



**Group 1 FRI 8/2/24 9:00 am – 10:15 am**

**701 Flat Feet! How our Foundation Affects Function with Dr. Emily Splichal**

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

Not all flat feet are created equal! Join functional podiatrist Dr Emily Splichal as she explores the different types of "flat feet" and why simply saying "flat feet" isn't enough to describe the impact of a foot with no arch. Learn how each type of "flat foot" responds to exercises and how to modify foot position to optimize function.

**702 DCAC Combo: The Ultimate Crossover Fit Pro Techniques with Michael Piercy & Aimee Nicotera**

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

Join Aimee and Michael to explore how to become proficient at both group fitness and personal training. Learn what skills are needed to crossover to different clientele and the benefits of being qualified to do both. Learning objective include: building rapport and connection with members, sharing the science behind training and improve your coaching skills while creating a fun engaging experience.

**703 Ballin' On The Mat Pilates Flow with Alicia Jerome**

**Workshop: GE, MB**

This fun Pilates Mat session will focus on using a Pilates Fit Ball or any other fitness related ball while performing a mixed flow of Classical and Contemporary Pilates Mat exercises. Learn to use the Fit Ball to flow and transition into standing, seated, or lying exercises that will help strengthen and assist to work deeper in your core.

**704 Fountain of Youth by Nautilus® Strength with Mindy Mylrea**

**Workshop: GE, PT, S**

There actually IS a fountain of youth and we can all access it. The right exercise program can boost the production of hormones that add muscle in addition to enhancing the performance of physiological functions often affected by the aging process. Learn how to apply the variables of exercise program design to help your clients turn back the clock and maintain their youthful appearance and energy levels. With proper programming, age IS just a number.

**705 Body Weight HIIT Training with Dr. Len Kravitz (lecture)**

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

This comprehensive presentation will present the newest research on the physiological, metabolic, and biological mechanisms how Body Weight HIIT Training improves cardiovascular health, fat loss, insulin resistance and weight management. A major HIGHLIGHT of this presentation are 8 Innovative Body Weight HIIT workouts, based on newly published research from the University of New Mexico

Three Takeaways: All participants will:

- 1) Be able to explain the physiological and metabolic benefits of HIIT
- 2) Be able to discuss how HIIT Training improves weight management and fat loss goals
- 3) Be able to design 8 Body Weight HIIT workouts.



**706 SAF Aqua Drumming with Andrea Velazquez (aqua)**

**Workshop: AQ**

Experience functional exercises in 3 planes of motion with special aquatic drums sticks and succumb to the sounds of great music while having FUN. Activate muscles used for basic stability and mobility, upper, lower, core muscles.

**Group 2 FRI 8/2/24 10:30 am – 11:45 am**

**707 Symmetry: Advanced Postural Measurement and Corrective Exercise with Patrick Mummy**

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

Ever wish you had a quantifiable system for measuring the success and outcome of corrective exercise? In this session, you will learn, practice, and implement the AlignSmart™ system to measure and create custom corrective exercise routines. Leave ready to assist, mentor, coach, and guide clients through their journey to be pain-free and performance-ready.

**708 Human Reformer with Lauren George**

**Workshop: GE, MB, PT**

Harness the powerful benefits of Pilates reformer workouts without actually having to be on a reformer! Utilizing a resistance band (or two), we reimagine classic Reformer moves right on the mat! This class focuses on building functional strength, improving posture, enhancing coordination, and is accessible to all fitness levels. The Human Reformer approach allows you to perform comprehensive Pilates Reformer movements, empowering you to take control of your fitness journey and unlock your true potential.

**709 WARRIOR Rhythm™ | Secrets to Successful Students™ with Ellen de Werd**

**Workshop: GE, MB, PT**

Want to create an environment in your classes where students feel successful? Learn how to create a safe space for students who struggle to get up and down off the floor quickly or don't know the fancy names of yoga poses, or perhaps lack confidence and motivation. Expect a lively, interactive group conversation following a WARRIOR Rhythm workout that will inspire you to take your group fitness instruction to the next level. Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

**710 Restorative Yoga with Gail Bannister Munn**

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

Yoga-Pilates Restore consists of a fusion of yoga, Pilates based core work, Active Isolated (A-I) stretching, & flexibility training. Develop an understanding of strengths and limitations to either move beyond or stay within your boundaries, all while bringing energy in, and feeling successful in a non-competitive environment.

**711 Schwinn® Cycling: Rhythm Roadtrip - Mastering Cycling Musicality with Abbie Appel**

**Workshop: CY**

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 magical, memorable rides with incredible musicality that drive performance for real results.



**712 Beating The Odds: Reshaping Special Population Exercise Classes with Ruben Pereyra (lecture)**

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

Join Senior Fitness Specialist Ruben, who will show you unique ways to create your signature class for independent, assisted and memory-care individuals. Whether the focus is strength, balance, cardiovascular or flexibility training, you will get the tools needed to build a practical signature class for all.

