

Group 1 Friday 8/4/23 7:00am – 8:15am

301 Schwinn® Cycling: R.I.S.E. & #RideRight with Abbie Appel **Workshop: CY**

Results = Intensity + Science + Execution. Want your riders to get results? It's all about intensity and staying true to the science of authentic cycling executed in a masterful class design that follows this simple set of rules. When you ride right, you always get results.

302 Does Size REALLY Matter? Nautilus® Strength with Helen Vanderburg **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.

303 Xtreme Hip Hop Step with Chris Washington **Workshop: GE**

Xtreme Hip Hop is a step program like no other. It combines Xtreme cardio, the step board, Hip Hop music and lots of swag to provide participants a fresh spin on an old concept. Whether participants are beginners, advanced, young or old, they all want a unique but effective workout regimen. Xtreme Hip Hop will help provide a safe and fun class for people of all demographics.

304 Boats, Bands, and Battle Ropes™ with SGT Ken® **Workshop: GE, PT**

Boats, Bands and Battle Ropes: The Rowing and Resistance Training Trilogy™ with SGT Ken® is an extraordinary exercise program that combines the WaterRower, Strength Bands, and Battle Ropes. Come experience rowing and resistance training in a super circuit that will test your strength and charge your spirit like never before! #WaterRowerFitness

305 Functional Fitness Assessment for Mature Clients with Dr. Dan Ritchie **Workshop: GE, PT, S**

Learn how to conduct effective fitness assessments and evaluations with a wide range of functional levels for clients in their 50s, 60s, 70s and beyond.

306 Success!: Creating Bullet-Proof Plans for Your Clients' Health Goals with Kelly Morgan **Lecture: AQ, GE, MB, PT, S**

Your Clients' Health Goals - The best client plans are those that are tailored to their current lifestyle. Learn how you can create individualized plans that will practically guarantee their success - without adding to your current workload.

307 Lifestyle Impact on Hormonal Hell or Hormonal Harmony with Teri Gentes **Lecture: AQ, GE, MB, PT, S**

Everything you do impacts your hormonal health! Your everyday diet along with your environment play a powerful role in your hormonal balance. Teri discusses basic, yet essential foundational dietary, lifestyle and environmental approaches to augment your hormone balance helping you overcome:

- low energy and libido,
- mental health and mood challenges,
- stress issues, fertility, menses/menopausal issues,
- disrupted sleeping and more...

Before reaching out to hormone therapy, meds and treatments, learn the simple lifestyle changes and nutrients you and your clients can use to get your hormone health on track. I've utilized this personally and with my clients for years, reaping great results.

308 Rise and Grind Pilates with Alicia Jerome **Workshop: GE, MB**

READY FOR THE GRIND! Start your day off on the right foot with this early morning Pilates Mat workout using light weights. A perfect mix of using light weight to effectively work all muscles while performing Pilates Mat exercises.

309 Turbulence Training with Aqua-Ohm with Irene PluimMentz **Workshop: AQ**

Let's create some turbulence to spice up your water aerobics, boot camp, warm water, rehab, and personal training sessions. Explore how the Aqua-Ohm can add resistance to arms and legs and challenge the core. This equipment, part of the Liquid Gym Toolkit, effortlessly adjusts for size and resistance level.

Group 2 Friday 8/4/23 8:30am – 9:45am

310 Schwinn® Cycling: Dynamic Duos – Proven Cycling Fusion with Mindy Mylrea **Workshop: CY**

Total body workouts on the bike? Nope. But there are some proven pairings that deliver on results for bodies that feel great and perform better. Cycle Flow – Cycle Circuit – Cycle Core; these killer combinations check the boxes for functional fitness and satisfy members who are in a time crunch. Give them what they want AND what they need.

311 Smart "Hands Off" Partner Play with Aimee Nicotera **Workshop: GE, PT**

Adding accountability and cognitive strategies to a training session adds another level of challenge for the mind and body. This session provides the perfect mix of brain training, total body conditioning, accountability, and fun without the invasive element! Leave with 20+ partner drills to use tomorrow!

312 Barre Building Blocks with Tricia Murphy Madden **Workshop: GE, MB**

Building the perfect barre workout for your students begins with a strong set-up, intelligent choreography design and variations that progress and challenge your students week after week. Learn the building blocks you need for creating and filling your best barre classes. You'll also learn cueing strategies that simplify the teaching process and how to add or subtract intensity levels without demeaning your participants.

313 Corrective Exercise for Chronic Shoulder and Neck Issues with Dr. Evan Osar **Workshop: GE, PT, S**

Many individuals experience limited shoulder range of motion which impacts both activities of daily living and exercise. Loss of shoulder stability is also a common cause of rotator cuff impingement and chronic neck tightness. During this session, the health and fitness professional will discover how the shoulder functions and why common posture and movement issues lead to problems. Additionally, they'll learn how to easily assess and choose the most effective corrective exercises for improving stability and mobility. Finally, they'll leave understanding how to integrate the shoulder into functional exercise while improving posture and movement.

