

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

### Group 1: Friday 8/2/19 7:00 am - 8:30 am

#### **201 Dynamic Stretching Tricks and Tools: powered by Balanced Body® with Nico Gonzalez**

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

Let's move beyond isometric stretching and unleash the dynamic power your body has to move freely without pain. Experience fluid exercise sequences designed to release and relax chronically tight parts of the body including the neck, shoulders, lower back, and hips.

#### **202 SamuraiFT "Martial Art Fitness System" with Francisco Sanchez**

**Workshop: GE**

SamuraiFT is a program inspired by martial arts drawn from a wide array of disciples such as Karate, Boxing, Taekwondo, and Muay Thai. The class entails a non-stop routine of striking, punching, and kicking techniques along with cardio and strength drills that includes balance, core and cognitive work combined into one challenging class.

#### **203 Accelerated Step with Lynne Skilton-Hayes**

**Workshop: GE**

Experience this step interval format and use the step to apply load in order to challenge your cardiovascular system and the strength and endurance of the lower body. With easy to follow athletic step combinations and intervals of lower body strength exercises, you'll walk away (not easily!) loaded with ideas that can be applied to your current muscle conditioning or step classes. Return to your club with a Monday morning ready class that will give your classes an intensity boost and give your participants the results they crave.

#### **204 Peak Pilates® Clean and Classical Mat with Kathryn Coyle**

**Workshop: GE, MB**

Classical Pilates was created over 100 years ago and has stood the test of time. Discover just how effective the classical work can be for transforming the mind, body, and spirit. Learn why we work with an order, what the Pilates Principles and Key Concepts contribute to efficient movement, and how to keep the heat up with transitions. Get to know the traditional work given to us by Joseph Pilates.

#### **205 SPINNING® HIIT Me Baby One More Time with Carmen Diges**

**Workshop: CY**

Tabata...HIIT...you only need to train for 20 seconds...4 minutes...keeps the afterburners going...you have heard it all. But what is fact and what is fiction? This workshop arms you with a critical review of the science: what HIIT is, what it can and can't do and very importantly, what it isn't. Whether you love it or loathe it, do you really know it? We'll talk, debate and agree to disagree about it all. Then we'll ride some HIIT protocols and see if what we think and believe remains unchanged. Put your views about this hot topic on the line!

#### **206 Coach, Do Something! with Irene McCormick**

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

Elite training, teaching and coaching requires one common factor - consistent member experiences. Elite coaches offer movement with education, in scalable program designs with a remarkable commitment to client success. Learn the most respected coaching techniques including inclusive cuing, appropriate hands-on corrections and methods to promote inspiring, motivating and safe experiences. Learn the importance of student-centered teaching, avoiding common pitfalls and ways to create your own fitness tribe.

#### **207 Yoga Essentials with Robert Sherman**

**Workshop: MB**

This workshop is for any teacher to understand the essential components to designing and creating yoga programs, classes and poses. We start with the BIG picture and work into specific hands on assists and adjustments to bring about change. The concepts are presented in an actual yoga class to be able to feel, learn and practice together.

#### **208 Schwinn® Cycling: Ride and Row with Amy Dixon & Jeffrey Scott**

**Workshop: CY**

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

Like peanut butter and jelly, this combination of riding and rowing will soon be your FAVORITE! A dynamic cardiovascular workout that is deliciously balanced from front to back creating length and strength for a body that moves well and feels good. So yummy!

### **209 MyoBuddy® Maintaining Fascia Health for Better Movement with Jennifer Henson**

**Lecture/Demo:** GE, MB, PT, S

Fascia is a continuous matrix around our organs, muscles, joints, bones and nerves. Maintaining fascia health leads to better circulation of fluids, better mobility, and a reduced chance of injury. Learn the role myofascial lines play in movement function or dysfunction and the 4-Step Protocol to Better Movement and the science behind Percussive Massage.

### **210 Acquapole® Strength & Toning with Sonja Burns**

**Workshop:** AQ

An endurance and strengthening workout performed with the Acquapole®, one of the most innovative tools we can use in the pool. This workout targets the muscles of the core, upper body and lower body. Experience a fun training that develops strength, endurance, coordination and flexibility.

## **Group 2: Friday 8/2/19 8:45 am - 10:15 am**

### **211 STOTT PILATES® Total Body Toning**

**Workshop:** GE, MB, PT

This workshop, developed by the Merrithew™ team, is a combination of two distinctive, energizing workouts. Part one of this workshop uses a soft, weighted Toning Ball® to sculpt and define the arms and upper body. Then get sleek and strong from head to toe with a seamless combination of Toning Ball resistance and STOTT PILATES® precision using exercises adapted from the Matwork repertoire.

### **212 Pulling for Power, Program 003™ with SGT Ken®**

**Workshop:** GE, PT

*Pulling for Power™ with SGT Ken®* utilizes extremely effective Variable Intensity Interval Training (VIIT) techniques with WaterRower drills and calisthenics uniquely arranged to muster muscle-fatigue like never before. VIIT can help you burn body fat for 24 hours from a 60-minute workout. Pull for power today to produce progress tomorrow!

### **213 Strong by Zumba® with Renee Pickett**

**Workshop:** GE

STRONG revolutionizes Zumba® workouts as you know them, melding upbeat rhythms with powerful cardio and strength-conditioning moves to fire your fitness potential. Think progressive resistance and overload, plyometrics, core, and functional training using only your own body weight, all rolled into one dynamic, results-driven class guaranteed to challenge your entire body. Relying on proven HIIT methods, but with a Zumba twist, we call our program HITTZ—High Intensity Tempo Training—Zumba style! The strength of the beat challenges you to find power, strength, speed, stamina, and mobility. Optimize your workout and make every minute count as you push beyond your limits. Join the party and get fit. Sponsored by ZUMBA® FITNESS.

### **214 Peak Pilates® Flexcushion Challenge with Zoey Trap**

**Workshop:** GE, MB, PT

Come in and discover how to challenge your fittest students with a one stop prop. Feel how nice it is to add in the small barrel exercises, change the angle of gravity, and work in a larger range of motion. Discover just how deeply you can work your body.

