



## Conference Descriptions \* August 5-6, 2022

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

### 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**

##### **Workshop: CY**

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

#### **302 "Toning" is NOT a Thing. WORK is Part of Work Out! - Nautilus with Alex McLean**

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

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

#### **303 Boats, Bands and Beasts: The Rowing and Resistance Training Trilogy™ with Sgt. Ken®**

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

Boats, Bands and Beasts: The Rowing and Resistance Training Trilogy™ with SGT Ken® is an extraordinary exercise program that combines the WaterRower, Strength Bands, and Beast 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

#### **304 HIIT The Barre powered by Savvier Fitness® with Riley Shaia**

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

In the workshop you take a look back at why we are adding HIIT training to Barre and how we can do it safely. Learn 4 unique ways to infuse HIIT training into your barre class and a full workout you will love.

#### **305 Battle Ropes: Beyond Just a Finisher with Aaron Guyett**

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

Learn the applied physics with battle ropes, so you can take a tool that is traditionally used as a finisher, and start using it to develop power, strength, endurance, and mobility for yourself and your clients.

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

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

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

#### **307 4 Keys to ACCELERATING Your Online Fitness Business with Rodney Morris**

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

Launching or relaunching your independent fitness business can be stressful and overwhelming. Learn where to start, what to watch out for, and how to accelerate the creation of a business plan that works!

#### **308 Peak Pilates® Hip Help with Zoey Trap**

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

Do you have clients who grip their hip flexors and are unable to differentiate the femur from the pelvis? Hip, hip hurray- help is on the way! Learn ways of approaching tight hips and dominant hip flexors to improve initiation and movement patterns, decrease pain, and avoid injury.

#### **309 Sensory-Based Balance Training with Dr. Emily Splichal**

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

The seemingly simple task of balancing on one leg or walking across the room is actually a complex, integrated, multi-sensory experience with stimulation coming from the eyes, ears, joints, and plantar foot.

Join Dr Emily to experience sensory stacked exercises that will improve body perception, balance and movement in all clients. Explore the concept of sensory stacking, multisensory integration and sensory conflict training.

#### **310 AquaFIIT - Power of Ω with Jenni Lynn Patterson-LaCour**

##### **Workshop: AQ**

AquaFIITcation 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 2: Friday 8/5/22 8:45 am - 10:15 am

#### **311 Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Alex McLean**

##### **Workshop: CY**

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

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

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

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

#### **313 Movement Play with Elizabeth Andrews**

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

This "one stop shop" class- with a playful vibe, is designed to challenge stability, mobility, power, strength with a sprinkle of cardio. We were designed to move in many ways, many angles. We will play and train, incorporating this philosophy. Be ready to sync movements together to create a playful flow that may or may not take you off of your mat.



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“We do not quit playing because we get old, we get old because we quit playing”  
G. Bernard Shaw

### 314 G.R.A.N.T. Grooves! with Clay Grant

**Workshop: GE**

These Great Rhythms & Amazing Nonstop Transitions will take you on a journey to the land of cardio grooves and body shakin’ moves. Join Clay in his signature cardio movement class and experience the groove like no other. The dance choreography runs from beginner to advanced and everything in between. In this high energy, exhilarating workout, each block is broken down, layered and then peeled away using Claymotion, Clay’s proven method of breakdown, shakedown and takedown. Everybody can dance, sweat and have fun as we reveal the secrets of movement, choreography and rhythm. Don’t miss your chance to move to the groove!!

### 315 FAI@: How to Launch or Jumpstart Your Business in 2022! with Dr. Dan Ritchie

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

In this business focused session, we will focus on simply strategies to launch a brand new business from scratch to 50 clients in 30 days or less. Or if you are an existing business how to jumpstart your business with new clients fast. We will explore, no-cost, low-cost, and some simple strategies to get new clients quickly and effectively. Learn how to better position yourself in your marketplace and know your ideal customer better and what they need to hear from you to respond.