Learning Objectives

After attending this session, participants will be able to:

- describe the anatomy and function of the shoulder muscles while demonstrating their impact upon posture and movement
- demonstrate how to assess for common suboptimal strategies that lead to the forward shoulder issues and common issues including the impingement syndrome and neck tightness
- utilize the most effective corrective exercise strategy to improve shoulder stability and mobility
- Integrate a more effective strategy into the fundamental movement pushing and pulling patterns necessary for improved strength

314 MIR: Planet of Fitness Business Possibilities with Lawrence Biscontini **Lecture: AQ, GE, MB, PT, S**

Old Keys Can't Open New Doors: Fitness Business Secrets, Revealed
Sometimes looking at a fictional world can bring useable tips to a functional one. Join Lawrence for an up-close-and-personal look at what fitness life is like on Planet Mir, as he reads and discusses a bit his new eponymous book, "spilling the T" on the business of fitness. You will glean some take-aways and "a-ha" moments that instantly catapult you ahead of your peers in your own fitness business here on earth. As real business skills never appear in any of the fitness training manuals for certifications on planet earth, you will appreciate his many needed practical business tips that put your finger on the pulse of the changing face of the fitness industry since a worldwide pandemic. Learn to thrive over survive.

315 Coaching Behavioral Change and Healthier Body Image in Weight Management with Melinda Rocha

Lecture: AQ, GE, MB, PT, S

Obesity and overweight statistics have risen by alarming rates over the last two decades. Now, weight management coaches are highly sought out to help clients achieve more than just fat loss. Many people are seeking help in achieving permanent lifestyle change. In this session, you will be provided tools to help coach clients holistically in their journey, guiding them not only through the physical programming but also through common mental, psychological, and emotional challenges associated with their weight management journey.

316 S & M: Yoga for Stability AND Mobility with Robert Sherman

Workshop: GE, MB

Yoga is often thought of as a stretching modality, but new students are often surprised to learn that a solid practice is a combination of mobility AND stability. This practice for all levels will explore the delicate and powerful balance between the two from both a traditional yogic perspective and sound principles of anatomy and physiology.

317 Smart Circuits with Katy Coffey

Workshop: AQ

Regardless of the type of equipment or size of your class, circuit training can effectively give your students a total body workout. Learn three different ways to structure your classes with a variety of equipment that is available at your pool. This is an ideal workshop for pools who purchased a small handful of specialty equipment. This workshop may be customized to host sites' equipment.

Friday 8/4/23 10:15am – 11:15am

318 PANEL DISCUSSION: Reaching the Unreachable with Staci Alden, Lawrence Biscontinini, Kelly Morgan, Jenni Lynn Patterson-LaCour, Melinda Rocha & Dane Robinson

To truly impact more lives, we need to put both feet firmly into our participants' shoes. Behavior change has been a conversation in the health coach, group fitness, fitness business and personal trainer world for some time; the future of our effectiveness will depend on providers learning more about what makes people light up and spread the word about why they love moving with us. This panel will address ways to understand where your participants are coming from, build trust, inspire, and motivate clients for longer.

Group 3 Friday 8/4/23 12:00pm – 1:15pm

319 Schwinn® Cycling: Polishing Diamonds – How to Level up your Cycling Coaching with Helen Vanderburg

Workshop: CY

The foundation of a great cycling program is masterful coaches. Talented instructors need to be polished to bring out their full luster. Schwinn, the leader in cycling education, has developed comprehensive evaluation tools, tried & true teach-back techniques and "user-friendly" feedback forums that will help instructors adapt to a coaching mindset to move from good to great.

320 HIIT High Five by StairMaster® with Abbie Appel & Aimee Nicotera

Workshop: GE, PT

Wow your students with this efficient, total-body, one-of-a-kind workout! Cross-train with 5 elements of fitness and motor training. Experience cardio, muscular strength, muscular endurance, SAQ (speed, agility and quickness) and balance... all essential to a well-balanced program. Learn sure-fire techniques to replicate this workout and help your student reach their goals in a fun, group environment.

321 Pro Athlete Core Conditioning with Dane Robinson

Workshop: GE, PT

Take core training for your clients to a PRO level in this performance-based core training workout. As a former professional football player, Dane will help you utilize range of motion, stability, and power core training principles from the world of professional athletics!

322 Bootcamp Buckets with Mindy Mylrea

Workshop: GE, PT

Bootcamp training is such a blast to teach but very time consuming to create. What if there was an easy systematic approach to creating crazy creative killer bootcamp classes that your students would love? Now there is. Welcome to Bootcamp Buckets. Learn the system and the strategies for creating smart, safe, and sizzling training sessions every time.

323 All About the Ankle with Dr. Emily Splichal

Workshop: GE, PT, S

From dorsiflexion to plantarflexion, the ankle joint dictates how we load and transfer energy when we walk, run or jump. Join functional podiatrist Dr. Emily as she explores the ankle joint complex and some of the most common compensation patterns observed in the client. In this dynamic session, you'll learn how to assess, mobilize and improve ankle joint function.

324 Instructor Vocal Care with Chris LaCour

Lecture: AQ, GE, MB, PT, S

Have you ever finished your classes with a sore and tired throat? Yelling too much over your music? No microphone to help you out? We know how it feels! In this workshop you will walk away with vocal tips, tricks and techniques to keep your vocal instrument healthy and strong. Learn the research behind the vocal health of fitness professionals and how important this ironically unspoken topic affects our industry and livelihoods.

325 Yummy, Affordable Menu Planning & Meal Making with Teri Gentes

Lecture: AQ, GE, MB, PT, S

In this session learn how to use Teri's Master Menu Planner and Meal Maker w/ an

- 'Essentials' grocery and pantry items shopping and stocking list
- The Best Ever Recipe Saver – Menu Planner template
- How to turn one main into many different meals
- Savvy tips and tools to shop and stock wisely and save money too
- Better product options – healthy substitutes for cooking, baking and fast meals
- The must-have free app helping you shop for and choose quality products

326 Choreo-Crafting: The Magic Behind Dance Fitness with Emily St. Amand

Workshop: GE

How do you keep members coming back to your dance fitness classes without losing your own personal style? Creativity, Confidence and Connection; The 3 ingredients needed to promote member retention in Dance Fitness. Learn how to deconstruct and effectively hear music, adapt to your crowd, and promote individualism in this Hip Hop inspired dance class.