**713 Turbulence Training with Irene Pluim Mentz (aqua)**

**Workshop: AQ**

Let's create some turbulence to increase the resistance exponentially in your aqua fitness sessions. Using Liquid Stars and Aqua-Ohm

**Group 3 FRI 8/2/24 12:15pm-1:30pm**

**714 FAI® Ageless Fitness Opportunity to Train Clients Over age 50 with Dr. Dan Ritchie**

**Workshop: GE, PT, S**

By 2040 they are predicting 37% of the USA will be over the age of 65....but even bigger they will own over 80% of all assets, wealth and spending power! And they will have massive health and fitness needs! We will cover business tactics, training models, and how to train clients.

**715 Your Brain on Play with Aimee Nicotera**

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

Adding accountability, play and brain training strategies to a training session adds another level of intrigue for both the mind and body. Learn how to bring the perfect mix of brain training, fitness conditioning, engagement and fun to your clients and groups using the E5 Collective formula and med balls. Challenge your mind, body and your playful spirit, while incorporating a variety of research-based training principles. Leave with over 10 specific programming ideas!

**716 WERQ® Dance Fitness with Ruben Pereyra**

**Workshop: GE**

WERQ is a wildly addictive cardio dance workout based on pop and hip-hop music. With over 2,000 instructors in the United States, WERQ is expanding our inclusive community one sweaty body at a time. Experience WERQ with choreographer and master trainer, Ruben Pereyra. Our mission is simple: Make the world happier via dance! Are you ready to WERQ?!

**717 Hands on Stretching with Gail Bannister-Munn**

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

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

**718 Schwinn® Cycling: Hear us ROAR with Mindy Mylrea**

**Workshop: CY**

The Power of Authenticity. When coaches unleash an unapologetic sense of self, a powerful purpose steps into the light. Your personal truth, combined with cycling moments of elevation, are what turn exercise into an unforgettable experience. Are you ready to ROAR into your next ride?



**719 Earning Your Worth: Mastering Pricing and Financial Stability as a Personal Trainer with Jen Gerasimas (lecture)**

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

Unlock your earning potential as a personal trainer with smart pricing and financial tracking. This session empowers you to translate your passion for fitness into financial success. Learn powerful strategies for setting competitive pricing, managing your finances effectively, and planning for sustainable growth as a personal trainer. Unlock your full earning potential and build a thriving solo business.

**Group 4 FRI 8/2/24 2:00pm-3:15pm**

**720 Low Back Pain: Core Exercise Myths and Corrective Exercise Mastery with Dr. Evan Osar**

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

Low back pain is the number one musculoskeletal cause of disability in the world. Unfortunately, the current information on exercise and low back pain is confusing and often contradictory. In this session, you'll discover the most common factors that drive low back pain as well as the myth of the "weak" core. Additionally, you'll learn the number one exercise you need to include and how to apply an evidence-based exercise training approach with your clients who present with low back pain. You won't think the same about low back pain after attending this session.

**721 Athletic Aging with Tricia Murphy Madden**

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

Unveiling the "Perfect 60-Minute Challenge" – a groundbreaking exercise regimen meticulously crafted for the specific needs of physically active adults over the age of 45. This dynamic 60-minute workout is designed to strengthen bodies at any age, offering a perfect blend of strength conditioning and cardiovascular training. With a straightforward format, this challenge makes consistent workouts easily achievable, empowering your members to reach new levels of fitness with every session. Elevate your fitness routine and embrace a holistic approach to well-being tailored for those in pursuit of an active and healthy lifestyle.

**722 MYFIIT with Mindy Mylrea**

**Workshop: GE, PT, S**

Introducing MYFIIT, the revolutionary fitness program crafted by the renowned Mindy Mylrea with the educational support of Jessica Maurer! This is not your typical HIIT—it's Functional Individualized Intensity Training, and we can't wait for you to experience it.

With its dynamic blend of variable-intensity interval training and a scientifically proven protocol, this program is engineered to ignite change your clients - mind, body and spirit. Elevate your fitness offerings and empower your clients to achieve unparalleled results with MYFIIT - the ultimate solution for fitness professionals ready to make a lasting impact!

**723 Your Brain on HIIT by 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.

**724 Schwinn® Indoor Cycling: Beast Mode with Aimee Nicotera**

**Workshop: CY**

HIIT workouts are all the rage but not all are done right. This workout is designed to push your limits while honoring the science of true HIIT for real results. We'll show you how to take breathless beast mode. Get ready to Rumble!

**725 The Science of High Intensity Functional Training with Dr. Len Kravitz (lecture)**

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

High-intensity functional training (HIFT) is a unique exercise training program that emphasizes functional, multi-joint movements that can be modified for all fitness levels to elicit superior muscle recruitment and fitness benefits. Come learn the physiology and metabolic effects of this new training modality. The HIGHLIGHT of this presentation are eight (8) creative HIFT workouts.

