



August 5-7, 2022
Hyatt Regency Reston
 1800 Presidents St
 Reston, VA 20190

Educating Fitness Professionals since 1991!

- **WHAT:** An annual convention for Fitness Professionals in and around the Washington Metropolitan area providing quality education.
- **WHO ATTENDS:** Group Fitness Instructors, Personal Trainers, Managers, Facility Owners, Teams and Fitness Enthusiasts
- **WHY:** To earn CECs through AEA, ACE, AFAA & NASM and further their education with additional skills and programming. To get certified in various fitness modalities.

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DCAC FitCon Schedule At A Glance - 08.05.22 & 08.06.22

Group 1: Friday 8/5/22 7:00 am – 8:30 am

- 301 Schwinn® Indoor Cycling: Ride or Die: Killer Vibe to Connect with your Tribe with Robert Sherman
- 302 "Toning" is NOT a Thing. WORK is Part of Work Out! – Nautilus with Alex McLean
- 303 Boats, Bands and Beasts: The Rowing and Resistance Training Trilogy™ with Sgt. Ken®
- 304 HIIT The Barre with Riley Shaia
- 305 Battle Ropes: Beyond Just a Finisher with Aaron Guyett
- 306 FAI®: Exercise Program Design for the 55+ Client with Dr. Dan Ritchie
- 307 4 Keys to ACCELERATING Your Online Fitness Business with Rodney Morris
- 308 Peak Pilates® Hip Help with Zoey Trap
- 309 Sensory-Based Balance Training with Dr. Emily Splichal
- 310 AquaFIT - Power of Ω with Jenni Lynn Patterson-LaCour

Group 2: Friday 8/5/22 8:45 am – 10:15 am

- 311 Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Alex McLean
- 312 Your Brain on HIIT –StairMaster® with Sonja Friend-Uhl
- 313 Movement Play with Elizabeth Andrews
- 314 G.R.A.N.T. Grooves! with Clay Grant
- 315 FAI®: How to Launch or Jumpstart Your Business in 2022! with Dr. Dan Ritchie
- 316 Top Foods for a Healthy Gut Microbiome with Bruce & Mindy Mylrea
- 317 Yoga Restore The Bannister Method™ with Gail Bannister-Munn
- 318 WARRIOR Strength™ with Ellen de Werd
- 319 Acquapole® with Andrea Velazquez

FRIDAY PANEL 8/5/22 10:30 am – 11:30 am

- 320 Leveraging Community within the Fitness Industry with Staci Alden, Michelle Leachman, Alex McLean & Clay Grant

Group 3: Friday 8/5/22 12:30 pm – 2:00 pm

- 321 Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea
- 322 Breaking the Core with Tyler Valencia
- 323 LaBlast® Fitness: Dance is Mental and Emotional Health with Louis Van Amstel
- 324 Happy Hour At The Barre powered by Savvier Fitness® with Tricia Murphy Madden, Lauren George & Megan Lesko
- 325 7 Skills Every Elite Trainer NEEDS to Have with Kaleena Ruskin
- 326 The No Stretching Solution to Tight Hip Flexors with Dr. Evan Osar
- 327 Launch, Grow, and Elevate your Brand! with Rodney Morris
- 328 Pilates Mat Exercises To Enhance Your Movement Experiences with Staci Alden
- 329 YogaCore with Kim Gray
- 330 Liquid Star with Andrea Velazquez

Group 4: Friday 8/5/22 2:30 pm – 4:00 pm

- 331 Schwinn Cycling®: Master Your One – Rule Yourself & Rock Your Room with Robert Sherman
- 332 Welcome to the Jungle – StairMaster® HIIT with Sonja Friend-Uhl
- 333 Leaps and Bounds: JumpSport® Athletic Training™ with Sgt. Ken®
- 334 Barre Beats powered by Savvier Fitness® with Heidi Neal
- 335 Kettlebell Flow and Why with Aaron Guyett
- 336 Breath: How to Assess and Address with Jenice Mattek
- 337 The Aquatic Anomaly with Andrea Velazquez
- 338 Hands On Stretching with Gail Bannister-Munn
- 339 Feet, Fascial and Functional Movement with Dr. Emily Splichal
- 340 S'WET™ Boot Camp with Jenni Lynn Patterson-LaCour