327 Wet Barre™: Burn with Katina Brock

Workshop: AQ

This workshop is inspired by the mat work in a barre class on land. You'll hit the same muscle groups but learn creative adaptations that transition these barre, ballet and body weight exercises to the water with intention and precision. Your core, hips and glutes will feel the burn.

Group 4 Friday 8/4/23 1:45pm – 3:00pm

328 Schwinn Cycling®: Leader of the Pack with Robert Sherman

Workshop: CY

How do you separate yourself as a cycling instructor? Lean into your strengths and the personality of your room to unleash the power of connection. Stay ahead of the competition and solidify your place on the podium. Dare to lead.

329 Fountain of Youth: Nautilus® Strength with Sonja Friend-Uhl

Workshop: GE, PT

Can you turn back the clock? The science of strength training proves proper programming can boost the production of hormones that add muscle while enhancing the physiological functions often affected by the aging process. Learn how to apply the variables of exercise program design to help clients of any age tap into the training fountain of youth.

330 Minimal Equipment, Maximal Impact! with Aimee Nicotera

Workshop: GE, PT

Give your clients what they need and what they want! Discover how the E5 Collective® formula uses minimal equipment to help your clients build a resilient body and improve confidence. Experience programming designed to improve movement strength, cardiovascular fitness, cognitive function and mobility.

331 WARRIOR Rhythm™ | Flow State with Becky Conser**Workshop: GE, MB**

Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing! Want your class to be more than just a class? Take participants on a journey. Learn the science behind flow and create a "Flow State" every time you put on the mic so members become more connected to you, your format, and one another.

332 Exercise Program Design for the 55+ Client with Dr. Dan Ritchie**Workshop: GE, PT, S**

Learn how to design functional based training sessions using the 6 domains of human function model. Learn how to quickly progress and regress workouts based on various levels of clients in front of you. Learn several workout formats and options to design greater flexibility into your programming.

333 Strategies and Systems to Simplify Your Life AND Increase Impact with Staci Alden**Lecture: AQ, GE, MB, PT, S**

The amount of technology, articles, courses, tools, and gurus out there prepared to help you "build systems to increase productivity" are endless, but what about simplifying and getting clear on objectives specifically for YOU, the fitness professional? In this session, we will share strategies that you can take action on now to get clear on your goals (helping you ditch the unnecessary) and expand your reach with the RIGHT offerings and systems.

334 Tips and Tricks For Sustained Weight Loss with Bruce & Mindy Mylrea**Lecture: AQ, GE, MB, PT, S**

Fad diet crazes continue to flood the internet and bookshelves 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 lifelong weight management and sustained health. Don't fall prey to marketing and money-grubbing hype! Based on the latest research from unsponsored, unbiased 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.

335 SoulBody BARRE UNHITCHED with Rebecca Voelpel**Workshop: GE, MB**

A more athletic approach to the traditional barre class, incorporating dynamic combinations and movements building endurance as well as strengthening and toning the body. This mindfully intense class, set to motivating music, keeps participants engaged and class fun.

336 Acquapole® Circuit with Andrea Velazquez**Workshop: AQ**

Water warriors...turn up your aquatic programming with innovative equipment! Diversify your aquatic class offerings with Acquapole® boxing bag, Liquid Gym Toner Bar and Loops. Are you ready to give your workout PUNCH and a KICK in the H2O? Then accept the challenge to energize your whole body with Acquapole® Circuit.

Group 5 Friday 8/4/23 3:30pm – 4:45pm**337 Schwinn® Cycling: Let the Beat Drop – Mastering Cycling Musicality with Abbie Appel****Workshop: CY**

You don't need smoke and mirrors or unnecessary distractions when you master cycling musicality. Discover how to capture and captivate your riders by tapping into the emotion and hidden beats of a well curated playlist. Learn how to create a magical, memorable rides with incredible musicality that drive performance for real results.

338 What's Your Type – Nautilus® Strength with Keli Roberts**Workshop: GE, PT**

The SAID Principle states, human physiology adapts to the specific demands placed on it. There are various types of strength-training with each requiring a specific approach to exercise. This interactive workshop will describe the various types of strength training including Agile, Maximum, Relative and Starting while addressing the physiology of how

each is distinctly different from the other. Learn how to apply the different types of strength to allow your clients achieve a wide variety of goals.

339 Choreo-Crafting: The Magic Behind Dance Fitness with Emily St. Amand**Workshop: GE**

How do you keep members coming back to your dance fitness classes without losing your own personal style? Creativity, Confidence and Connection; The 3 ingredients needed to promote member retention in Dance Fitness. Learn how to deconstruct and effectively hear music, adapt to your crowd, and promote individualism in this Hip Hop inspired dance class.

340 Leaps and Bounds: JumpSport Athletic Training™ with SGT Ken**Workshop: GE, PT**

Leap and Bounds: JumpSport Athletic Training with SGT Ken® is a powerful Variable Intensity Interval Training (VIIT) program with a unique collection of PRO fitness trampoline calisthenics. In teams of four in a fixed circuit, participants will discover how a reactive surface will test their strength and stamina in seconds. #LeapsAndBounds

341 Maximize the Benefits of Breathing Optimally for Life and Fitness with Jenice Mattek**Workshop: GE, MB, PT, S**

From everyday life activities to fitness help your clients experience the benefits of breathing optimally. Stress, posture, sickness, and disease can affect the quality of how we breathe. Learn how efficiently and effectively add breath training to your client sessions and show your clients the benefits to get buy in from them.

