

## DCAC Fitness Education Conference Descriptions \* August 6-8, 2021

AQ: Aqua CY: Cycling GE: Group Exercise MB: Mind Body PT: Personal Training S: Seniors  
ZOOM IN: PRESENTER WILL BE OFF SITE BUT ON SCREEN IN HOTEL AS WELL AS LIVESTREAM  
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### Group 1: Friday 8/6/21 7:00 am - 9:00 am

#### 201 Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Alex McLean ([ZOOM OUT](#))

Workshop: CY

Rhythm rides don't need smoke and mirrors or unnecessary distractions. It's time to stop the madness. Discover how to capture and captivate your riders the RIGHT way. Learn how to program a Rhythm Ride to create a magical, memorable workout that gets real results.

#### 202 Welcome to the Jungle - StairMaster® HIIT with Sonja Friend-Uhl

Workshop: GE, PT

Bring your beast mode! Journey into the many ways you can monkey around with HIIT. Experience multiple modalities. Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client or member success.

#### 203 Build a Better Core with Mindy Mylrea, Tricia Murphy Madden & Lauren George

Workshop: GE, MB

Do you struggle with Core class program design? In this session Lauren, Tricia and Leslee will give three specific systems including protocols for putting together an incredible core workout whether small group, personal training or traditional group fitness classes. Walk away with time, music and choreography systems that will give you endless options for your next core class, circuit or one on one session.

#### 204 Best Training Tips for Maximizing Your 30 Min Sessions with Maurice Williams

Workshop: GE, PT

In this session, we will discuss the benefits and advantages of 30-minute training sessions and why you should be using them in your training business. We will explore several training modules that will give your clients everything they need and more in 30 minutes. The learner will leave this session with ready-made programming that they can use right away with their clients.

#### 205 MASHUP®: Deliver 3 workouts in 1 with VIIT with Jacquese Silvas & Jennifer Taylor

Workshop: GE, PT

Active recovery is a crucial exercise modality that is easily overlooked in group fitness for various reasons. It is credited for its effectiveness in balancing out High-intensity interval workouts by promoting muscle recovery while maintaining a healthy habit of working out. Learn how MASHUP® programming incorporates this component effectively into a group fitness experience for all fitness levels!

#### 206 The Future of Work in the Fitness Industry with Fred Hoffman ([ZOOM IN](#))

Lecture: A, GE, MB, PT, S

The future of work in the fitness industry offers unparalleled opportunities, but also significant challenges and uncertainties. Although technological progress, demographic changes, and the Covid-19 pandemic are having a huge impact on the world at large, the future looks bright for the industry. In this session, Fred will share insights into who the future customer will be, how availability, nature and quality of jobs will change, and what skills and training are necessary for fitness professionals to succeed and thrive throughout their working lives.

##### Learning Objectives:

- Learn who the client of the future is and how to accommodate the changing demographics of both members and staff
- Discover how Covid-19, global obesity, disease prevention, and the wellness model will affect program development and staffing needs
- Learn how technology impacts health club operations, fitness programming, and member activities now and in the near future
- Learn how artificial intelligence and robotics will affect the fitness industry job market and how professionals should prepare for change
- Explore the changing landscape of the health club and fitness industry, and how to compete in a world of both traditional and non-traditional fitness offerings

#### 207 WARRIOR Rhythm™ with Ellen de Werd

Workshop: GE, MB

Ever wish you loved yoga? WARRIOR Rhythm™ is the bridge between classic group exercise and traditional yoga. With its rebel vibe, edgy playlists, and unconventionally sweaty flows this format will rock your world! We intertwine mindfulness, yoga, weightlifting and even HIIT training into an extraordinary experience. We are where woo-woo meets WAAHOOOOO!

#### 208 Imposter Syndrome - How it's Holding you Back and What to Do About it with Kelly Coulter

Lecture: AQ, GE, MB, PT, S

The good news is : it's actually a sign that you are a high performer. Today we are talking about the big "I" - the big hairy one that stops us in our tracks and makes us run for the safety of the cave. Let's name it, dissect it for understanding, and turn it around to make it an advantage instead of continuing to let it hold us back.

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### 209 Rotator Cuff Problems? Corrective and Resistance Exercise Solutions with Dr. Evan Osar ([ZOOM OUT](#))

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

Posture and lifestyle issues create a host of issues including limited shoulder ROM, decreased overhead strength, and rotator cuff impingement. Unfortunately, many common strengthening approaches often perpetuate rather than help rotator cuff issues. During this interactive session, you'll discover the single-most common underlying factor contributing to chronic rotator cuff issues. Additionally, you will discover how to apply the three best assessments and corrective exercises to improve your client's rotator cuff and shoulder mobility.

#### Learning Objectives

After attending this session, participants will be able to:

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

### 210 Chair One Fitness: Cater Your Classes to The Fastest Growing Population: Aging Wellness with Alexis Perkins

**Workshop:** GE, PT, S

This interactive workshop will break down the fundamentals of Chair One Fitness. The rapid growth in aging populations presents a huge opportunity for fitness professionals to extend their careers and provide a fun functional class that enhances the quality of life of the people who need it most!

### 211 Viva Virtual with Abbie Appel ([ZOOM OUT](#))

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

Livestream is here to stay! Mastering virtual classes takes a whole different level of skill, both technological and communication. Learn the necessities of streaming successful online classes, from basic program design to dynamic coaching to essential gadgets that make broadcasting and recording your classes, enjoyable. Walk away with the top 10 "to-dos" that help you stay connected with your live "in-person" and livestream class participants.

### 212 Yoga Coaching Lab with YogaMedCo and Dr. Suzie Carmack

**Workshop:** GE, MB

How can you bring the practices of yoga, lifestyle medicine, and coaching together into one empowering experience for you and your clients? In this interactive master class and coaching lab with YogaMedCo's founder Dr. Suzie Carmack, you'll learn how to do just that! We'll begin with a master

class so you can learn how you can use the YogaMedCo Method to coach yourself back to well-being anytime your self-talk becomes too toxic or overly critical. Then we'll practice yoga coaching each other in our YogaMedCo Coaching Lab so you can connect with other conference attendees and experience the power of the yoga coaching process in your body, mind and heart.

### 213 Acquapole® Tone with Andrea Velazquez & Jeannie Brown-Johnson

**Workshop:** AQ

Not your typical water workout class! Experience aquatic fitness like never before with an Acquapole® class. Allowing maximum freedom in the water with over 150 possible movements, Acquapole® will take your water workout to the next level with high intensity ab, upper and lower body training. Get ready to tone, burn fat and have a blast.

### Group 2: Friday 8/6/21 9:30 am - 11:00 am

### 214 Schwinn® Indoor Cycling: Bring IT: Verbal & Visual Cueing Mastery with Mindy Mylrea ([ZOOM OUT](#))

**Workshop:** CY

When your verbal and visual cues are perfectly paired it's like poetry in motion. Level up on your language and communication skills - both verbal and non-verbal to create a powerful experience on the bike. Learn techniques about tone and timing to engage riders and motivate performance. Experience the Yin & Yang of masterful cueing.

### 215 Barre Alignments with Leslee Bender

**Workshop:** GE, MB

In this session you will experience the necessary functional approach to Barre that improves flexibility, mobility and strength for all levels of students. Many students of Barre classes leave with either knee or back pain from excessive pulsing and tucking that's not only dysfunctional, but compromises the body's natural alignment. Walk away with several pain free functional exercises that align the joints at the barre and train all parts of the body safely. If you're looking to add a scientific approach to training that will leave your clients feeling and loving the difference of a pain free body, then this workshop is for you!

