

## DCAC LIVE STREAM Fitness Education Conference Descriptions

**AQ:** Aqua   **CY:** Cycling   **GE:** Group Exercise   **MB:** Mind Body   **PT:** Personal Training   **S:** Seniors

### KEYNOTE Friday 7/31/20 10:00 am - 10:45 am (EDT)

#### **A New Movement for A New Moment with Petra Kolber**

Can you hear the call? Are you ready for your moment? And are you willing to lead the charge as we create a new movement?

Just a few short months ago, the world came to a screeching halt and it has changed the fitness landscape forever. The question is, how have we changed to be able to meet the new needs of our customers and clients?

Petra will share tips and strategies from the world of Positive Psychology to help you tap into your true calling and become the transformational expert that the world has been waiting for.

It is time to dust off your dreams, make friends with your doubts, and turn up your light. Now is the moment to shine so brightly that you ignite a flame of possibility and hope in everyone you meet. What will your new movement be?

### Group 1: Friday 7/31/20 11:00 am - 12:30 pm (EDT)

#### **101 Schwinn® Cycling: Schwinn® Cycling: To Breathless and Back Again with Robert Sherman**

**Workshop: CY**

HIIT is here to stay, so keeping the workouts fresh is key. This workshop will provide protocols - supported by current HIIT research - that push that your students to the max and keep them coming back for more. Walk away with coaching tips and motivating strategies to keep HIIT at the top of leader board.

#### **102 HIIT the BARRE with Tricia Murphy Madden & Lauren George**

**Workshop: GE, MB, PT**

High Intensity Interval Training (HIIT) continues to dominate the fitness market place by focusing on fast and furious workouts where participants experience results-based training. But navigating HIIT protocols requires a working knowledge of kinesiology as well as an understanding of sustainable and scalable movement selection for a global population. This workshop will guide the fitness professional in the exploration of safe and effective time-based, HIIT protocols with expert coaching cues that are inclusive for all fitness levels.

#### **103 FAI®: Exercise Program Design for the 55+ Client with Dan Ritchie**

**Workshop: GE, MB, PT, S**

One of the biggest challenges we hear is how to design effective and safe exercise sessions especially with a wide range of fitness levels in clients age 55-75. Learn and workshop several case studies to see how you can design programs for 4 functional levels, so you can train clients more effectively at a wide range of levels, experience and ability.

#### **104 Foot to Core Stabilization: Enhancing Power & Strength with Dr. Emily Splichal**

**Workshop: GE, MB, PT**

Stabilization is the foundation to power, force and resistance. Join Functional Podiatrist and Movement Specialist Dr Emily as she explores how our foot is the gateway to core or center stabilization. Learn to access the deep foot muscles and integrate them with pelvic floor and breathing patterns. Take the concept of from the ground up to the next level with programming that will change your client's movement patterns forever.

#### **105 FREESTYLE STEP with Rebecca Small**

**Workshop: GE**

Maneuver your way around the Step like a true professional! A fantastic lesson in the playful art of symmetric, tap-free choreography and superb breakdowns, Rebecca ensures that you will be gliding easily through every move with minimal effort and maximal enjoyment. A must for everyone who enjoys participating and teaching in freestyle step classes.

#### **106 Next Steps in Your Aquatic Career with Mick & Sue Nelson**

**Workshop: AQ**

Water exercise is essential, or is it? We are learning through COVID-19 that words matter. Learn how to successfully navigate changing circumstances with a strategic language that makes things happen. Mick and Sue Nelson will teach you their system to positively influence perceptions of water exercise and take your aquatic career to the next level.

### Group 2: Friday 7/31/20 1:30 pm - 3:00 pm (EDT)

#### **107 HIIT - Real Ratios for Results by StairMaster® with Sonja Friend-Uhl**

**Workshop: GE, PT**

You can have too much of a good thing. Over-programming HIIT lends itself to overtraining and potential injury. Learn the benefits of aerobic steady-state and aerobic interval training and how to design workouts that blend the best of both to burn calories and torch fat while reducing the risk of injury.

#### **108 Performance Training for the Master's Athlete with Pete McCall**

**Workshop: GE, PT**

Do you work with active adults over the age of 40? Just because your clients are over the age of 40 does not mean they can't train hard, enjoy their favorite recreational activities or earn an attractive body. This session will address how the aging process affects the body's response strength training and high intensity exercise. In addition,

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you will learn specific exercise program design strategies that will allow your clients to to get the performance results they want throughout the aging process.

Learning objectives:

- Explain how strength training can improve the architecture of the myofascial system.
- Describe the benefits of high intensity exercise for active agers.
- Design an exercise program to help clients maintain their youthful appearance and energy levels throughout the aging process.

### **109 FAI®: 10 simple and Low Cost Ways to Market More Effectively with Dan Ritchie**

**Workshop: GE, MB, PT, S**

Hands on interactive workshop helping you develop several simple low cost marketing strategies to attract more clients. If you want to help more people you need to improve your attraction and client getting skills.