Three Takeaways: All participants will:

- 1) Be able to explain the physiological and metabolic benefits of high intensity Functional Training
- 2) Be able to discuss how HIFT Training improves health and weight loss goals
- 3) Be able to design 8 High Intensity Functional Training workouts

**726 Acquapole® Tone with Andrea Velazquez (aqua)**

**Workshop: AQ**

Experience the original Acquapole® FUNctional exercise movements on the water-based pole without burdening the joints. Activate muscles used for basic stability and mobility, upper, lower, core, everywhere.

**Group 5 FRI 8/2/24 3:45pm–5:00pm**

**727 FAI® Functional Balance Circuits for Clients Over 50 with Dr. Dan Ritchie**

**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.

**728 DCAC Combo: Glute Recruit with Abbie Appel & Tricia Murphy Madden**

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

Experience this energetic workshop where we'll embrace everything Glutes! Discover why these powerhouse muscles are more than just a peachy aesthetic and learn how to activate them effectively



for improved performance in both workouts and everyday activities. Get ready to strengthen your understanding of the glutes as the ultimate core stabilizer and hip movers and shakers!

### **729 Next Level Yoga – Sequencing, Mechanics & Cueing with Robert Sherman**

#### **Workshop: GE, MB**

Learn how to move good yoga classes into great ones by refining sequencing, providing empowering cues, and creating transformative experiences for all. I want to share a specific process to transformation and give immediate feedback to change. Perfect for yogis and instructors at any level.

### **730 BOUNCE Basics with Sabrina Ursaner**

#### **Workshop: GE, PT**

Join us for a REBOUNDING class on mini fitness trampolines! Learn form and technique, sweat a little, have FUN, and let go of whatever is weighing you down to soar to new heights in this exhilarating session on JumpSport Fitness trampolines. Suitable for beginners and ALL levels, including if this is your first time ever setting foot on a trampoline. \*Space is limited to the first 30 people to register for this class.

### **731 Intelligent Class Design with Joey Stabile**

#### **Workshop: CY**

In this session we will explore ways to build sound classes using common Schwinn drills efficiently to save time and maximize your ride library.

### **732 Be a Playmaker: Lessons from a life in Fitness & Sports with Michael Piercy (lecture)**

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

Want to take your fitness career to the next level? Want to make a lasting impression? Learn the lessons and keys acquired from a life and sport and that can help get in the game and make the plays that can take your fitness career to the next level. It's not enough to be in the game, you want to make plays.

### **733 Aqua Fight Club with Jeannie Brown Johnson (aqua)**

#### **Workshop: AQ**

Water warriors – turn up your aquatic programming with a workout full of PUNCHES and KICKS.

### **Group 6 FRI 8/2/24 5:30pm-6:45 pm**

### **734 DCAC Core Concept: Coaching & Communication with Lauren George & Tricia Murphy Madden featuring FAI®, Fit Pro Programming, Indigo Aquatics Schwinn® Indoor Cycling, WARRIOR Instructor Academy**

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

Join Lauren George and Tricia Murphy Madden to hear about the fundamentals of coaching and communication and how they can span all modalities of fitness. We will break into huddles and hear about specific techniques you can use across different modalities including Cycling, Barre, Mind/Body, Aqua and Active Aging.

Learning Objectives:

1. Basic Coaching Skills
2. Effective Communication
3. Different Techniques for Different Modalities

**Group 7 SAT 8/3/24 7:00am– 8:15 am****735 FAL® Exercise Program Design for the 55+ with Dr. Dan Ritchie****Workshop: GE, MB, PT, S**

We will look at various program designs for older clients from high functioning super fit, to lower functioning/pre-frail. The biggest challenge of training clients over age 65 is there is no client alike, they range from no health issues, to multiple chronic conditions and joint dysfunctions. How we safely design effective programs to ensure your client get great and safe results.

**736 The Fitness Fun Formula with Michael Piercy****Workshop: GE, MB, PT, S**

Help your clients find their way to better health and fitness results thru the magic of Fun! In this session learn some unique ways to implement fun and creativity into your programming. Unlock the keys to games and play to help your clients reach the next level on the road to consistency and commitment. redefine fitness for your clients as fun!

**737 Rise & Grind Pilates with Alicia Jerome****Workshop: GE, MB**

READY FOR THE GRIND! Start you 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.

**738 JUMPstart your day with Sabrina Ursaner****Workshop: GE, PT**

Sweat it out, bounce & dance to great music, and JUMPstart your day at DCAC with this amazingly fun cardio rebounding class on Jumpsport mini fitness trampolines. Have such a blast you'll barely realize it's a full body workout until you're drenched by the end! Suitable for beginners and ALL levels, including if this is your first time ever setting foot on a trampoline. \*Space is limited to the first 30 people to register for this class.