### 216 Anchors Away: Functionally Fun Resistance and Rowing™ with SGT Ken®

**Workshop:** GE, PT

Anchors Away™ with SGT Ken® is a creative combination of calisthenics and rowing drills designed to deliver an extraordinary experience and rapid response like never before! Anchors Away™ demonstrates how to effectively operate the WaterRower machine as a multi-station home gym while also simulating the dynamics of a competitive

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rowing boat! Come join our crew for a completely different approach to indoor rowing that will help you find victory through variety! #AnchorsAway

### 217 Pound.Rockout.Workout® with Amanda Schmidt

Workshop: GE

Unleash your inner rockstar in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, whether you're a conditioned athlete or a beginner, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out! Using Ripstix® lightly weighted exercise drumsticks, participants will learn how to transform drumming into an incredibly effective way of working out. In addition to providing a challenging way to train the body, participants will learn how POUND promotes positive mood, elicits confidence, enhances unity, and ultimately, inspires positive action in life. Participants will leave this session with an understanding of POUND's effect on the mind, body, and inner rockstar.

### 218 Legal Essentials for Fitness Studio Owners & Professionals in a Post-COVID World with Cory Sterling (ZOOM IN)

Lecture: A, CY, GE, MB, PT, S

COVID has flipped the world on its head for health & wellness practitioners and studio owners. It's now more important than ever to have the proper legal documents in place to ensure your Fitness business and assets are protected, and your community and clients are safe.

Look, we get it. Dealing with the law sucks. But it's super important for your business to be legally protected, especially in these unprecedented times. We are here for you to explain the law in an easy-to-understand fashion... and even make it a FUN process :) Our goal is to keep you safe and secure so you can focus on doing what you love and growing your business.

During this Legal Training, you will learn:

- COVID Reopening 101 - Practical legal tips to implement immediately in your business
- Updating Your Intake Form - Essential information to include
- The importance of a properly drafted waiver of liability (most insurance companies do NOT cover COVID)
- Practicing Online? Outside? What information/docs to have in place
- Your business has changed - learn which agreements & disclaimers must change as well (social media disclaimer, privacy policy, etc.)
- How to protect your assets & avoid negligence at all costs

### 219 Jungshin® Athletic Flow Long Sword Format with Annika Kahn & Yury Rockit

Workshop: GE, MB

Jungshin Fitness is an exercise and mind-body program drawing upon ancient Eastern movement techniques and modern conditioning trends. The movements are choreographed using a wooden practice sword. The sword provides a necessary tactile tool, a point of focus, and a way for the client/members to accentuate their relationship to gravity thus gaining flexibility through strength and conditioning. There is a focus on the endocrine system and health stimulated by appropriate movement exercises. Most clubs start with the high intensity Athletic Flow format In this workout one can burn up to 600 calories in 50 minutes.

### 220 We Have Weight Loss All Wrong: We are Doing It Backwards and it Doesn't Work with Eliza Kingsford

Lecture: AQ, GE, MB, PT, S

In this session you'll learn how we are looking at weight loss all wrong. We will discuss the ways we get in our own way when it comes to our bodies that have nothing to do with diet or exercise and everything to do with what's happening with the brain. Blending psychology and neuroscience, learn how to begin approaching weight loss in a completely different way.

### 221 Breath: The Secret to Improving Posture, Movement and Performance with Jenice Mattek, LMT, IMS (ZOOM OUT)

Workshop: GE, MB, PT, S

Clients often present with chronic tightness, discomfort, and the inability to perform at the level they need or want. Suboptimal breathing strategies are the most common finding underlying postural alterations, limited ROM, decreased strength, as well as chronic tension and discomfort. Strengthening approaches that omit breath training will perpetuate rather than tightness and weakness. During this session, you'll discover how breathing directly impacts posture, ROM, and stability. Additionally, you'll discover real-world strategies for seamlessly integrating breathing into your client's warm-ups, strengthening, and cool-down sessions. You will not look at breathing the same after this session.

#### Learning Objectives

After attending this session, participants will be able to:

- describe how three-dimensional breathing impacts posture, movement, and stability
- demonstrate how to assess for common suboptimal strategies and utilize the most effective strategy to improve three-dimensional breathing

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- integrate breathing into a comprehensive training program to improve posture, range of motion, and performance

### 222 Naboso® Falls Risk, Sensory Stimulation & Perception of Self with Dr. Emily Splichal

Workshop: GE, MB, PT, S

Falls are one of the major concerns in the 65+ clientele. Despite the abundance of balance programming and fall reduction products, the US healthcare systems still reports spending \$50 billion annually on fall-related costs.

Join Naboso Founder and Human Movement Specialist Dr Splichal as she explores how fall reduction programming needs to start with the client's ability to perceive themselves as it relates to both their internal and external environments.

Learn how interoception and the perception of "I am" or body ownership is critical to exteroception and the concept of kinesthetic awareness. As soon as we lose this internal / external relationship our fall risk dramatically increases.

Learn how to use gravity, muscle contractions, barefoot stimulation and breath to build body ownership and bulletproof our boomers from falls!

### 223 ACE® Credibility Builders in the Fitness Industry with Shannon Fable (ZOOM OUT)

Lecture: AQ, GE, MB, PT, S

As a serious-minded fitness professional, are you doing all you can to enhance your credibility in the marketplace? What aspects of your training and education do you find most valuable and why? In this session, we'll explore the top three qualifiers (certification, formal education and continuing education); and ask some tough questions about their significance and value in our industry. In addition, we'll discuss NCCA accreditation, advocacy work and potential licensure and what it means to us. Lastly, see how your email address, social media profile and website can impact how you are perceived. Get ready for a spirited discussion about the industry and your place in it!

### 224 Coconut Beach Camp with Suzelle Snowden

Workshop: GE, MB, PT

This class combines multiple training formats, such as cardio, core, strength yoga and stretch. Using coconuts as props, attendees will see how these fun tools are surprisingly effective in improving strength, as well as movement enhancement. We invite you to participate in this lively Caribbean-inspired workout.

### 225 Acqua Stretch and Tone with Andrea Velazquez & Jeannie Brown-Johnson

Workshop: AQ

Experience the awesome resistance exercises with Liquid Gym Acqua Toner Bands and Bar to take your aqua workout

into a new realm. Take the power of strength resistance training and the resistance/hydrostatic properties of water to give your workout a whole new release. Increase flexibility, muscle tone and range of motion; improve proprioception and blood circulation.

### Group 3: Friday 8/6/21 11:30 am - 1:00 pm

### 226 Schwinn® Indoor Cycling: Ride or Die: Killer Vibe to Connect with your Tribe with Yury Rockit (ZOOM OUT)

Workshop: CY

You know when you're with your tribe you will "ride" ANY stage drill with them or "die" trying. Learn techniques for getting into your riders' heads to push them farther than they thought possible. Understand the importance of creating that connection not only to the work but to each other to harness the power of a team. You can be strong alone, but you will be stronger together.

### 227 Your Brain on HIIT - Bonus Benefits of High Intensity Training - StairMaster® with Sonja Friend-Uhl

Workshop: GE, PT

You have the burn, and the after burn, but High Intensities also promote brain health in big ways. Understand the science and the age-defying benefits of HIIT training that tends to be overlooked and misunderstood.

### 228 Triple Threat Barre with Leslee Bender, Tricia Murphy Madden & Lauren George

Workshop: GE, MB

What do you get when you bring a Pilates guru, a musicality czar and a programming genius together? A Triple threat Barre workout like no other! Come see why great program design is often times most successful when you blend the skillsets and expertise of many. After this workshop you will leave with a simple system for creating an effective, safe and functional barre workout for your students. Take away new choreography ideas, music playlist, movement patterns and some inspiration for your next barre class.

### 229 Circuit Modality Mayhem with Michael Piercy

Workshop: GE, PT

Have you ever heard of Macgyver?

That's right! The man famous for doing the most with the least all the while saving the day

Wanna learn how you can become your own fitness Macgyver and put together specialized workouts utilizing almost any modalities available in the industry today?

Come enjoy an awesome workout/ Workshop and learn how you can turn some of the best modalities of our industry into your own swiss army knife to save the day.

Experience a great workout and leave with templates to put into practice right away in your business.

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### 230 LaBlast® Fitness: Dance Patternography 2.0 with Gizelle Merced

**Workshop: GE**

So nice we did it twice! Our previous Patternography session was so well received that we're back to introduce new ways of layering LaBlast® dance fitness patterns in a way that makes class easy for the instructor to program and even more accessible to all participants to follow.