### **110 Yoga in the Round with Denise Druce**

**Workshop: GE, MB**

Take a different look at the setup of your yoga class. Teaching in-the-round not only changes the feel of your class, it changes the whole experience for you and your students. In this session, we'll discuss the benefits of this more intimate approach and how this affects student comfort and flow of energy in the room. In addition, we will look at the considerations of teaching in a circle, including class sequencing and teacher placement.

### **111 LaBlast®: Ballroom Fitness Using PATTERNography with Louis Van Amstel**

**Workshop: GE**

LaBlast's easy-to-follow formula of interchangeable patterns (PATTERNography) is changing the way both instructors and participants look at their workout by allowing them to get more involved physically, mentally and emotionally. Why spend time worrying about steps or memorizing long routines when you can be applying that energy to movement, i.e. working harder, smarter and burning more calories?!

### **112 Dual Depth Dilemma with Craig Stuart**

**Workshop: AQ**

Social distancing guidelines require that we utilize all available pool space. This means more dual depth classes. Learn the science behind what exercises transition smoothly, what ones require modification and what ones to avoid all together. Discover how to keep ALL your students engaged and equally challenged no matter where they are in the pool.

## **Group 3: Saturday 8/1/20 11:00 am - 12:30 pm (EDT)**

### **113 Schwinn® Cycling: Cycle of Life - Pregnancy & Postnatal Solutions with Lou Atkinson**

**Workshop: CY**

Exercise during a healthy pregnancy is not only safe, it is proven to benefit mom's mental and physical health, and her baby's development. Schwinn Cycling is one of the most adaptable and low risk activities for both expectant and new moms. This workshop will give you the lowdown on physiological changes, bike set up & simple adaptations, so you confidently welcome prenatal and postpartum women to your classes.

### **114 FAI®: Balance Training Games and Circuits with Dan Ritchie**

**Workshop: GE, MB, PT, S**

Balance for our clients over 60 is a critical element to be training. Learn how to incorporate, agility drills, ladder drills, partner games, obstacle courses and more in this fun hands on session.

### **115 Improve Your Client's Balance and Walking Today! with Dr. Evan Osar & Jenice Mattek**

**Workshop: GE, MB, PT, S**

Chronic tightness, discomfort, and decreased balance and walking are common issues associated with the older adult population. To make matters worse, amidst the COVID crisis, increasing numbers of older adults are not participating in enough physical activity to undo the deleterious effects of the sedentary lifestyle. The great news is that this has created an incredible opportunity for you if you understand and more importantly, institute a strategically designed and progressive exercise program. During this interactive, online workshop, you'll discover how breath and bare feet impact posture, balance, and walking. Additionally, you'll discover how to seamlessly integrate breathing, balance, and barefoot training into your warm-ups, strengthening, and cool-down sessions. Whether you train online or in person, understanding and implementing this information will enable you to confidently help more of your older clients and distinguish yourself with the active aging community.

Learning Objectives

After attending this session, participants will be able to:

- describe how three-dimensional breathing and foot proprioception impacts posture, balance, and movement
- demonstrate how to assess for common suboptimal strategies and utilize the most effective strategy to improve three-dimensional breathing and balance while simultaneously improving posture and walking

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- integrate breathing, balance, and strength training into a comprehensive, progressive program to improve posture, range of motion, and walking

### **116 Yoga Chill with Helen Vanderburg**

**Workshop: GE, MB**

Find balance in your health, wellness and fitness routine by restoring the body. Rejuvenate and restore with this healing form of yoga to counterbalance the high intensity of your workout and life schedule. Discover the bliss when you release tension, breathe deeply and surrender the mind and body. Unwind and chill out.

### **117 LaBlast® Fitness: Waltz, Tango, Foxtrot! with Louis Van Amstel**

**Workshop: GE**

Spice up your group fitness program with this blend of ballroom dance and strength training, based on all the dances seen on Dancing with the Stars. Your class will have a "BLAST" dancing to the Quickstep, Lindy Hop, Foxtrot, Waltz, Tango, and more, and you'll love our easy-to-learn pattern-based teaching formula (PATTERNography)!

### **118 Knowing Why Gets Results with Jeanmarie Scordino**

**Workshop: AQ**

Get behavior change that sticks using a why mindset. Start with questions to discover purpose-driven reasons to exercise. Learn how to use participant answers to know the right words to say and teach better classes. Motivation is no longer a struggle when you begin with why.

## **Group 4: Saturday 8/1/20 1:30 pm - 3:00 pm (EDT)**

### **119 Turn Back Time: Benjamin Button Programming by Nautilus® with Pete McCall**

**Workshop: GE, PT**

There actually IS a fountain of youth and we can all access it. The right exercise program can boost the production of hormones that add muscle in addition to enhancing the performance of physiological functions often affected by the aging process. 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.

### **120 FIIT - Functional Intense Integrated Training with Mindy Mylrea**

**Workshop: GE, MB, PT**

Want to really work your buns, legs, core and more for strength, flexibility, mobility, cardiovascular and stability all at the same time? You will be amazed with what Mindy has in store for you. Train for movement and muscle will follow. Your training toolbox will be delighted with all the new combos you will learn.

