the Zumba experience!

GROUP 9 SATURDAY 8/2/14 2:00 P.M. – 4:00 P.M.

305 Savvier Fitness® Best of Bootcamp 2014 – Mindy Mylrea

Workshop, GE, PT

All NEW for 2014 Bootcamp at it's best. When was the last time you called your workout intense, crazy creative, and off the charts? This

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

306 Zumba® Step – Renee Pickett

Workshop GE

Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® program. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Bring your students maximum results without losing the easy-to-follow fitness-party!

307 BOSU® Tri-Planar Core Training – Doris Thews

Workshop GE, MB, PT

Take core training to the next level with unique tri-planar techniques that enhance movement performance and effectively challenge every muscle in your "power center." Using the BOSU® Balance Trainer and Ballast Ball, experience challenging core exercises that utilize multiple planes of motion and link the core to efficient whole body movement. Improve your overall movement capabilities and learn new exercises that are designed to deliver results!

308 CrossCore®: Rotational Bodyweight Training™ - Feeling the Difference is Knowing the Difference – Anthony Musemici

Workshop GE, PT

In this class attendees will be given a basic introduction to Rotational Bodyweight Training™. They'll be taught the difference between traditional suspended bodyweight training and then be given the chance to "Pull the Pin™," allowing them to feel firsthand the difference between suspended bodyweight training and suspended bodyweight training with rotation.

309 R.I.P.P.E.D. – The One Stop Body Shock® – Billy Kirby & Terry Shorter

Workshop GE, PT

Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D to help attain and maintain your physiques in ways that are fun, safe, doable and extremely effective.

310 Exercise Programming For the Fountain Of Youth: Part Two – Pete McCall

Workshop GE, MB, PT, S

Exercise is a function of movement where coordinated movement is a skill that can be taught. The more we learn about the fascial system the more we realize that all muscles are interconnected yet many exercises are designed to work on only one muscle group or body part at a time. Movement-based exercises help the fascial system to retain its elastic function and resiliency; this session will review the science behind movement-based training as well as provide specific strategies on how to use progressions and regressions of common exercise movements to help clients use exercise to retain their youthful energy and appearance. Upon completion of this workshop the participant will be able to: describe how fascial structures function as integrated systems to accelerate, stabilize and decelerate movement, how to teach clients exercises based on integrated movement patterns instead of isolated muscle or

joint actions and how to demonstrate how to provide appropriate feedback to progress a client through the stages of motor learning.

311 Peak Pilates®: Let's Get Technical: Advanced Pilates Chair – Kathryn Coyle
Workshop GE, MB

Advance your own personal chair technique with this in-depth exploration of how to apply the Pilates principles and key concepts to this unique apparatus. Learn advanced chair exercises and variations while also learning how to spot them. What does it take to do the advanced work? Come and find out!

312 SPINPower™: Power Profile Progression - Danielle Foster
Workshop CY

We will demonstrate the ease in which existing profiles can be translated into riding with the power meter on the Spinner® Blade ION. Not only will you learn how to take your favorite rides and layer power parameters onto them, but how to progress the workouts for your riders to get maximum training benefits.

313 Dynamic Duo – Jeff McMullen
Workshop GE, MB, 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!

314 Eccentric Exercise – Len Kravitz
Lecture GE, MB, PT

Join Len for the most comprehensive review ever completed on eccentric exercise. Topics include the history of eccentric exercise, the physiology of eccentric exercise, the sequence of events leading to DOMS, the repeat bout-effect with eccentric exercise, gender differences and age applications, eccentric exercise and rehabilitation, and the mystery of eccentric exercise and metabolism. In addition, Len will showcase 25 great eccentric exercises using multi-media technology and 3 different eccentric training techniques. A must attend for every serious personal trainer.

315 Schwinn® Cycling: Presents Keli Roberts' Favorite Ride: "Got Lactate?" – Keli Roberts
Workshop CY

We all want to know what the experts are saying, playing, and doing in their classes and here is your chance! Join Keli Roberts for a unique and memorable ride based on the art and science of lactate threshold training. 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!