**739 Schwinn® Indoor Cycling: Go with the Flow with Robert Sherman****Workshop: CY**

When you cycle in and yoga out, the result is a body that is balanced, strong and ready for living. It's the perfect pairing of functional fitness formulas that center around breath to break the mold of cycling fusion.

**740 Diet Diagnosis with Mindy & Bruce Mylrea (lecture)****Lecture: AQ, GE, MB, PT, S**

Scores of new diet books are published by the \$60B weight loss industry every year, however, our general population is still gaining weight. What gives? Mindy and Bruce sift through all of the available scientific evidence of the current largest diet trends to diagnose which if any actually work for sustained, healthy, long term weight loss. This lecture outlines key strategies to assist you help your clients steer to an eating plan is healthful and sustainable for life - not just until the next diet book comes out.

**741 Liquid Gym Shine with Andrea Velazquez (aqua)****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 positive energy of aqua yoga and flow.

**Group 8 SAT 8/3/24 8:30am– 9:45am**

**742 Breath Centered Recuperation and Restoration Sessions with Jenice Mattek**

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

In this interactive session, you will discover how to teach a breath-centered recuperation and restoration class and quickly begin to incorporate the benefits of optimal breathing into all your group and individual sessions. More and more research is being made available on the benefits of optimal breathing for our health, from the musculoskeletal to the nervous system. After this session, you will begin to be able to distill some of the research, and you will also experience the benefits of optimal breathing.

**743 WARRIOR Combat™ | Keep Fighting with Diva Richards**

**Workshop: GE, PT**

WARRIOR Combat™ inspires instructors and students 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. WARRIOR Combat is boxing-inspired, powerful, and fierce. It is for everybody and every BODY. WARRIOR Combat has two 30-minute sections. These sections are distinguished by timed intervals and moves synchronized to music. Both include boxing combinations, HIIT training, total body strength, and aerobic conditioning. Get ready to feel like a confident badass.

- Experience a WARRIOR Combat workout
- Tap into the benefits of moving both off and on the beat
- Learn how incorporating an authentic boxing/kickboxing style of training provides a meaningful and empowering metaphor in our student's lives

**744 Movement Assessments by Star Trac® with Sonja Friend-Uhl**

**Workshop: GE, PT**

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.

**LEARNING OBJECTIVES:**

1. Brief overview of the Cardiovascular modalities.
2. Understand and be able to perform a basic movement assessment to determine imbalances or limited range of motion that could impact cardio training and repetitive stress implications.

**745 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.



**746 Ultimate Calorie Burning Transformation with Dr. Len Kravitz (lecture)****Lecture: AQ, GE, MB, PT, S**

This engaging, highly updated lecture will explain the components of metabolism and calorie burning, factors that affect RMR, and the latest biomedical research understandings on exercise metabolism and energy expenditure. In addition, all participants will learn 5 documented ways to physiologically boost metabolism and 5 fabulous calorie burning workouts.

Three Takeaways: All participants will:

1. Identify the physiological factors that affect calorie burning
2. Identify the physiological factors that affect metabolism during daily activities
3. Design 5 workouts that boost metabolism and 5 fabulous calorie burning workouts

**747 Strength Beneath the Surface with Irene Pluim Mentz (aqua)****Workshop: AQ**

Using adjustable drag resistance equipment to enhance the unseen benefits of aquatic exercise: Stability, Stamina, Strength, and Stretch

**PANEL SAT 8/3/24 10:15am– 11:30am****Becoming a Multifaceted Fit Pro with Jamie Nicholls, Patrick Mummy, Aimee Nicotera & Ruben Pereyra****Panel: A, GE, MB, PT, S**

Join our panel discussion with experts in the fitness industry that will help you explore opportunities that can elevate your career. Learn how to become a multifaceted Fit Pro by crossing over from Group Fitness to Personal Training and back plus everything in between. Close the gap for your clientele by learn how to serve more clients using your existing knowledge base.

1. Who's Successful
2. Who's making money
3. How can you Expand your fitness portfolio
4. How to Become a Flexible fit pro
5. How to Scan the spectrum

**Group 9 SAT 8/3/24 12:15pm– 1:30pm****748 The Physics of Pain & Performance with Patrick Mummy****Workshop: GE, MB, PT, S**

Utilize physics as it pertains to musculoskeletal compensations and pain with the planes of motion to get your clients proactive and compliant with corrective exercises. Employ postural analysis pre- and post-workout to reinforce healthy daily habits, and ultimately increase athletic performance.