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

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

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

In this lecture, you will:

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

### 317 Yoga Restore The Bannister Method™ with Gail Bannister-Munn

**Workshop: GE, MB**

Flexibility and Strength are critical in life for all of us, at all ages and not just for the professional athlete but also for the amateur athletes. “The Bannister Method” is designed to increase muscular balance, strength, flexibility, core strength, and bringing energy into the body. You can maintain your body’s capacity to function the way you need to for your particular lifestyle. You will learn how to find your Balance, Strength, Flexibility, and Flow and develop inner strength and an understanding of your limitations to either move beyond them or stay within your boundaries however, still feeling like you have accomplished your goals. Your clients/members will feel comfortable in this format leaving them rejuvenated in a non-competitive environment. The class is designed to increase strength, core, flexibility and balance. It

consists of a fusion of Yoga, Pilate’s base core work, Active Isolated (A-I) stretching and Flexibility.

### 318 WARRIOR Strength™ with Ellen de Werd

**Workshop: GE, MB**

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

### 319 AQUA Combat with Andrea Velazquez & Jeannie Brown Johnson

**Workshop: AQ**

Train like a boxer with USA Acquapole’s (Indigo Aquatics’) exclusive, AQUA COMBAT LIQUID GLOVES! This explosive, high intensity aquatic workout will have you punching, bobbing & weaving and kicking like a pro in the pool! These power packed aqua gloves will help you gain muscular strength, balance, coordination, and endurance through resistance and martial sports training movements. “Float like a butterfly...sting like a bee” with AQUA Combat!

## 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

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

Join us for a panel with industry leaders to learn how to build community within the health, fitness, and well-being Community. Each leader on this panel has a different perspective and expertise to share about building relationships both inside and outside the fitness industry. Attendees can expect to leave with new ideas and insight into the supportive relationships they can benefit from with the right mindset and communication strategies.

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

### 321 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.

### 322 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



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must. In this workshop we will discuss relevant terms and finish with a hands-on breakdown of non-traditional core exercises.

### 323 LaBlast® Fitness: Dance is Mental and Emotional Health with Louis Van Amstel

Workshop: GE

Focus on mental and emotional health is needed now more than ever. In this LaBlast session, you will experience Ballroom Dancing: physically, mentally, emotionally, and the healing power dance and fitness from the inside out. This session includes weight training, interval training, and stretching.

### 324 Happy Hour At The Barre powered by Savvier Fitness® with Tricia Murphy Madden, Lauren George & Megan Lesko

Workshop: GE, MB

Why so serious? Barre class was always intended to be fun, much like any good happy hour. In this Barre Above workshop learn creative new ways for creating happy vibes via your content, your music and your communication style.

### 325 7 Skills Every Elite Trainer NEEDS to Have with Kaleena Ruskin

Workshop: GE, PT

With so much competition in the fitness space, it can be hard to stand out. After 10+ years and tens of thousands of dollars spent on education, Michael has put together a list of the seven things every elite trainer should know how to do to better serve their clients and turn fitness into a lifelong career. Michael's vision is for you to have a roadmap and understanding of the skills you need to develop to become an elite trainer in the industry! Personal training has long had the reputation of being a hobby job, but by developing these 7 skills, you can turn your passion into a sustainable career.

### 326 The No Stretching Solution to Tight Hip Flexors with Dr. Evan Osar

Workshop: GE, MB, PT, S

Chronic hip tightness, low back pain and poor posture are often attributed to a 'tight' psoas, short hip flexors and weak glutes. However, this concept is largely based upon industry myth rather than reality. During this session, you'll discover how learning the anatomy of the psoas and hip flexors is instrumental for your client with tight hips. Additionally, you'll learn how to determine whether you need to stretch your client's hip flexors or not. You'll leave with understanding how to best activate, lengthen, and strengthen both the hip flexors and glutes while improving posture and movement.

#### Learning Objectives

After attending this session, participants will be able to:

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

### 327 Launch, Grow, and Elevate your Brand! with Rodney Morris

Lecture: AQ, GE, MB, PT, S

Having a brand that stands out and shows the world who you are, quickly and consistently, is a necessary skill set. Successful independent fitness pros need to know what a brand does, and how to build, define, and manifest their own unique brand, piece by piece.