### 231 Sleep on It with Lawrence Biscontini ([ZOOM IN](#))

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

Learn the secrets of waking up to learn you've made income during your slumber: develop an exit strategy for fitness, decreasing our sweat equity, and ways to make money whilst we sleep with offerings and options that go beyond squats and burpees.

**Objectives:**

1. define sweat equity and understand alternatives
2. develop a community willing to invest in your services
3. create and repurpose content for which others will be willing to pay

### 232 BOSU® Barre Strong with Elizabeth Lenart

**Workshop: GE, MB**

Calling all barre-tenders - there's a new bar in town! Step away from the wall and learn flowing sequences in multiple body positions with the BOSU® Balance Trainer and Balance Bar. When held vertically, the weighted bar offers assistance and is a smart alternative to wall mounted bars, maximizing space in any studio. Use the same bar as a strength tool to create dynamic floor barre sequences that emphasize core connection and total body integration. A variety of flow progressions, set to music, stimulates both physical and cognitive fitness. Train barre smart with BOSU® Barre Strong!

### 233 Tips and Tricks For Sustained Weight Loss with Bruce & Mindy Mylrea

**Lecture: A, CY, GE, MB, PT, S**

Fad diet crazes continue to flood the internet and book shelves as the weight of the nation continues to rise to dangerous proportions. It's time to pull the curtain away and see what really works for long term weight loss. Learn the science and evidence behind proven strategies for life long weight management and sustained health. Don't fall prey to marketing and money grubbing hype! Based on the latest research from unsponsored, un-biased obesity scientists, this lecture outlines in simple terms what you and your clients need to know to begin a safe, healthy, manageable weight loss journey that will last a lifetime.

### 234 Core Training for Low Back and Hip Problems: An Inside Out Approach with Jenice Mattek, LMT, IMS ([ZOOM OUT](#))

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

You've heard doctors, physios and other trainers say that if your client has low back or hip problems, you need to help them strengthen their core. In this interactive session, you'll discover why this is largely based upon industry myth rather than reality. You'll discover the anatomy of the deep (inner) and superficial (outer) core and how these muscles synergistically impact posture and movement. You'll learn why your clients who have successfully been strengthening their core still experience chronic low back and hip issues. Additionally, you'll learn how to best balance the deep and superficial core muscles so that your client can safely and effectively feel and move better.

**Learning Objectives**

After attending this session, participants will be able to:

- describe the anatomy of the deep (inner) versus superficial (outer) muscles of the core and how these muscles impact posture and movement
- demonstrate how to assess for common suboptimal core stabilization strategies that lead to common posture and movement issues including tightness and discomfort
- utilize the most effective core training strategy to improve posture and reduce chronic tightness while enhancing performance

### 235 Silver Superhero with Jonathan Ross

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

The population is skewing older. The percentage of people over 50 years-old continues to grow as we get better at keeping people alive longer. You need to be ready to help them thrive longer. Discover how to keep your 50+ clients mentally and physically sharp by combining physical and cognitive challenges in your workouts and unlock their superpowers to handle whatever life brings their way as best as they can. Don't just train the brain or the body - train the brain and the body simultaneously! Combining mental and fitness challenges in dual-talking exercises magnifies the benefits of fitness.

### 236 Transformational Leadership for The World 2.0 with Petra Kolber ([ZOOM OUT](#))

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

The world needs you, your message and your methodology more than ever, but the needs of our clients have radically shifted over the past year. Now is the time to move beyond the "what" of what we do and explore the "why" behind what we do. It will be your why that allows you to help

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others ignite their fire and passion without you burning out, and it will be your why that connects you to the best of your past, the magic in the moment, and the potential of your future.

And - when the why's of you as the "leader" intersect with the "why's" of your students and clients, a deep and meaningful connection will be formed. Based on the research from Positive Psychology and the science of how to influence and inspire others, this session will give you the tools for creating a PERMAnt foundation for inspired change both within yourself and those you lead.

### 237 WARRIOR Strength™ with Ellen de Werd

**Workshop:** GE, MB

Tired of spending time at home memorizing choreography? Looking for creative metabolic conditioning that you can roll out quickly and change frequently? Are you passionate about lifting heavy and find "moving to the beat of the music" sometimes impedes your ability to increase load? Wish you could incorporate more of a coaching style into some of your sessions? Feel like CORE and MOBILITY should play a bigger role throughout programming? If you nodded even once, this session is for you! Sometimes coming up with new ways to teach cardio and weightlifting feels a bit like reinventing the wheel but WARRIOR Strength™ has a fresh approach to the basics. This format is perfect for group exercise or small group training. It is a great solution for the fitpro who is looking for something simple, effective, and smart.

### 238 Acquapole® Boxing with Andrea Velazquez & Jeannie Brown-Johnson

**Workshop:** AQ

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water!

### Group 4: Friday 8/6/21 2:00 pm - 4:00 pm

### 239 Schwinn® Cycling: SchwINTENSITY with Robert Sherman (ZOOM OUT)

**Workshop:** CY

Coaching clear INTENSITY expectations is KEY to getting participants to achieve their greatest potential. The latest research shows Intensity - not complexity - is what makes a cycling class GREAT and we'll show you how to apply it to connect with your riders. True feeling unlocks undeniable results.

### 240 Basic Movement Assessments for Cardio Modalities by Star Trac® with Sonja Friend-Uhl

**Workshop:** GE, PT

Performing a movement screen and assessment on a client before you assign their exercise protocol can help understand potential risk factors and offer suggestions on how to improve the mechanics of how someone moves. This not only may help prevent injury, it will most likely enhance their results and overall performance.

The four assessments that follow are some of the most common and helpful in identifying potential mobility and stability issues.

### 241 Gliding Re-Invented! with Mindy Mylrea

**Workshop:** GE, MB, PT

You are about to experience gliding reinvented! Learn from the creator herself the magic of Gilding and how your body can be super challenged with this simple tool. From lower body, upper body and core you will walk away with a unique and diverse library for your training toolbox.

### 242 AMRAP in a SNAP with Abbie Appel

**Workshop:** GE, PT

AMRAPs, used in HIIT workouts for decades, is defined as "as many rounds or repetitions as possible". It also stands for a million possibilities! If you already use AMRAPs with your clients and classes, you know AMRAPs are an invaluable workout structure for strength conditioning group fitness programs. Distinguish your AMRAP workouts with unique focuses, timing, reps and sets. Understand impactful coaching concepts for optimal program design to transform your workouts.

### 243 Step CELEBRATION with Jeff McMullen

**Workshop:** GE

Step is over 20 years old! Let's celebrate in style! You've been teaching step since its inception, through its evolution of lead changes, tap-free progressions, cross-phrasing, and elimination of the filler teaching styles. Now let's pull out all the stops, tie up all the loose ends, and utilize the teaching tools from the past, present and future. Here's your chance to inspire a new audience or revive your current step "fanatic diehards"! Walk away with a class design and enough choreography nuggets you can deliver Monday morning, ready to go!

### 244 The Science of Beating Burnout and Re-Energizing Your Fitness Career with Brett Klika (ZOOM IN)

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

Being a fitness professional has many rewards. However, the unpredictable hours, unreliable income, and the expectation to always be "on" can lead even the best instructors down a road to burnout. In this energizing session, discover proven techniques and strategies for preventing and rebounding from burnout in the fitness industry. Take home tools and strategies to manage your daily energy, avoiding the 3 common downfalls that lead to

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burnout and embracing the 5 habits that aid in mental, physical, and emotional recovery. It's time to re-energize!

### 245 Peak Pilates® Transitions, Transitions! with Zoey Trap

Workshop: GE, MB

Transitions can transform your class- and your student's bodies. They take exercises and bind and build them one into the other building greater stability and stamina. Do you feel strong about the exercises, but less strong about what ties them together? Learn how to use a transition to improve connection to and from the Powerhouse and set a student up for greater success.