**749 Integrated Strength with Lauren George****Workshop: GE, PT**

Group fitness students love a total-body workout, which can be a lofty and sometimes overwhelming goal to achieve in 50 minutes. In this session, you will learn how to do just that. Utilize your core and lower- and upper body simultaneously, all while moving dynamically to the beat. You will walk away

with the tools to build classes that have your students feeling and experiencing the most efficient workout of their week.

### **750 Amazing ZUMBA® Class Just for You! with Beatriz Busch**

#### **Workshop: 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. Let's Dance! Join TOP Zumba® Presenter BEATRIZ BUSCH for an amazing class and find out why Zumba® program is perfect for you!

### **751 Ride the Rocket (Yoga) Blast with Isabella Gutfreund & Laura Kuah**

#### **Workshop: GE, MB**

Join us for an exhilarating Rocket Yoga Workshop suitable for all levels! Rocket Yoga, known for its dynamic and fast-paced flow, combines poses from Ashtanga's Primary and Intermediate Series to create a routine that builds flexibility, strength, and balance. Taught by Isabella Gutfreund (Rocket Facilitator and Direct Student of David C. Kyle), this workshop is sure to help lift your spirits into the weekend. Whether you're a beginner eager to explore or an experienced yogi looking to deepen your practice, this workshop will propel your skills to new heights. Expect to leave feeling energized and empowered, with techniques you can incorporate into your daily yoga routine. No prior experience required—just bring your mat and your enthusiasm!

### **752 Schwinn® Cycling: Kettle and Pedal with Aimee Nicotera**

#### **Workshop: CY**

Functional training at it's finest. Base building cardio and neuromuscular power join forces in this dynamic fusion that trains for high performance. Go hard, go heavy, go home. One and done.

### **753 Advanced Resistance Training Techniques with Dr. Len Kravitz (lecture)**

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

For the client who wants to be firmer, stronger and/or bigger, the personal trainer needs to select the best resistance training techniques to attain client goals. Join Len, in a most comprehensive, evidence-based presentation that highlights and explains TEN of the best resistance training methods that deliver maximal results.

Three Takeaways: All participants will:

- 1) Understand the physiology of muscle hypertrophy
- 2) Be able to explain the key variables that effect muscle strength and hypertrophy
- 3) Be able to explain, demonstrate and teach 10 advanced resistance training methods that improve muscular fitness development

### **754 Bollywood Drums Vibes with Andrea Velazquez (aqua)**

#### **Workshop: AQ**



What happens when you bring Bollywood music and SAF Aqua Drums Vibes together? A wonderful combination of Indian inspired drum rhythms and resistance moves in and out of the water.

**Group 10 SAT 8/3/24 2:00pm– 3:15pm**

**755 STRONG Nation® with Jenny Han**

**Workshop: 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. Join Jenny Han for this SUPERCLASS!

**756 Ageless Super Hero 2.0 with Michael Piercy**

**Workshop: GE, PT, S**

Let's face it, we are all getting older and we all want the secret formula to maintaining our amazing fitness super powers. Want to learn the tools to help your 40+ clients unlock their super powers on the way to Action Hero feats of strength. This Session can provide you with the what you need to help your ageless clients conquer the world.

**757 FitCore™ Mat: Fit to the Core by Peak Pilates® with Courtney Weis**

**Workshop: GE, MB**

FitCore™ Mat is an innovative fitness fusion program that offers an awesome blend of Pilates mat-based exercises with body weight exercise and stretches for a total mind/body workout experience! Pilates exercise can be complicated and takes a long time to learn to teach well, and instructors often end up slowing it down and reducing the workout value. Additionally, traditional mat doesn't include much standing work or a chance to rev the heart rate up. FitCore™ makes it simple for teachers by providing a pre-programmed, balanced workout that has a high sweat factor. We give the instructor all the tools they need to keep students safe, moving, and smiling. Powered by Peak.

**758 HIIT & Rest by StairMaster® with Sonja Friend-Uhl**

**Workshop: GE, PT**

HIIT & Rest are a perfect pair and that's no BS! Appropriate active rest intervals allow for optimal intensity during the work intervals to produce desired results without over-training. Learn how to use the rest interval in your HIIT programming to help your clients and members perform at their best.

**759 Schwinn® Cycling: Rock & Roll Ride with Robert Sherman**

**Workshop: CY**

The 'peaks' of training get all the attention – we often tweak the work to be more challenging, while overlooking the important part our 'valleys' play in proper programming. Learn the secrets to dialing in effective recovery strategies both inside and outside the cycling studio while creating rides you'll relish like classic rock and roll.

**760 The Sold-Out Class Strategy with Dane Robinson (lecture)**

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

Many group instructors deal with low class attendance, boredom, and burnout minimizing their passion and impact in their classes. However, few understand the exact key to sweaty smiles, rave reviews, and sold-out classes is in the psychology, science, system you bring to the workout! This workshop

emphasizes capitalizing on your unique coach persona, understanding the biochemical journey of a member in class, and how to create a replicable class experience without wasting energy. Based on research used to create Hollywood blockbusters and Dane Robinson's experience coaching fitness on-camera. This is your Sold-Out Class Strategy!

