

PRE CONFERENCE COURSES

101 Adult CPR & AED Training: Two (2) Year Certification/Re-Certification Class with Don Sussman, Know CPR

Thursday 8/1/19 6:30 p.m. - 8:30 p.m.

Renew your CPR certification quickly and easily on site at DCAC 2019! The newest CPR Guidelines will be taught by a certified and authorized CPR Instructor. This nationally-recognized program provides a two (2) year renewal certification for Adult Cardiopulmonary Resuscitation (CPR) and AED from the American Safety & Health Institute. Immediately upon successful completion of this training, participants will receive an American Safety & Health Institute course completion card with a suggested retraining date of two years. You must have current CPR certification or one that has recently expired in order to register.

Cost: \$45.00 per person (Special DCAC Rate, includes all fees, handouts and training)

Register: <https://cvent.me/1yrlw>

102 Balanced Body® Functional Movement Certification: powered by Balanced Body with Helen Vanderburg and Nico Gonzalez

Thursday 8/1/19 8:00 a.m. - 4:00 p.m.

CEC's: pending

The ability to move with strength, power, efficiency and grace creates the foundation for a long and healthy life. Balanced Body's Functional Movement certification will give personal trainers and group exercise instructors the skills needed to help their clients and classes move well for a lifetime. Based on the Balanced Body Movement Principles, the course provides a solid foundation in movement science, movement analysis and foundational exercises to support your career in any training environment and with any population. Through lecture, workouts and teaching drills, you will learn and practice foundational movement exercises, assessing optimal and dysfunctional movement patterns and strategies for planning progressive training sessions for optimal results.

Gain the skills you need to be a confident and effective trainer in this in-depth certification! This course fulfills 8 hours of the programming requirement to become a Balanced Body® Movement Specialist.

Cost: \$219.00 by 6/30/19 \$249.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

Boutique Fitness Summit - D.C.

Thursday 8/1/19

Boutique Fitness Summit [BFS] is the trusted community hub for business management solutions. BFS is the only-day business solutions conference on the East Coast that provides access to relevant business management education, fitness community networking, and the latest business solutions around marketing, customer retention, studio management and more, to empower studio owners to manage their studios more effectively and profitably.

The BFS experience is immersive and intimate, featuring panel discussions, breakout sessions, presentations, and one-on-one meetings with industry executives. Registration includes lunch and access to the networking cocktail party. The Boutique Fitness Summit (BFS) is a 1-day business solutions conference that provides proven business methods in topics such as Marketing, Customer Retention and Studio Management to help studio owners manage their studios more effectively and profitably.

BFS features panel discussions, breakout sessions, presentations and one-on-one meetings with industry executives and registration includes lunch and access to the networking cocktail party. More information at <https://bfsconferences.com/>

Cost: \$99.00 Early Rate

Register: <https://bfsconferences.regfox.com/bfs-dc-2019>

DCAC Fitness Education Conference Pre/Post Conference Workshops and Certifications

Thursday August 1, 2019 and Sunday August 4, 2019

103 Connected Warrior® Workshop with Judy Weaver

Thursday 8/1/19 5:00 p.m. - 9:00 p.m.

CEC's: 4.0 Yoga Alliance

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.

Cost: \$99.00

Register: <https://cvent.me/1yrlw>

***Schwinn® Cycling: Indoor Cycling Instructor Certification with Amy Dixon & Jeffrey Scott

Thursday 8/1/19 8:00 a.m. - 6:00 p.m.

CEC's: 0.8 ACE, 8.0 AFAA, 0.8 NASM

#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Get the tools you need to become a successful and sought-after instructor on any brand of bike in one power packed day. This critically acclaimed certification, based on the Schwinn® Cycling Coach's Pyramid™, allows you to work smart, break through, fill your room and shine in the studio.

Course also covers proper bike fit, cycling science, class design, music, communication skills & motivation techniques. Takeaways include:

- Power Music® Schwinn® Cycling Signature Music
- Eight complete class design plans
- A comprehensive manual and Certificate of Completion

Cost: \$235.00

Register: <https://corehandf.com/certifications/registration1/default/schwinn-indoor-cycling-training-program-10209.html?continent=north-america&country=usa&state=virginia>

*** SPINNING® Warrior Ride with Josh Taylor

Thursday 8/1/19 6:00 p.m. - 7:00 p.m.