### **215 SPINNING® Time to Crush It with Josh Taylor**

**Workshop:** CY

Join former Professional Cyclist Josh Taylor for an extreme test against the clock. In this ride you will test your mental and physical strength during an all-out 20-minute effort! Can you CRUSH your limitations and go beyond what you thought possible?

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

### **216 3D Core Training with Pete McCall**

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

Core training has emerged as a popular trend in the fitness world. How can a fitness professional use core training as an effective tool for helping clients to achieve their goals? Traditional core exercises typically have clients lying on the ground focusing on moving in a single plane which does not effectively prepare the muscles for the forces they will experience during upright, ground-based movement. Learn techniques to design a core training program that prepares the body to produce, stabilize and control force in a three-dimensional environment - the way the muscles have to work on a daily basis.

### **217 Rise and Flow with Yoga with Lauren Eirk**

**Workshop: GE, MB**

Whether in private studios, specialized healthcare facilities, or fitness centers, Vinyasa Fitness Yoga continues to be the style that continues to be the most popular for those seeking a more rigorous practice for physical health and mental | emotional stability. As teachers, we struggle to make our classes fresh for our students to be an inspiration to them. In this class, learn creative sequences, cutting-edge cueing, and a refreshing, new look at the poses that we teach every day.

### **218 StairMaster® HIIT - Real Ratios for Results with Sonja Friend Uhl**

**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.

### **219 Schwinn® Cycling: Rhythm Done Right with Helen Vanderburg**

**Workshop: CY**

When the music and coaching is spot on, Rhythm Riding can be magical! The RIGHT Rhythm ride doesn't need smoke and mirrors or unnecessary distractions. Discover how to capture and captivate your riders the RIGHT way and provide members with a memorable, results based, musically amazing cycling experience.

### **220 The Carb and Protein Myth with Bruce & Mindy Myrlea**

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

The low carb high protein diet is all the rage and many of your clients are asking your opinion. Let's not follow opinion - let's look at the science and the facts. You will walk away with a clear understanding of where to steer your clients and yourselves for weight loss and health gains.

### **221 LaBlast® Splash: Aqua Dance Fitness Intervals with Louis Van Amstel**

**Workshop: AQ**

Spice up your shallow aqua fitness program with this blend of ballroom dance and strength training based on all the dances seen on Dancing with the Stars. Learn how to fuse dance and strength endurance while utilizing proper principles of water, all while having a "BLAST" dancing to the Quickstep, Lindy Hop, Foxtrot, Waltz, and more!

## **Group 3: Friday 8/2/19 10:45 am - 12:15 pm**

### **222 Pilates for Athletes: powered by Balanced Body® with Helen Vanderburg**

**Workshop: GE, MB, PT**

Discover how Pilates conditioning can enhance performance for athletes. Pilates' integration of the trunk, pelvis and shoulder girdle with an emphasis on proper breathing, correct spinal alignment and whole-body movement enhances mechanics and decreases risk of injury. In this workshop discover Pilates techniques and specific exercises to assist athletes to run faster, jump higher, cycle longer and lift more weight without pain and injury.

### **223 Gliding Reinvented with Mindy Myrlea**

**Workshop: GE, PT**

The Gliding Discs are a staple in most training programs and there are the tried and true gliding exercises we always default to. But what more is there? Oh so much more! You are in for a treat because you are about to experience gliding reinvented. Learn from the creator herself the magic of Gliding and how your body can be super challenged with this

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

simple tool. From lower body upper body and core you will walk away with a unique and diverse library for your training toolbox

### **224 Formation with Haley Stone**

**Workshop: GE**

Changing up how your group fitness class is positioned in the studio can be an effective way to shift the weekly routine and engage participants in a fun way. Learn how to circle up, split the group, team up, change lines, face off and flip the script to keep your participants on their toes from week to week. Dance fitness expert and owner of WERQ Fitness, Haley Stone, will frame up these concepts in the context of a cardio focus.

### **225 Peak Pilates® Movement Matters with Kathryn Coyle**

**Workshop: GE, MB, PT**

Pilates isn't just a bunch of exercises, it's a movement system that transforms how the body moves in our daily life, our posture and health. Learn to observe the basic Pilates movement patterns, look at what can go wrong with each, and most importantly, discover how to correct these errors. Go beyond correcting technique and start correcting movement.

### **226 SPINNING® R.I.P. RPE, MHR with Carmen Diges**

**Workshop: CY**

Technology is everywhere in the indoor cycling industry, and perhaps you are thinking about or have started to coach using power and other metrics; think you're done with perceived rate of exertion and that heart rate monitor strap? Not so fast! You've heard that life is about relationships. Let's talk about relationships between RPE and heart rate and what they tell us about our clients' power output, energy expenditure, strengths and weaknesses. In this workshop, we'll explore how these tools actually amplify your coaching capabilities!

### **227 Flexibility for the Inflexible with Keli Roberts**

**Workshop: GE, MB, PT**

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

### **228 Ebb & Flow: Chakra Powered Yoga with Connie Borho**

**Workshop: GE, MB, PT**

The Yoga Bija defines the practice of Yoga as the unification of the web of dualities. Explore the duality of energy flow within postures and learn to gather or unify this energy flow mentally at a center point of energy, or chakra, to create greater power and stability without increasing physical effort. We will focus on mindful movement as a meditation tool recreating the constant state of motion we are in throughout every day life. This session is not just a physical workout, it is not just a lesson in mindfulness; it is a true integration of the two.

### **229 Schwinn® Cycling: SchwINTENSITY with Jeffrey Scott**

**Workshop: CY**

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

### **230 Making an Impact in the Fitness Industry: Teaching Your Passion and Building Your Business with Robert Sherman**

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

Define and Refine your passion. This workshop takes you to the core of your message and enables you to bring "what changed you or made a difference in your life" to every program you write and every class you teach. Learn how to differentiate yourself, to identify opportunities in your business and shift your choices forever. I will share my experiences on how to allow companies to see your strengths and for you to truly make an impact in the fitness industry.