### 328 Pilates Mat Exercises To Enhance Your Movement Experiences with Staci Alden

Workshop: GE, MB, PT

This session will focus on the ins and outs of teaching 6 foundational Pilates Mat exercises that will set your sessions apart and help your clients and participants leave your movement experience feeling their deeper core muscles, without doing a single "crunch".

### 329 Healing Trauma with Yoga with Beth Shaw

Workshop: GE, MB, PT, S

Traumatic events are a part of life and no one is immune. Any event which threatens personal safety activates the sympathetic nervous system (SNS), a necessary and important survival response. Sudden horrific experiences, chronic experiences, or seemingly mundane experiences can manifest themselves in the body, creating imbalance and wreaking physical, emotional, and mental havoc when the SNS is unable to turn off. Continuous activation of the SNS rewires the nervous system, and physical changes take place in the brain and endocrine system that make healing more challenging. These changes can result in mood disorders, disease, addiction, self-esteem issues, anxiety, depression, lethargy, hopelessness, and destructive behavior. Healing comes from rebalancing and reversing the impact of the trauma on the brain. According to tradition, yoga is believed to cultivate happiness and reduce suffering with long-term, regular practice. Fortunately, studies are proving what yoga practitioners have known for ages - yoga reduces suffering. Yoga, breathing, and meditation practices can be used as an adjunct to clinical care as a way to cope with the symptoms of trauma. Experience the difference in a trauma-informed practice.

### 330 Liquid Star with Andrea Velazquez

Workshop: AQ

The star is a fun and practical equipment easy to use and adaptable for different kind of population. With this small equipment you can do cardio, strength training, toning, yoga/holistic and functional workout. Increase flexibility, range of motion, improves balance, proprioception, improve blood circulation, core strength and stress free for your joints.

### 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

Workshop: CY

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

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



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### Workshop: GE, PT

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

### 333 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

### 334 Barre Beats powered by Savvier Fitness® with Heidi Neal

#### Workshop: GE, MB

Elevate your choreography with new combinations and level up your playlist to create flow and artistry in your Barre class. Walk away with a new full workout and endless inspo!

### 335 Kettlebell Flow and Why with Aaron Guyett

#### Workshop: GE, PT

Is moving weight around in variable movement patterns even helpful? Yes, but we need to understand the human body, basic human movements, and the brain to optimize kettlebell flow.

### 336 Breath: How to Assess and Address with Jenice Mattek

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

You know breathwork is important to posture, movement, and eliminating chronic tightness. However, you also recognize your clients don't want to spend an entire session breathing. In this session, you'll discover how to incorporate breathwork into your sessions and give your clients what they need while still delivering what they need. Additionally, you'll discover real-world strategies for seamlessly integrating breathing into your client's warm-ups, strengthening, and cool-down sessions. You will not look at breathing the same after this session.

#### Learning Objectives

After attending this session, participants will be able to:

- describe how three-dimensional breathing impacts posture, movement, and stability
- demonstrate how to assess for common suboptimal strategies and utilize the most effective strategy to improve three-dimensional breathing
- integrate breathing into a comprehensive training program to improve posture, range of motion, and performance

### 337 The Aquatic Anomaly with Andrea Velazquez

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

Understand the intrinsic and physical nature of Water and its impact in our lives, not just in the pool environment. Broaden perception of water and its benefits (holistic, physical). Gain knowledge of the properties of water in comparison to land / gravity. Broaden perception of aquatic fitness and how it can be applied to everyday life, work environment. Understand differences and uses of various types of aquatic equipment.

### 338 Hands On Stretching with Gail Bannister-Munn

#### Workshop: GE, MB

Want to know how to Stretch Your Clients?

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

### 339 Feet, Fascial and Functional Movement with Dr. Emily Splichal

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

The dynamic control of functional movement is deeply integrated in our foundational control of the ground and gravity.

Join Human Movement Specialist Dr. Emily as she explores how our feet, fascia and functional movement are even more integrated than we may think. From fascial tensioning to fascial elasticity, our fascia plays a role in how our feet detect, store and transfer forces during dynamic movement.