CEC's: 1 SPIN®

Prepare for GLORY! As a true Warrior YOU are disciplined...YOU are fearless...YOU are tenacious...YOU are unbreakable. It's time to answer the Warrior's call to glory and join Josh Taylor for one of his legendary visually-based epic rides. In this titanic event you will rise above each challenge knowing that surrender is not an option...that retreat is not an option...and quitting is not in your blood. Together with a legion of powerful Warriors, YOU will ride into battle with the belief that strength comes from facing adversity and never giving up, and that life begins at the end of your comfort zone!

Cost: \$45.00 (15% discount for SPIN® members)

Register: <https://spinning.com/spinning-warrior-ride-reston-va-august-01-2019/> or call 800.847.SPIN (7746) / 310.823.7008

104 Vibe VI3 Certification - Next Level Recovery & Performance with David Mills

Thursday 8/1/19 8:30 a.m. - 3:30 p.m.

CEC's: ACE and NASM pending

Explore the parameters of movement and better understand the foundational elements. Learn the mechanical and neurological concepts related to muscle and fascia shortening, weakness, pain, and dysfunction. Learn how vibration and self-myofascial release can be utilized to affect muscle tone and length as well as influence other biological tissues. Learn to sequence vibration and self-myofascial release

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with isolated muscle and joint mobility and whole body integrative movement. Develop programs utilizing the VI3 System to correct joint and muscle imbalances and improve whole body function. Explore the benefits of the Hex Pro and the VI3 System and better understand their various applications.

Learning Objectives:

Self-Myofascial Release (SMR) and Vibration - The science and applications

Structural and neurological concepts of movement

How to balance asymmetries in the body

How to Improve joint mobility

The VI3 system

How to address chronic injuries

Pain management techniques

Preparation for sports performance and exercise

How to enhance muscle recovery

Cost: \$99.00

Register: <https://cvent.me/1yrlw>

105 WERQ Dance Fitness Instructor Certification with Haley Stone

Thursday 8/1/19 9:00 a.m. - 4:30 p.m.

CEC's: 8.0 AFAA CEUs, 0.8 NASM Credits, and 0.7 ACE CECs.

WERQ is the wildly addictive cardio dance workout based on trending pop and the hottest hip hop music. Artfully pre-designed for dance fitness instructors, WERQ pairs unique choreography with a science-based cueing method to make WERQ calorie-crushing and easy to follow. The WERQ Dance Fit Pro Certification course begins with a review and assessment of knowledge needed to teach a safe and effective dance fitness class. After experiencing a live WERQ class, the course will showcase the specific design of WERQ, it's choreography, and the The 3Q1 Method of cueing WERQ classes. Skills will be put into practice, so that each attendee leaves with the experience and tools to teach WERQ Dance Fitness classes.

Learning Objectives: Review the cardiovascular system, heart rate training, major muscles, movement patterns, and alignment. Experience a live WERQ class. Gain knowledge on the brain and nonverbal communication in order to teach rapid-fire dance fitness. Practice defining the cue for a move, layering dance steps for higher achievement, and modifying for all levels. Design the signature WERQ warmup and cooldown. Teach a practice demo.

Cost: \$229.00 by 6/30/19 / \$299.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

POST CONFERENCE COURSES

501 Adult CPR & AED Training: Two (2) Year Certification/Re-Certification Class with Know CPR

Saturday 8/3/19 6:30 p.m. - 8:30 p.m.

Renew your CPR certification quickly and easily on site at DCAC 2019! The newest CPR Guidelines will be taught by a certified and authorized CPR Instructor. This nationally-recognized program provides a two (2) year renewal certification for Adult Cardiopulmonary Resuscitation (CPR) and AED from the American Safety & Health Institute. Immediately upon successful completion of this training, participants will receive an American Safety & Health Institute course completion card with a suggested retraining date of two years. You must have current CPR certification or one that has recently expired in order to register.

Cost: \$45.00 per person (Special DCAC Rate, includes all fees, handouts and training)

Register: <https://cvent.me/1yrlw>

502 Aqua Yoga Strength Certificate with Lauren Eirk and Laurie Denomme

Sunday 8/4/19 9:00 a.m. - 3:00 p.m.

