THURSDAY 08/05/21

401 Adult CPR & AED Training: Two (2) Year Certification/Re-Certification Class with Don Sussman, Know CPR
Thursday 8/5/21 6:30 p.m. - 8:00 p.m.

Renew your CPR certification quickly and easily on site at DCAC 2021! The newest CPR Guidelines will be taught by a certified and authorized CPR Instructor. This nationally-recognized program provides a two (2) year renewal certification for Adult Cardiopulmonary Resuscitation (CPR) and AED from the American Safety & Health Institute. Immediately upon successful completion of this training, participants will receive an American Safety & Health Institute course completion card with a suggested retraining date of two years. You must have current CPR certification or one that has recently expired in order to register.

Cost: $45.00 per person (Special DCAC Rate, includes all fees, handouts and training)
Register: https://cvent.me/avBOBl

402 Stream Team Certification with Abbie Appel & Tricia Murphy Madden
Thursday 08/058/21 4:00 a.m. - 9:00 p.m.

CEC's: 5.0 AFAA, 0.5 ACE, 0.5 NASM

Whether you are looking to launch a Video on Demand, LIVE Stream or a Hybrid of the two, this certification will help you establish your business goals and launch the perfect virtual solution for your business. This course will provide you technical solutions, programming strategies, staffing, budgeting and marketing ideas for either starting or revamping your virtual experiences.

Cost: $98.00 by 06/30/21 $128.00 after 06/30/21
Register: https://cvent.me/avBOBl

SATURDAY 08/07/21

403 Adult CPR & AED Training: Two (2) Year Certification/Re-Certification Class with Don Sussman, Know CPR
Saturday 8/7/21 6:30 p.m. - 8:00 p.m.

Renew your CPR certification quickly and easily on site at DCAC 2021! The newest CPR Guidelines will be taught by a certified and authorized CPR Instructor. This nationally-recognized program provides a two (2) year renewal certification for Adult Cardiopulmonary Resuscitation (CPR) and AED from the American Safety & Health Institute. Immediately upon successful completion of this training, participants will receive an American Safety & Health Institute course completion card with a suggested retraining date of two years. You must have current CPR certification or one that has recently expired in order to register.

Cost: $45.00 per person (Special DCAC Rate, includes all fees, handouts and training)
Register: https://cvent.me/avBOBl

404 Zumba® Basic 1 IN-PERSON Training with April Smith
Saturday 8/7/21 8:30 a.m. - 6:00 p.m. *(registration begins at 8:00am)*

CEC's: ACE and AFAA

This training is the first step to becoming a Zumba instructor. It teaches both the foundation and formula to teach a Zumba class. Students learn the steps to the four core rhythms (merengue, salsa, cumbia, reggaeton), how to put these steps together into a song, and how to create a Zumba class. We provide all the tools and resources you'll need! Included with the Session Electronic Instructor Manual, Certificate of Completion, Fitness Certification Credits (varies by country), Online Videos to Review Basic Steps

Included with Session

- Electronic Instructor Manual
- Certificate of Completion
- Fitness Certification Credits (varies by country)

Online Videos to Review Basic Steps
ACE CEC's
AFAA CEU's

What to Expect

Learn how to teach the basic steps to the four Zumba® core rhythms: Merengue, Salsa, Cumbia, and Reggaeton.
Using the Zumba® formula, learn how to identify different parts of a song and apply the basic steps to build an effective Zumba class.
Practice live with a Zumba Education Specialist to gain confidence to teach sooner.
Receive your license to begin teaching Zumba® classes immediately.
Get access to even more tools to help you start teaching faster and changing lives sooner.
Get the opportunity to receive monthly choreo and music + ongoing support.

Cost: $225.00
Register: https://www.zumba.com/en-US/training/2021-08-07_B1_Reston_US_Zumba_Convention

SUNDAY 08/08/21

405 BARE® #barefootstrong Workout Instructor Training with Dr. Emily Splichal
Sunday 08/08/21 8:00 a.m. - 5:00 p.m.

CEC's: 0.6 ACE

Bring the science of barefoot balance training to your gym or studio. As the only workout that combines foot to core sequencing, breath & pelvic floor connections and fascial tensioning this #barefootstrong workout is the perfect addition to a Pilates program, Senior Fitness, Mind Body line-up or any athletic performance program.