316 C.H.E.K INSTITUTE To Work Out Or Not To Workout – That Is the Question – Tomi Toles
Lecture GE, MB, PT, S

When your client arrives for their session already exhausted from a draining day, should you be working them out or giving them a day off? Some people will re-energize from a hard bout of exercise, but others will not – but how can you tell before you start? In this session you'll learn

why it is critical to evaluate your client's readiness for exercise, as well as simple techniques for evaluating the type of workout your client will respond best to. We'll explore the effects of stress and exercise on the autonomic nervous system and how overloads of either affect different people. You'll find out how to manipulate your existing programs to create energy uplifts, rather energy drains as well as how to select and prescribe exercise methods that will balance the ANS and help your clients get the most out of their time spent exercising.

317 Hydro-Fit® Power, Balance & Strength – Craig Stuart
Workshop AQ

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

GROUP 10 SATURDAY 8/2/14 4:30 P.M. – 6:00 P.M.

318 Bombshell Back & Booty with Bands – 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.

319 Step In the Name Of Love – Katie Haggerty
Workshop GE

You love it or you love it! Step has taken on so many identities since its inception. Where does your passion lie? Keep your members loving step by learning how to take the basic moves and evolve them so you are utilizing the music beyond just 4, 8 or 16 counts. Discover new ways to effectively communicate transitions that are smooth and easy so your students will experience movement in ways they may have never thought possible. Help your students (and you) fall in love with step all over again!

320 Shockwave – Josh Crosby, Julz Arney, Doris Thews & Keli Roberts
Workshop GE, PT

It's time to get amped up, get competitive and get ready to push like never before. Utilizing rowing machines, BOSUs, stability balls, steps, weighted bars and a variety of other equipment, this workshop is designed to give you new ideas for circuit and bootcamp classes that are designed to amplify camaraderie, team spirit and competition, and get results while maximizing the fun factor. You will not even know you are working out, but you will push your limits as you work to take your team to the championship! Perfect for all levels of fitness, these ideas will put a new surge of energy into your bootcamp and circuit training classes!

321 CrossCore®: Rotational Bodyweight Training™ Group – Nadine Stewart
Workshop GE, PT

An introductory Rotational Bodyweight Training™ Group, this group class includes a full-body workout with a CrossCore Master Instructor. Experience first-hand, the evolution in suspended bodyweight training. Pull the Pin™ and be challenged by increased instability, full body

rotation and core engagement as you're taken to the next level of bodyweight training.

322 LTS: Cool New Tools and Programming For Boot Camps and Group Exercise – Marc Lebert

Workshop GE, PT

This session is sure to keep your Group X and Boot Camp sessions fresh, fun and challenging with the amazing portable Equalizer™ Buddy System™, Stretch Strap™ and.... ?! Everything from agility and mobility drills, compound bodyweight movements, unique uni-lateral rowing and manual resistance exercises, partner training, athletic conditioning drill sequences, unique class programming and more! Your toolbox will be full after this one!

323 Centered Barre by centeredbeing™ – Suzie Carmack, Clare Davidson, Angelique Lockhart, and Gina Picolli

Workshop GE, MB

Meet us at the centeredbeing™ barre - where group fitness, ballet, standing Pilates and Yoga will help you develop your core strength, and your...asana! Learn how to offer multi-level options in barre classes, including options that support hip and low back health.

324 Peak Pilates®: Work the Wall – Zoey Trap

Workshop GE, MB

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

325 SPINNING®: Musically Minded...Rhythmically Challenged -

Mark Tickner

Workshop CY

Ride to the beat...or the rhythm... and respond. Come and learn, ride and feel why the Spinning® program is so special, and why every rider is unique and individual too. Using engaging, energizing music that has 2 distinctive and different beats and rhythms, we learn to ride at different cadences through one track... once you learn how the music elicits a different emotional response!

326 Future Fitness Pros: FOR the KIDS – Jenn Hall

Workshop GE

FUN, Fitness for the Future! Explore unique, FUNctional FITNESS FOR KIDS using all types of equipment, household items, and non-equipment based exercises disguised as GAMES!! Learn to create quick combinations that all

levels of children can execute and how to combine them for all occasions from birthday parties to P.E. classes!