### **121 Train Older Clients with Shoulder and Neck Issues? Use these Solutions! with Dr. Evan Osar**

**Workshop: GE, MB, PT, S**

The forward head and shoulder posture create a host of issues for the older adult population including limited ROM, decreased strength, as well as chronic tension and discomfort. Unfortunately, common industry strengthening and stretching approaches often perpetuate rather than help these issues. During this interactive session, you'll discover the single-most common underlying and underappreciated factor contributing to chronic shoulder and neck issues. You will discover how to utilize 3 simple assessments and a super easy-to-implement strengthening strategy to improve posture as well as shoulder mobility and stability. You'll leave this session understanding how to program corrective exercises, functional exercise progressions as well regressions for clients of all levels.

#### **Learning Objectives**

After attending this session, participants will be able to:

- describe the mechanisms that underly the development of the forward shoulder and neck in the active aging population
- demonstrate how to use the most effective assessments and corrective exercises to improve mobility and stability of the shoulder and neck
- apply this knowledge to create an integrated strength training program for clients with shoulder and neck issues

### **122 Hands On Stretching (The Bannister Method™) with Gail Bannister Munn**

**Workshop: GE, MB, PT, S**

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

### **123 Aerobics is Back! Bigger, Better, HIGHer! with Melissa Zurcher**

**Workshop: GE**

High Fitness is a hardcore, fun group fitness class that has brought old school aerobics back and taken it to the next level with modern fitness techniques. High Fitness combines modern fitness techniques such as plyometrics and HIIT with popular music from all genres that we know and love. You can take it High or you can take it low with modifications but you will always finish on a HIGH. We guarantee your participants will LOVE the energy, the motivation and the community. So come, try it, fall in love

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with it and along the way you will find your TRIBE of other High Fitness instructors and participants who have joined the newest fitness craze along!

### 124 3-Step Coaching for Dual Depth Workouts with Laurie Denomme

**Workshop: AQ**

Streamline what you say to make teaching combined shallow and deep workouts easy. Explore a series of exercises best suited for dual depth workouts and how to describe each move. Learn a 3-step coaching strategy to help you swiftly transition from one move to the next and ensure no one is ever left behind.

**KEYNOTE Friday 8/7/20 10:00 am - 10:45 am**

### Get Your Mind Right. . . NOW!!! with Todd Durkin

How bad do you want success? How hard are you willing to work to fulfill your dreams? In this inspirational keynote, internationally-acclaimed coach & author of the best-selling book, *Get Your Mind Right*, Todd Durkin leads a high-energy, inspiring motivational talk that is guaranteed to light a fire inside of you. He will specifically address the steps needed to create an amazing culture, deepen leadership, attract new clients & members, explode your brand, and create more time & money freedom. If you are searching for the “next level” in business and life, don’t miss this session!

**Group 5: Friday 8/7/20 11:00 am - 12:30 pm (EDT)**

### 125 Schwinn® Cycling: Super Star Substitute with Mindy Mylrea

**Workshop: CY**

You know this instructor, the one that can step in to sub at a moment’s notice, win over a skeptical class and have students eating out of the palm of their hand by the last song. It’s the Super Star Substitute! Whether you sub often or just for the rare emergency. Should you want to pick up more classes, more cash or just become more beloved by your own students. Come experience the perfect “substitute ride” you can take away as your own and learn tips and tricks for succeeding in every group fitness situation.

### 126 TRX® Next Level: HIIT with Brandon Wagner

**Workshop: GE, MB, PT**

A deep dive into understanding how to maximize the effectiveness and safety of High Intensity Interval Training. This session integrates key best practices for when and why to program HIIT and how to utilize a number of programming approaches to evolve the way HIIT is applied in common training environments.

### 127 Hacks for Health, Weight Mgt & Graceful Aging with Teri Gentes

**Lecture: AQ, GE, MB, PT, S**

The evidence-based proven path to your best health Diets continue to delude and disappoint! Most diet extremes are far from sustainable or enjoyable. Your best health involves aligning with the latest evidence-based research from revered medical institutions. In this session with wellness coach and functional foodie, Teri Gentes discover:

- The most important components for healthy longevity
- An easy approach for overall health and vitality
- Simple pillars that can dramatically lower the risk of chronic illnesses
- Key strategies to achieve truly sustainable weight loss

Thirty year veteran in whole-self lifestyle wellness, Teri Gentes launches you into action in this inspiring session dissipating confusion and leaving you with the Top 7 Proven Essentials for great health and vitality.

### 128 Vertical Functional Pilates

**Workshop: GE, MB**

This session takes classical supine exercises to a vertical functional approach for today’s society. This session is based on the science of movement and the how and why of each exercise. You will be able to incorporate a more functionally safe approach to your mat classes that will increase student’s flexibility, mobility and strength authentically. Tools needed Gliding or paper plate, Bender Ball or pillow, tubing or leggings (pantie hose)

### 129 FitSteps™ How NOT to be Choreo Crazy with Jessica Maurer & Debra De Luen

**Workshop: GE**

Do you feel stuck in a dance choreo rut? Never fear, success in dance classes actually hinges less on mixing up the moves and more on ensuring your class can follow and feel free. In this session, we will explore how sticking to simple, repetitive dance steps can guarantee a successful class for you AND your students. Learn how to effectively layer the movements so everyone from your dance diva to your back row gets exactly what they need. Learn a waltz, jive, cha cha, disco, and American Smooth from FitSteps, and easily slip them into your class on Monday.