Created by Podiatrist & Human Movement Specialist, Dr Emily Splichal

Cost: $248.00
Register: https://cvent.me/avBOBl

406 Barre Above® — Powered by Savvier Fitness® with Tricia Murphy Madden & Lauren George
Sunday 08/08/21 8:00 a.m. - 5:00 p.m.

CEC's: 12.0 AFAA, 1.2 ACE, 1.2 NASM

Whether you currently teach barre, or are motivated to add this popular format to your repertoire, look no further than Barre Above®, one of the fastest growing barre programs in the country. Discover the essentials of barre and see how this dynamic and progressive method of training enhances strength, flexibility and balance. Watch your toolbox expand as you study and practice the progressions and regressions necessary to teach a fun, effective and efficient barre workout that is perfect for all fitness levels. Walk away with tips on how to implement, launch and run a successful and in-demand barre program that requires little to no equipment. Certification includes: • (2) Digital Barre workout videos • Print and electronic instructor manual • Instructor web membership • Equipment and apparel discounts • No licensing fees • Options for ongoing choreography • Certificate of Completion

Cost: $228.00 by 06/30/21 $248.00 after 06/30/21
Register: https://cvent.me/avBOBl

407 Corrective Exercise and Strength Training for Scoliosis, Spinal Stenosis, and Osteoporosis with Dr. Evan Osar
Sunday 08/08/21 7:30 a.m. - 12:00 p.m.

CEC's: 0.4 ACE, 4.0 AFAA, 4 FAI, 0.4 NASM

In this interactive workshop, the fitness professional will learn about three common issues impacting older adults: scoliosis, spinal stenosis/osteoarthritis, and osteoporosis. Additionally, they will discover how to easily assess and identify common contributors to older client's tightness, discomfort, and loss of performance. They'll leave with the blueprint for creating a safe and effective training program that includes the most effective corrective and progressive exercises designed specifically for individuals with scoliosis, spinal stenosis, and osteoporosis.

Learning objectives

- The fitness professional will discover how an older adult's posture and movement habits contribute to common spinal issues such as scoliosis, osteoarthritis and spinal stenosis, and osteoporosis.
- The fitness professional will be able to apply the concepts of the Integrative Movement System™ into a corrective and functional exercise program designed to address scoliosis, spinal stenosis (osteoarthritis) and osteoporosis.
- The fitness professional will leave with a blueprint to help their clients work safely towards accomplishing their health and fitness goals.

Requirements

- Workout clothes
- Yoga mat, resistance bands and self-myofascial release tools

Cost: $98.00 by 06/30/21 $158.00 after 06/30/21
Register: https://cvent.me/avBOBl

408 Extreme HIIT Chaos® Instructor Training Powered by Savvier Fitness® with Mindy Mylrea
Sunday 08/08/21 8:00 a.m. - 5:00 p.m.

CEC's: 0.9 ACE, 7.0 ACSM, 7.0 AFAA, 0.7 NASM

Prepare yourself for an extreme calorie burning, muscle stimulating, high intensity experience. Based on the latest research, you'll learn how methodically varying your HIIT workouts (i.e. randomizing exercises, work to rest ratios and intensities) transforms both mind and body in a brand new way. We'll unpack the HIIT science and give you an easy to follow systematic method for stacking HIIT sequences (i.e. how to create controlled chaos) and utilize real-time feedback to keep your students in their optimum training zones. Get ready to bring home a fresh and modern method of teaching to all fitness levels and a seamless system for cueing form and progressions that positions you as the Coordinator of Chaos. Show your students that when you train in chaos, you're prepared for anything.

Certification includes:

- Extreme Chaos instructor's manual
- CEC certificate

Cost: $228.00 by 06/30/21 $248.00 after 06/30/21
Register: https://cvent.me/avBOBl

409 Functional Aging Specialist Workshop with Dan Ritchie
Sunday 8/8/21 8:00 a.m. - 1:00 p.m.

CEC's: 0.8 ACE, 7.0 ACSM, 0.7 NASM, 7.0 AFAA

The rapid growth of the age 50+ population presents unprecedented opportunity for fitness professionals who understand how to train these clients effectively. This interactive workshop and innovative certification program will teach you the skills necessary to implement functional training techniques, strategies and movements that are important to your aging clientele. Whether you conduct private trainings, small-group trainings or group fitness classes, the techniques learned here will serve you and your clients for years to come.