327 Toxic World, Toxic Body - Michael Dudley

Lecture GE, MB, PT, S

Everyone is concerned about the toxins in our environment and wonder about the impact on our own health. This overview will introduce the most prevalent chemicals and toxins that we routinely come in contact with from the time you wake up, shower, wash your hair, apply your cosmetics and sunscreen, step out into the world, eat, drink, travel, work, play and go to bed. If we can't avoid them, how do they impact our health? Learn what you can and can't do in your own life to make your body and environment more safe and healthy.

328 Schwinn® Cycling: Presents Robert Sherman's Favorite Ride "Inspired Intensity" – Robert Sherman

Workshop 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.

329 The Dark TRUTH Behind the "Fitness" Industry – Misty Tripoli

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

"Eating and Obsessive Compulsive Disorders, Body Image and Perfectionism Dysmorphia"

Yes, it's true! The Fitness industry is a breeding ground for these life stealing malfunctions of the mind. Join Misty Tripoli, Conscious Warrior and Body Image Truth Talker for a let's-get-real, expose-the-truth and say-it-like-it-is conversation and then expand your mind to what we/you can do to transition into FREEDOM. The answers are within! The TRUTH is powerful and when you become aware of it and live it, it can set you FREE. If you or someone you know suffers from one of these unnecessary life snatchers, this session will blow your mind! Be a part of the conscious REVOLUTION, free your mind and become a warrior for your LIFE!

330 Surviving Aquatic Tabata – The Next Aquatic Challenge – Laura Ribbins

Workshop AQ

Experience an aquatic exercise strategy alternating bouts of short intensity anaerobic exercise with less intense recovery periods. Grasp the magnitude of which HIT/ Tabata intense workouts in the water provide improved athletic capacity as well as improved fat burning. Isn't that what your clients want? Understand true interval training / Tabata and take home a variety of ways to introduce and integrate Tabata.

GROUP 11 SUNDAY 8/3/14 7:00 A.M. – 9:00 A.M.

331 Piloxing® - Jordan Ballard

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.

332 Jillian Michaels BODYSHRED™ Master Class – Zuta Gilchriest

Workshop GE, PT

Join Master Trainer Zuta Gilchriest as she leads you through a Jillian Michaels BODYSHRED class! This revolutionary 30-minute interval workout consists of three minutes of strength, two minutes of cardio, and one minute of core work. Each exercise in each category lasts 30 seconds and the full circuit is repeated until you hit 30 minutes. There are no recovery breaks, so get ready for the ultimate sweat session!

333 Kamagon® Kamp – Keli Roberts**Workshop GE, PT**

Better than Boot Camp! The Kamagon Ball brings boot camp to a whole new level using Hydro-Inertia with traditional kettlebell style training. The instability of the water moving inside the ball creates unique stability challenges and recruits the core musculature like never before. Kamagon Kamp is fun, user-friendly and high intensity. Come learn why water is the new steel!

334 KettleBell Concepts™: Introduction To Kettlebell Lifting - Anthony Musemici**Workshop GE, PT**

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.

335 Reebok One A Simple (and Sensible) Approach to Assessment & Exercise Prescription – Nick Tumminello**Workshop PT, S**

Many fitness professionals are confused about corrective exercise - end up making the training process more about the assessment and not nearly enough actual fitness training gets done to successfully achieve the physique or performance goals of their client(s). Nick Tumminello is here to clarify this common confusion by showing you his refreshingly easy-to-use strategies for finding a training direction, keeping safety in mind, that will not only help your clients to achieve their fitness and physique goals, but also "fix" all of the issues that are within a trainers scope to address without getting caught up using complex bio-mechanical assessment procedures or bothering with boring "therapy-oriented" exercises.

336 Yoga by centeredbeing™ – Suzie Carmack, Phyllis Cook, Bill McDow & Michelle Starkey**Workshop GE, MB**

Learn how to create a zesty and rest-y (athletic and therapeutic) yoga practice with centeredbeing! This master class will include chair-based and mat-based options for your yoga practice, as well as the centeredbeing™ assessment strategy for session and class design.