### **231 SAF AQUA® Drums Vibes: Aqua Drums with Andrea Velazquez**

**Workshop: AQ**

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

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

### Group 4: Friday 8/2/19 1:15 pm - 2:45 pm

#### **232 STOTT PILATES® Ultimate Body Sculpting**

**Workshop:** GE, MB, PT

Help your clients achieve the well-sculpted physique they've been asking for! Learn Intermediate-level exercises that challenge core and peripheral strength, and create the ultimate sculpted body. This intense full-body workout, developed by the Merrithew™ team, emphasizes the upper and lower body working together while maintaining correct alignment and form. Exercises mimic those from the Reformer repertoire all performed with the Flex-Band® exerciser. Add variety and multi-dimensional joint movements to any personal training or group fitness routine.

#### **233 Metabolic Mayhem with Lynne Skilton Hayes**

**Workshop:** GE, PT, S

This workshop will review the energy systems and show you how to blend metabolic boosting HIIT training, body weight strength/power exercises and traditional kickboxing combinations and drills for a workout that will empower your students to kick some serious a\*\*. You'll bring a workout formula back to your students guaranteed to build strength and stamina, improve dynamic flexibility and balance through all planes of motion.

#### **234 LaBlast® Dance Fitness: Highly *Involved* Interval Training with Louis Van Amstel**

**Workshop:** GE

What goes up must come down...oh-so-true with your heart rate during interval training! LaBlast teaches simple ballroom patterns with a "fitness first" focus. This is a dynamic workout incorporating weight training and plyometrics and will appeal to both dance and interval fitness fanatics at your club.

#### **235 Peak Pilates® Mindful Movement for Seniors with Zoey Trap**

**Workshop:** GE, MB, PT

The Senior population is as diverse as any other. Learn how to develop an ideal workout that meets the physical, social, and emotional needs of this group. Tap into the growing senior market by offering a cutting-edge class that goes way beyond traditional chair exercises and provides a workout that translates into improved function. Help your senior to greater health, function, freedom of movement and well-being.

#### **236 SPINNING® Rhythm Mayhem with Josh Taylor**

**Workshop:** CY

Go crazy with Josh Taylor in a ride that uses mind-blowing rhythms to drive the movements, timing and energy! Having fun with purpose, power and efficiency is the driving force of this explosive ride!

#### **237 Injury Prevention Solutions in HIIT and Group Training with Dr. Evan Osar**

**Workshop:** GE, MB, PT

HIIT, Group Exercise and Bootcamp type of programs are effective and they're here to stay. However, as more individuals participate in these high intensity training programs, the rate of injuries continue to escalate. Unfortunately, current exercise recommendations and cuing is directly at the root of the problem. Fortunately, there is an easy strategy to dramatically reduce the rate of exercise-induced injuries and keep participants engaged. In this interactive session, you'll discover the 3 things the industry is teaching that is directly contributing to common hip, shoulder, and spinal injuries. You'll discover how to assess your group to screen for common contributors to these injuries. And you'll leave understanding how to incorporate smarter and more strategic exercises and cuing to reduce the rate of injuries and improve your functional outcomes.

#### **238 Fascial Line Flexibility Flow with Helen Vanderburg**

**Workshop:** GE, MB

This full body mobility session will take you through static, active and dynamic stretching sequences that target the fascial lines of the body. Gain understanding and practice fascial line movement patterns to enhance performance,

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

decrease tension and increase mobility. This mobility-based session is suited for group fitness, personal trainers, yoga and Pilates teachers.

### **239 StairMaster® HIIT - The Science of Variability for Serious HIIT with Pete McCall**

**Workshop:** GE, PT

It's the INTENSITY of a workout, not duration that produces results, but too much high intensity exercise is not good for the body. *NOT* every interval needs to be at high intensity for an effective HIIT workout. Learn how the science of variable intensity interval training can deliver serious results.

### **240 Schwinn® Cycling: Balancing Act -True Cycling Fusion with Amy Dixon**

**Workshop:** CY

At Schwinn, we #RideRight. To ride right you must train right by incorporating exercise protocols that balance out the riding position. Uncover a variety of cycling fusion formats including yoga, barre, strength and core to ride right & train right. You can have it all and Schwinn will show you how.

### **241 Time Saving Tools for Using Digital Music by Yes! Fitness Music with Irene McCormick**

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

Going digital with your group ex music is a positive change that saves you time, money, hassle, and stress. Technologically challenged? This is the perfect chance to face those fears when we'll remove the barriers, hold your hand and set you up with a free music subscription so you can finally retire those CDs and "go digital". Bring your device and get ready to explore with THE Irene McCormick, icon of fitness.

### **242 Aqua Core Connections with Laurie Denomme**

**Workshop:** AQ

Every exercise can be a core exercise when you understand foot/ankle, hip and thoracic spine connections. Learn water exercises that coordinate natural body movements and develop joint specific muscle strengthening.

## **Group 5: Friday 8/2/19 3:15 pm - 4:45 pm**

### **243 WILLOW Six-Pack Abs, Six-Pack Mind with Dan Hubbert**

**Workshop:** GE, PT

Willow is a combination meditation / HIIT class! It was designed around the largest international scientific research studies on fundamental well-being, which included over 1,200 participants on 6 continents. Willow's easy to learn meditation techniques paired with a variety of Intervals and Tabatas is a fun and energizing class. Our goal is for you to have six pack abs, and a six-pack mind.

### **244 Quick and Dirty 30 with Irene McCormick**

**Workshop:** GE, PT

Need ideas for quick training, ready-made class routines using minimal to maximal equipment? Look no further! This session will share three, 30-minute workouts designed to inspire intensity, effort and sweat. Each customized workout offers 3-5-minute blocks consisting of option-based exercises that include partner-based training. These workouts offer instructors hard core, turn-key classes that participants will use improve their fitness performance to reach their training goals.

### **245 Zumba® Cardio Blast with April Smith**

**Workshop:** GE

Revolutionize your cardio workout and feel the Latin Heat with exotic world rhythms in red-hot, never-before-seen ways. This class will challenge and inspire you all at the same time! Learn how to make your routines really 'pop' with hits from multi-platinum Latin and international artists. So, come walk in, and dance out!

### **246 Peak Pilates® Super Advanced Chair with Kathryn Coyle**



## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

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

The super advanced work is super impressive but without proper progression it remains out of reach for most students. It can also be intimidating as an instructor to teach. Dive deep into the technique, touch techniques and progression strategies to help you and your students advance their chair.