### 246 Why Won't my Clients do What I Tell them to Do? with Eliza Kingsford

Lecture: AQ, GE, MB, PT S

In this session we will discuss the knowing/doing gap to better understand why, as humans, we don't do better just because we know better. Learn practical tips for how to change this so you can achieve any goal you set for yourself.

### 247 FAI® Functional Balance Circuits for Clients Over 50 with Dr. Evan Osar (ZOOM OUT)

Workshop: GE, MB, PT, S

In this hands-on session, look at the science behind training balance. Discover various strategies and techniques for training balance and practice together. Four different levels of balance circuits and sessions will be covered in a fun and informative way, and you'll also experience how to progress and regress various exercises for our aging clients.

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

Workshop: GE, S

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.

### 249 Built to Last with Shannon Fable & Staci Alden (ZOOM OUT)

Lecture: AQ, GE, MB, PT, S

Did COVID catch you unprepared? Many of us learned a hard lesson last year about putting our eggs in one basket. Despite warnings and ideas presented in the past, we've been taught to trade time for money, go to work for an established organization, and rely on tried and true methods for getting people moving which ended up leaving us all in need of a quick pivot last spring. In this session,

we'll discuss the needs and opportunities for diversification in the fitness industry and create a plan for implementing a business plan built to last.

### 250 Yoga Choreography Lab with YogaMedCo and Dr. Suzie Carmack

Workshop: GE, MB

Are you ready to bring more mindfulness, movement and meaning into your day? Are you searching for ways to stop sitting disease from slowing down your metabolism? Are you seeking new strategies for bringing the ancient practice of yoga to your busiest (and non woo woo) clients? Are you excited about the possibility of making well-being really work in the workplace and in schools? Then we invite you to become a Genius Break Coach with YogaMedco! You'll prepare for this session with a free online training (before the conference) that will teach you the Genius Break Method. Then, in part 1 of this conference session, you'll take a Genius Breaks master class with Dr. Suzie Carmack, author of the #1 Best seller Genius Breaks. In part 2, you'll work in small groups to rehearse your final genius break before testing out with the Yogamedco master trainer team. We can't wait to welcome you to the YogaMedco family - and to support you in becoming a change agent for well-being in the workplace.

### 251 Liquid Gym Star Workout with Andrea Velazquez & Jeannie Brown-Johnson

Workshop: AQ

Combine the positive energy of aqua yoga with a cardiovascular workout. Wake up your muscles with strengthening exercises, and end with stretching for maximum flexibility and range of motion. Using the Liquid Star equipment for optimum use of drag and resistance to tone upper body muscles.

### Group 5: Friday 8/6/21 4:30 pm - 6:30 pm

### 252 Schwinn® Cycling: Breathy Not Breathless - Base-Building Threshold Training with Abbie Appel (ZOOM OUT)

Workshop: CY

HIIT may be here to stay but there are times to HIIT it and then QUIT it! Building your threshold without going breathless is a powerful way to train. Learn methods for creating more variety with your Aerobic intervals and steady aerobic work through thoughtful programming with science to back it up.

### 253 PILATES FIT + STRONG with June Kahn

Workshop: GE, MB

Pilates Fit + Strong aims to offset musculoskeletal imbalances through sensory awareness bringing a whole new dimension to your Pilates routine.. Each series is

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designed to be time efficient, targeting deep core musculature aiming to rebalance your body efficiently. A challenge worth exploring leaving you with a plethora of ideas for your classes.

### 254 Best Buns and Leg Exercises on the Planet with Mindy Mylrea

**Workshop: GE, PT**

Using the practice, perfect, perform principle for exceptional movement execution this workshop uncovers the best that progressive strength training has to offer for the buns and legs. Explore the science, structure and sizzle of elevating your strength game by allowing your students to progress through an exercise to explore their untapped potential. This session will show you how to teach every exercise for maximum success for every student.

### 255 Jungshin Combat® Long Sword with Annika Kahn & Yury Rockit

**Workshop: GE, MB**

Sword sparring is ideal for small group and PT training. Sword combat includes the study and practice of offensive, defensive, and neutral ways of being. In Jungshin we use sword sparring techniques to practice how we present ourselves in the world. Every stance tells a story and every stance has an attitude or Psychology associated with it. This session is about play, combat, and increasing your own personal programming using Jungshin Combat.

### 256 How to Create and Grow A Youth Fitness Program with Brett Klika (ZOOM IN)

**Lecture: GE, MB, PT**

With youth inactivity at an all-time high, it has become more critical than ever that we as fitness professionals provide programs to get kids moving. In this high energy, interactive session with plenty of Q&A, discover how to successfully have a positive impact on the health of the kids in your community by creating a youth fitness program. Brett Klika, Former IDEA Personal Trainer of the Year and Co-founder of SPIDERfit Kids, will be sharing the step-by-step process of how to turn your vision of a successful youth program into a reality. Go home with marketing, programming, and strategies you can use immediately to become a positive agent of change for the health of the kids in your community.

### 257 Strength and Flow with Keli Roberts

**Workshop: GE, MB, PT**

Fluid bodyweight training complexes combine to make this workout unforgettable. Working from the ground up, these sequences stream seamlessly from one exercise to the next, providing an intense and effective session guaranteed to leave you wanting more!

### 258 Beyond Traditional Core Training with Maurice Williams

**Lecture: GE, MB, PT**

In this session, we will explore the core from a scientific approach to understand what the core really does. Then, we will examine traditional core training to see if it fits the criteria for safe core training. The learner will leave this session with a better understanding of what true core training and a toolbox of functional core training exercises.

### 259 FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach with Dr. Dan Ritchie (ZOOM OUT)

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

Learn the foundation of the Functional Aging Specialist and Group Specialist material.

How we train the 6 domains of human function for maximal function and longevity.

Look at the research and evidence for what exercise programming works.

Explore program design options and various client case studies

### 260 Naboso® Understanding the Aging Foot & Its Effect on Movement with Dr. Emily Splichal

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

Every day 10,000 adults turn age 65 and entering one of the fastest growing sectors. With 65 as the new 50, many of these clients are looking to enjoy some of the best days of their lives. However thinning skin, arthritis, neuropathy and fat pad atrophy can all impede their ability to walk, run and enjoy their favorite activities. Join Podiatrist Dr Emily Splichal as she explores the common changes to the foot and how to offset these changes to enhance movement longevity.

### 261 Branding for Fitness Professionals with Pete McCall (ZOOM OUT)

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

Think about some of your favorite products, you may not realize it, but probably buy them specifically because of the brand and what that brand represents. A brand is a class of goods identified by name as the product of a single manufacturer. A strong brand identity establishes an immediate image and value proposition to the consumer. This session will discuss the role of branding, review the science of neuromarketing and provide you with simple steps for creating your unique brand of fitness that can help you successfully market and sell your services.

**Learning Objectives:**

- Explain the benefits of an established brand.
- Describe neuromarketing and how it is used to communicate with potential customers.

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- Demonstrate how to create your unique brand.

### 262 YogaFit® Don't Worry - Be Happy! with Kim Gray

Workshop: GE, MB

A growing body of research indicates that Yoga may be an effective therapeutic tool in the prevention and treatment of anxiety, depression and other mental health and mood disorders. In this workshop we will discuss and practice how to maintain a healthy nervous system, promote a stronger sense of self-awareness, focus the mind, improve mood, and enhance overall state of wellbeing through postures, breathing techniques, and meditation.

### 263 LaBlast® Splash: Patternography 2.0 with Megan Cooperman

Workshop: AQ

So nice we did it twice! Our previous Patternography session was so well received that we're back to introduce new ways of layering LaBlast® Splash dance fitness patterns in a way that makes class easy for the instructor to program and even more accessible to ALL participants to follow.

### Group 6: Saturday 8/7/21 7:00 am - 9:00 am

### 264 Schwinn® Cycling: Rock Steady - Recovery Rides that Drive Results with Keli Roberts (ZOOM OUT)

Workshop: CY

In all disciplines recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximal training effect. Discover ways to effectively work these necessary rides into your training protocols. Time to Rock Steady.

### 265 Purpose NOT Circus - Legit HIIT - StairMaster® with Pete McCall

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.