337 Peak Pilates®: The Seat – Kathryn Coyle**Workshop GE, MB**

Lazy butts drive me nuts! Weak glutes are contributors to chronic back pain, poor posture and injuries. The glutes are one of the most powerful muscles in the body and coupled with the inner thighs and hamstrings functions to provide a solid foundation for the core. Learn to recognize gluteal substitution patterns, proper firing patterns, alignment concepts and how to use props to help your students wake up their seat and get back in action.

338 SPINPower™: Endurance Training a/k/a Sustainable Power - Danielle Foster**Workshop CY**

Endurance is stamina to sustain effort for longer durations before motor units begin to fatigue. Since muscle powers the rider and oxygen powers the muscle, increasing the pool of muscle fibers that turn the pedals and the muscles' aerobic capacity is key. Endurance training comes in the

form of increased training volume and repeatability, by increasing duration and repetitions, or decreasing recovery. Develop aerobic, anaerobic and muscular endurance with these sustainable power intervals.

339 Yoga Flow State – Robert Sherman**Workshop GE, MB**

The Yoga Flow State is finding perfect moments in your teaching that transcend any preparation. You get into a rhythm of breath, pose and counter-pose that link into a flow that you never want to end. Learn progressions that build, peak and recover into a perfect yogic journey for body and mind.

340 The Physiology Of Fat Loss – Len Kravitz**Lecture GE, MB, PT, S**

The Yoga Flow State is finding perfect moments in your teaching that transcend any preparation. You get into a rhythm of breath, pose and counter-pose that link into a flow that you never want to end. Learn progressions that build, peak and recover into a perfect yogic journey for body and mind.

341 Schwinn® Cycling: Presents Mindy Mylrea's Favorite Ride: "Tabata Tantrum" – 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!

342 C.H.E.K INSTITUTE Critical Program Design Strategies – Tomi Toles**Lecture GE, MB, PT, S**

This holistic dissection of program design will share skills that you are unlikely to learn anywhere else! For example, traditional periodization is broken down to microcycles and mesocycles, but many athletes and exercisers fail to reach their goals because they have yet not mastered circadian cycles! This lecture will provide you with new ways to view and manipulate program variables and show you how to recognize common roadblocks to success in any client. If you are looking for a program design edge or have been in the business for a number of years and are tired of hearing about 8-12 reps with a one minute rest, this class is for you!

343 HI-YO Knees & Hips (AQUA) – 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.

GROUP 12 SUNDAY 8/3/14 9:30 A.M. – 11:00 A.M.**344 Body Bar® Flexible Strength – Keli Roberts****Workshop GE, PT**

Train the body from the inside out to enhance stability and mobility, core function, integrated strength and balance with one simple tool: The Body

Bar. With smooth, controlled movement sequences, instructors will learn graceful body control while developing stability and mobility in key areas of the body. See how slower movement develops intensity without increasing joint stress. This hands-on, interactive workshop focuses on movement progressions, motor learning and skill development ensuring exercise efficiency, effectiveness and safety.

345 Zumba® Step – Renee Pickett

Workshop GE

Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® program. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Bring your students maximum results without losing the easy-to-follow fitness-party!

346 Give Your Body a Break! THEGROOVE™ Experience – Misty Tripoli

Workshop GE, MB

“GROOVE your body CALM to HEAL and RESTORE” Are you ready and willing to gain access to the fullest potential of movement in your body? No one can do it for you! Find YOUR FLOW and experience how good you should feel ALL OF THE TIME! Learn one of the most powerful tools for a healthy life; the ability to soothe, restore and relax your mind and body through movement, creativity and breath. Enjoy the bliss of slowing down, elongating your muscles, decompressing your joints and making sweet sweet love to your whole body!

347 Ugi®: Flow – Abbie Appel

Workshop GE, MB

Inspired by yoga, Pilates and Dance, Ugi Flow is a series of movements designed to achieve balance between mind and body. The flow creates a connection between movements using the muscles of the spine and the abdominals to improve strength, flexibility and concentration, leaving you feeling confident and energized.