### **761 Liquid Gym Circuit with Andrea Velazquez & Irene Pluim Mentz (aqua)**

#### **Workshop: AQ**

Turn up your aquatic programming with innovative small equipment. Diversify your aquatic class offerings and utilize flashcards for inspiration. Equipment used: Acquapole, Liquid Gloves, Acqua Bar, Acqua Bands and Aqua-Ohm.

### **Group 11 SAT 8/3/24 3:45pm– 5:00pm**

### **762 The Only Foot Exercise You Need to Know! with Dr. Emily Splichal**

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

Short foot exercise, first introduced by Dr Janda, is one of the most effective exercises for strengthening the foot muscles, waking off foot to core stability and improving balance. Join functional podiatrist Dr Emily Splichal as she looks at the fascinating anatomy of the foot and why short foot is such an effective exercise. Learn about the latest research on this exercise and why people with flat feet or bunions have a hard time doing this exercise.

### **763 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!

### **764 WARRIOR Strength™ | Simple & Seriously “Sticky” with Ellen de Werd**

#### **Workshop: GE, MB**

Seeking a change from choreography-based strength workouts? WARRIOR Strength™ provides the perfect solution. It's creative, FUN, easy to teach, and license free! This program is tailored to fitness pros and class-goers who want to safely and smartly get sweaty and lift weights. Say goodbye to monotonous routines and hello to a fresh fitness approach.

- Experience a WARRIOR Strength workout
- Understand why a bell curve of intensity, with an emphasis on mobility, plays a key role in WARRIOR Strength programming
- Put the "FUN" in Functional training with a variety of unique formulas that are designed to encourage exercise adherence

### **765 SharQui - The bellydance workout® with Oreet**

#### **Workshop: GE**

Revitalize your routine with SharQui - the premiere bellydance fitness program that is not only enjoyable but also guarantees an effective workout! SharQui's easy-to-follow method masterfully combines detailed breakdowns and a repetition system that makes it accessibly for all skill



levels. Join us and feel the power of a new way to energize your body by celebrating your body. Shake your Beauty baby!

**766 Schwinn® Indoor Cycling: Biker Barre – The Killer Cycling Cocktail with Abbie Appel**

**Workshop: CY**

Indoor Cycling meets Barre in a fusion design that satisfies every fitness taste. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor. Belly up to the barre and get ready to quench your workout thirst.

**767 What To Eat Every Day for Optimal Health with Mindy & Bruce Mylrea (lecture)**

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

Learn the scientifically proven foods that should be consumed on a daily bases for optimal, sustainable health and wellness. We know plant based foods are almost always the healthiest choice, but exactly which ones and how much of them should we be incorporating into our daily diet. This evidence based lecture provides you with all the specifics as well as a simple tool to help your clients optimize their dietary choices that is easy to implement.

**768 Band Camp (SPLASH) with Jeannie Brown-Johnson (aqua)**

**Workshop: AQ**

Individual loop and partner band workout to increase flexibility, coordination, stability and strength.

**Group 12 SAT 8/3/24 5:15pm– 6:30pm**

**769 Common Shoulder Issues and Corrective Exercise Solutions with Dr. Evan Osar**

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

The forward shoulder posture and associated issues - including rotator cuff impingement, biceps tendinopathies, and labral tears - impacts millions of individuals. Learn the underlying causes of common shoulder issues and how to use this information to quickly assess your client. Discover how to address the forward shoulder posture using a corrective exercise strategy that improves shoulder strength while alleviating chronic tightness and discomfort. Your current clients and potential clients with shoulder issues will thank you for attending this session.

**770 DCAC Combo: Harmonizing Strengths: Group X with PT with Lauren George & Dane Robinson**

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

Harmonizing Strengths: Group X with PT bridges the gap between group fitness and personal training, enriching your professional skills with actionable insights and innovative strategies that elevate your programming. Dive into the best practices of both disciplines to enhance client results and satisfaction, master the art of community building to retain and engage clients, and discover strategies for business growth by harnessing the collective strengths of both fields. Ideal for both group fitness instructors and personal trainers, this workshop will empower you to merge the best aspects of both worlds, creating a dynamic and comprehensive fitness experience.

**771 Killer Core with Abbie Appel**

**Workshop: GE, MB, PT**

There's a thin line between love and hate with Core Training! Tune up your teaching techniques, alter intensity variables and add innovation to standard exercises that train your clients and classes to love



Core Training. Discover how mixing slow, controlled movements with speed and tempo changes will heighten body awareness, build core strength, enhance spinal stabilization and add challenge for your most demanding class participants.