Note: Upon registering for the workshop, you'll be given access to 12 online manuals and 22 videos, the entire FAS online certification (value $399). You are encouraged to review some materials prior to the workshop.

After the completion of the workshop you are 70% of the way to completing the full credential. Upon completion and passing the online exam you will earn another 1.0 or 10 CECs!

You'll learn how to:
• Properly assess the functional abilities of older clients.
• Design a safe and effective functional exercise program for low-, moderate- and high-functioning clients.
• Utilize balance-specific assessments and training strategies to improve balance and reduce fall risk.
Cost: $198.00 before 06/30/21 / $248.00 after 06/30/21
Register: https://cvent.me/avBOBl

410 I am Ageless Now™ with Leslee Bender
Sunday 08/08/21 8:00 a.m. - 12:00 p.m.

CEC's: 0.4 ACE
Unlocking The Key to Functional Flexibility, Mobility and Core Strength
Join Leslee Bender for the most progressive approach to unlocking the body's ability to move and live pain free. In this session you will have essential tools and techniques that combine specific myo-fascial release, breath and movement that transforms the body to function at any age. Pain and dysfunction ages the body and can be prevented when you understand the complexity of fascia and the role it plays in transferring energy. Walk away with 3D core movements to enhance function, nutrition specific for anti inflammation, and massage that restores and renews you for life. A session that will transform your life
Cost: $98.00 by 06/30/21 $118.00 after 06/30/21
Register: https://cvent.me/avBOBl

411 MASHUP® Certification: Precision Variable-intensity Interval Training with Jacquese Silvas & Jennifer Taylor
Sunday 08/08/21 8:00 a.m. - 5:00 p.m.

CEC's: 0.7 ACE, 1.1 NASM, 11.0 AFAA
MASHUP® offers three classes in one in less time: MindBody, Agility and Strength, and High-intensity Intervals. This variable-intensity interval training (VIIT) program is distinctly designed for all populations with three fitness levels in every workout. You will review the program's research-based VIIT formulas, group fitness fundamentals, safety cueing, music coaching commands, and how to integrate the holistic coaching component within each workout. This certification will enable you to implement MASHUP® in any facility without a gym license.
Certification includes a reference manual with sample exercises and workouts, visual whiteboards, three custom playlists and health and fitness education resources. Certified coaches join Coach Connect to access continuously growing library of playlists, samples workouts, and sample videos for a low monthly or discounted annual membership. Coach Connect members are eligible for the MASHUP® app referral bonus program. A basic group fitness/personal training certification, specialty certification or related degree is required.
Cost: $198.00 by 06/30/21 $228.00 after 06/30/21
Register: https://cvent.me/avBOBl

412 SAF AQUA Drums Vibes ® with Andrea Velazquez & Jeannie Brown-Johnson
Sunday 08/08/21 8:00 a.m. - 2:00 p.m.

CEC's: 8.0 AEA
SAF AQUA Drums Vibes concept is a unique aqua fitness program which combines drums rhythms, excellent fun and fabulous training. The SAF AQUA Drums Vibes program alters the approach to resistance training in water through the use of equipment which will lengthen upper limbs. A lot of the exercises of the SAF AQUA Drums Vibes program uses isometric muscle contraction which allows the participants to control the movement and increases the intensity of the training.
You will learn:
- Different positions, holds and movement variations

- Practical teaching elements
- The importance of music in your class paying attention to rhythm
- You will be guided on how to structure a class and key elements of being a successful instructor.

Requirements:

- No pre-requisite or experience level
- Completion of online content and Theoretical prior to live event
- SAF Aqua Drums Vibes equipment will be provided for use during the training and available for sale at the event at special pricing.

Certificate:

- Practical Evaluation - 15 minute lesson video format to be evaluated by USA approved Master Trainers
- 8 CEU units provided by AEA

Cost: $98.00 Before 06/30/21 / $118.00 After 06/30/21
Register: https://cvent.me/avBOBl

413 Schwinn® Cycling: Indoor Cycling Instructor Certification with Keli Roberts & Doris Thews
Sunday 08/08/21 8:00 a.m. - 5:00 p.m.