348 C.H.E.K INSTITUTE Practical Approaches to SI Joint Pain – Tomi Toles

Workshop GE, MB, PT, S

Sacroiliac (SI) joint pain is a debilitating and problematic issue; often confused with low back pain, it can have many causes. Adding to this, asymmetrical flexibility or poor posture will increase the likelihood of SI joint dysfunction and pain, particularly when additional loads are added to the body. Sound like a recipe for disaster for the uninformed personal trainer? This lecture (workshop) will provide you with the knowledge and skills to identify clients suffering from SI joint pain, and avoid creating more problems in clients who are at risk from SI joint issues. You'll learn the C.H.E.K Institute formula for creating effective stretching, stabilization and strengthening programs for clients with SI joint pain, and understand when you need to refer at-risk clients to seek medical assistance.

349 Centered Relaxation by centeredbeing™ – Suzie Carmack, Anne McDow & Bill McDow

Workshop GE, MB

Discover how to create a restorative mind/body practice that will keep you, and your most-stressed-out clients, centered and calm no matter what life throws their way. Centered Relaxation blends gentle and therapeutic movements inspired by Pilates and other movement therapies with restorative yoga poses and empowering mindfulness principles. The result is a session dedicated to giving you, your mind and your body a healing experience after a busy DCAC conference!

350 Peak Pilates®: Lines, Angles, Curves, and Spirals – Zoey Trap

Workshop GE, MB

Align shape, curve and curl your body into a myriad of forms! Explore new props and props uses to help you connect to the sharp and strong, the soft and curved. Feel the ability of the UGI Ball, stability balls and Bodyblades to help you move with new awareness, connect in a deeper way, and express yourself mind, body and spirit.

351 SPINNING®: The Athlete's Hour - Mark Tickner

Workshop CY

A super high intensity visual anaerobic interval ride that will test your strengths in many different ways outside the ordinary! Let's unite together in a visual and emotional rollercoaster of a ride, set to a backdrop of some of the most iconic and fastest sports in the world that have inspired me, that will leave you breathless!

352 Yoga I.S.® and the Hip – Lauren Eirk

Workshop GE, MB

Did you know that we cannot "open" our hips? All yoga teachers need to know anatomy. In this workshop, learn the basic anatomy of the hip, complete with structural analysis, muscular influences, and hip joint mechanics. Specific Asanas from the system of Hatha Yoga will be thoroughly dissected to show how they can influence to the hip. Seeing anatomy come into action will make you understand how important it is to understand differences in structure. Learn cool yoga tricks, including reasons why some poses are better for certain individuals, improving hip joint integrity.

353 Flex Your Social Media Muscle – Jeff McMullen

Lecture AQ, GE, MB, PT, S

Are you overwhelmed by the amount of time and knowledge it takes to keep up with the cyberspace world? FaceBook, Twitter, and Pinterest have you sweating bullets? Still unconvinced that it could have a dramatic impact on your fitness career? Join Jeff McMullen, national fitness presenter, as he provides social media information that can dramatically increase your business growth and earning potential. Learn the new "do's" and "don'ts" on how to create and online presence in less than 30 minutes a day.

354 Schwinn® Cycling: How To Rock A Theme Ride – Doris Thews

Workshop CY

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

355 Finding Your Vision, Teaching Your Passion and Building Your Business – Robert Sherman

Lecture GE, MB, PT, S

Define and Refine your passion. This workshop takes you to the core of your message and enables you to bring "what changed you or made a difference in your life" to every class you teach. Learn how to differentiate yourself to change the success and opportunities in your business, and shift your choices forever and finally be able to teach your passion.

356 Hydro-Fit® Circuit It To Work It – Craig Stuart

Workshop AQ

Gear up, get wet and sculpt your body with liquid resistance. Discover effective exercises using basic aqua equipment (Noodles and Hand Buoys) to build strength and endurance. Gain in-depth experience in how to optimally challenge metabolic and biomechanical systems with circuit training in the water.

GROUP 13 SUNDAY 8/3/14 11:30 A.M. – 1:00 P.M.**357 R.I.P.P.E.D. The One Stop Body Shock® - Billy Kirby & Terry Shorter****Workshop GE, PT**

Experience this total body “plateau proof fitness formula” workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D to help attain and maintain your physiques in ways that are fun, safe, doable and extremely effective.