### 340 S'WET™ Boot Camp with Jenni Lynn Patterson-LaCour

#### Workshop: AQ

Get your students energized with our high-intensity boot camp classes! By combining circuit training with creative exercises and equipment, this course offers new ways to optimize your pool space with some hard-core aquatic training, helping students achieve results they want.

#### 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

#### Workshop: CY

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

### 342 E5 COLLECTIVE® - Med Ball Power with Aimee Nicotera

#### Workshop: GE, PT

Combine multi-planar movement, med ball training, brain training, HIIT and recovery for a truly unique experience! E5 COLLECTIVE® serves all fitness levels and is delivered with coaching intended to foster an unbreakable spirit and a positive mindset!

### 343 Yoga Body Lab with Elizabeth Andrews

#### Workshop: GE, MB

This mind/body workshop is designed to teach you how to use the body more effectively. It will enhance your current movement practice, build resilience, as well as aiding in injury prevention. By incorporating varied movement disciplines, then practicing and exploring different angles, range and planes of motions, to compare and contrast, how well your body is working for you, or not, then apply this experience in to yoga postures. Using the concept of "precision drives intensity" this workshop will have you better integrating your system, to truly "feel" your body working as a whole. Learning to make the simple hard and the hard simple.



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### 344 Buns, Legs and More powered by Savvier Fitness® with Mindy Mylrea

Workshop: GE, PT

Train for Movement and Muscle will follow. Building muscle without movement patterning creates tight, short, inflexible stumps. Mindy will gracefully

### 345 Training the Corporate Athlete in the New Normal with Michael Piercy

Workshop: GE, PT

The everyday worker is becoming more and more sedentary. Over worked and overburdened the average workers head off to jobs where they will sit for long periods of time and neglect their health for the sake of earning wages to feed their families. In this session learn ways to utilize sports conditioning principles to awaken the athlete of our everyday corporate workers. Awaken the corporate athlete and help your clients increase their enthusiasm, athleticism and productivity!

### 346 Corrective Exercise for Common Shoulder Problems with Dr. Evan Osar

Workshop: GE, MB, PT, S

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

#### Learning Objectives

After attending this session, participants will be able to:

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

### 347 6 Secrets to Converting Your Network into Clients with Rodney Morris

Lecture: A, GE, MB, PT, S

Building a prospective client list isn't easy. In fact, most fit pros spend years trying to figure out how to grow their client base and get more people to try their services. That's because they waste tons and time and money trying to convert strangers into customers. This session will teach you how to activate your current network (even if it's limited to friends & family) into a growing and paying list of clients.

### 348 FUNctional Chair Based Workout by Chair One® with Alexis Perkins

Workshop: GE, S

Experience this dynamic workshop that kicks off with a 30min chair-based dance fitness class. Then dive deep into how the

addition of chair workouts to your offerings can improve the quality of people's lives and increase your income as a fitness professional.

- How to get the best seated workout with only a chair
- Seated workouts with equipment
- Usage chairs for both seated and standing workouts.

### 349 Coconut Beach Camp with FitBodies Inc. Team

Workshop: GE, MB

We invite you to participate in this lively Caribbean-inspired workout! This class combines multiple training modalities, such as cardio, core, strength, yoga and stretch. Using coconuts or other 'resort-type' equipment as props, you will see how these fun tools are surprisingly effective and engaging to use.

### 350 LaBlast® Splash: Dance. Water. Emotional Health. with Louis Van Amstel

Workshop: AQ

LaBlast® Fitness is the perfect blend of dance & fitness and is for every age. In this session you will experience multiple variations within each interchangeable movement pattern and learn to teach in a way that every participant can choose their level of intensity and feel successful. This session includes weight training, interval training, and stretching.

## FRIDAY NIGHT PARTY 8/5/22 7:00 pm

Keynote with Lauren George

*Light hors d'oeuvres and a cash bar available.*

## 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

Workshop: CY

The foundation of a great cycling program is your talent and like diamonds, talented instructors need to be polished to bring out their full luster. In this session Schwinn will share comprehensive evaluation tools, tried & true teach-back techniques and "user-friendly" feedback forums that will help you get more from your staff and more butts in seats. Build it and they will come!!!