Attendees will be able to:

1. Will be able to understand the anatomy of the primary respiratory muscles and the benefits of training it.
2. Will be able to explain and demonstrate to their clients the value of breathing optimally in life and while working out.
3. Will learn how to incorporate optimal breathing into their client and group sessions.

342 Understanding Fascial Lines and How to Train Them with CJ Kobliska**Lecture: AQ, GE, MB, PT, S****343 Pantry Essentials for Fast, Healthy Meals with Teri Gentes****Lecture: AQ, GE, MB, PT, S**

GETTING OUT AHEAD OF RISING FOOD COSTS and SUPPLY CHAIN ISSUES. Being – Staying healthy matters more now than ever! With the current state of global affairs, the rising costs and supply chain issues, it's time to help your clients ensure their pantry has the needed essentials to continue eating nourishing meals.

In this session:

- we look at key ingredients to purchase in bulk
- ways to make them into the most nutrient-dense creations with minimal ingredients
- how to save money and ensure nothing goes to waste

344 Fascia and Functional Stretching sponsored by Balanced Body® with Helen Vanderburg**Workshop: GE, MB, PT, S**

Specifically designed for exercise professionals this workshop gives you practical application of the evolving science of fascia. Explore the science behind fascia and how it relates to training. Following the main fascial kinetic lines in the body learn specific myofascial release and dynamic stretching techniques to enhance mobility and ultimately performance. Come away with a functional approach to elevate your stretching methods.

345 Noodle Rx with Jenni Lynn Patterson-LaCour**Workshop: AQ**

This low-impact workout was created to accommodate students of various heights and fitness levels in a shallow-water class. The first segment focuses on creating class content with grounded moves and the other two segments demonstrate how incorporating a noodle provides creative challenges and reduced impact.

Group 6 Friday 8/4/23 5:15pm – 6:30pm**346 Schwinn® Cycling: Prime Design 2.0 – Programming Like a Pro with Keli Roberts**

Workshop: CY

Work that works. Riders want results and Schwinn knows how to get them. When you simplify your class designs, and program like a personal trainer, you work smarter and your riders get stronger. K.I.S.S. the class design blues away and learn how to create ride profiles in a way that allows you to track, progress and program like a pro with turnkey programming software from Intelligent Cycling. Get more mileage out of your class designs and show your riders how much stronger they have become. WIN-WIN!

347 Breaking the Core with Tyler Valencia**Workshop: GE, PT**

This workshop is developed around current research on core training and how fitness professionals can utilize this information. The term 'core' has been dragged through the mud over the years, but it's an important element of a well-balanced training program. Whether you work with athletes, teach group fitness, or train the active aging population, implementing solid core training is a must. In this workshop we will discuss relevant terms and finish with a hands-on breakdown of non-traditional core exercises.

348 Killer Step Choreo with Elizabeth Andrews**Workshop: GE**

Using choreography that syncs together, 32 ct by 32 ct, we will optimize brain performance, while grooving on and off of the step to create some killer moves. This session builds from one side, then the other, and we put it all together for a finale! The DJ crafted playlist is a bonus!

349 WARRIOR Strength™ | FUN in FUNCTIONAL Training 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.

350 Becoming The Go To Trainer/Gym In Your Area Through Community Engagement with Dr. Dan Ritchie**Workshop: GE, PT, S**

A guide to engaging local businesses and organizations to raise money and to gain new clients that fit your core values. Leave with tips and ideas for all trainers and gym owners to apply to what they do, regardless of business type, studio, in-home, independent trainer.

351 Instructor Class Experience with Rebecca Voelpel**Lecture: AQ, GE, MB, PT, S**

No matter the level of experience, continuing to learn and grow as an instructor is important. The i.c.e workshop is designed to assist in the both the growth and development of the instructor. This course will dive into lectures, drills, and hands on practices focusing on the instructor, class, and experience taking your teaching to the next level. Your journey does not end here, but is on-going. The tools provided in this workshop will allow you to continually evolve as a leader in the industry, changing lives for the better.

352 How To Live To 120 with Bruce & Mindy Mylrea**Lecture: AQ, GE, MB, PT, S**

Incredible advances have been made in the world of genetic research in just the last five years. Scientists are uncovering remarkable proteins in our bodies that have the ability to maintain and repair our DNA to keep us young and healthy for well over a century. This lecture reveals the latest epigenetic research and the simple steps we can all take to improve and lengthen our health and lifespans based on solid evidence.

353 Kickbox N Chaos with Tara Turner**Workshop: GE**

This is an interval training class incorporating the sport-specific techniques of kickboxing, strength training and repeated bursts of high-speed activity, to provide a high level of both aerobic and anaerobic conditioning. This

workout combines everything and the kitchen sink to create complete chaos in a class that will get your heart pumping and your body working!

354 Liquid Gym Stars with Andrea Velazquez**Workshop: AQ**

Experience awesome yoga inspired and drag/resistance exercises with the Liquid Gym Stars equipment. Take your workout into a new realm with a mix of the positive energy of aqua yoga and flow right into strengthening and cardiovascular exercises to tone the upper body. End your session with stretching to bring the mind and body back into balance.