CEC's: AEA/AF 6.0, ACE pending, ATRI 6.0, Yoga Alliance pending

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Discover the power of pairing yoga and water exercises to improve strength and flexibility. Internationally known water exercise and yoga teachers, Laurie Denomme and Lauren Eirk, have teamed up to develop an aqua yoga program like no other. Their innovative approach explores familiar poses in new and challenging ways. In this course, you'll learn how to apply variable resistance to strengthen muscles without overstressing joints. Take home basic to advanced water yoga workouts for strength, flexibility, balance and cardiovascular function. If you're ready to build a stronger, more agile body in and out of the pool, this course is for you!

Take this course to learn:

1. Why a strength-focused yoga practice delivers flexibility the body craves.
2. Six yoga poses to identify and improve your active range of motion.
3. Joint-friendly and muscle-strengthening exercises for all fitness levels.
4. Coaching tips to help participants get more out of their yoga practice.
5. How to personalize group exercise using a six-directional movement formula.

Cost: \$99.00 by 6/30/19 / \$129.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

503 Barre Above® – Powered by Savvier Fitness® with Tricia Murphy-Madden

Sunday 8/4/19 9:00 a.m. - 5:00 p.m.

CEC's: SCW (12.0), AFAA (12.0), ACE (1.2), NASM (1.2)

Whether you currently teach barre, or are motivated to add this popular format to your repertoire, look no further than Barre Above®, one of the fastest growing barre programs in the country. Discover the essentials of barre and see how this dynamic and progressive method of training enhances strength, flexibility and balance. Watch your toolbox expand as you study and practice the progressions and regressions necessary to teach a fun, effective and efficient barre workout that is perfect for all fitness levels. Walk away with tips on how to implement, launch and run a successful and in-demand barre program that requires little to no equipment.

Certification includes:

Two electronic workouts

Print and electronic instructor manual

Instructor web membership

Equipment and apparel discounts

No licensing fees

Options for ongoing choreography

Cost: \$229.00 by 6/30/19 \$249.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

504 Cooking & Coaching Workshop with Bruce & Mindy Mylrea

Sunday 8/1/19 9:00 a.m. - 5:00 p.m.

CEC's: .9 ACE, 9.0 AFAA, 9.0 NASM

Eat well, feel well, live well. This is your opportunity to work side by side with Bruce and Mindy to harness the skills to master coaching and cooking the One Day to Wellness way. Uncover the secrets to buying, cooking, and eating simply delicious whole- food, plant-based meals. This hands-on implementation will cover breakfast, lunch, dinner, and snacks. Come hungry and ready to taste these foods as Bruce and Mindy will blow your mind and your taste buds. You will also walk away with a complete check list for spices, nutritional food profiles, and how to easily incorporate this way of cooking and eating into your busy lifestyle. Never go on a diet again. Sign up early as this day will sell out quickly!

Registration includes:

All recipes and worksheets

All delicious food included for Breakfast, Lunch, Dinner, and Snacks

Web site support

Tote bag and samples

SPACES LIMITED!

Cost: \$229.00 by 6/30/19 / \$299.00 after 6/30/19

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Register: <https://cvent.me/1yrlw>

505 FAI: Functional Aging Specialist Workshop with Dan Ritchie and Cody Sipe

Sunday 8/4/19 8:00 a.m. - 4:00 p.m.

CEC's: 0.8 ACE, 7.0 ACSM, 7.0 AFAA, 0.7 NASM

These one-day events are designed to complement the material delivered in the Functional Aging Specialist Certification Program and perfect for those that prefer to learn face to face and hands-on instruction of practical skills. Attendees will get complete access to all of the online material plus the benefit of learning skills personally from Dan and Cody. Following the workshop, attendees will be able to take the online exam to become fully certified.

Cost: \$249.00 by 6/30/19 / \$299.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

506 Funtensity™ Workshop with Jonathan Ross

Sunday 8/4/19 9:00 a.m. - 4:00 p.m.

CECS: ACE 0.6

Lose yourself in play to find yourself in fitness. Use the science of the brain to move the body in ways that bring enjoyment to exercise and enhance life. Transform the exercise experience for people who have trouble sticking with it. Discover creative strategies for integrating fun with intensity into exercises you already do in your training sessions and classes along with new moves to use reactivity, agility, coordination, and connectivity with others. Arrive with a purpose. Leave with a passion. Become a professional of fun. Intensity creates change of the body - fun creates change of the mind.

Cost: \$209.00 by 6/30/19 / \$259.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

507 Halo® Training: Building Intensive Interval Programs

Sunday 8/4/19 9:00 a.m.- 1:00 p.m.