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

Workshop: GE, PT

Performing a movement screen and assessment on a client before you assign their exercise protocol can help understand potential risk factors and offer suggestions on how to improve the mechanics of how someone moves. This not only may help prevent injury, it will most likely enhance their results and overall performance. The four assessments that follow are some of the most common and helpful in identifying potential mobility and stability issues.

### 353 LaBlast Fitness: Active Aging For All with Megan Cooperman

Workshop: GE

Focus on mental and emotional health is needed now more than ever. In this LaBlast Splash session you will experience the healing power of Ballroom Dance and fitness from the inside out, using aquatic principles.

### 354 50 Unique Core Lovers Exercises powered by Savvier Fitness® with Tricia Murphy Madden & Mindy Mylrea



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This workshop utilizes all three planes of motion both prone and supine positions, along with small apparatus tools to give you more than 50 unique, core exercises. Walk away with a library of new moves that students will love and feel successfully challenged in your next class or training session

### 355 Why Restoration is the New Cardio with Kaleena Ruskin

#### Workshop: GE, PT

Fitness is a trendy industry, but the problem with trends is that they come and go leaving trainers burnt out trying to hop on the next greatest thing. But what if, instead of following the trends, trainers innovated for the long game. This is exactly what Michael did by blending restoration with performance training. In doing this, we've significantly decreased the injury rate of our clients and kept our average churn rate down to 3% (compared to an industry average of 10%). By incorporating more restorative practices, trainers can keep their injury rates low and their client retention rates high. Michael's vision is for you to increase your client retention through incorporating more sustainable practices into your programming and workouts. We can break the cycle of injury by shifting the mentality away from "no pain, no gain" and always pushing to 100%.

### 356 Core Recovery for Women: From Strategy to Strength with Jenice Mattek

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

You've learned core strength is important to posture, performance, and addressing pain. However, even with a stronger core, many women 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 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 stronger, this interactive workshop will help you identify the best core exercises.

After attending this session, participants will be able to:

- describe the anatomy of the female core and it's impact upon posture and movement
- demonstrate how to assess for common suboptimal strategies that lead to weakness and tightness and pain
- utilize the most effective strategy and exercises for improving core strength

### 358 Taking a Weight-Neutral Approach in your Group Fitness Classes with Christine DeFilippis

#### Workshop: AQ, CY, GE, PT, S

An interactive workshop designed to help you have a greater impact by creating more inclusive workout experiences. Explore the programming you create, the words you use to coach, connect, motivate as well as the props we use to have more accessible and welcoming workouts.

Equipment - this can be done with various group fitness class props as options: ball, bands, weights, etc but not required.

#### Objectives:

- What is a neutral approach
- Why is taking this approach important
- Programming your classes
- Cueing and coaching

- Props vs Tools
- Sample exercise and cueing techniques

### 359 YogaLean with Beth Shaw

#### Workshop: GE, MB

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

### 360 Drum Vibes with Andrea Velazquez

#### Workshop: AQ

Experience functional exercises in 3 planes of motion with special aqua drumsticks and succumb to the sounds of great music. Activate muscles used for basic stability and mobility, upper, lower, core muscles. Increase strength, flexibility, and coordination.

### 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

#### Workshop: CY

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

### 362 Nautilus Strength - Does size REALLY matter? with Keli Roberts

#### 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.

### 363 Cardio Dance powered by Savvier Fitness® with Pattie Bostick-Winn

#### Workshop: GE

Step away from your worries and join me on the dance floor for this cardio based, music driven class. We'll sneak in the health benefits while having fun. You'll want to keep the party going long after the class is over.

### 364 LET THE PRAISE BEGIN! with Clay Grant

#### Workshop: GE

The time has come to shake off the shackles that bind you and reach for the heavens! This inspirational, uplifting praise dance workout is specifically designed to help you release the tensions and stress of life and wake up, workout and worship. Free expression, using everything from classic gospel tunes to the latest



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gospel grooves, is the rule of the day. When the praises go up, the blessings come down! Experience the joy of worship and the ecstasy of the praise. Hallelujah!!!