Group 7 Saturday 8/5/23 7:00am – 8:15am**355 Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea****Workshop: CY**

Schwinn Indoor Cycling meets Barre in a fusion program that has been taking the country by storm. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor using the bikes as barres. Finally, barre students work in the cardio and die-hard cyclists get the flexibility and elongation training their bodies crave.

356 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.

357 Loop Band Play: Powered by E5 Collective® with Aimee Nicotera**Workshop: GE, PT**

Give your clients a fresh combination of loaded movement training, brain training and HIIT, while also promoting readiness, recovery and a positive mindset. Discover how a simple tool like the mini loop band can be used to challenge all fitness levels and abilities! Walk away with programming you can use tomorrow!

358 JumpSport® Barre and Bounce with Abbie Appel**Workshop: GE, MB, PT**

You're only a bounce away from an addicting adrenaline rush! Sequence the ultimate blend of the muscular endurance training of barre and high-intensity, low-impact cardio conditioning of rebounding on the JumpSport Fitness Trampoline to transform your barre class to thrilling! Discover the benefits of bouncing including increased circulation, balance, endurance and improved health and immune system and take advantage of the high demand for this ideal circuit format!

359 Bulletproof Your Feet with Dr. Emily Splichal**Workshop: GE, MB, PT**

With the average adult taking 5,000 steps per day our feet play a critical role in our daily dynamic movement. Join podiatrist and Naboso founder Dr. Emily Splichal as she explores the three pillars to healthy feet including integrated strength, mobility, and sensory stimulation. Experience simple exercises and recovery techniques which can be integrated into your routine to ensure your feet stay bulletproof.

360 Chain Reaction Biomechanics 101 with CJ Kobliska**Lecture: AQ, GE, MB, PT, S****361 Own Your Stage: Evolving Your Workouts into Memorable Experiences with Dane Robinson****Lecture: AQ, GE, MB, PT, S**

What if we told you there is a science, system, and ART to the performance of fitness? Dane will walk you through how to capitalize on your unique coach persona, and understand the biochemical journey a member endures. Be ready to create a one-of-a-kind episodic experience that will pack your classes week in and week out!

362 Functional Training Meets Pilates sponsored by Balanced Body® with Helen Vanderburg**Workshop: GE, MB**

Combine Pilates Mat work and integrated functional training together to create challenges, exciting movement sequences and new experiences for your classes, clients and for client home programs. Using the Balanced Body Movement Principles and principle-based programming system; you will develop well balanced classes that take Pilates beyond the Mat to address functional exercises including standing work, upper body strength

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and balance and dynamic lower body exercises. You will come away with an expanded view of using Pilates Mat to improve your client's strength, flexibility, daily activities and performance.

363 Power of Om with Katy Coffey

Workshop: AQ

Aquafit strength training technique, will debut the Aqua Ω as its key strength training tool. Alternating between cardio, strength, upper and lower body, this one powerful tool will sure to give you a full body workout.

Group 8 Saturday 8/5/23 8:30am – 9:45am

364 Schwinn® Indoor Cycling: Tri-Cycle – the Mode Triple Threat with Helen Vanderburg

Workshop: CY

Tap into the unique ways your team wants to ride – ONLY with the Z-power console from Schwinn. Whether it's RPM, Max HR or FTP – we've got a ride for everyone. Build it and they will come. Real results, every time, with your ride or die tribe. Let's go.

365 Movement Play with Elizabeth Andrews

Workshop: GE, MB, PT

This playful class is designed to get you moving in all the ways you were designed, from crawling to single leg holds, jumps and maybe arm balances, in a coordinated fashion, neuroplasticity at its finest. By incorporating these training attributes: stability, mobility, strength, balance and power, not only will you be practicing skillful patterns, your heart rate will go up! Hello cardio! This is a one stop shop all things movement, with a playful vibe! We will take up space on the floor.

366 WARRIOR Combat™ | Keep Fighting with Diva Richards

Workshop: GE, MB

Everyone has struggles. WARRIOR Combat™ inspires instructors and students alike to be resilient. While it has an intense vibe and a high metabolic demand, WARRIOR Combat's primary focus is empowerment. It has an authentic boxing flavor, but prior boxing experience is not required. Learn how all fitness levels can embrace their power with a "Keep Fighting" mindset.

367 Syncing the Core & Pelvic Floor with Jenice Mattek

Workshop: GE, MB, PT, S

You've learned the core and pelvic floor strength is important to posture, performance, and addressing pain. However, even with a stronger core, many continue to struggle with posture issues, tightness, and pain. In this session, you'll learn why core strength alone will not improve performance or reduce tightness. You'll discover how to identify and implement the best core and pelvic floor exercises for clients of varying levels. Whether you work with clients who struggle with post-surgery issues (Cesarean or hysterectomy) or those who want to feel better and move better in their bodies his interactive workshop will help you identify and implement the best core exercises.

1. Will be able to understand the anatomy of the primary muscles of the core and pelvic floor
2. Will be able to explain and demonstrate to their clients the value of self-assessment for program progress.
3. Will learn how to incorporate core exercises that allow the core and pelvic floor muscles to work together for proper movement and health of the muscles.

368 Boutique-ify Your Cla\$\$ Experience! with Noël Nocciolo

Lecture: AQ, GE, MB, PT, S

Boutique studios are here to stay and they're driven by the talent...YOU! The coolest lights and the most banger sound won't mean a thing without an enterTRAINER leading the room and making members feel seen. If you're a boutique instructor or studio owner, you already know classes worth \$ + a not-to-be-missed-experience rather than a workout = MUST! The best boutique fitness instructors of any format implement many of the same hospitality and individual performance tools that you'll learn in this lecture to implement anywhere you teach. Do you know what your class & talent are worth?