### **247 SPINNING® Bridging the Gap with Carmen Diges**

#### **Workshop: CY**

You don't have to be an outdoor cyclist to lead an effective indoor training session for outdoor cyclists. But these clients can be an intimidating bunch! We will review basic terminology from each of the main outdoor cycling disciplines, including track racing, and talk about the skills and types of training each type of outdoor cyclist needs for their sport. This workshop features a ride that will show you how to incorporate skills and language relevant to each discipline in your classes. You will leave comfortably talking the talk and confidently tweaking your classes and delivery to make them WANT to ride inside!

### **248 Understanding Movement with Pete McCall**

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

From rolling to crawling to walking the human body has very specific stages of neurological development to establish optimal skill in the foundational patterns of human movement. This interactive workshop will review essential movement skills, identify the stages of development and provide exercises strategies that can improve clients fitness levels while enhancing movement efficiency. You will leave this workshop with exercises that can be applied for a dynamic warm-up, implemented as a component of a corrective exercise program, or used as a challenging, stand-alone bodyweight workout.

### **249 Yoga IS UpBeat™ with Lauren Eirk**

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

Music can heal the soul, improving one's overall emotional state by providing an outlet for self expression. In this workshop, experience yoga flows set to the rhythmic beats of recognizable music tracks, chosen with phrasing to match the choreography of the poses in a vinyasa style. Experience a great mix of yoga, dance, and fun!

### **250 Schwinn® Cycling: Music and SO MUCH MORE! with Jeffrey Scott**

#### **Workshop: CY**

Learn the latest and greatest places to source the best music, remixes, mash-ups and the perfect "Surprise & Delight" to set your playlist apart from everyone else. Uncover new apps and programs available to remix and customize your own music tracks. This is a HOT workshop so claim your seat fast!

### **251 The Why and How of Fasting with Bruce & Mindy Mylrea**

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

Intermittent fasting is all the rage currently but before you jump onto this latest trend learn the science, the history, the benefits and how to do it right. Bruce will uncover the key components to this amazing healing practice and how to use it safely and effectively for you and your clients.

### **252 Bohemian Rhapsody (AQUA) with Laura Ribbins**

#### **Workshop: AQ**

Bohemian Rhapsody is a foot-stomping aquatic celebration of Queen moves and workout sequences to reunite old and new muscles. Come grab a concept to use a legacy to inspire others to conquer challenges and be the best they can be!

## **Group 6: Friday 8/2/19 5:00 pm - 6:30 pm**

### **253 3-D Functional Core Training: powered by Balanced Body® with Helen Vanderburg & Alex McLean**

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

In this session, you will experience a new and powerful way to train the core using the Balance Body® Trunk Integration Movement principles with a 3-dimensional approach to training the core. Expand your functional core training repertoire and experience new innovative exercises. Learn how breath control stimulates a greater activation of the core and how

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

breath and movement are linked in effective core training. Train the core in its function as the power center for stability and movement.

### 254 HIIT Accelerated with Mindy Mylrea

Workshop: GE, PT

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

### 255 PIYO® LIVE with Becky Conser

Workshop: GE, MB, PT

PILATES + YOGA + NONSTOP MOVEMENT. Sweat, stretch, and strengthen—all in one unique workout created by fitness guru Chalene Johnson! Using only your bodyweight, you'll perform a series of low-impact, high-intensity Pilates- and yoga-inspired moves to work every single muscle in your body. The result? A long, lean, and incredibly defined physique.

### 256 Peak Pilates® Work the Wall with Zoey Trap

Workshop: GE, MB, PT

Explore how to use a free prop- the wall- to help students align, connect heel to seat, and generate length and opposition. Take the opportunity to expand your understanding of the mat work and take home a whole new class to your students.

### 257 SPINNING® Roll the Dice with Josh Taylor

Workshop: CY

Come "Roll the Dice" with Josh Taylor in an interactive high intensity ride of chance, where the risk will make you sweat just a little bit more! This is an 'out of the box' session that allows the student to be part of the game!

### 258 Female Core 2.0: Complete Conditioning for the Core and Pelvic Floor with Dr. Evan Osar

Workshop: GE, MB, PT, S

Do your female clients mention the dreaded lower abdominal 'pooch' or that they can't feel their abs working? Menstruation, Pregnancies, C-sections and other surgical procedures can directly and dramatically impact the abdominal and pelvic muscles. During this session, you'll why so many females struggle to develop their core and pelvic floor. Additionally, you'll discover how the principles of the *Integrative Movement System Corrective Exercise Strategy™* can help your female clients develop improved alignment, control, and core stability. Additionally, you will discover safe and effective core exercise progressions to improve how your female clients feel and look.

### 259 Balance & Control: Yoga for Balance with Connie Borho

Workshop: GE, MB, PT

The overall goal of a Yoga practice is achieving balance between body and mind. Balance is one of the most important components of an overall fitness program, and one that is often overlooked. Through yoga postures of both foot and hand balances, we will explore how core strength and stability is accessed through mindful focus to build Balance & Control.

### 260 StairMaster® HIIT - Rest & HIIT with Sonja Friend Uhl

Workshop: GE, PT

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

### 261 Schwinn® Cycling: Prime Design with Robert Sherman

Workshop: CY

Stop the madness! Prime Design will teach you how to create thoughtful, physiologically sound classes that provide RESULTS! Learn how to save time and simplify how you build your classes while setting riders up for success. Unlock the secret of the Schwinn Coach's Pyramid and get ready to shine!

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



## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

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

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

**263 Stretch Fusion: Balance with Laurie Denomme**

**Workshop:** AQ

Link traditional yoga postures with dynamic aqua moves to create stability in the body. Experience new ways to use buoyancy and resistance to improve power, reaction time, and core strength for better balance.

**Group 7: Saturday 8/3/19 7:00 am - 8:30 am**

**264 Barre So Hard with Tricia Murphy-Madden**

**Workshop:** GE, MB, PT

Intensity, intensity, intensity is what they are asking for so let's give them what they want. Let's begin to look at how to incorporate a little heavier weight and up the workload effort. Increasing workload will allow you to diversify your barre offerings by safely and uniquely offering a different approach to weight selection. Walk away with a simple approach to adjusting your current class offerings and make your barre classes just a little harder.