### **365 Glutes: Controversy and Corrective Exercise with Dr. Evan Osar**

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

You've heard it, everyone has weak glutes and short hip flexors. However, this concept is largely based upon industry myth rather than reality. During this session, you'll discover the most common reason client's present with low back, hip and knee issues. You'll discover how common industry strategies for strengthening the glutes is actually contributing to as many issues as it's helping. Additionally, you'll learn how to determine whether you need to stretch or strength the glutes while discovering a strategy for improving both hip and low back function.

#### **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 tight, short hip flexors and weak glutes
- utilize the most effective strategy to improve hip flexor length and strengthen the glutes

### **366 It's You... No... Really. How To Get Professionally "Unstuck" and Out of Your Own Way! with Rodney Morris**

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

Do you ever feel like you could be doing so much more with your career but aren't making traction? If so, you're not alone. In fact, most independent fitness professionals struggle with shifting their mindset from one of an "employee" to being a "boss." In this workshop, we'll teach you how to identify where you are getting stuck and how to overcome it and get back on track!

### **367 Peak Pilates® Prop-a-palooza with Zoey Trap**

**Workshop: GE, MB**

Explore the wide world of props to enhance challenge, improve performance, and provide variety. Keep the flow, build the heat and experiment with lots of new options to inspire your own Pilates Mat classes.

### **368 Introduction to Brain. Breath. Barefoot with Dr. Emily Splichal**

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

We build the connection of Brain. Breath. Barefoot. through the belief that life is sensory and that there is an evolutionary tie between brain function, how we breathe and sensory stimulation. Join Functional Podiatrist and Human Movement Specialist Dr Emily Splichal as she explores how she integrates the autonomic nervous system, homeostasis theory and homunculus stimulation with her patients and in her education.

### **369 S'WET™ Silver with Jenni Lynn Patterson-LaCour**

**Workshop: AQ**

Expand your techniques using level II, grounded and equipment assisted high-intensity exercises to elevate your elite senior/low level mover aqua enthusiasts. Incorporate everything from cardio

intervals, balance work and core teasers that will keep our active aging population coming back for more!

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

We are all trying to find a path forward in this re-designed fitness world. In what is surely to be a lively panel discussion, we will discuss the importance of taking control of your career and all of the opportunities that exist for you now and in the future. Our esteemed panelists will walk you through how to best navigate the industry and find your own way. We will also discuss the importance of knowing your worth and advocating for yourself in the fitness industry. Walk away with confidence to choose the best opportunities for you or create your own, earn more than a fair wage, and leave your impact on the world.

### **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**

**Workshop: CY**

Bring a never-quit conviction and discover your true grit in this workshop where Schwinn takes it to the MAX. Numbers don't lie and Power is a real indicator of intensity. Learn what POWER is, find your true max, and learn coaching techniques to use power to motivate in a variety of different ways. When you marry truth and intensity you unlock your riders' greatest potential.

#### **372 E5 COLLECTIVE® - Loop Band Play with Aimee Nicotera**

**Workshop: GE, PT**

E5 COLLECTIVE® provides 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 loop band is used to challenge all fitness levels and abilities!

#### **373 Row, Recover, Roll and Repeat™ with Sgt. Ken®**

**Workshop: GE, PT**

Row, Recover, Roll and Repeat™ with SGT Ken® is a beautiful blend of robust WaterRower races combined with yoga and foam rolling. Come experience how specific strength and stability movements followed by myofascial release will effectively expand your range of motion and create a climate of restoration, rejuvenation, and physical resilience. #WaterRowerFitness

#### **374 Tabata Bootcamp™ powered by Savvier Fitness® with Mindy Mylrea**

**Workshop: GE, PT**

Tabata Bootcamp™ is a sustainable fitness and eating program that truly changes people's lives by turning traditional fitness protocol on its head. As a Tabata Bootcamp™ trainer your mantra will be "more is not better - better is better". Using current HIIT and Tabata research, metabolic profiling, perfect exercise programming, and daily web interaction you will learn how you can lead this ahead of it's time body transformation program and generate an amazing income stream owning your own 8-week total body turnaround bootcamp business. Empower your clients with the Take 3 eating method that will change the way they eat forever and learn how to finally fit working out INTO your life.