### 266 PRANA BARRE with June Kahn

Workshop: GE, MB

Where sweat and inner zen meet. Barre is a low impact workout that offers options for Pilates, Strength Training, Trendy Dance & Active Aging Fusion option. This specialty Barre Workshop will bring in a Yoga element to bring more mindfulness and 'zen' to the workout. In addition to the traditional Barre Choreography, we explore how to incorporate the Yoga Flow into the workout, beginning

from the warm up - creating more challenges for balance, strength and mindfulness. Technique and format is paramount and is addressed throughout. The breath is introduced as is 'intent' in an effort to bring more intuitiveness to the workout. It's beautifully executed and the combination of disciplines make for a graceful, effective and wonderful experience.

### 267 BOSU® Bootcamp Redefined with Mindy Mylrea & Doris Thews

Workshop: GE, PT

Whether you're coaching virtual workouts for individual clients or training small groups outdoors or indoors, you'll get ideas to last all year! Learn drills that are skill driven, crazy creative, adaptable to all fitness levels, and performed with OR without equipment. Now is the time to up your game and be ready for the future!

### 268 LaBlast® Dance Fitness: Active Aging For All with Megan Cooperman

Workshop: GE, S

The Association on Active Aging promotes the vision of all individuals, regardless of age, engaging in the seven dimensions of wellness. LaBlast® Fitness supports this vision and provides a total-body dance fitness workout, adaptable to any age or fitness level. This session explores three of the seven dimensions: mental, physical and emotional.

### 269 Peak Pilates® Progressions with Zoey Trap

Workshop: GE, MB

Move into more with your mat. Develop a thought process using variations, preparatory exercises and props to help your experienced students confidently progress to the advanced and super advanced work with multi-level teaching tools. Leave with fresh, new inspiration for helping your students to do more and have more fun.

### 270 Group X: Master the Side Hustle or Successfully Make It Your Career with Alexis Perkins

Workshop: GE, PT, S

Whether you want to increase attendance in your class or income as an instructor this practical and engaging session is for you. Alexis will show you exactly how she was able to increase her class from 2 people to 100, increase her pay per class from \$15 to \$200, and how YOU can do it too!

### 271 FAI® Power Training for Older Adults, How to Safely Train for Power and Speed with Dr. Dan Ritchie (ZOOM OUT)

Workshop: GE, MB, PT, S

Learn the science and research behind power training and why it is more critical for function than strength alone. Do some hands on power movements at various levels from

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lower function to high function. Why speed is so critical as we age and what we can do about it in our training sessions.

### 272 Ageless Glutes with Leslee Bender

Workshop: GE, MB, PT, S

There is no such thing as a flabby bottom when you train it right. No tucking squeezing or unnatural body alignment but pure functional training to give you the ageless bottom utilizing bands, Gliding™ or paper plates for movements that authentically translate to all activities. Walk away understanding why the relationship of your feet and hips dictate the strength of the glutes and how to move in the alignment necessary for a strong back side

### 273 The Virtual meets Real World with Tricia Murphy Madden & Lauren George (ZOOM OUT)

Lecture: AQ, GE, MB, PT, S

Now that our industry unceremoniously entered the virtual world in a matter of weeks, its time to look at coaching and cueing protocols that speak to communicating when not able to see the person behind that black box. We will look at opening and closing protocols, unique ways to ask more about your students and coaching techniques that will have everyone feeling successful. Whether you teach one on one, small group or large group fitness formats this session will help your fine-tune your skills in the virtual world.

### 274 YogaFit® YogaLean with Beth Shaw

Workshop: GE, MB

Explore the idea of Lean Consciousness, which means listening to the needs of your body so that you feel the difference between optimal health and a life that's unhealthy. Living in Lean Consciousness empowers you to make choices that honor you, transform your body, refresh your mind, and nurture your soul. Ultimately, you become a better, more authentic version of yourself. Experience these concepts in a fitness building and fat burning YogaFit class with modifications for all fitness levels. This is a fun workshop with plenty of motivation, inspiration, and education to help you create and maintain a fit and healthy body.

### 275 Acquapole® Advanced with Andrea Velazquez & Jeannie Brown-Johnson

Workshop: AQ

Challenge your advanced students with inverse holds and moves that will challenge their core. Elements of difficulty that work all muscle groups and keep your core grounded. Recommended for students that already master the Acquapole® Tone moves.

### 276 Schwinn® Cycling: Master Your One - Rule Yourself & Rock Your Room with Abbie Appel (ZOOM OUT)

Workshop: CY

An extraordinary cycle class is artfully crafted with thoughtful and intentional moments of emotion and excitement delivered with great music and dynamic coaching. Lean into your strengths and the personality of your room to unleash the power of connection. YOU hold the key. Rule yourself and unlock the potential of your room.

### 277 "Toning" is NOT a Thing. WORK is Part of Work Out!

- 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.

### 278 Let the Beat Drop with Lauren George

Workshop: GE, MB

Music is a powerful tool that can set the tone for your class, increase students' energy, and make a lasting impact on individuals. In this workshop, you will learn three ways to choreograph barre workouts to music in a one song per segment format. Additionally, you will master cueing strategies to help you smoothly and efficiently move your students through the workout in a way that creates flow and leaves every student feeling successful.

### 279 Basic to Badass Powered by Flex Cord with Carolyn Erickson

Workshop: GE, PT

It doesn't matter which format you teach, it's time to implement these bad boy training protocols that will take your classes to the next level. Discover multiple innovative techniques and training complexes such as contrast training, monster sets, compounds, EMOMs, and so much more. You'll see how easy it is to go from BASIC to BADASS, and by Monday morning, you'll be ready to go!

### 280 ACE® Elevate Your Group Fitness Experiences by Incorporating Behavior Change with Staci Alden

Workshop: GE

Introducing the ACE Mover Method for Group Fitness: a philosophy rooted in the belief that facilitating healthy lifestyle behaviors begins with empowering clients to take a personalized journey to achieve self-efficacy. Sounds tough to do in a large group, but we've developed a system that can be applied whether you lead cardio, strength, mind/body, or combination formats. Experience how you

Group 7: Saturday 8/7/21 9:30 am - 11:00 am

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can easily apply behavior change concepts en masse through upgraded cueing and conversation. Learn the concepts and then join us as we take you through a full class experience to bring the tools to life.

### 281 MASHUP®: Active Recovery, Are You Implementing It? with Jacquese Silvas & Jennifer Taylor

**Workshop:** GE, MB, PT

Active recovery is a crucial exercise modality that is easily overlooked in group fitness for various reasons. It is credited for its effectiveness in balancing out High-intensity interval workouts by promoting muscle recovery while maintaining a healthy habit of working out. Learn how MASHUP® programming incorporates this component effectively into a group fitness experience for all fitness levels!

### 282 Top Foods for a Healthy Gut Microbiome with Bruce & Mindy Mylrea

**Lecture:** A, CY, GE, MB, PT, S

A healthy gut microbiome is an essential component for long term health. Your microbiome is a complex community of over 100 trillion microorganisms that have a diverse array of health consequences that have just recently been discovered by nutritional scientists.

In this lecture, you will:

1. gain a working knowledge of your intestinal tract
2. learn about the most important foods to consume for a healthy microbiome
3. learn about the thousands of substances that can positively or negatively impact your health

### 283 FAI® Caregiving Exercise Training with Dr. Dan Ritchie **(ZOOM OUT)**

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

Recently the Functional Aging Institute has launched a new company called the Caregiving Exercise Institute. The over 2 million caregivers in the USA are in need of some basic home exercise skills to help their clients and patients maintain functional ability. The need is going to be massive as it is expected the need for caregivers will more than double over 4 million in the next 10 years.

### 284 Naboso® Foot Function & Fascial Lines with Dr. Emily Splichal

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

The dynamic control of functional movement is deeply integrated in our foundational control of the ground and gravity. Join Human Movement Specialist & Podiatrist Dr Emily Splichal as she explores how our feet, fascia and functional movement are even more integrated than we currently realize.