Objectives:

1. Learn simple to implement hospitality points used in boutique fitness studio trainings and strategy sessions
2. Discuss vocal performance technique and how to dial-up the drama in your classes
3. We pick up where your certifications leave off and discuss "intangibles" that make classes unmissable

4.

Learn how to treat class like a performer preparing for a Broadway show would; essential for a worth-\$\$ boutique experience from door open until the last selfie is taken

369 Energy Medicine for Better Health, Headspace & Happiness with Teri Gentes

Lecture: AQ, GE, MB, PT, S

Are you and your clients struggling with anxiety, brain fog, inflammation, pain and other health and wellness challenges? Today's lifestyle breeds numerous mental, emotional and physical challenges for people of all ages, affecting breathing, the nervous system, energy levels, and more. This can compromise clarity, inner calm, strength, balance and resilience. Subtle as they may be energy imbalances make us more vulnerable to health issues of all kinds.

In the session you will learn:

- A 5-minute morning routine to ground and center you emotionally and physically
- Conscious breath awareness and practices keeping you centered and focused
- Morning and nighttime routines to start and finish your day in a good state of being

Implementing these practices regularly helps to prevent, manage and possibly reverse cognitive and emotional challenges, strengthen immunity and foster more joy.

370 Pilates Flow, Stretch, and Centering with Alicia Jerome

Workshop: GE, MB

Pilates Mat flow incorporating dynamic stretches to warm up and cool down the body. Focus will be on the Pilates Principles of Breathing, Concentration, Centering, and Control, as you connect breath with fluid movement leaving feeling uplifting and refreshed.

371 Acquapole® Tone with Andrea Velazquez

Workshop: AQ

Acquapole® Fitness involves 20 grips and 150 exercises...and counting! Experience FUNctional exercise movements without burdening the joints. Activate muscles used for basic stability and mobility, upper, lower, and core muscles. Increase strength, flexibility and coordination. An amazing workout.

Saturday 8/5/23 10:15am – 11:15am

372 PANEL DISCUSSION: Less Bustle, More Hustle with Staci Alden, Jessica Armstrong, Robert Louw, Michael Pipitone, Terry Woods

Calling all fitness professionals and leaders wanting to do more and provide more for your clients and team but feel you need more time to keep it all straight. As we strive to meet client expectations, we must recognize the tools we have at our fingertips to help us stay connected with our clients without an endless amount of extra work. This panel will help you identify tools, build systems and strategies and use technology to make the most of your time while serving the needs and expectations of your clients.

Group 9 Saturday 8/5/23 12:00pm – 1:15pm

373 Schwinn® Cycling: Cycle Mixology: Curating Killer Playlists with Robert Sherman

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. Become your own mixologist and discover the recipe for savvy playlists.

374 Cardio Coach: Basic Movement Assessment Workshop by Star Trac® with Sonja Friend-Uhl

Workshop: GE, PT

There are many ways to use cardio equipment including steady state, interval training and variable modality training all with specific benefits and outcomes. Choosing the right modality for each client is a balance of client goals, client abilities and client preferences. The purpose of this workshop is to teach participants how to perform a basic client assessment for a functional movement as it relates specifically to cardio modalities.

375 LIT 101 (Low Impact Training) with Dane Robinson

Workshop: GE, PT

Low impact does NOT mean "low intensity"! If you are working with clients that have injuries, compensations, or new in their fitness journey this is for you. Dane will cover proven strategies of Low Impact Training. Bringing

excitement and results to your clients' workouts with joint friendly strength, cardio, & HIIT training methods.

376 Anchors Away: 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 rowing boat! #WaterRowerFitness

377 Hands On Stretching Bannister Method™ with Gail Bannister-Munn

Workshop: GE, MB

Want to know how to Stretch Your Clients? 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

378 BYOB (Build Your Own Brand) with AJ Meyers

Lecture: AQ, GE, MB, PT, S

This workshop is designed to help instructors understand the importance of identifying and then building their own brand. To achieve this goal, we will do some group exercises and engage in a motivational dialogue to answer the following questions together: What is a brand, and how is it more than just a logo? What can a brand do for a small or start up business? Do I need a brand if I'm not a real business? Do I have a brand already and am I using it right? The second part of the lecture will focus on the latest and greatest tools, methods, platforms and practices to harness the power of your own brand to build up business and attract new clients.

379 The Nutrition Nudge with Bruce & Mindy Mylrea

Lecture: AQ, GE, MB, PT, S

Do your students ever ask you for nutrition advice? Of course they do. You have an amazing platform to share wellness information and your students listen to what you have to say. Make what you say meaningful, truthful, and within your scope of practice. This lecture will provide you with the tools to feel confident in providing basic nutrition guidance to your clients that will help them modify eating habits, and set them up for future success that will change their lives.

380 Mobility and Restoration with CJ Kobliska

Workshop: GE, MB

381 Aqua Drumming with SAF Aqua Drums Vibes with Andrea Velazquez

Workshop: AQ

SAF AQUA Drums Vibes® is a combination of drum rhythms and completely new equipment. This is a completely new approach to water training! Play drums in the water and every move you make will be effective!

Group 10 Saturday 8/5/23 1:45pm – 3:00pm

382 Schwinn® Cycling: Breathly Not Breathless – Base-Building Threshold Training with Keli Roberts

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.