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Tabata Bootcamp™ will allow you to create a business for yourself and permanent change in your clients.

### **375 Biggest Mistakes and Biggest Benefits of Battle Ropes with Ethon Burns**

**Workshop: GE, PT**

When it comes to battle rope movements, most people stay within one to five movement patterns, but once you understand the physics involved with the battle rope, and how we can interact with the ropes, it opens the door for an endless list of exercises and training results with just one tool--the battle rope.

### **376 FAI® Power Training for Older Adults, How to Safely Train for Power and Speed with Dr. Dan Ritchie**

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

Learn the science and research behind power training and why it is more critical for function than strength alone. Do some hands on power movements at various levels from lower function to high function. Why speed is so critical as we age and what we can do about it in our training sessions.

### **377 Strategic Ways to Defeat Burnout in the Industry with Michelle Leachman**

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

Burnout affects 53% of women in the workplace. Learn how to defeat burnout, walk away with tangible practices that help prevent it in the future. Leave feeling in-control, confident, supported, and ready to conquer your priorities to defeat burnout so we can keep more women in the workplace

### **378 Pilates Principles for ALL Fitness Professionals with Staci Alden**

**Workshop: GE, MB, PT**

This session is designed for both new and experienced Personal Trainers and instructors to refine their understanding of the key principles of Pilates and how they can be applied to EVERY exercise. The information presented in this session will help enhance your overall understanding of, and ability to cue, correct movement.

### **379 WARRIOR Rhythm™ with Ellen de Werd**

**Workshop: GE, MB**

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

### **380 LaBlast® Splash: Dancing with Aquatic Principles with Megan Cooperman**

**Workshop: AQ**

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

## **Group 9: Saturday 8/6/22 2:30 pm - 4:00 pm**

### **381 Schwinn® Cycling: Dry-Tri: Beast Mode Fusion. with Robert Sherman**

### **Workshop: CY**

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

### **382 Purpose NOT Circus - Legit HIIT - StairMaster® with Keli Roberts**

**Workshop: GE, PT**

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

### **383 Apple Bottom! with Elizabeth Andrews**

**Workshop: GE, MB, PT**

This class is designed to help you fill those jeans. Let's be honest, aesthetics is still queen. But a strong functional backside gives the queen a run for her money. Learn how to optimize glute function by way of power, load, mobilization and stability drill and exercises...and be prepared to rid your closet of any pants without stretch!

### **384 Let The Beat Drop powered by Savvier Fitness® with Lauren George**

**Workshop: GE, MB**

Get ready to pump up the music! Pumped Up Strength takes resistance training to the next level by utilizing combination movement patterns to create a total body strength routine that will rev your metabolism, challenge your body in new ways, and improve your myofascial network. In this workshop, we will explore the benefits of exercising to music and how you can harness that energy to take your classes and your students to the next level!

### **385 Let's Play - The Science of Fitness Fun! with Michael Piercy**

**Workshop: GE, PT**

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!

### **386 FAI®: Balance Training Games and Circuits with Dr. Dan Ritchie**

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

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

### **387 How to Become a 10-Minute Social Media Pro with Rodney Morris**

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

For most fit pros, the idea of creating and executing a digital and social media strategy is overwhelming (if not terrifying). In this interactive workshop, you'll learn how to structure an effective





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digital marketing campaign, source imagery, and write associated copy in minutes. Yes, you heard that right... in minutes!

### **388 Aging Wellness by Chair One® with Alexis Perkins** Workshop: GE, S

Baby boomers are the fastest growing senior population. Are you ready to tap into ALL the ways you can cater to this audience? Get ready because this energized session starts with a 30min chair-based class then explores all the ways you can expand your business as a fitness professional by knowing how to adapt a class to active agers. If you are an instructor, studio owner, or private contractor, this workshop is for YOU.