From fascial tensioning to fascial elasticity our fascia plays a role in how our feet detect, store and transfer forces

during dynamic movement. This session will prepare you how to train your clients for more efficient and precise movement.

### 285 Inspired Leadership - Lessons from Three Decades in the Business of Fitness with Amy Thompson **(ZOOM OUT)**

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

Learn from one woman's journey in fitness; how she has successfully navigated her own path to executive leadership after holding nearly every role in the industry, and how she is INSPIRING hundreds of thousands of fitness professionals to build sustainable and profitable careers. You'll walk away with practical strategies for self-discovery, empowerment, aligning purpose with passion, raising your visibility and enhancing your personal brand. Create a blueprint for your own career and stand out to be recognized as the leader you are.

**Learning Objectives:**

1. Refine your expert status and unique positioning in a crowded marketplace.
2. Outline techniques to uncover and clarify your purpose.
3. Implement a three step approach to authentically increase your visibility.
4. Learn how your pitfalls and failures can further strengthen your leadership.
5. Create your own career roadmap and checklist to achieve success.

### 286 WARRIOR Strength™ with Ellen de Werd

**Workshop:** GE, MB

Tired of spending time at home memorizing choreography? Looking for creative metabolic conditioning that you can roll out quickly and change frequently? Are you passionate about lifting heavy and find "moving to the beat of the music" sometimes impedes your ability to increase load? Wish you could incorporate more of a coaching style into some of your sessions? Feel like CORE and MOBILITY should play a bigger role throughout programming? If you nodded even once, this session is for you! Sometimes coming up with new ways to teach cardio and weightlifting feels a bit like reinventing the wheel but WARRIOR Strength™ has a fresh approach to the basics. This format is perfect for group exercise or small group training. It is a great solution for the fitpro who is looking for something simple, effective, and smart.

### 287 Liquid Gym Punch and Pump with Andrea Velazquez & Jeannie Brown-Johnson

**Workshop:** AQ

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in

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the water using Liquid Gym Gloves! Add Liquid Gym Acqua Tone Loops for the extra leg work to energize your whole body with less stress on your joints.

### Group 8: Saturday 8/7/21 11:30 am - 1:00 pm

#### 288 Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Robert Sherman ([ZOOM OUT](#))

Workshop: CY

Where did you get that song! Schwinn has the secrets to sourcing music for playlists that rock every ride. Learn where to find the tunes and uncover new apps and programs to remix and customize your own tracks. You're going to want a backstage pass to this show! Become your own DJ and the savior of savvy playlists.

#### 289 Nautilus Strength® - Does size REALLY matter? with Pete McCall

Workshop: GE, PT

Why do bodybuilders and powerlifters look so different? The answer lies in the two different types of muscle tissue in our fascia system. Traditional exercise programs focus on the contractile element, however, effective strategies for strengthening the fascia can enhance physical performance while reducing the risk of injury. This workshop will explain these differences and illustrate program design strategies to strengthen the fascia as well as reviewing the science of muscle growth.

#### 290 Balletone® Meets Barre with Elizabeth Lenart

Workshop: GE, MB

Dancers learned the fundamentals and built strength at the barre THEN took their skills center floor... to dance. You can create the same experience for your clients, using the skills at the barre to create a seamless functional flow of movements making it possible for all levels to enjoy the gift of dance together! This two hour workshop will highlight the benefits , similarities and differences of both workouts and then reveal three fun fusions to showcase to your clients in person and on virtual platforms.

#### 291 Quick Hiit: The Short Circuit Programming Solutions with Michael Piercy

Workshop: PT

In this session, we'll uncover some truths about what clients want from their workouts, and learn to create an amazing client experience.

Leave with a workable system and templates so you can successfully integrate and coach 10, 20, and 30-minute circuits. Also, get the secrets on how to program for measurable results and market your services.

#### 292 Pound.Rockout.Workout® with Amanda Schmidt

Workshop: GE

Unleash your inner rockstar in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, whether you're a conditioned athlete or a beginner, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out! Using Ripstix® lightly weighted exercise drumsticks, participants will learn how to transform drumming into an incredibly effective way of working out. In addition to providing a challenging way to train the body, participants will learn how POUND promotes positive mood, elicits confidence, enhances unity, and ultimately, inspires positive action in life. Participants will leave this session with an understanding of POUND's effect on the mind, body, and inner rockstar.

#### 293 Body BARRE BLAST with Jeff McMullen

Workshop: GE, MB

Are you hankering for something new to totally challenge your 9am diehards, you know the group, we want our "seats" lifted, our legs sinewy and long, arms svelte and sinewy and abs ready to wear those skinny jeans? Look no further! Learn how to innovatively blend in the best concepts of yoga, dance, active flexibility and muscular endurance and strength into your classes with minimal equipment, minus the Ballet barre. This low impact program effectively firms, tones, lengthens and shapes muscles to their optimum form. BARRE Bootcamp restores core muscle function to its rightful place in bodily movement: a dynamic base from which the four limbs perform, strong, centered and long.

#### 294 Things I Wish I Knew in My First Year in Fitness with Jonathan Ross

Lecture: AQ, GE, MB, PT, S

Every field has a few things you can only learn by getting started working in it. Don't wait! The tuition to the "school of experience" is often too expensive. Get insights from an award-winning, 20-year fitness professional to learn now things you will later wish you had known at the start of your career! Get in-the-trenches insights and experiences that will help you avoid some hard lessons and spend less time in the trenches! Make the beginning of your career much smoother and get better results now.

#### 295 FAI® Secrets of Successful Studio Owners with Dr. Dan Ritchie ([ZOOM OUT](#))

Workshop: GE, MB, PT, S

In this business focused session, we will focus on simply strategies to launch a brand new business from scratch to 50 clients in 30 days or less. Or if you are an existing business how to jumpstart your business with new clients fast. We will explore, no-cost, low-cost, and some simple

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strategies to get new clients quickly and effectively. Learn how to better position yourself in your marketplace and know your ideal customer better and what they need to hear from you to respond.

### 296 Ageless Pilates with Leslee Bender

**Workshop: GE, MB, S**

In this progressively gentle approach to Pilates you will walk away with a deeper understanding of how to truly lengthen and strengthen the ageless body. Leave with exercises that have purpose and intention of improving posture and alignment while decreasing pain. Combine both myofascial essentials with functional Pilates exercises for a unique experience that your students will love. A session not to miss for the mindful enthusiast

### 297 Take Control of Your Career with Shannon Fable **(ZOOM OUT)**

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

We are all trying to find a path forward in this re-designed fitness world. In our time together, we will bypass the usual conversation of diversifying your offerings, thinking outside the four walls of the club, and finding unique opportunities to get people moving. Instead, we will focus our discussion on the importance of knowing your worth and advocating for yourself in the fitness industry. Instead of approaching our careers as a pathway with branches, we will redraw our journey with us firmly in the center where we should have been all along. Walk away with confidence to choose new opportunities or create your own, earn more than a fair wage, and leave your impact on the world.

### 298 YogaFit® The Addict In Us All with Beth Shaw

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

It's human nature to become addicted. We are programmed to seek pleasure and avoid pain. In this process people sometimes turn to substances or behaviors that create disease or un-wellness. This workshop is designed for anyone who is personally struggling with addiction; those who care for someone struggling with addiction; as well as Yoga, Fitness, Mental and Medical Health professionals. Participants gain a deeper understanding of addictive behaviors to include Drugs, Alcohol, Gambling, Sex, Overeating, Shopping and Exercise. Addictive and compulsive Behaviors are deeply-engrained pathways (samskaras) in the mind-body-spirit relationship that keep the individual suffering in a seemingly endless and unbreakable cycle. This workshop will focus on cultivating an individual's ability to create new energetic pathways through specific yoga postures, breathing and meditation practices that help break these energetic cycles, empowering one to move forward in life in a powerful way.

### 299 LaBlast® Splash: Dancing with Aquatic Principles with Megan Cooperman

**Workshop: AQ**

Just another dance fitness program in the water? NO! LaBlast Splash® is Ballroom dancing in the water! This program highlights the aquatic principles put forth by the Aquatics Education Association. This session focuses on how to apply these principles to Ballroom dancing in a creative manner.