Group 5: Friday 8/5/22 4:30 pm – 6:00 pm

- 341 Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Alex McLean
- 342 E5 COLLECTIVE® - Med Ball Power with Aimee Nicotera
- 343 Yoga Body Lab with Elizabeth Andrews
- 344 Buns, Legs and More powered by Savvier Fitness® with Mindy Mylrea
- 345 Training the Corporate Athlete in the New Normal with Michael Piercy
- 346 Corrective Exercise for Common Shoulder Problems with Dr. Evan Osar
- 347 6 Secrets to Converting Your Network into Clients with Rodney Morris
- 348 FUNCTIONAL Chair Based Workout by Chair One® with Alexis Perkins
- 349 Coconut Beach Camp with FitBodies Inc. Team
- 350 LaBlast® Splash: Dance. Water. Emotional Health. with Louis Van Amstel

FRIDAY NIGHT PARTY 8/5/22 7:00 pm Keynote with Lauren George

Group 6: Saturday 8/6/22 7:00 am – 8:30 am

- 351 Schwinn® Cycling: Polishing Diamonds – How to Create a Successful Cycling Mentoring Program with Robert Sherman
- 352 Basic Movement Assessments for Cardio Modalities by Star Trac with Sonja Friend-Uhl
- 353 LaBlast Fitness: Active Aging For All with Megan Cooperman
- 354 50 Unique Core Lovers Exercises powered by Savvier Fitness® with Tricia Murphy Madden & Mindy Mylrea
- 355 Why Restoration is the New Cardio with Kaleena Ruskin
- 356 Core Recovery for Women: From Strategy to Strength with Jenice Mattek
- 358 Taking a Weight-Neutral Approach in your Group Fitness Classes with Christine DeFilippis
- 359 YogaLean with Beth Shaw
- 360 Drum Vibes with Andrea Velazquez

Group 7: Saturday 8/6/22 8:45 am – 10:15 am

- 361 Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Mindy Mylrea
- 362 Nautilus Strength – Does size REALLY matter? with Keli Roberts
- 363 Cardio Dance powered by Savvier Fitness® with Pattie Bostick-Winn
- 364 LET THE PRAISE BEGIN! with Clay Grant
- 365 Glutes: Controversy and Corrective Exercise with Dr. Evan Osar
- 366 It's You... No... Really. How To Get Professionally "Unstuck" and Out of Your Own Way! with Rodney Morris
- 367 Peak Pilates® Prop-a-palooza with Zoey Trap
- 368 Introduction to Brain. Breath. Barefoot with Dr. Emily Splichal
- 369 S'WET™ Silver with Jenni Lynn Patterson-LaCour

SATURDAY PANEL 8/6/22 10:30 am – 11:30 am

- 370 Take Control of Your Career with Staci Alden, Ellen de Werd, Rodney Morris, Tricia Murphy Madden & Alexis Perkins

Group 8: Saturday 8/6/22 12:30 pm – 2:00 pm

- 371 Schwinn® Cycling: F.E.A.R. Face Everything and RIDE with Keli Roberts
- 372 E5 COLLECTIVE® - Loop Band Play with Aimee Nicotera
- 373 Row, Recover, Roll and Repeat™ with Sgt. Ken®
- 374 Tabata Bootcamp™ powered by Savvier Fitness® with Mindy Mylrea
- 375 Biggest Mistakes and Biggest Benefits of Battle Ropes with Ethon Burns
- 376 FAI® Power Training for Older Adults, How to Safely Train for Power and Speed with Dr. Dan Ritchie
- 377 Strategic Ways to Defeat Burnout in the Industry with Michelle Leachman
- 378 Pilates Principles for All Fitness Professionals with Staci Alden
- 379 WARRIOR Rhythm™ with Ellen de Werd
- 380 LaBlast® Splash: Dancing with Aquatic Principles with Megan Cooperman