**265 SamuraiFT "Martial Art Fitness System" with Francisco Sanchez**

**Workshop:** GE

SamuraiFT is a program inspired by martial arts drawn from a wide array of disciplines such as Karate, Boxing, Taekwondo, and Muay Thai. The class entails a non-stop routine of striking, punching, and kicking techniques along with cardio and strength drills that includes balance, core and cognitive work combined into one challenging class.

**266 32: The Magic Number with Haley Stone**

**Workshop:** GE

Aerobics was built on the 8-count and nothing feels more magical than a solid 32-count combo. WERQ Fitness Creator, Haley Stone shares the Top 3 skills needed to deliver a flawless 32-count combination.

**267 Peak Pilates® Pilates - Beyond the Mat with Zoey Trap**

**Workshop:** GE, MB, PT

What's better than classical Pilates Mat? Pilates with exercises adapted from the Cadillac and Reformer! Spice up your mat class with new additions from the classical equipment repertoire and challenge your students to do more. Look beyond the mat and see how vast the work really is.

**268 Journey into the Power of SPINNING® with Carmen Diges**

**Workshop:** CY

You're starting to learn about power or maybe you're even a certified SPINPower® instructor. Now what? It's kind of addictive in its simplicity, right? Personal thresholds...individual physiologically determined power zones...so easy. How could you ever go back to heart rate and RPE? But not all facilities are power equipped. Come take the workshop that makes it simple to merge SPINPower® and Spinning® so you can be a power junkie or just kick it ol' school. It's fun either way!

**269 Fitness FAIL: Lessons Learned from the Trenches with Irene McCormick & Abbie Appel**

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

Giving up on your dream fitness career because of past failures? Tough situations are what build resiliency. Failure is not the end, but the start of an opportunity to try again. Come and listen to the experiences of three successful fitness presenters who have at times stumbled and been defeated in their fitness careers, only to find success! We will examine the opportunities and pitfalls of the fitness industry from the perspective of the gym owner/manager, personal trainer and group instructor. We will explore how failure can be your key to success and ways in which to crush your fear of failure in the fitness industry.

**270 Fusion A'Line with Helen Vanderburg**

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

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

Fusion A'Line is a Pilates, fitness and dance based workout that focuses on body balance and alignment to lengthen and strengthens your body through dynamic movements. With deep muscle engagement and our signature mindful training method, Fusion A'Line will increase balance, stability and mobility for a stronger healthier you. This core-centric workout challenges the entire body like never before while releasing undue stress through a unique dynamic flexibility method. By using movements from a variety of techniques and focusing on alignment you bring attention to posture and will feel the benefits immediately. Enhance your training and gain results in less time with this highly motivating workout choreographed to inspiring music.

### **271 StairMaster® HIIT - A Moment in Time - Optimizing HIIT Intervals with Pete McCall**

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

How does the length of an interval affect intensity? Do work intervals always need to be the same duration during a high intensity workout? Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client success.

### **272 Schwinn® Cycling: Take it to the Max with Keli Roberts**

#### **Workshop: CY**

What's your true max? Numbers don't lie and Power is a real indicator of intensity. When you marry truth and intensity performance improves. Learn what POWER is and how to coach to it to motivate in a variety of different ways. Bring a never-quit conviction and discover what true grit feels like.

### **273 MyoBuddy® Maintaining Fascia Health for Better Movement with Jennifer Henson**

#### **Lecture/Demo: GE, MB, PT, S**

Fascia is a continuous matrix around our organs, muscles, joints, bones and nerves. Maintaining fascia health leads to better circulation of fluids, better mobility, and a reduced chance of injury. Learn the role myofascial lines play in movement function or dysfunction and the 4-Step Protocol to Better Movement and the science behind Percussive Massage.

### **274 Acquapole® Circuit Revolution with Sonja Burns**

#### **Workshop: AQ**

Revitalize the management of water space by adding a horizontal dimension to the Acquapole® equipment for a wider execution of movements. The versatility of accessories that can be attached to the basic pole provides additional exercises for different target areas to increase flexibility, muscle toning and improved cardiovascular function.

## **Group 8 Saturday 8/3/19 8: 45 am - 10:15 am**

### **275 Halo® Training: Intro to Integrated Bodyweight Training**

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

Halo® Training provides overall body conditioning incorporating strength and endurance work, flexibility training, interval training and injury prevention. In this hands-on workshop, Instructors get an overview of the concepts of the Halo Training program and the basic science of core-integrated bodyweight training. Because every client has unique demands, learn basic Halo Training workouts that progress from a Level 1 (beginner client) to Level 4 (experienced exerciser) and explore how to progress or regress exercises for functional strength and stability, flexibility and injury prevention.

### **276 Battle with Boats and Ropes™ with SGT Ken®**

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

Battle with Boats and Ropes™ with SGT Ken® is an extraordinary athletic conditioning workshop with 16 safe and exciting WaterRower drills and battle rope movements. Love rowing and battle ropes exercises? Come experience both in this power-packed program designed to challenge your stamina and charge your spirit like never before!

### **277 Strong by Zumba® with Renee Pickett**

#### **Workshop: GE**

STRONG revolutionizes Zumba® workouts as you know them, melding upbeat rhythms with powerful cardio and strength-conditioning moves to fire your fitness potential. Think progressive resistance and overload, plyometrics, core, and

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

functional training using only your own body weight, all rolled into one dynamic, results-driven class guaranteed to challenge your entire body.

Relying on proven HIIT methods, but with a Zumba twist, we call our program HITTZ—High Intensity Tempo Training—Zumba style! The strength of the beat challenges you to find power, strength, speed, stamina, and mobility. Optimize your workout and make every minute count as you push beyond your limits. Join the party and get fit. Sponsored by ZUMBA® FITNESS.

### **278 Peak Pilates® Chair Athletix with Kathryn Coyle**

**Workshop:** GE, MB, PT

Challenge your chair as you go beyond core to more. Incorporate body weight exercises inspired by yoga, fitness, dance, and Pilates and fuse them with traditional chair exercise sequences to move beyond ordinary to extraordinary. You can get it all in this fast paced, sweaty and challenging Pilates chair workout

### **279 SPINNING® Instinct Ride with Josh Taylor**

**Workshop:** CY

Deep inside each of us is a wild animal that was born to survive, adapt, evolve and instinctually react to any challenge. In this profound visually-based ride, Josh will use animals and their environments as the inspiration and class design. This is a ride that takes every aspect of the Spinning® program to the max.