### **772 Mind & Motion: Functional Fitness In Our Later Years with Ruben Pereyra**

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

Join Senior Fitness Specialist Ruben for a workshop on functional movement exercises that enhance strength, balance, and flexibility for Special Populations. This workshop promotes brain and cognitive health in older adults by providing physical and mental stimulation in a fun and interactive style. You will learn how to incorporate cognitive exercises and brain challenges into your fitness classes using Functional Fitness movements to boost mental sharpness and improve memory retention.

### **773 WARRIOR Revolution™ | Beat-Based Benefits on the Bike with Ellen de Werd**

#### **Workshop: CY**

Want to bring a more boutique experience to the bike lovers at your club? Experience the ultimate expression of music and cycling! WARRIOR Revolution bridges the gap between party-on-a-bike and “old school” terrain-based rides. It is science based, yet sassy! WARRIOR Revolution features energetic playlists, intelligent programming, and dance undertones. WARRIOR Revolution is perfect for newbies and seasoned riders looking for an edgier experience.

- Your ride awaits! Join the revolution!
- Experience a WARRIOR Revolution™ workout
- Discover the benefits of blending beat-based bike choreography
- Learn how to incorporate party vibes into your more traditional hills and intervals
- Be inspired to reach the next generation of riders with a fresh style that will resonate with them, without compromising the foundations of a safe, solid ride design

### **774 Close the Gap between Group Ex & PT with Gail Bannister-Munn (lecture)**

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

Are you looking to broaden your client base?? [11/11/2023 10:58:58 AM] Teaching a group exercise strength class gives you the opportunity to be more visible and accessible to a larger potential client base. It allows you to show the members your training skills and to be able to make yourself more available to new members and clients. Personal Trainers are now expected to teach group exercise classes or small group training classes in fitness facilities, or maybe, you just want to learn how to teach a group exercise class to build your clientele base. How do you begin to apply all that you have learned from the book, the fitness floor, or apply your group exercise skills into personal training? This workshop and workout will show you how to transform your personal training skills into a group exercise class to broaden your client base or, to show you how to transform your group exercise skills into a personal trainer/or to start a small group training business.

### **775 Aqua Tabata with Jeannie Brown-Johnson (aqua)**

#### **Workshop: AQ**



Unusual combination of plyometric and wall exercises using combination of equipment like the Liquid Gloves and SAF Aqua Drums Vibes Sticks in fast paced Tabata format.

**Group 13 SUN 8/4/24 7:00am–8:15am**

**776 DCAC Combo: Posture & Alignment with Personal Training with Patrick Mummy & Gail Bannister-Munn**

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

Almost all workouts require good posture and alignment to maximize results while minimizing injury. However, it is difficult to assess our clients and ensure all participants are stretched and moving properly before, during and after a workout. Join our resident experts on posture, alignment, evaluation and stretching, Patrick Mummy and Gail Bannister-Munn, as they discuss the best coaching and cueing strategies for alignment and posture and how to do it effectively in personal training and in a small group environment.

**777 Pickle Ball & Tennis Conditioning with Aimee Nicotera**

**Workshop: GE, PT, S**

Racquet sports require quick thinking, agility, coordination and odd position strength. Use the E5 Collective formula and resistance tubing to learn and experience science-based programming to foster cognitive function, improve court specific fitness and create resilient, injury-resistant bodies.

**778 WERQ® Like a Boss with Ruben Pereyra**

**Workshop: GE**

WERQ Like a Boss is an all-inclusive workout combining everything you need in less than an hour, so you can get back to being the CEO of your busy life. The first half of the workout is WERQ cardio dance and the second half is dedicated to resistance training, core work, and mobility. You'll leave feeling accomplished, centered, and ready to handle anything that comes your way.

**779 Dance To Define with SharQui® Bellydance with Oreet**

**Workshop: GE**

Get ready to elevate your workout experience with SharQui's Dance to Define! This exhilarating class takes the intensity up a notch, blending the bellydance movements with high-energy strength, power, and balance drills. Prepare to push your limits this multidimensional bellydance workout that does more than just sweat—it sculpts!

**780 Lifestyles of SuperAgers: Live Long and Prosper with Dr. Len Kravitz (lecture)**

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

SuperAgers are women and men in their 80s or older who have the mental and/or physical capabilities that are comparable to healthy middle-aged persons. In this fascinating lecture, Dr. Kravitz will identify ALL of the lifestyle behaviors and characteristics that medical science has identified associated with this unique group of people. Come learn how to defy the effects of aging.

Be Able to:

- 1) Discuss evidence-based research that improves quality of life
- 2) Discuss the relationship of exercise to longevity

3) Explain what lifestyle behaviors best support quality of life

**Group 14 SUN 8/4/24 8:30am–9:45am**

**781 DCAC Core Concept: Calculate Your Biz Macros with Ellen de Werd, Dane Robinson, Diva Richards & Abbie Appel**

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

Join Ellen de Werd to explore how to calculate your business macros. In this session, we will explore several elements of the fitness business, and how you can elevate yourself and stand out from the crowd to increase your clientele.