### 130 HIYO Intervals for Shallow and Deep Water with Laurie Denomme & Lori Sherlock

**Workshop: AQ**

HIYO™ pairs high intensity intervals with yoga exercises for recovery in a format easily adaptable for teaching low, moderate and high intensity workouts in the pool. Learn the nuances of teaching HIYO shallow and deep combined

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classes and still provide mind/body and health/fitness benefits for all fitness levels in every workout.

### Group 6: Friday 8/7/20 1:30 pm - 3:00 pm (EDT)

#### **131 “Toning” is NOT a Thing. WORK is Part of Work Out! by Nautilus® with Sonja Friend-Uhl**

**Workshop: GE, PT**

Survey says, “I want to lose weight and tone up”. “Oh, and I want to do it quickly without too much effort or sacrifice”. UGH! What’s worse, there are workouts on every corner that promises just that! This interactive workshop will review the science and latest research behind the trends (and false promises) vs. tested strategies while providing exercise program design to deliver the results clients want.

#### **132 HIIT at Home with Pete McCall**

**Workshop: GE, PT**

High intensity interval training (HIIT) using bodyweight exercises can deliver a wide variety of benefits from burning calories to slowing down the aging process making it the perfect option when coaching clients who are in their own homes. When it comes to programming HIIT workouts, which is more important, the intensity of the work interval or the total time of the workout? This session will teach you the science of HIIT so you can design effective workouts for your clients, wherever they may be sweating!

Learning objectives:

- Explain how the science of HIIT improves aerobic capacity.
- Identify which physiological systems receive the greatest benefits from HIIT workouts.
- Design an effective HIIT workout using only bodyweight exercises.

#### **133 Weak Glutes and Tight Hip Flexors? Do These 3 Things Now! with Dr. Evan Osar**

**Workshop: GE, MB, PT, S**

You’ve heard it before - your client’s back, hip, or knee problems are coming from tight hip flexors and weak glutes. Yet despite all the hip flexor stretching and glute strengthening, there has been virtually no decrease in the incidence of back, hip, or knee problems. In fact, these problems are on the rise. Unfortunately, common industry approaches often perpetuate rather than help these issues. During this dynamic and interactive session, you’ll discover the 3 most common underlying and underappreciated factors contributing to chronic hip flexor tightness and glute weakness. You will discover 3 simple assessments and a 3-part, super easy-to-implement corrective exercise strategy to improve hip mobility and stability. You’ll leave this session understanding how to program corrective exercises as well strengthening progressions and regressions for clients of all levels. You’ll not look at glute training the same after attending this session.

#### Learning Objectives

After attending this session, participants will be able to:

- describe the underlying causes of decreased hip mobility and compensated stability
- demonstrate how to use the most effective assessments and corrective exercises to improve mobility and stability of the hip complex
- apply knowledge to create an integrated strength training program for clients with hip mobility and stability issues

#### **134 Yoga for Athletes with Denise Druce**

**Workshop: GE, MB**

Many athletes and coaches are seeing the value of adding yoga to their training regimen. Yoga is the perfect complement to rigorous athletic training, and this workshop will give yoga teachers and fitness instructors the tools and confidence to work with all types of athletes. Discover how to create sports specific yoga sequencing and how to teach classes that balance the natural imbalances of training and sport. You’ll learn how to incorporate the psychological aspects of yoga for athletes, and leave with tips on marketing yourself to coaches and athletes.

#### **135 Step Back In Time - A Love Letter to Our Industry with Petra Kolber**

**Workshop: GE**

After a seven year hiatus from presenting step, Petra is back with her love letter to the fitness industry.

To all the instructors who may have decided to, or perhaps been forced to retire during this time, to all the instructors who have moved online to support and uplift their community during this time, and to all the fitness enthusiasts who have used movement as a way to stay centered during this time - this is for you.

Petra will bring her favorite combinations from the past, and with the technology of today we will step together as we celebrate our fitness community, and the beautiful future that is yet to be written.

#### **136 Dual Depth Arm Patterns with Craig Stuart**

**Workshop: AQ**

Learn how to blend upper-body arm patterns and intensity variations that work in dual depths. Go beyond the benefits of muscular strengthening + toning and discover how to use inertia, acceleration, and action/reaction to enhance your students ability to maintain their place in the pool and effectively use the water around them.

### Group 7: Saturday 8/8/20 11:00 am - 12:30 pm (EDT)

#### **137 HIIT - The Science of Variability for Serious HIIT by StairMaster with Pete McCall**

**Workshop: GE, PT**

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It's the INTENSITY of a workout, not duration that produces results, but too much high intensity exercise is not good for the body. NOT every interval needs to be at high intensity for an effective HIIT workout. Learn how the science of variable intensity interval training can deliver serious results.