### **280 Functional Training 2.0 - Workouts for Results! with Pete McCall**

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

The SAID Principle states that the human body will adapt to the specific physical demands imposed upon it during exercise. Exercise is a function of movement where coordinated movement is a skill that can be taught. Functional training is the application of the SAID Principle and can be used to help clients move better, lose weight and build muscle. This session will review the science of functional training as well as provide specific exercise program design strategies that can deliver results your clients want.

### **281 Mindful Training Tools with Lauren Eirk**

**Workshop:** GE, MB

In this session experience a unique way of teaching your clients to be more aware of the present moment in terms of noticing compensatory patterns and default movements that may be contributing to chronic pain and joint injury during exercise. We will break several key exercises down to their smallest components to unravel bad habits that your clients may be developing while employing rich force-related cues to inspire them to get more from their exercise programs.

### **282 Schwinn® Cycling: Master the Moment with Abbie Appel**

**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. By taking your riders through a very specific “arc” of energy, you create a ride experience they will never forget. Learn how to Master the Moment.

### **283 FAI: Largest Opportunity in Fitness History - Training Boomers and Seniors with Dan Ritchie & Cody Sipe**

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

In this lecture we will look at the 100 million personal population of those 55 and over and why the fitness industry is still missing out on the biggest client opportunity in history! They have the money, they have the time, they have the NEED! Learn how to effectively market, sell and design programs they will love.

### **284 LaBlast® Splash: Shallow Aqua Fitness with Louis Van Amstel**

**Workshop:** AQ

Dive into a fun and exciting way to teach shallow aqua fitness. Based on interval training and using AEA teaching principles, LaBlast Splash uses simple ballroom patterns, accessible for the water. Our logical and easy-to-master format will keep your members happily dancing in the water to their favorite tunes!

**Group 9: Saturday 8/3/19 10:45 a.m. - 12:15 p.m.**

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

### 285 Body Weight Barre with Tricia Murphy-Madden

Workshop: GE, MB, PT

With Barre being one of today's biggest fitness trends, our classes are packed and our members are constantly wanting more. However; barre classes typically work in very repetitive movements for long periods of time. Have you ever considered creating a more functional movement barre class? Could you begin to create movement patterns that will both provide muscular endurance but also better kinesthetic awareness in their bodies? If you said YES, put away the hand weights, tubing, balls etc. because in this workshop all you need is your own body. We will provide you with the background and benefits of bodyweight training in barre and you will take away choreography for amping up and helping create better function in your members bodies. Come learn how to build a better Barre ... and bodies.

### 286 P90X® LIVE with Becky Conser

Workshop: GE, PT

TOTAL-BODY STRENGTH AND CONDITIONING

Transform your body with a variety of strength-training and cardio conditioning moves in this well-known workout. This innovative format created by legendary Super Trainer Tony Horton helps you build strong, lean muscle and bust through any plateaus that stand in your way.

### 287 LaBlast®: HIIT With a Twist with Louis Van Amstel

Workshop: GE

Dance Fitness with a twist. Learn how LaBlast can be adapted to appeal to the crowd that just wants to "HIIT it" every day at the gym and yet still be accessible to all. We call it "Highly Involved Interval Training" and you'll find out why!

### 288 Peak Pilates® Dynamic Duo: Pilates Stick and MVe® Chair with Kathryn Coyle & Zoey Trap

Workshop: GE, MB, PT

Double your fun using the Pilates Stick & MVe® chair as you work on 2 pieces of apparatus with 2 Master Instructors! Experience shapes in space that flow seamlessly through all body positions in a fresh and innovative way. Take away a whole new class format.

### 289 SPINNING® Less is More - Recovery Is Bigger Than You Think with Carmen Diges

Workshop: CY

Recovery - bane or blessing? Far too often, we prioritize the quality and quantity of work we prescribe in our rides over recovery. But recovery specificity is as important as how much work you do. Using measured metrics displayed on the Spinning® computer helps you communicate to your clients how recovery can be their secret weapon to performance improvements. This workshop will review physiological theory relating to interval design focusing on recovery phase of interval and set construction. Recovery requirements between sessions will also be addressed. This is especially relevant for your time-crunched students who are prone to skimp on recovery - they won't believe how much better they can perform with less work!

### 290 Glutes, Glutes, and More Glutes: The Complete Conditioning Strategy with Dr. Evan Osar

Workshop: GE, MB, PT

If you work with the older population, you inevitably will work with clients that have hip and/or knee osteoarthritis or replacements. If you work with the younger population, you know that they struggle with chronic tightness and mobility issues. In this session, you'll discover why your clients struggle with chronic mobility issues and tightness, as well as why so many individuals are getting joint replacements. Additionally, you'll discover how to develop optimal glute function and hip mobility by understanding and applying the principles of the *Integrative Movement System Corrective Exercise Strategy*™. You will leave this session understanding what to do as well as what things you need to avoid to improve glute function and hip mobility while reducing the risk of hip and knee osteoarthritis.

### 291 Yoga Nidra with Lysie McKeown

Workshop: MB

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

Yoga Nidra is a deep relaxation technique accessible to everyone. A 20-30-minute practice improves sleep quality, immune function, and the body's ability to heal from chronic stress, trauma, illness and injury, reduces tension and anxiety, and enhances cognition.

### **292 StairMaster® HIIT - Real Ratios for Results with Sonja Friend Uhl**

**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.

### **293 Schwinn® Cycling: Step into Your Shine with Helen Vanderburg**

**Workshop: CY**

What do sold out classes, savvy social media and strong personal branding have in common? YOU! Learn how to work your "Why" and attract people to not only your classes but also to your vision. Build your base and your business. Are you ready to step into your shine?

### **294 Brand Building 101 - "Names, Brands and Re-Frames" with Shawn Madden**

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

Learn about the most important piece of your business: your NAME! Shawn D. Madden, founder of Underdog and League Lab will walk you through the most common traps and mistakes when creating a new brand and a new name. Whether a brand new biz, or a new product line or offering, you cant create a brand without a name and a plan.