**SPECIAL SESSION: Saturday 8/7/21 12:30 pm -1:00 pm  
(OPEN TO PUBLIC - FIRST COME FIRST SERVE)**

### ZUMBA® with Zumba® Education Specialist: April Smith

**Master Class: GE**

Zumba® is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

**Group 9: Saturday 8/7/21 2:00 pm - 4:00 pm**

### 300 Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Alex McLean **(ZOOM OUT)**

**Workshop: CY**

K.I.S.S. the class design blues away! Learn how to create thoughtful, physiologically sound classes that provide RESULTS! We simplify the process to save you time while setting riders up for success. Unlock the secret of the Schwinn Coach's Pyramid and set the stage for powerful performances! Whether you're a seasoned pro or rookie of the year, this workshop will change your mindset on class design.

### 301 360 Solution - Consultative Business Solutions Core H&F with Pete McCall & Heath DeBish

**Lecture: GE, PT**

Work your why, strengthen your brand and build better business with the 360 solution from CORE. This workshop is an introspection exercise on your brand identity that will allow you to uncover ways to level up your staff in all 4 corners of the gym, unlock the secrets of the Three Rs - Results, Retention & Referrals, and create meaningful touch points and moments of elevation throughout your club. Learn how to leverage your unique selling proposition to position your club for long term growth and success.

### 302 Extreme HIIT Chaos® with Mindy Mylrea

**Workshop: GE, PT**

Extreme Chaos is a muscle stimulating, mind-blowing HIIT workout experience delivering random HIIT, PHA (peripheral heart action), and powerful, mindful movement

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utilizing real-time feedback where all body systems are challenged to work in collaboration. Transform your client's body and mind in a brand new way; because when they train in chaos, you prepare them for anything.

### 303 The WaterRower® Games™ with SGTKen®

Workshop: GE, PT

The WaterRower® Games™ with SGT Ken® is an extremely exciting multi-event athletic challenge utilizing a unique combination of calisthenics and rowing races for live or virtual environments! Crews of four each endure several stations of strength and stamina drills for 60 seconds, followed by 60 seconds of recovery. Repetitions and meters achieved are added during the recovery periods and totaled at the end of the games. Gold, Silver, and Bronze medals are awarded at live events! #WaterRowerGames

### 304 Jungshin Rhythm® Double Short Swords with Annika Kahn & Yury Rockit

Workshop: GE, MB

This dynamic class is a fun, full-body workout for all levels involving the Jungshin short swords with a focus on synchronizing precise movements in sync with the rhythm of energizing music. You will build stamina and strength in your arms, legs, core, joints and tendons, and develop your coordination and mental focus as you unite the internal rhythm of your body with the external rhythm of the music. Join us as we sweat, slice, kick, jump and drum to the beat!

### 305 WARRIOR Rhythm™ with Ellen de Werd

Workshop: GE, MB

Ever wish you loved yoga? WARRIOR Rhythm™ is the bridge between classic group exercise and traditional yoga. With its rebel vibe, edgy playlists, and unconventionally sweaty flows this format will rock your world! We intertwine mindfulness, yoga, weightlifting and even HIIT training into an extraordinary experience. We are where woo-woo meets WAAHOOOOO!

### 306 The 3 Biggest Mistakes Fit Pros Make when Getting Started Online with Kelly Coulter

Lecture: AQ, GE, MB, PT, S

Ready to move your workouts online? Set yourself up for success. Learn the biggest mistakes fitness professionals make when starting an online fitness business so you can avoid them right from the start.

### 307 Tight Hip Flexors? Anatomy, Assessment and Corrective Exercise for the Hips with Dr. Evan Osar & Jill Leary, LMT, IMS (ZOOM OUT)

Workshop: GE, MB, PT, S

Chronic hip tightness, low back pain and poor posture are often attributed to a 'tight' psoas and short hip flexors. However, this concept is based upon industry myth rather

than reality. During this session, you'll discover how learning the anatomy of the psoas and hip flexors can be fun and more importantly, practical for your client with tight hips. Additionally, you'll learn how to best activate, lengthen, and strengthen both the hip flexors and glutes while improving posture and movement.

#### Learning Objectives

After attending this session, participants will be able to:

- describe the anatomy of the psoas and other hip flexors while demonstrating their impact upon posture and movement
- demonstrate how to assess for common suboptimal strategies that lead to tight, short hip flexors and weak glutes
- utilize the most effective strategy to improve hip flexor length, strengthen the glutes and improve performance

### 308 BOSU® Body in Balance: Life Training for Active Aging with Keli Roberts

Workshop: GE, MB, PT, S

Enhancing balance from a cohesive perspective means more than preventing falls - it begins with a foundational comprehension of the specific needs and concerns for the active aging body. As strength, mobility, stability, bone and muscle mass decline, precise training strategies play a critical role in successfully addressing these issues. Utilizing the BOSU® Balance Trainer, Ballast® Ball and Balance Bar, transform your approach beyond the basics and learn a system that provides integrated balance to increase life performance for the active aging client.

### 309 Fundamentals for entering the Fitness Technology Space with Doris Thews (ZOOM OUT)

Lecture: AQ, GE, MB, PT, S

Have you ever consider creating a fitness app or creating an online platform? Learn everything you need to consider from start to finish to create an awesome fitness tech offering. Learn the steps that are needed to make this come to fruition. Doris Thews, a Fitness Tech consultant will share with you the steps and checklists needed to consider when creating these offerings. She will share case studies that including her real word experience working with Professional Athletes to Home Town Fitness heroes. This lecture will assist you in discovering your place in the Fitness Technology space.

### 310 BARE® #barefootstrong Workout with Dr. Emily Splichal

Workshop: GE, MB

Created by Podiatrist & Human Movement Specialist, Dr Emily Splichal BARE® is the only workout that combines the

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benefits of barefoot, balance, bodyweight and body tension training for one intense workout!

Bring the science of foot to core sequencing, breath & pelvic floor connections and fascial tensioning to a group setting. Perfect addition to a Pilates program, Senior Fitness, Mind Body line-up or any athletic performance program.

### 311 Liquid Gym Jump with Andrea Velazquez & Jeannie Brown-Johnson

Workshop: AQ

Jump is an innovative variation to the aqua step routines. This workout is high intensity, energetic program that utilizes specially designed aquatic trampolines to give you a high-intensity workout with ZERO impact on the joints. Let's kickstart the lymphatic system, helping to detoxify and energize your whole body.

**Group 10: Saturday 8/7/21 4:30 pm - 6:30 pm**

### 312 Schwinn® Cycling: Dry-Tri: Beast Mode Fusion with Doris Thews ([ZOOM OUT](#))

Workshop: CY

Fusion workouts are all the rage and this daring trifecta is designed to push your limits. Let Schwinn's show you how to do it right while taking the workout next level. Bring your beast mode to heart pounding cardio modalities with smart muscle conditioning for strong, balanced bodies ready for any challenge. Time to dig deep and throw down like a true warrior.

### 313 Encore! One More Time! with Tricia Murphy Madden & Alex McLean

Workshop: GE, MB

Do your dance classes end with your members chanting, "One more time! One more time!?" No? Then this session is for you! Reimagine storytelling through movement and music! Learn a blueprint to dissect songs by lyrics, structure and accents! Then marry it with choreography to create a finale so hot, like a concert with raving fans, they'll want an ENCORE!

### 314 Plyo Play with Jonathan Ross

Workshop: GE, PT

Welcome to the intersection of fun, fast, and fitness. Playful, intense, plyometric exercises allow you to experience a challenge while you are captivated by the fun and friendly competition. Ideal for clients seeking a non-traditional exercise experience which remains challenging enough to create change. Mix some sweat, speed and smiles: come get lost in play to find yourself in fitness!