Group 9: Saturday 8/6/22 2:30 pm – 4:00 pm

- 381 Schwinn® Cycling: Dry-Tri: Beast Mode Fusion. with Robert Sherman
- 382 Purpose NOT Circus – Legit HIIT – StairMaster® with Keli Roberts
- 383 Apple Bottom! with Elizabeth Andrews
- 384 Let The Beat Drop powered by Savvier Fitness® with Lauren George
- 385 Let's Play - The Science of Fitness Fun! with Michael Piercy
- 386 FAI®: Balance Training Games and Circuits with Dr. Dan Ritchie
- 387 How to Become a 10-Minute Social Media Pro with Rodney Morris
- 388 Aging Wellness by Chair One® with Alexis Perkins
- 389 Healing Trauma with Yoga with Beth Shaw
- 390 Wave Warrior with Jenni Lynn Patterson-LaCour

Group 10: Saturday 8/6/22 4:30 pm – 6:00 pm

- 391 Schwinn® Cycling: Breathy Not Breathless – Base-Building Threshold Training with Keli Roberts
- 392 Breaking Barriers Involved with Exercise Selection with Tyler Valencia
- 393 Let Me See You Bounce: JumpSport® AMRAP Challenge™ with Sgt. Ken®
- 394 Redefining Your Fitness Identity and Intuitive Programming Blueprint with Lamarr Smith
- 395 Beyond Strength with Kettlebells with Ethon Burns
- 396 FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach with Dr. Dan Ritchie
- 397 Transition to a Plant-Based Diet with Bruce & Mindy Mylrea
- 398 Peak Pilates® Mat Magic with Zoey Trap
- 399 Pelvic Floor & Postural Stability with Dr. Emily Splichal
- 400 Liquid Gym Tool Kit with Jeannie Brown Johnson

To Register: www.dcacfitness.com | 800.DCAC.551 | info@dcacfitness.com

2 Day Registration This registration includes all classes Friday August 5 to Saturday August 6, 2022. You have the opportunity to earn 12-17 hours of continuing education credits dependent on session selection.

Cost: \$249.00 by 7/31/22 | \$299 ONSITE

CPR & Post Conference Certifications

THU 8/4/22 6:30 pm – 8:00 pm Adult CPR & AED Training Cost: \$45.00

SAT 8/6/22 6:30 pm – 8:00 pm Adult CPR & AED Training Cost: \$45.00

SUN 8/7/22 9:00 am – 5:00 pm Barre Above®—Powered by Savvier Fitness® with Tricia Murphy Madden Cost: \$229.99 before 6/30/22 / \$249.99 after

SUN 8/7/22 8:00 am – 5:00 pm Functional Aging Specialist Workshop with Dan Ritchie Cost: \$199.00 before 6/30/22 / \$249.00 after

SUN 8/7/22 7:00 am – 11:00 am HIIT Just Got Real Certification with Sonja Friend-Uhl Cost: \$99.00 before 6/30/22 / \$129.00 after

SUN 8/7/22 9:00 am – 4:00 pm Neurosensory Specialist Training with Dr. Emily Splichal Cost: \$199.00 before 6/30/22 / \$249.00 after

SUN 8/7/22 8:00 am – 12:00 pm Pumped Up Strength® with Lauren George Cost: \$129.99 before 6/30/22 / \$149.99 after

SUN 8/7/22 7:00 am – 4:00 pm Schwinn® Cycling: Indoor Cycling Instructor Certification with Robert Sherman Cost: \$169.00 before 6/30/22 / \$199.00 after

SUN 8/7/22 8:00 am – 6:00 pm STRONG NATION™ Training with Kelly Bullard Cost: \$130.00 before 6/30/22 / \$325.00 after

SUN 8/7/22 9:00 am – 5:00 pm S'WET™ Instructor Training with Jenni Lynn Patterson-LaCour Cost: \$225.00 before 6/30/22 / \$250.00 after

SUN 8/7/22 9:00 am – 5:00 pm WARRIOR Strength™ Instructor Training with Ellen de Werd Cost: \$199.00 before 6/30/22 / \$249.00 after

SUN 8/7/22 8:00 am – 5:00 pm YogaFit® Working with the Chakras with Kim Gray Cost: \$249.00 before 6/30/22 / \$329.00 after

SUN 8/7/22 9:00 am – 6:00 pm ZUMBA® BASIC 1 Training with April Smith Cost: \$160.00 before 6/30/22 / \$399.00 after