### **295 HIYO Aqua Interval Express with Laurie Denomme**

**Workshop: AQ**

Shorter duration aquatic workouts can attract a new clientele. Lead, mange, and construct a challenging 30-minute workout that is functional and effective at burning calories and promoting fitness.

## **Group 10: Saturday 8/3/19 1:15 pm - 2:45 pm**

### **296 AAA - Abs at All Angles with Abbie Appel**

**Workshop: GE, MB, PT**

As fitness professionals, we are always looking for exciting ways to develop and deliver dynamic and effective core and abdominal workouts. In this workshop, briefly review the core musculature and core training. Then, learn 2 brand new workouts with unique movements and timing protocols. Utilize stability balls and loop bands to safely and effectively challenge the core from all positions, all planes of motion and at All Angles.

### **297 What The Vibe: Vibration Rollers Explored with David Mills**

**Workshop: GE, MB, PT**

Learn how to optimize whole body function utilizing the science of vibration and self-myofascial release with innovative training strategies.

### **298 TURBO KICK® LIVE - Becky Conser**

**Workshop: GE**

THE ULTIMATE CARDIO KICKBOXING PARTY! Ready to become a total knockout? Created by fitness expert Chalene Johnson, this workout combines fierce cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes and will get you get ultra-lean and toned. Feel unstoppable in the class that's high-energy, fast-paced, and totally addicting!

### **299 Peak Pilates® The Golden Touch with Kathryn Coyle**

**Workshop: GE, MB, PT**

Touch requires a deep understanding of the human body, of the intention of each Pilates movement, and of how to apply precise hands-on techniques. Take away a greater understanding of the timing, sensitivity, and confidence required in touch to establish a sensational teaching environment.

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

### **300 SPINNING® Rock ‘n’ Roll with Josh Taylor**

**Workshop:** CY

Are you ready to ROCK? Put the pedal to the metal in a ride fueled by guitars, drums and world class screaming vocals! This is your chance to rock out to some high-powered rock ‘n’ roll and have a blast!

### **301 Body in Balance with Keli Roberts**

**Workshop:** GE, MB, PT

Comprehensively examine the stability/mobility relationships of the body to provide the foundations to a workout that enhances and respects this precise equilibrium. Learn effective methods to enhance core stability while developing mobility in key areas. Train the body from the inside out to bring posture and alignment back in balance.

### **302 The Athlete’s Yoga with Connie Borho**

**Workshop:** GE, MB, PT

Traditionally, athletes don’t do yoga because of fear of painful stretching or because they think it’s too “far out”. Athletes want to move, they want power. But they also need focus, endurance, and strength within their flexibility. Astanga Yoga brings all this and more to the practice. By linking postures through flowing movements called vinyasas, and by supporting each posture with breath and pelvic locks, athletes will experience yoga in ways they can understand and see the value in. Even iron will bend if you heat it up!

### **303 Schwinn® Cycling: Let the Music Play. The Art of Non-Verbal Cueing with Mindy Mylrea**

**Workshop:** CY

Learn to lead an amazing cycle experience without any words spoken. Challenge yourself to go where perhaps you have never gone before. Using body language, facial expressions, chimes, drums, and even sign language Mindy will guide you through a workout without speaking a word. This is truly a unique ride.

### **304 FAI: Functional Fitness Assessments for the 55+ with Dan Ritchie & Cody Sipe**

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

Many fitness assessments are simply not designed with the 75-year-old person in mind, or someone with a joint replacement, or even a young person with a functional limitation. Learn a variety of assessment tools from functional aging expert Dr. Dan Ritchie so you can be prepared to evaluate, assess and design programs for all levels of functional athletes.

### **305 Aquatic Rock and Roll with Laura Ribbins**

**Workshop:** AQ

Dancing and having fun while you workout? Of course, yes!

In today’s fast paced lifestyle we barely have time for “me”. Busy chauffeur moms and dads taking their kids from activity to activity never have time for themselves. This is perfect morning workout non working parents can fit in their schedule!

Let’s add energy and “yippie” to our aquatic workout.

## **Group 11: Saturday 8/3/19 3:15 pm - 4:45 pm**

### **306 Loaded Mobility Training: powered by Balanced Body® with Helen Vanderburg**

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

Description: Moving the body with efficiency, grace and power requires a harmonious integration of mobility, stability, endurance and strength. In this workshop experience body weight exercises combined with light resistance tools to add load to full body movements. Using the Balanced Body Movement Principles and portable equipment maximize your movement potential to improve your athletic performance!

### **307 Strength in the Storm™ with SGT Ken®**

**Workshop:** GE, PT

Strength in the Storm™ with SGT Ken® is a thrilling WaterRower pyramid program that challenges each athlete to increase the number of strokes during three 60-second sets, followed by decreasing the rate for three. Discover how easy it is to enjoy the journey when you show strength in the storm.



## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

### **308 Vibration: Next Level Self-Massage with Jonathan Ross**

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

It's time to shake things up. Self-massage is good. Adding vibration makes it better. Explore the particular benefits of self-massage with vibration. Rolling creates pressure. Adding vibration creates multi-directional shearing forces. This not only improves the hydration benefits of massage, but also enhances neural innervation, isolated joint mobility, balance muscular asymmetries, and facilitate whole body integration.

### **309 Peak Pilates® Chair Variations with Zoey Trap**

**Workshop: GE, MB, PT**

Variety is the spice of life. Keep your students engaged with variations that will challenge their mind and bodies. Enjoy variations of the classical work- and variations borrowed from other disciplines such as yoga and barre!

### **310 SPINNING® Riding the Sweet Spot with Carmen Diges**

**Workshop: CY**

This ride is a simmer, not a full boil. The "Sweet Spot" sits right under your threshold. First, you'll learn how simple it is to determine your individual threshold, then we will ride its sweet spot, which is a mesmerizing place to train. Reap the rewards of high end aerobic training that boost your fitness and fat burning potential.

### **311 Group Training Skills Every Coach Needs with Irene McCormick**

**Workshop: GE, MB, PT**

Enter group training, a format that is dominating the fitness industry. Group training has expanded the fitness professional's need for a skill set that is different from the group X instructor and a personal trainer. And with the expansion of boutique formats, today's fitness professional needs to understand this specific skill set, have a wide array of scalable movement options for all levels of fitness and be able to cue, coach and motivate in shorter time frames.