**138 Top 20 Lessons Learned in 20 years plus the Best Workout in 20 Years with Todd Durkin**

**Workshop: GE, MB, PT**

It seems like it was yesterday when I opened my gym, Fitness Quest 10. I had no money, no clients, and no business plan. I had a big dream but zero understanding of how to run a business. 20-years later, there have been thousands of lives changed, many accolades and achievements, and a ton of IMPACT created. But it wasn't always easy. There were tough times, many losses, and lots of tough lessons. In this riveting talk, take a journey with me of my top business, brand, and personal lessons learned in the past 20-years as a trainer, coach, leader, entrepreneur, father/husband, and life-transformer. Do NOT miss this session. It truly will be worth millions of dollars in time, energy, money...and ultimate happiness and legacy. "BEST Workout in 20-Years!" will be a unique blend of workouts from yester-year combined with cutting-edge techniques from today. It will also have the 10-must-do's every class & session must have to contain the "secret sauce" for a world-class experience. And you can bet your bottom dollar, this session will deliver great energy, huge smiles, big high-fives, and it will GET UR MIND RIGHT. Who's ready to have their BEST workout experience in the last 20-years?!

**139 Evidence-based Weight Loss with Bruce & Mindy Mylrea**

**Lecture: AQ, GE, MB, PT, S**

Another year another new.....diet??? Stop the madness! This lecture includes the latest scientific evidence about what really works for long-term weight loss and what is just hype. We will explore both ecological, cohort, and randomized controlled trial studies that leave no page unturned in the simple book of truth about weight-loss, long term health, and the only scientifically proven ultimate weight loss diet. Don't fall for gimmicks. Learn the TRUTH about diets!

**140 Yoga to the Core with Helen Vanderburg**

**Workshop: GE, MB**

Bring focus to the inner core body through effective breathing techniques and strong core focused sequences of asana that build strength. Through attentive awareness help your participants develop a functional core that is stable, mobile and powerful. Learn yoga sequences to bring mindfulness to the core while strengthen the core through

integrated movement sequences and release undue stress that limits the core from optimal function.

**141 FitSteps™ Boomers, Ballroom, and Broadway with Jessica Maurer & Debra De Luen**

**Workshop: GE**

In this fun and energetic cardio dance session, you will experience the graceful steps of Ballroom dance mixed with the cheeky choreography of Broadway dance genres. From the slow-moving waltz to the up-tempo disco, these nostalgic dances will leave your boomers feeling successful, sweaty, and excited for more. The easy-to-follow FitSteps methodology will have you dancing (like the stars) in no time! This choreography can be used in any of your classes with no licensing fees or additional monthly subscription fees.

**142 Dual Depths Tabata with Lori Sherlock**

**Workshop: AQ**

Take Tabata interval training to a new level with a Wavemakers twist. Learn practical ways to use the science of this high intensity exercise format in the pool for global fitness benefits. Take home a plan to create and coach Tabata intervals at dual depths: shallow and deep.

**Group 8: Saturday 8/8/20 1:30 pm - 3:00 pm (EDT)**

**143 Schwinn® Cycling: Schwinn® Cycling: How to Wow with Doris Thews**

**Workshop: CY**

Learn the secret to creating a buzz in the locker room and a wait list for you class! You'll discover how to build class designs that WOW your participants by integrating the latest cycling protocols through Schwinn's proven system. Get ready to have your mind blown and your classes sold out!

**144 YOUR BODY 2.0 - Group Fitness for the 40 Plus with Tricia Murphy Madden & Pete McCall**

**Workshop: GE**

Introducing the PERFECT 40+ workout exercise challenge that can strengthen bodies at ANY age but is designed specifically for the needs of physically active adults over the age of 40. The perfect 40-minute workout to challenge the bodies needs at every age. Strength Conditioning and Cardiovascular training are made easy with this simple format that will have your members finding a new level of consistent workouts.

**145 It's Not All or Nothing, Transitioning to Plant-Strong with Teri Gentes**

**Lecture: AQ, GE, MB, PT, S**

The benefits of plant strong eating for disease prevention and reversal are scenically researched and documented. Your clients are curious yet fear ridden that it means giving

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up their favorite foods. It doesn't have to be one diet sparring against another nor a practice to embrace overnight. Making gradual steps is much easier to implement, imprinting sustainable habits for life. In this session with wellness coach and functional foodie, Teri Gentes shares:

- How to transition to balanced, whole-food, plant-dominant eating with ease
- The essentials in preparing delish, nutrient-dense, plant-strong meals
- Teri's step by step guide to eating well without the confines of diet extremes or exiles

Leave with information you and your clients can customize and adopt for life.