CEC's: 0.4 STOTT PILATES CECS

The Halo® Trainer Plus, used alone or with a Stability Ball, is becoming a standard tool in strength and fitness training programs. Explore how the unique design of the Halo Trainer Plus adds another dimension in the creation of unique interval-style workouts. Discover how to identify efficient form, moving from complete stability to unidirectional instability to multidirectional instability, with the Halo Trainer Plus in a variety of configurations. Next, practice the suggested exercises in each interval, learning to progress or regress the exercises based on the client's fitness level. Ideas are shared on how to incorporate both timed and repetition-based intervals with active recovery between sets in a full workout. The addition of the Resistance Loop provides increased intensity and variety to the intervals.

Cost: \$149.00 by 6/30/19 / \$199.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

508 PIYO® LIVE Workshop with Becky Conser

Sunday 8/4/19 9:00 a.m. - 5:00 p.m.

CECS: ACE 0.7, AFAA 7.0, NASM 0.7

If you like to stretch and strengthen with yoga—but you love to MOVE—then you're meant to lead PiYo LIVE. PiYo LIVE features Pilates and yoga-inspired moves - accelerated - so you burn crazy calories. Using nothing but your own body weight, you'll perform a series of high-intensity, low-impact moves that will work every muscle. PiYo® LIVE Master Trainers will guide you through the training process. In addition, you are provided with information on how to build your business and create community within your classes all in this action packed, fun and sweat filled one-day Instructor workshop.

Cost: \$149.00

Register: <https://cvent.me/1yrlw>

509 Scoliosis, Stenosis, and Osteoporosis Workshop with Dr. Evan Osar

Sunday 8/4/19 8:00 a.m. - 12:00 noon

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CEC's: ACE 0.4, AFAA 4.0, NASM 0.4

Do you work with older clients that experience issues such as scoliosis, stenosis, and/or osteoporosis? Have you found it difficult to find information appropriate to training older clients with these conditions? Do you know what exercise are most appropriate to use as well as which ones to avoid in clients with scoliosis, stenosis, and/or osteoporosis? During this interactive workshop, you will learn about common back and spine issues affecting older individuals including scoliosis, spinal stenosis, and osteoporosis.

Additionally, you will discover how to easily assess and identify common contributors to your older client's tightness, discomfort, and loss of performance. You will discover the principles of the *Integrative Movement System Corrective Exercise Strategy*™ and how these principles - alignment, breathing and control - are instrumental in helping address your older client's posture and movement habits. You will leave this workshop intensive with the ability to develop the safest and most effective training programs for individuals experiencing scoliosis, spinal stenosis, and osteoporosis and progress them towards accomplishing their functional goals. **ONE DAY SPECIAL!!!**

Cost: \$107.00 (including Rollga) by 3/1/19 \$147.00 (no Rollga) after 3/1/19

Register: <https://cvent.me/1yrlw>

*** SPINNING® Instructor Certification with Carmen Diges

Sunday 8/4/19 8:00 a.m. - 5:00 p.m.

CEC's: ACE 0.8, AFAA 8.0, NASM 0.8

Spinning® Instructor Certification—the most comprehensive and widely recognized indoor cycling training program on the planet. This comprehensive live training day will give you all the hands-on tools you need to become a certified Spinning® instructor and lead your own classes in any of the 35,000+ Official Spinning® Facilities worldwide. When you sign up, we will ship you the Spinning® Instructor Manual for use as a reference, a digital preparatory study guide, and the online Spinning® Instructor Assessment. **Note: Shipping for the Instructor Manual is an additional fee, to allow you to choose between standard and expedited shipping.** Certification is achieved after completion of the live training day and passing of the online assessment, active for two years. Online assessment will be available for only 30 days after the live training day. Duration of the certification live training day is nine hours. Bring your gear and be ready for two Spinning® rides led by a Spinning® Master Instructor; the first ride will cover the application of proper form and technique while the second ride will weave in the Spinning® training Energy Zones™.

- Cycling biomechanics
- Bike setup and safety principles
- Coaching skills
- Crafting of class ride profiles
- Incorporation of heart rate training and the Spinning Energy Zones™
- Visualization techniques to complement the mind/body connection

The ride of your life starts here.™

Note: Heart Rate Monitor strongly recommended for this workshop

Enhance your Spinning® Certification process by including these online training videos to your study materials!