383 HIIT - Bring on the 4-Letter Words! HIIT & REST for Success with Sonja Friend-Uhl

Workshop: GE, PT

Yep, Rest & HIIT are a perfect pair and that's no BS. Active rest intervals allow for optimal intensity during the work intervals to produce results without overtraining. Learn how to use the rest interval in your program design to help your clients and classes perform at their best.

384 STEP: Take It Block by Block with Aimee Nicotera

Workshop: GE

Learn how to create step classes that are engaging, high energy and combine both athletic and dance inspired movements. Review 32-count musical phrasing, experience the block-by-block method of building a class,

create your own block and leave with the confidence to put it all together for your next step class!

1. Understand 8-count and 32-count musical phrasing.
2. Learn how to create easy-to-follow, yet engaging and fun, step workouts using the block-by-block method.
3. Learn how to integrate both dance and athletic movements into your choreography.

385 WARRIOR Rhythm™ | The Guts to Stand Out 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!

386 Brain Based Balance Training with Dr. Emily Splichal

Workshop: GE, MB

The seemingly simple task of balancing on one leg or walking across the room is a complex, integrated, multi-sensory experience with stimulation from the eyes, ears, joints and plantar foot. Join Dr. Emily as she explores how to enhance brain activation during balance training by combining sensory stimulation, dual tasking and eye movement exercises.

387 YouTube Centered Digital Marketing with Tyler Valencia

Lecture: AQ, GE, MB, PT, S

YouTube is the second largest search engine but usually the last tool businesses utilize when implementing a marketing strategy. In this seminar we will discuss a "YouTube Centered" mentality when marketing your business, and how it can save time and money when it comes to every other social media channel. We will also cover the basics of YouTube before breaking into small groups to come up with our own YouTube content strategy.

388 Managing Body Idealization and Body Dysmorphia as a Fitness Professional with Melinda Rocha

Lecture: AQ, GE, MB, PT, S

As public figures in the health industry, fitness professionals are expected to "talk the talk, and walk the walk". More than ever, fitness pros are looked to as the image of health and wellness, in person and on social media. But what exactly is that image, and is it an accurate depiction of health? In this session, attendees will openly discuss the social pressures put on personal trainers, group fitness instructors, and wellness coaches to personify an ideal, how these pressures can negatively impact their personal and professional journeys, and what steps can be taken to practically address these issues.

389 STRONG Nation® with Ricardo Alas

Workshop: GE

STRONG Nation® combines body weight, muscle conditioning, cardio, martial arts and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

390 Aquafitcation with Katy Coffey

Workshop: AQ

Aquafitcation teaches the aquatic fitness professional how to build a curriculum for your Aquatic Fitness class when inspired by land based fitness. This workshop will review the difference between Gravity Resisted training in contrast to buoyancy & drag. Group work will then take popular land fitness videos and as a team aquafy the workout for content to use in their own classes.

Group 11 Saturday 8/5/23 3:30pm – 4:45pm

391 Schwinn® Recovery RX with Helen Vanderburg

Workshop: CY

The peaks of training get all the attention – we continue to tweak the 'work' to be more challenging and effective, often overlooking the important part our 'valleys' play in 'prescribing' programs for our riders. Understanding how the fuel you choose, flexibility and strength training you do, and sub-anaerobic work you challenge yourself with can enhance performance will help you, and your students, be fitter, faster and healthier. Learn the secrets

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to dialing in effective recovery strategies both inside and outside the cycling studio. Review the research you need, resources you'll reference, and rides you'll relish to give your riders just what the doctor ordered.

392 Introducing Unconventional Exercises to Your Clients with Tyler Valencia

Workshop: GE, PT

Unconventional exercise tools such as kettlebells, the landmine, steel clubs, Indian clubs and steel maces have been around for ages but have yet to fully integrate into commercial fitness. This workshop will show their versatility, and how to utilize them within the commercial setting. Depending on the space you have available and the equipment present, unconventional exercise tools can create an effective training stimulus. This workshop will showcase popular exercises utilizing a wide variety of equipment at the convention.

393 Xtreme Hip Hop Step with Chris Washington

Workshop: GE

Xtreme Hip Hop is a step program like no other. It combines Xtreme cardio, the step board, Hip Hop music and lots of swag to provide participants a fresh spin on an old concept. Whether participants are beginners, advanced, young or old, they all want a unique but effective workout regimen. Xtreme Hip Hop will help provide a safe and fun class for people of all demographics.

394 HIIT the Barre with Tricia Murphy Madden

Workshop: GE, MB

HIIT has officially entered the barre world, so let's talk about why and how we can do it safely. Learn four unique ways to infuse HIIT into your barre classes and three ways to modify it so everyone can HIIT the barre successfully. Walk away with a complete workout format to teach to your next Monday-morning class!

395 Corrective Exercise for the Psoas and Glutes with Dr. Evan Osar

Workshop: GE, MB, PT, S

It is a widespread industry concept that individuals experiencing chronic low back tightness, hip dysfunction, and/or pelvic issues have weak glutes and short hip flexors. This concept is largely based upon industry myth rather than reality. During this session, the fitness professional will discover the most common reason their client's present with low back, hip, and pelvic issues. They'll discover how common industry strategies for strengthening the glutes and stretching the psoas can often contribute to the issues they're designed to address. Additionally, they'll leave with a corrective exercise strategy for effectively lengthening and strengthening the psoas and glutes while improving posture and movement.