### **146 Stretch and Perform (The Bannister Method™) with Gail Bannister Munn**

**Workshop: GE, MB, PT, S**

Flexibility and Strength are critical in life for all of us, at all ages and not just for the professional athlete but also for the amateur athletes. "The Bannister Method" is designed to increase muscular balance, strength, flexibility, core strength, and bringing energy into the body. You can maintain your body's capacity to function the way you need to for your particular lifestyle. You will learn how to find your Balance, Strength, Flexibility, and Flow and develop inner strength and an understanding of your limitations to either move beyond them or stay within your boundaries however, still feeling like you have accomplished your goals. Your clients/members will feel comfortable in this format leaving them rejuvenated in a non-competitive environment. The class is designed to increase strength, core, flexibility and balance. It consists of a fusion of Yoga, Pilate's base core work, Active Isolated (A-I) stretching and Flexibility. You will walk away with a glow, leaving your body and mind relaxed.

### **147 Aerobics is Back! Bigger, Better, HIGHer! with Melissa Zurcher**

**Workshop: GE**

High Fitness is a hardcore, fun group fitness class that has brought old school aerobics back and taken it to the next level with modern fitness techniques. High Fitness combines modern fitness techniques such as plyometrics and HIIT with popular music from all genres that we know and love. You can take it High or you can take it low with modifications but you will always finish on a HIGH. We guarantee your participants will LOVE the energy, the motivation and the community. So come, try it, fall in love with it and along the way you will find your TRIBE of other High Fitness instructors and participants who have joined the newest fitness craze along!

### **148 Transitional Water: The Forgotten Depth with Laurie Denomme**

**Workshop: AQ**

Awaken the core when you take your workout to a new depth. Demystify how to use areas in the pool too deep for shallow water exercise and too shallow for deep-water. Learn a total body workout that takes advantage of the unique benefits of training at transitional depths.

**KEYNOTE Friday 8/14/20 10:00 am - 10:45 am (EDT)**

### **Dreams to Reality with Leslee Bender**

In this keynote presentation Living Your Passion, international speaker Leslee Bender will share with you why passion is vital to career happiness. It is the reason we strive towards mastery and earn success. She will share with you her journey in the fitness industry and how you can turn your dreams into reality. Ignite your spirit in the 7 step program Believe it, dream it and turn action to lead, motivate and coach others to transform their lives.

**Group 9: Friday 8/14/20 11:00 am - 12:30 pm (EDT)**

### **149 Schwinn® Cycling: Schwinn® Cycling: Balancing Act - the Art of True Cycling Fusion with Jenn Hogg**

**Workshop: CY**

At Schwinn, we #RideRight. To ride right you must train right by incorporating exercise protocols that balance out the riding position. Uncover a variety of cycling fusion formats including yoga, barre, strength and core to ride right & train right. You can have it all and Schwinn will show you how.

### **150 CORE at it's best at every age Tricia Murphy Madden & Mindy Mylrea**

**Workshop: GE, MB, PT**

With Barre being one of today's biggest fitness trends, our classes are packed and our members are constantly wanting more. However; barre classes typically work in very repetitive movements for long periods of time. Have you ever considered creating a more functional movement barre class? Could you begin to create movement patterns that will both provide muscular endurance but also better kinesthetic awareness in their bodies? If you said YES, put away the hand weights, tubing, balls etc. because in this workshop all you need is your own body. We will provide you with the background and benefits of bodyweight training in barre and you will take away choreography for amping up and helping create better function in your members bodies. Come learn how to build a better Barre ... and bodies.

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### 151 Clean Up Your Communication with Shannon Fable

**Lecture:** AQ, GE, MB, PT, S

Communication is the key to your success as an owner or manager. But, it's far more complicated today than it ever has been. In this session we will discuss four areas that may be in need of a 'clean up': your hardware, software, contact list, and copy. Whether you work with group fitness instructors, personal trainers, full time, part time, or somewhere in between, taking inventory in these areas and exploring options to enhance your current strategy can only make your life easier! Walk away with a plan to master your messaging.

Now, more than ever, clubs / studios will need to ensure a TEAM mentality for their facilities to rebound from COVID ... individual superstars can only do so much, but a team - on the same page, working towards the same mission/vision - is critical. The session will help owners and/or managers understand the need for BETTER communication and provide tips for achieving.

1. Why communication is so important.
2. The pitfalls of previous and current communication strategies.
3. Tips for improving & streamlining communication.

### 152 Yogafit® The Scientific Foundations of Trauma-Informed Yoga: Polyvagal Theory with Shaye Molendyke

**Workshop:** GE, MB

Contrary to the prevailing popular idea, the autonomic nervous system (ANS) can be more accurately conceptualized as having THREE branches, not two! The three are phylogenetically sequential, reflecting increasing survival effectiveness at each stage. The prevailing view of the ANS pits Sympathetic Nervous System against the Parasympathetic Nervous system but there is a third more powerful system, the Social Engagement System that is unique to Mammals and especially to Humans. This system has been critical to our survival and evolution as a species and is also the system that gets comprised during and after a traumatic physical or emotional event to include prolonged stress and neglect. Come explore new ways to think and talk about the nervous system with your students and clients as well as the powerful way we can intentionally recruit this system to provide more effective healing movement options.