Your registration includes:

- Spinning® Instructor Manual (2nd Edition)
- Digital Preparatory Study Guide
- Certification Online Assessment
- Certificate of Attendance
- CEC's - please see above

Cost: \$355.00

Register: <https://spinning.com/spinning-instructor-certification-reston-va-august-04-2019/> or call 800.847.SPIN (7746) / 310.823.7008

511 STOTT PILATES® Pilates with Props, Levels 1 & 2

Sunday 8/4/19 2:00 p.m. 6:00 p.m.

CEC's: 0.4 STOTT PILATES CECS

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Add some interest to your Matwork routine with this innovative and upbeat mat-based workshop featuring exercises that increase in intensity and challenge. Learn to incorporate the Flex-Band® exerciser, Fitness Circle® resistance ring and Toning Balls® to create fun and invigorating classes. First-level exercises serve to develop core strength and stability while those in the second level focus on mobility and agility. These workouts, developed by the Merrithew™ team, provide tons of new material to inspire every client no matter what their fitness level.

Cost: \$149.00 by 6/30/19 / \$199.00 after 6/30/19

Register: <https://cvent.me/1yrlw>

*** STRONG by Zumba™ with Renee Pickett

Sunday 8/4/19 9:00 a.m. - 6:00 p.m.

CEC's: ACE and AFAA

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.

This course includes:

- Electronic Instructor Training Manual
- Training Recap Video - delivered digitally
- STRONG by Zumba™ My First Class™ - 60 minutes of music and moves, delivered digitally
- E-learning course with the foundational fitness moves and science behind the program
- Certificate of Completion
- BONUS - ongoing music and moves on ZIN NOW
- Fitness Certification Credits for Instructor Trainings - varies by country
- Fitness Certification Credits for E-Learning - varies by country
- ACE CEC's: E- Learning and AFAA CEU's: E- Learning
- FREE STRONG BY ZUMBA BAG

IF POSSIBLE, PLEASE BRING YOUR OWN MAT

SIGN UP FOR STRONG BY ZUMBA TRAINING AT 2019 THE DCAC AND GET \$25 DOLLARS DISCOUNT AND A FREE STRONG BY ZUMBA BAG!

Cost: \$225 (Use PROMO CODE: DCACSBZ25 to receive a \$25 discount.).

Register: https://strong.zumba.com/en-US/training/2019-08-04_SXZ_Reston_US_Zumba_Convention

512 Transform Step LIVE Workshop with Beachbody Master Trainer

Sunday 8/4/18 9:00 a.m. - 5:00 p.m.

CECS: ACE 0.7, AFAA 7.0, NASM 0.7

Transform Step LIVE is a revolutionary workout that reinvents what a “step” class is. In just 30 minutes, you will improve your cardio conditioning, develop better coordination and increase your power with this workout that is truly accessible to the “average joe” class goer. This workout is fun, rhythmic and addictive, and the dynamic playlist keeps the energy high. This is not your mama’s step class - it’s time to Step Up!

Cost: \$149.00

Register: <https://cvent.me/1yrlw>

***ZUMBA® Basic 1 Training with April Smith

Sunday 8/4/19 9:00 a.m. - 6:00 p.m.

CEC's: ACE and AFAA

What to Expect

- Learn how to teach the basic steps to the four Zumba® core rhythms: Merengue, Salsa, Cumbia, and Reggaeton.

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- Using the Zumba® formula, learn how to identify different parts of a song and apply the basic steps to build an effective Zumba class.
 - Practice live with a Zumba Education Specialist to gain confidence to teach sooner.
 - Receive your license to begin teaching Zumba® classes immediately.
 - Get access to even more tools to help you start teaching faster and changing lives sooner.
 - Get the opportunity to receive monthly choreo and music + ongoing support.
- Included with Session
- Electronic Instructor Manual
 - Certificate of Completion
 - Fitness Certification Credits (varies by country)
 - Online Videos to Review Basic Steps
 - **SIGN UP FOR ZUMBA BASIC 1 TRAINING AT 2019 DCAC AND GET \$25 DOLLARS DISCOUNT AND A FREE ZUMBA BAG!**

Cost: \$225 (Use PROMO CODE: DCAC25 to receive a \$25 discount)

Register: https://www.zumba.com/en-US/training/2019-08-04_B1_Reston_US_Zumba_Convention