358 HIITs Blitz – Abbie Appel**Workshop GE, PT**

Reignite your workouts using only bodyweight and elevate your strength conditioning circuits with high-intensity metabolic conditioning. No complex choreography, just 3 proven methods of aerobic and anaerobic timed intervals with progressive and user-friendly, athletic movement patterns to increase total work and energy expenditure. Review the science of the energy systems and learn how to effectively increase intensity for your ALL of your groups.

359 Cardio Combat Core Strength – Jeff McMullen**Workshop GE**

Join Jeff for this FUSION of cardio kickboxing and body weight based strength conditioning and standing core based work without every sitting down. Kick, punch, plank, push and lift your body in endless combinations, sequences, directions and planes that will leave your head spinning with endless possibilities and ideas to take home and utilize for any level fitness class. Fine tune your training and teaching skills by artfully linking seamless transitions of cardio, weight bearing exercises and core and raise the bar in fitness conditioning you can offer your classes and personal training clientele and leave them clamoring for more, more, more!

360 Bodyblade®: Burn, Baby, Burn – Nadine Stewart**Workshop GE, MB, PT**

To kick start a stale fitness routine you have to force your body past the point in a workout when it wants to say uncle—without overtraining. The Bodyblade offers variable resistance without requiring a change in equipment AND it's impossible to over train. As soon as your muscles fatigue, you won't be able to keep the Bodyblade in motion. Switching between high-intensity cardio and strength moves every minute for an hour will keep your body guessing and your heart rate up. You can do anything for a minute... so let it burn!

361 LTS: LeBOOT! – Marc Lebert**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!)

362 Secrets Of Toning With Pilates and Yoga – Laura Ribbins**Workshop GE, MB**

Whether you are a personal trainer or group fitness instructor, using the modalities of Yoga and Pilates can deliver results right to the core. Understand the layers of blending these specialties into a deep strengthening series which can compliment all of your programs. Experience the chain reaction, mentally and physically, delivering a toned feeling to you and your clients.

363 Peak Pilates®: Partner Pilates – Kathryn Coyle & Zoey Trap**Workshop GE, MB**

Double the fun and increase retention with this innovative Pilates Mat class. Everything is more fun with a friend. Pilates in tandem can increase the challenge, offer extra assistance, and provide a new proprioceptive experience for the student. Learn how to program a class for partners that will make a great special offering at your studio.

364 SPINPower™: Speed Work - Danielle Foster**Workshop CY**

While the weighted flywheel will push any rider's cadence higher, power, speed and stamina will be greatly improved by the ability to pedal smooth, fast circles in a big gear! On the Spinner®, speed is more specifically referred to as high cadence. Developing powerful pedal turnover and smooth pedal strokes should be a priority. This speed training ride will focus on fun and creative bouts of cadence building, resistance loading and accelerations during various movements and positions to develop higher sustainable power.

365 Body Weight Blitz – Keli Roberts**Workshop GE, PT**

No equipment? No worries! Learn partner and solo drills that train the body with gravity, ground reactive forces, leverage, momentum, plyometric exercise and power endurance explosive movement. This workshop demonstrates how to apply these forces to provide overload through multiple planes of motion with integrated whole body motions that improve fitness and function. This high intensity program is ideal for boot camps, small group personal training or traditional group exercise. Bodyweight Blitz, blast past your plateaus to a whole new level of fitness!

366 Toxic World, Toxic Body - Michael Dudley**Lecture GE, MB, PT, S**

Everyone is concerned about the toxins in our environment and wonder about the impact on our own health. This overview will introduce the most prevalent chemicals and toxins that we routinely come in contact with from the time you wake up, shower, wash your hair, apply your cosmetics and sunscreen, step out into the world, eat, drink, travel, work, play and go to bed. If we can't avoid them, how do they impact our health? Learn what you can and can't do in your own life to make your body and environment more safe and healthy.

367 BIZNIZ Bootcamp YOUTWITFACE – Jenn Hall**Lecture GE, MB, PT**

Learn how social media can propel your fitness business for FREE without being chained to the computer! This lecture is a working session

that will teach you how to effectively operate Facebook, Twitter and YouTube while exploring other popular social media outlets. This session will teach you to expand your business in just minutes per day!!

368 Stretch Fusion Elevate (AQUA) – 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!