### 153 FUNCTIONAL STEP with Rebecca Small

**Workshop:** GE

Experience a combination of cardio and functional strength exercises on the Step which flow from exercise to exercise, building a functional sequence to make your heart pound and your muscles flex. This is a Step workout like no other, challenging your fitness, your overall strength, your coordination and your memory! Set to the backdrop of club music, this class is not to be missed.

### 154 Transferring Drills to Skills with Lori Sherlock

**Workshop:** AQ

Enhance life skills with aquatic drills! Manipulate aquatic exercises to mirror daily life activities for all ages. Young and old need to train in order to live well through movement. Create programming that can diversify and improve life's necessary skills.

**Group 10: Friday 8/14/20 1:30 pm - 3:00 pm (EDT)**

### 155 Work Your Why - Uncover Your Unique Strength Proposition by Nautilus® with Jenn Hogg

**Workshop:** GE, PT

Think of your favorite gear, nutrition or equipment; you may not realize it, but you probably buy them because they are a certain brand. A strong brand identity connects to users and establishes an immediate value. You ARE your brand and the secret to differentiating yourself is in your WHY. Learn how to translate your why into words, understand the science of neuromarketing to uncover your USP.

### 156 Creating HIIT out of Chaos with Carolyn Erickson & Mindy Mylrea

**Workshop:** GE, PT

Within the obvious uncertainty of chaos, there is interconnectedness and self-organization. Think about coaching your students how take control of in what manner they move and how intense they train, but at the same time, to be the calm in all of the Chaos. Learn the Phases of Extreme HIIT Chaos, HIITs newest format that will keep your body guessing and your students intrigued... Because when you train in Chaos, you'll be ready for anything.

### 157 Virtual Team Communication that Inspires with Staci Alden

**Lecture:** AQ, GE, MB, PT, S

Session Description: E-mail, social media groups, scheduling apps, virtual meetings, in-person meetings oh my! Having all of these communication platforms available can leave your head spinning. In this session we will outline how to combine resources to not only streamline communication but also inspire and educate your team.

### 158 Brain Balance Link: The Secret to Movement Longevity with Dr. Emily Splichal

**Workshop:** GE, MB, PT

As we age, the #1 concern is reducing falls, optimizing gait and ensuring movement longevity. Join Dr. Splichal as she explores how the brain sees movement and processes sensory stimulation for stabilization. Explore topics such as eye movement exercises, dual tasking and haptic optimization, and experience sensory sequencing that challenges both proprioceptive and cognitive skill sets.



## DCAC LIVE STREAM Fitness Education Conference Descriptions

**AQ:** Aqua   **CY:** Cycling   **GE:** Group Exercise   **MB:** Mind Body   **PT:** Personal Training   **S:** Seniors

### 159 Soul Sisters with Stacey Lei Krauss & Elizabeth Lenart

**Workshop: GE, MB**

Dance fanatics these two flowing barefoot souls collide, Your Soles Will Soar! First we'll get you educated and deeply grounded with Foot Fitness Basics: teach your feet to be barefoot at the barre and on the hard surface of the floor. Learn cues to teach-the-feet efficiently, and openly discuss the difference between exercise in shoes, socks and naked feet.

Then we'll flow, jump, releve and pase... enjoy a workout with variable intensity, functional flow and rhythmic energy in motion! The two bold Soul-sisters will reconnect you with yourself in a unique and inspirational way...get ready to fly.

### 160 Dual Moves for Dual Depths with Craig Stuart

**Workshop: AQ**

Expand your ability to provide effective cardio and strength progressions that work seamlessly in dual depths. Explore varied working positions, symmetrical/asymmetrical patterning, and propulsion/acceleration techniques that empower your students to get a great workout no matter where they are in the pool. Its all about moving more water around the body – not just moving the body through the water.

## Group 11: Saturday 8/15/20 11:00 am - 12:30 pm (EDT)

### 161 Schwinn® Cycling: Class Design Crunch Time with Doris Thews

**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. Includes a full workout complete with detailed class design notes.

### 162 World Class Coaching—7 Things the BEST Trainer & Coaches on the Planet Do! with Todd Durkin

**Workshop: AQ, GE, MB, PT, S**

All trainers want to be successful. They want to maximize their impact in their studio/club, in their communities, and scale their message to impact the universe. There are “7” universal MUST-DO's if you want to achieve ultimate success and significance. In this session, world renowned coach Todd Durkin reveals details of the seven things you MUST do to be a great coach. In addition, he will then coach you through an inspiring workout demonstrating the “7 Things” so you can experience world-class first-hand. Get ready to take your training game to the next-level in this session;

you're about to experience what the BEST of the BEST do to create success in business and life.

### 163 Shake Up Your Schedule with Shannon Fable

**Lecture: AQ, GE, MB, PT, S**

Are you still locked into updating your schedule changes quarterly or at the start of the month? Times have changed and while significant program launches should be spaced out strategically during the year, updating class times, instructors, or formats can be dripped dynamically if you do it right! Having the ability to make schedule changes when necessary can be a win-win-win for you, your team, and your members. In this session, we'll explore the systems, set-up, and staffing necessary to make it work and tackle smart timing for program launches!