### **312 Connected Warrior® with Judy Weaver**

**Workshop: GE, MB, PT**

Connected Warriors is the largest volunteer based 501(c)(3) providing Trauma-Conscious yoga classes to Servicemembers, Veterans and their Families at no cost to participants providing classes in yoga studios, VA Medical Centers, Vet Centers, Community Centers and Active Duty military installations worldwide. Trauma-Conscious Yoga is based on the understanding that trauma is held in the cells of the body and mind - it is physiological rather than psychological and that reconnecting the body and mind with the synchronization of conscious breath, movement and concentration in a safe, secure and predictable environment supports healing and wellness. Connected Warriors classes are based on the premise that belonging to a trusted, lifelong community is the primary key to ensuring inner peace and purposeful living for service members.

### **313 StairMaster® HIIT - The Science of Variability for Serious HIIT with Pete McCall**

**Workshop: GE, PT**

It's the INTENSITY of a workout, not duration that produces results, but too much high intensity exercise is not good for the body. *NOT* every interval needs to be at high intensity for an effective HIIT workout. Learn how the science of variable intensity interval training can deliver serious results.

### **314 Schwinn® Cycling: How to WOW! with Robert Sherman**

**Workshop: CY**

Learn the secret to creating buzz in the locker room and a wait list for your class! Discover HOW to build class designs that WOW your participants by integrating the latest cycling protocols through Schwinn's proven system. Get ready to have your mind blown and your classes sold out!

### **315 Friend Building in Fitness - More Friends = More Fun with Shawn Madden & Tricia Murphy-Madden**

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

Friend-building is creating a better social connection and connections in your studio, gym or community to have a better membership culture. Come learn how fun affects the bottom line? Would people rather get paid more or have fun at work? Find out how fun is a powerful recruiter and retention tool and will help grow your group fitness classes, personal training clientele and membership.

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

### 316 SAF AQUA® Drums Vibes: Happy Aqua Flow with Andrea Velazquez

Workshop: AQ

Generate positive energy with a yoga flow using Aqqatix® Happy Flowers. The happy flowers give you enough resistance to make your yoga practice in the water just that more... cultivating health, overall well-being, and mindfulness.

**Group 12: Saturday 8/3/19 5:00 pm - 6:30 pm**

### 317 STOTT PILATES® Essential Matwork with a Fascial Focus

Workshop: GE, MB, PT

This workshop provides Instructors tools to incorporate new fascial research concepts within the body of the STOTT PILATES Essential Matwork repertoire. Following the Essential Matwork order, participants explore how exercise essences can be enhanced with new fascial research concepts, inspiring a new movement experience. Created by the experts at Merrithew™, discover seamless movement flowing exercise sequences that take the body through multiple planes of movement. This workshop will spark creativity in programming and allow participants to tap into their innate body wisdom to find alternate variations that best suit their movement potential on any given day.

### 318 Group Vibes: Integrating Vibration Rollers into Group Fitness with David Mills

Workshop: GE, MB, PT

Learn how to incorporate Vibration Self Myofascial release tools into group fitness and recovery focused group training.

### 319 Keep on Steppin' with Lynne Skilton-Hayes

Workshop: GE

Are you looking for some new ideas for your next step class? In a choreography rut and need a little inspiration? Rhythm changes, stomps and spins are only some of the choreography elements we will use. This workshop is full of sensible learning curves that enable you to achieve the latest in choreography. You'll walk away with some unique and challenging, yet teachable, choreography.

### 320 Glute Reboot with Abbie Appel & Pete McCall

Workshop: GE, PT

Experience an eye-opening session that discusses glute function in both men and women. The "glutes", "butt", "booty" whatever you call it receive a tremendous amount of attention from both genders. Although men and women often approach workouts from a different point of view, tissue function is same. Learn how the glutes AKA the gluteus maximus, medius and minimus, function and design programs for performance and appearance. Abbie Appel and Pete McCall will address gender specific solutions and take your though the most effective movement patterns and sequences to improve your student's and client's bottom line.

### 321 Shoulder 2.0: Complete Conditioning for Chronic Issues with Dr. Evan Osar

Workshop: GE, MB, PT

Many individuals experience issues with their shoulder complex (neck, thorax, and shoulder) that lead to tightness, rotator cuff impingement, and the inability to perform and feel their best. Over time, these problems limit shoulder range of motion and contribute to weakness that affects these individual's ability to exercise as well as function in everyday life. In this session, you will discover exactly how the shoulder function so that you can educate your clients. Additionally, you will learn the *Integrative Movement System Corrective Exercise Strategy*™ and how to develop a corrective exercise strategy for to help your clients achieve greater shoulder stability and mobility. Finally, you'll learn how to incorporate these changes into the programs you're already using with success.

### 322 Energetics of Yoga: Forward Bends and Backbends with Lysie McKeown

Workshop: MB

Learn how to structure a yoga class based on how you want students to FEEL. Forward bends have a unique energetic quality that calms the nervous system. Linked with appropriate breathing techniques they create qualities of clarity, focus and stability.

Backbends have a unique energetic quality that is energizing. Linked with the correct breathing techniques they create qualities of motivation, enthusiasm, joy and inspiration.

## DCAC Fitness - Main Conference Session Descriptions \* August 2-3, 2019

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

### **323 Schwinn® Cycling: R&R - Ride & Restore with Keli Roberts**

**Workshop: CY**

In all disciplines recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximal training effect. Discover ways to effectively work these class designs into your training protocols. Get ready to Ride & Restore.

### **324 FAI: Balance and Power for the Aging Client with Dan Ritchie & Cody Sipe**

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

Learn some circuits, games, and fun movements to enhance balance and train for more power! It doesn't matter if your clients are young or over 75, everyone needs more power, explosiveness, and balance ... especially if they plan to survive DCAC weekend!

### **325 Baby Boomer Blast (AQUA) with Laura Ribbins**

**Workshop: AQ**

Baby Boomers have often been characterized by the significant social changes they have created. Your clientele today may be wanting community as well as a level of socialization that often "disrupts" your aquatic class...like talking while you are teaching? Baby Boomer Blast will deliver a non-stop exercise series that "works" your client as well as gives them permission to "talk". I can't wait to share!