### 315 Step It Up! with Gail Bannister-Munn

Workshop: GE

Let's combine your creative sense of style with expressive feel good combinations. This workshop introduces choreography from familiar base movements, and then moves through layering of combinations to challenge your desired complexity. Creative footwork, directional changes, and unexpected rhythms are only fun if you figure out how best to teach them. These workouts will open doors to unlimited creative potential.

### 316 Barre Bang with Abbie Appel

Workshop: GE, MB

Are you endlessly looking to add "fuel to the fire" in your Barre class? Find powerful ways to utilize all intensity variables to increase challenge. Start with foundational barre moves and sequencing and end with a skillful and logical, progressive bang to shake up your Barre classes!

### 317 Reinvent and Change Your View with Jacqueese Silvas

Lecture: AQ, GE, MB, PT

Get unstuck! Learn some key tools that will catapult, encourage, and inspire you to JUMP into a new journey, or reignite a dormant path! Gain more perspective to pull you out of your comfort zone. This is a game changer and a dose of fulfillment.

### 318 Balance Your Client's Feet with Dr. Evan Osar ([ZOOM OUT](#))

Workshop: GE, MB, PT, S

Chronic foot tightness, pain and poor balance are often related to how an individual is using - or not using - their feet. During this session, you'll discover the anatomy of the foot and how the deep foot muscles impact posture, balance and walking. Additionally, you'll learn how to best activate, lengthen, and strengthen the foot while improving posture and balance.

#### Learning Objectives

After attending this session, participants will be able to:

- describe the anatomy of the foot and how it impacts posture, balance and walking
- demonstrate how to assess for common strategies that lead to tightness, discomfort as well as compromised balance and walking
- utilize the most effective training strategy to improve foot function, while strengthening the foot's connection to the core and improving both balance and walking

### 319 Ageless Intensity with Pete McCall

Workshop: GE, MB, PT, S

Successful Aging is the process of aging free from disease while maintaining high levels of physical and cognitive performance. Exercise in general and high intensity exercise in particular plays an essential role in mitigating

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the effects of the aging process and can help individuals age successfully. This session will review the benefits of high intensity exercise for adults of ALL ages, but especially for those over the age of 40!

### Learning Objectives:

- Explain the benefits of high intensity exercise for active agers.
- Describe how strength training can help clients mitigate the effects of the biological aging process.
- Design an exercise program to help clients achieve successful aging.

### 320 The Confidence Catalyst with Petra Kolber (ZOOM OUT)

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

Whether it is applying for a new job, expanding your own personal brand, getting in front of the zoom camera, learning something new, asking for a raise, embracing life on your own terms, pressing "go live" on your social media channels - each day you delay there is a price you pay. Either in \$\$\$\$, delayed dreams or both!

In this session Petra will help you create a regret proof life, by showing you how to remove the gatekeepers of fear and doubt. She will leave you with actionable tips strategies that you can tap into as you create unwavering confidence so that you can create a life of your desires.

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?

### 321 Genius Breaks Coach Certification with YogaMedCo and Dr. Suzie Carmack

#### Workshop: GE, MB

Are you ready to bring more mindfulness, movement and meaning into your day? Are you searching for ways to stop sitting disease from slowing down your metabolism? Are you seeking new strategies for bringing the ancient practice of yoga to your busiest (and non woo woo) clients? Are you excited about the possibility of making well-being really work in the workplace and in schools? Then we invite you to become a Genius Break Coach with YogaMedco! You'll prepare for this session with a free online training (before the conference) that will teach you the Genius Break Method. Then, in part 1 of this conference session, you'll take a Genius Breaks master class with Dr. Suzie Carmack, author of the #1 Best seller Genius Breaks. In part 2, you'll work in small groups to rehearse your final genius break before testing out with the Yogamedco master trainer team. We can't wait to welcome you to the YogaMedco family - and to support you in becoming a change agent for well-being in the workplace.

### 322 SAF Aqua Drums Vibes® with Andrea Velazquez & Jeannie Brown-Johnson

#### Workshop: AQ

Play the drums in the water! Combine unique rhythms and moves using the innovative SAF Aqua Drums Vibes® equipment, enjoy a challenging new way to get yourself fit and have fun in the water.

### Group 11: Sunday 8/8/21 7:00 am - 9:00 am

### 323 Flexibility for the Inflexible with Keli Roberts

#### Workshop: GE, MB

Immobility and inflexibility increases movement inefficiencies creating postural imbalances leaving the body prone to pain and overuse injuries. In an interactive setting, learn the science behind myofascial release and corrective flexibility training techniques. Apply smart movement strategies to target the stability/mobility relationships that balance the body's structures.

### 324 Pilates Powered Barre with Abbie Appel

#### Workshop: GE, MB

Charge up your Barre workout with Pilates principles, alignment and repertoire. With the connection between Pilates and Barre, learn how to blend movements together for a super-charged, core powered class. Improve muscular endurance, stability and mobility all to fun, energetic, beat driven music. Walk away with a total body program that accommodates all fitness levels.

### 325 M2: Movement Meditation with Yury Rockit

#### Workshop: GE, MB, PT

You think you cannot sit still to meditate?! Yury will simplify meditation for you with a combination of theory and practice of meditative movement, creating creates an accumulation of focus, attention, enhanced recovery, and stress reduction. You will also strengthen your mind-body connection.

### Group 12: Sunday 8/8/21 9:30 am - 11:00 am

### 326 Mobility Combos Your Body Craves with Jonathan Ross

#### Workshop: GE, MB, PT

The chronic positions of modern life can create imbalances that we need to undo. Moving well requires the body to be balanced, symmetrical and free from restriction. Efficient movement demands optimal joint "mobility", connective tissue "stability", and muscle "activity". In this session you will learn combinations of self-massages, stretches, and activations around a single joint to get the underactive muscles more active and overactive muscles less active. Better movement = better workouts and a better life. Come in tight and leave feeling just right! (Bring your own roller to this session.)

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### 327 Peak Pilates® Relax and Rewind with Zoey Trap Workshop: GE, MB

Experience a fusion session that incorporates exercises from mat, reformer, and tower and blends them with delicious stretches for a sensory treat. Melt your muscles, calm your mind, and soothe your senses with this relaxing session that treats you to a movement meditation. If you are looking for something different to add to your class mix- this is it!

### 328 Road to Recovery with Jeff McMullen

Workshop: GE, MB, PT

Get back to the basics - less is more, equipment wise. Dynamic flexibility improves posture; optimizes muscle recruitment patterns, and ultimately improves performance. Rediscover this lost art. Explore functional anatomy concepts that identify common dysfunction patterns; learn innovative movement sequences that enhance freedom of movement; and best practices to maintain your clients longevity of health, injury free.

### Group 13: Sunday 8/8/21 11:30 am - 1:00 pm

### 329 Hipster Yoga Stretch with Doris Thews

Workshop: GE, MB

Hipster Yoga is 60 minutes of non traditional yoga poses and stretches designed to release the hips and offer restorative flexibility for athletes, weekend warriors and anyone who battles tight hips. This session will build you up verses tearing you down so that you can take on activities in life with more flexibility in your hips. This practice is perfect for starting or ending your day with happy hips!

### 330 The Bannister Method™ Hands On Stretching with Gail Bannister-Munn

Workshop: GE, MB, PT

This is a hands on stretching workshop. 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.

### 331 Be Water, My Friend with Yury Rockit

Workshop: GE, MB, PT

Have you experienced state of “flow” when everything seems happening effortlessly in your life? Before this condition occurs in your external environment through a synchronicity of events, it first must happen within your body & brain through the power of our breath. Let’s explore how the quality of our breath streams brain-wave patterns that support and encourage more “flow.”

**SPECIAL SESSION: Sunday 8/8/21 12:30 pm -1:00 pm  
(OPEN TO PUBLIC - FIRST COME FIRST SERVE)**

### STRONG Nation™ with Master Trainer: Ricardo Alas

Master Class: GE, PT

Experience the HIIT workout driven by music that helps students reach – and crush – their fitness goals. Cardio and muscle-conditioning routines are synced to original music customized to match every single move. Every squat, every lunge, every burpee is driven by the beat. So instead of counting reps, students can push past their limits, burn more calories, and get results faster.