This session will not only address the information above - but also talk through what we have learned during the Covid19 crisis ... what did consumers experiment with while away, what are they wanting now, how can we update our schedules to reflect their new consumption needs?

1. Why digital schedules are needed.
2. What consumers want/need in programming now.
3. How to provide the most well-rounded, customizable schedule to meet the needs of the widest number of members.

### 164 Yogafit® What's in a cue? The neuroscience of How our Language Impacts Movement and Healing in Yoga with Shaye Molendyke

**Workshop: GE, MB**

Language impacts not just what we do but HOW we do what we do. This fact becomes critically important when teaching yoga but could also have impact when working directly with clients who are struggling to create real change in their lives. Using words that offer choice and encouragement process-oriented movements as opposed to goal oriented movements changes the entire path that we take to get there. One path is a forgone conclusion and is the path of OLD habits, patterns and reinforcement of pre-programmed implicit movement patterns. That's the “do what I say because I told you to” path of language. The other language path is the more creative and intuitive path that offers our students choices based on feeling, breathing and staying in the present moment. This kind of language is the DIFFERENCE maker when determining if a class is one that is healing or not! Come find out what kind of language creates this quantum new potential in our lives, and how it impacts the brain as well as the nervous system. We will have a 30-45 minute discussion and then a 45 minute language focused yoga practice.

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### **165 HIIT The Dance Floor with Tricia Murphy Madden**

**Workshop: GE**

Make the most of your next Dance fitness class and learn how to incorporate HIIT trainings safely and effectively into your classes. Bring your clients the best of both world Dance and high intensity training. The moves are easy to follow, the heartrate is through the roof and the members are begging for more.

### **166 Movement Training for Parkinson's with Jeanmarie Scordino**

**Workshop: AQ**

Learn how to facilitate interactive movement coaching sessions. Explore how to use proven strategies that tap into the neurological system and improve movement quality, efficiency and resilience. Help changes stick by giving clients homework to get excited about.

## **Group 12: Saturday 8/15/20 1:30 pm - 3:00 pm (EDT)**

### **167 HIIT - A Moment in Time Optimizing HIIT Intervals by StairMaster® with Sonja Friend-Uhl**

**Workshop: GE, PT**

How does the length of an interval affect intensity? Do work intervals always need to be the same duration during a high intensity workout? Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client success.

### **168 TRX® STRONG with Brandon Wagner**

**Workshop: GE, MB, PT**

This strength focused workout is designed to challenge load and utilize an intense high set / low rep strategy to maximize muscle recruitment, strength development and hypertrophy all in a fun, energy charged environment. A ladder based training experience, the program utilizes 3 blocks of work but still provides the much needed built in recovery time allowing for big effort after big effort. The workout ends with a beautiful cool down consisting of exercises from TRX FLOW. Get an advanced look at some of the exciting new training concepts and best practices in group strength training from TRX's new group training course.

### **169 The Confidence Catalyst with Petra Kolber**

**Lecture: AQ, GE, MB, PT, S**

The fitness landscape has changed forever, your clients have been changed forever, and the world needs you now more than ever.

As the convention draws to a close, Petra will invite you to revisit the dreams that you have been putting on the sidelines. In this session you will be removing the limiting beliefs and false ideas that have prevented you from shining your light fully and doing the work that you were born to do.

In this session Petra will help you create a regret proof life, by showing you how to remove the gatekeepers of fear and doubt. Petra will leave you with actionable tips strategies that you can use daily to stay on your path to greatness.

Now is the time to raise your beliefs, elevate your mindset and create a life that you are excited and energized to live. The world is waiting -what are you waiting for?

### **170 Functional Flexibility and Fascia Fitness in an Inflexible World with Leslee Bender**

**Workshop: GE, MB**

In this session you will experience the importance of myofascial work with functional exercises to decrease pain, increase mobility and stability for a better quality of life. Explore the complexity of fascia and why manipulation is crucial for the health of the entire body through these techniques that can be readily used for all levels of students. Combine two forms of manipulation and movement with essential oil for a new modality that you and your students will love. Tools needed Foam roller, essential oil, small ball or pillow

### **171 Aerobics is Back! Bigger, Better, HIGHer! with Melissa Zurcher**

**Workshop: GE**

High Fitness is a hardcore, fun group fitness class that has brought old school aerobics back and taken it to the next level with modern fitness techniques. High Fitness combines modern fitness techniques such as plyometrics and HIIT with popular music from all genres that we know and love. You can take it High or you can take it low with modifications but you will always finish on a HIGH. We guarantee your participants will LOVE the energy, the motivation and the community. So come, try it, fall in love with it and along the way you will find your TRIBE of other High Fitness instructors and participants who have joined the newest fitness craze along!

### **172 Aqua Yoga Circuit with Laurie Denomme**

**Workshop: AQ**

This aqua yoga circuit sequences upper and lower body strength exercises with an aerobic endurance set for total body benefits. Looking for relaxation and recovery? Learn how one simple change can turn this cardio-strength circuit into a soothing yoga flow.