Learning Objectives:

Protein: Personal Branding

Carbs: Community and Culture Building

Fat: Form and Technique and Fine Tuning Fundamentals

**Group 15 SUN 8/4/24 10:15am–11:30am**

**782 Toe Spacers | Foot Fad, Recovery Tool or Balance Hack? with Dr. Emily Splichal**

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

In April 2024 the Wall Street Journal reported on one of the fastest growing fitness trends - toe spacers. What are these silly spacers all about? And do they even work?

Join functional podiatrist Dr Emily as she takes you through a session that is packed with anatomy and functional knowledge bombs and will answer your question "what is the functional impact of bunions and hammertoes?"

**783 Barre Hard Core with Tricia Murphy Madden**

**Workshop: GE, MB**

Legs may get all the glory in a barre class but do you know what part of your body is the real winner? YOUR CORE! Barre focus on balance, core stability, and maintaining a neutral pelvis, make it a killer core workout from start to finish without requiring a single crunch. In this workshop, we will explore innovative standing and floor core barre exercises to help improve posture, strengthen your core from 360 degrees, and prevent injury in common barre postures!

**784 Band Camp with Gail Banister-Munn**

**Workshop: GE, PT**

This full body strength workout using resistance bands will strengthen your muscles as effectively as traditional weights. Target your entire body—upper, lower and core to enhance coordination, increase muscle endurance and rehab injured fibers. Experience a workout that creatively tones and builds strength without the use of heavy equipment.

**785 Seated, Assisted, Standing - Tackling a Multilevel Active Aging Group X Class Mindy Mylrea**

**Workshop: GE, MB, S**

Teaching a multi level class is a challenge. But then add the active ager into the mix and you really have a balancing act. This workshop will first define exercise selection for this population and then



covers options, progressions and regressions for those who are seated, those who need balance assistance, and those who need no assistance at all. Arm yourself with the what and then the how of seamlessly teaching this growing population

### **786 From Free Consult to Forever Client: Mastering the Sales Funnel for Trainers with Jen Gerasimas (lecture)**

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

Many trainers have the expertise but struggle in sales skills to build a sustainable business. In this session, learn strategies for generating leads and explore techniques for conducting memorable initial conversations and complimentary sessions that set the stage for long-term success. Refine your ability to communicate your pricing and demonstrate the exceptional value you offer as a personal trainer. Confidently converting consultations into committed clients.

#### **Group 16 SUN 8/4/24 12:15pm– 1:30pm**

### **787 Symmetry Postural Measurement Workshop with Patrick Mummy**

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

This is an introductory workshop to Symmetry's patent-pending postural measurement system called AlignSmart® technology. Assessment is paramount to making you stand out as a personal trainer, and this is the gold standard.

In this course, you will learn:

- How to subjectively palpate bony landmarks to "see the disparity"
- How to objectively measure these landmarks using the Postural Alignment Kit (PAK)
- How these measurements relate to your clients injuries and pain

### **788 The Recovery Recharge with Dane Robinson**

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

A recovery day can mean more than avoiding movement altogether! Join Dane Robinson, a world-renowned coach and trainer, for an experiential overview of intentional programming behind recovery-focused workouts. Dane will share key insights into smarter recovery programming, providing direction on how and why this can be an integral component of a well-rounded exercise regimen for the everyday athlete. Attendees will leave the session with a blueprint for a recovery-focused workout they can utilize with clients. Don't miss this opportunity to experience the power of recovery in action!

### **789 FitCore™ Mat: Ball Blaster by Peak Pilates® with Courtney Weis**

**Workshop: GE, MB**

Get inspired with this fast-paced fusion class that uses a sponge ball in innovative, fun, and effective ways to challenge you to the core. Discover how to use the ball in every body position imaginable and feel how it helps provide assistance and resistance to help you align and challenge your center. Enjoy the fusion of Pilates, barre, and traditional fitness as you move through larger ranges of motion as you swing, swirl, and soar into FitCore™ fun. Powered by Peak.

### **790 Prep Your Body for Monday (Yoga) with Isabella Gutfreund & Laura Kuah**

**Workshop: GE, MB**



Prepare your body for the week ahead with our #EasyLikeSundayAM yoga class. This session (a studio favorite of Isabella's) is designed to rejuvenate your body and mind, setting the perfect tone for a productive and balanced Monday ahead. Through a series of floor exercises, somatic stretches, light core exercises and revitalizing yoga poses, you'll release tension, increase flexibility, and cultivate a sense of inner calm. Join us as we embark on a journey of self-care and preparation, ensuring you start your week feeling refreshed, energized, and ready to tackle whatever... comes your way.