Learning Objectives

After attending this session, participants will be able to:

- describe the anatomy of the glutes and psoas while demonstrating their impact upon posture and movement
- demonstrate how to assess for common suboptimal strategies that lead to tightness, shortness as well as suboptimal posture and movement
- utilize the most effective strategy for improving hip flexor and gluteal function and integrate these muscles into functional movement patterns

396 Social Media is Dying: Why You Need an Email List NOW with Kelly Morgan

Lecture: AQ, GE, MB, PT, S

Email List NOW - Are you spending hours of time each week on your social media? Stop! Email lists are still the best way to sell your services to interested and engaged clients - and you don't need to be a tech wizard to do it.

397 Mind-Ful Health: Self-Care Practices for Optimal Well-Being with Teri Gentes

Lecture: AQ, GE, MB, PT, S

Today's frantic and demanding world pace triggers a state of chronic inner chaos we often aren't even aware of. Consciously going within, minding our mind and our nervous system and re-programming our subconscious sympathetic responses is critical for our over-all well-being. This workshop walks you through this very process providing practices you can put to use in every area of your life. You'll discover what mindfulness means and its many benefits such as stress management and increased calm, clarity, productivity and vitality and Ways to practice Mindfulness with...

- Mindful self-talk and journaling
- Mindful breathing w/ aromatherapy
- Mindful movement
- Mindful consumption w/ a chocolate meditation

398 SoulBody RESTORE with Kristen Townsend

Workshop: GE, MB

A recovery class that gently warms the body through unique yoga flows, creates mobility through dynamic stretching and uses restorative techniques to release fascial tension, delivering a relaxed and centered feel.

399 Liquid Gym Circuit with Andrea Velazquez & Irene PluimMentz

Workshop: AQ

Turn up your aquatic programming with innovative large and small equipment! Diversify your aquatic class offerings with a combination of Liquid Gloves, Acqua Bar, Acqua Loop and a dash of Aqua-Ohm.

Group 12 Saturday 8/5/23 5:15pm – 6:30pm

400 Chill and Flo with Elizabeth Andrews

Workshop: GE, MB, PT

Join Elizabeth in this special class that will nourish your nervous system and body. It is designed to "undo the do" from the playlist, to the dim lights with a decadent flow. There will be positions that are held to unshackle the tension while enhancing joint function. This class is a perfect way to end a long day of training or simply enjoying a more gracious way to move, any time of the day.

401 HIIT Em up Style Dance Jam with Tara Turner

Workshop: GE

Boot camp or Booty shake? Why not have both in this workout that combines dance movements and high intensity interval training (HIIT). This workout moves between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. The class combines the dance styles of salsa, merengue, reggaeton, soca, and hip-hop music to get you in a party atmosphere. You won't even realize you are working out because you are too busy dropping it like it's hot!

402 Let Me See You Bounce: JumpSport AMRAP Challenge™ with SGT Ken®

Workshop: GE, PT

Let Me See You Bounce: JumpSport AMRAP Challenge™ with SGT Ken® is a fun team-driven fitness circuit utilizing the PRO fitness trampoline. In teams of four, participants perform a progressive series of multi-directional movements at as many reps as possible (AMRAP) for several competitive intervals to enhance stamina and stabilization. #LetMeSeeYouBounce

403 Resistance Band Total Body Band with Gail Bannister-Munn

Workshop: GE, PT

This is a Full body strength workout using resistance bands! Resistance bands can strengthen your muscles as effectively as more traditional weights. This is workout will target your entire body--upper, lower and core and helps to rehab muscle injuries. This workout is great if you are looking to tone and build strength without the use of heavy equipment. We use resistance looped bands, and small bands.

404 Voice: Secret Weapon to Engage Your Community with Noël Nocciolo

Lecture: AQ, GE, MB, PT, S

Your voice enters the room first; it's how you differentiate yourself from other coaches and tap-into making you...well, authentically you! Keeping your secret weapon healthy, strong and engaging is an overlooked big piece to the long career puzzle. Ensuring you sound authentically you and are not subconsciously mimicking someone else helps us go from good to unmissable. We have a system to help you blend science and entertainment using your best coaching tool - your voice. Walk away with simple strategies performers use everyday to turn heads with their vocal delivery, repurposed to help you build the community you want.

Objectives:

1. Discuss common symptoms, types, and causes of vocal injury in fitness instructors.
2. Learn a quick-and-dirty way to warm up and cool down your voice before teaching that you may start to utilize immediately.

3. Amplify ways to start using your secret weapon to better serve your community and dial up the sizzle in your delivery the way a performer does.

405 Ethics Session with Staci Alden (will fulfill ACE requirement)

Lecture: AQ, GE, MB, PT, S

Working within our scope of practice, handling client health information, and maintaining professional conduct when conversations or communication get personal can be challenging! The American Council on Exercise (ACE) announced exercise professionals and health coaches will be required to complete at least one hour of continuing education focused on professional conduct and ethics to meet eligibility requirements to renew their ACE certifications. This update will elevate the standards for ACE-certified exercise and health professionals, but whether you're seeking CEC fulfillment or not, this session will help you remain up to date on standards and a part of the top certified professionals in the industry.

406 Zumba® STEP INTO HAPPY™ with Kelly Bullard

Workshop: GE

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Heck yes. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Pro-tip: smiling while you sweat burns more calories!

407 Wet Barre™: Booty with Katina Brock

Workshop: AQ

This workshop focuses on... you guessed it, the muscles of the Glutes, low back, thighs and core stabilizers. Help your students develop a stronger posterior chain which can help with back, hip and leg pain using exercises that are floating, standing, sitting and more!