CEC's: 0.8 ACE, 7.0 ACSM, 0.8 NASM, 8.0 AFAA

#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Experience the AC Power Bike and accurate power provided by the 4iiii Powermeter! Get the tools you need to become a successful and sought-after instructor on any brand of bike in one power packed day. This critically acclaimed certification, based on the Schwinn® Cycling Coach's Pyramid™, allows you to work smart, break through, fill your room and shine in the studio.

Course also covers proper bike fit, cycling science, class design, music, communication skills & motivation techniques. Takeaways include:

- Power Music® Schwinn® Cycling Signature Music
- Eight complete class design plans
- A comprehensive manual and Certificate of Completion

Cost: $198.00 Before 06/30/21 / $248.00 After 06/30/21
Register: https://cvent.me/avBOBl

414 STRONG Nation™ IN-PERSON Training with Ricardo Alas
Sunday 8/8/21 8:30 a.m. - 6:00 p.m. *(registration begins at 8:00am)*

CEC's: ACE and AFAA

STRONG Nation™ is a high-intensity interval training (HIIT) program where every move is synced to the beat of original music for a group fitness experience like no other. During an intensive 1-day training, you'll learn the science behind the cardio and bodyweight training, as well as how to combine moves and patterns with perfectly synced music, and all about the program's unique Quadrant system for increasing intensity. The training also touches on topics such as physiology, bio-mechanics, movement fundamentals, and injury prevention.

INCLUDED WITH SESSION

Electronic Instructor Training Manual
Training Recap Video - delivered digitally
STRONG Nation™ My First Class™ - 60 minutes of music and moves, delivered digitally
E-learning course with the foundational fitness moves and science behind the program
Certificate of Completion
Fitness Certification Credits for Instructor Trainings - varies by country

Fitness Certification Credits for E-Learning - varies by country
ACE CEC's: E-Learning
AFAA CEU's: E-Learning

Cost: $300.00
Register: https://strong.zumba.com/en-US/training/2021-08-08_SXZ_RESTON_US_Zumba_Convention

415 YogaFit® YogaBack with Kim Gray
Sunday 8/8/21 8:00 a.m. - 5:00 p.m.

CEC's: 0.8 ACE, 8 Yoga Alliance, 4 canfitpro

Did you know that 85 percent of all Americans suffer from back pain at some point in their lives? This dynamic and obviously essential one-day training will help yoga therapists and yoga teachers understand the anatomy and kinesiology of the spine and explain how yoga can impact the health of the spine.

Cost: $328.00 Before 06/30/21 / $368.00 After 06/30/21
Register: https://cvent.me/avBOBl

416 Your Body 2.0 with Pete McCall & Tricia Murphy Madden
Sunday 8/8/21 9:00 a.m. - 6:00 p.m.

CEC's: 0.9ACE, 0.9 NASM, 9.0 AFAA

Aging successfully means reducing the risk of developing a disease, maintaining an optimal level of physical and cognitive function and actively engaging in life. High intensity exercise delivers many benefits including adding lean muscle, improving aerobic fitness and increasing levels of anabolic hormones to support successful aging. As many group fitness participants get older, they want the benefits of high intensity exercise and are not afraid of working hard but don't want to become injured while sweating. Your Body 2.0 is a group fitness class format specifically designed for the aging fitness enthusiast. The workout applies the latest research on exercise and aging with a unique combination of mobility, strength and high intensity cardio to help participants add muscle, burn calories and slow down the effects of time on their bodies. Learn how to design and lead group fitness programs that will engage multiple muscles to create the optimal physique for the over-40 body.

Learning Objectives

- Explain the benefits of high intensity exercise for active adults over the age of forty.
- Demonstrate how to perform exercises in all three planes of motion.
- Design a group fitness workout that includes the components mobility, dynamic balance, strength and metabolic conditioning.
- Lead participants through a group fitness workout that includes exercises for mobility, strength, balance and high intensity interval training.

Cost: $198.00 Before 06/30/21 / $228.00 After 06/30/21
Register: https://cvent.me/avBOBl