### **389 YogaCore with Kim Gray** Workshop: GE, MB

Core center strength is the key to a successful yoga practice, crucial to the support of the internal organs, and helpful in any fitness program. Delve into the core musculature and explore the relationship between yogic bandhas (or locks) and core activation. Discover the importance of the “lustrous gem” at the solar plexus and the connection to our personal power. Experience a stimulating yoga practice that awakens and inspires while activating all the core muscles - even those you didn’t know about!

### **390 Wave Warrior with Jenni Lynn Patterson-LaCour** Workshop: AQ

Whether your aqua class is 30, 45 or 60 minutes long, you can get your students the calorie and muscle burn they want each time they come to class. Total body aquatic workout that takes interval training to the next level by combining strength, cardio, flexibility & intense core training.

### **Group 10: Saturday 8/6/22 4:30 pm - 6:00 pm**

### **391 Schwinn® Cycling: Breathless 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.

### **392 Breaking Barriers Involved with Exercise Selection with Tyler Valencia** Workshop: PT

As fitness professionals, we have all dealt with clients where it’s a give-and-take to make sure we provide well-balanced programs. But how do we integrate multi-planar exercises and respond to a client complaining about not feeling the “burn”? What about clients that believe doing lower body exercises will make them bulky? In this hands-on workshop we will tackle the science behind multi-planar movements and a demo of a variety of multi-planar exercises.

### **393 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

### **394 Redefining Your Fitness Identity and Intuitive Programming Blueprint with Lamarr Smith** Workshop: GE, MB, PT

Description coming soon.

### **395 Beyond Strength with Kettlebells with Ethon Burns** Workshop: GE, PT

We know kettlebells can help you get strong, but did you know that you can train for power, endurance, mobility, and movement variability with the kettlebell. The kettlebells size and shape are optimal for rotational and transverse plane adaptations in power, strength, and endurance. Learn the exercises selection and programming to bring yourself and your clients beyond strength with the kettlebells.

### **396 FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach with Dr. Dan Ritchie** Workshop: GE, MB, PT, S

Learn the foundation of the Functional Aging Specialist and Group Specialist material. How we train the 6 domains of human function for maximal function and longevity. Look at the research and evidence for what exercise programming works. Explore program design options and various client case studies

### **397 Transition to a Plant-Based Diet with Bruce & Mindy Mylrea** Lecture: AQ, GE, MB, PT, S

Plant-based foods have been proven to prevent or reduce the risk of chronic disease. However, making the transition to this type of diet can be an overwhelming obstacle. Armed with the latest research in behavioral change and nutrition, Bruce has jam packed this lecture with simple behavioral change strategies and nutritional tips to help your clients overcome their negative dietary habits and transition to a healthier lifestyle.

### **398 Peak Pilates® Mat Magic with Zoey Trap** Workshop: GE, MB

Make more of your mat by focusing on the 4th S - stretch! Mat can be sensationally soothing when thoughtfully sequenced with stretches to open our bodies and minds. Take your mat to a new dimension with stretches that flow seamlessly into each other and through the Pilates mat order and discover just how great you can feel. Walk away with new ideas to create your own mat magic.

### **399 Pelvic Floor & Postural Stability with Dr. Emily Splichal** Workshop: GE, MB, PT, S

The pelvic floor is a strong anti-gravity muscle which is deeply integrated with the feet and diaphragm. Join Human Movement Specialist Dr Splichal as she explores the myofascial attachments of the pelvic floor and how to build postural tone to improve posture, balance and gait.

### **400 Liquid Gym Tool Kit with Jeannie Brown Johnson** Workshop: AQ

Experience awesome exercises utilizing 5 different “tools” and take your workout into a new realm. Equipment can be combined or used individually to create unique classes. Work on upper, core and lower body with specific movements that can increase



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coordination, flexibility, balance, stability and strength.  
REMEMBER YOUR POSTURE and ALIGNMENT. Have Fun!