

THURSDAY 08/06/20

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

Thursday 8/6/20 6:00 p.m. - 8:00 p.m.

Renew your CPR certification quickly and easily on site at DCAC 2020! 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/Yg1810>

FRIDAY 08/07/20

402 YogaFit® For Warriors (PTSD) with Shaye Molendyke

Friday 8/7/20 8:00 a.m. - 5:00 p.m. and Saturday 8/8/20 8:00 a.m. - 5:00 p.m.

CEC's: 1.6 ACE, 16 Yoga Alliance, 4 canfitpro

This trauma-sensitive yoga workshop zeros in on Post-Traumatic Stress Disorder (PTSD) and Trauma Brain Injury (TBI), the long-term effects each one has on the mind, body, and spirit, and how yoga can bring relief. Anyone suffering from trauma—military men and women, and their families; first responders; victims of violence or abuse—as well as the mental health professionals working with them will benefit from this two-day intensive.

Note: YogaFit for Warriors intensive training hours count as an elective either for the 200-hour or the 300-hour training, but not both. This two-day workshop also counts toward YogaFit for Warriors 100- and 140-hour certifications as well as YogaFit Healthcare 900-hour certification.

Cost: \$399.00 before 07/06/20 / \$450.00 after 07/06/20

Register: <https://www.yogafit.com/find-yoga-teacher-training/yogafit-for-warriors-ptsd-Reston-VA-4087/>

SATURDAY 08/08/20

403 ZUMBA® BASIC 1 Training with April Smith

Saturday 8/8/20 9:00 a.m. - 6:00 p.m. (*registration begins at 8:00am*)

CEC's: ACE and AFAA

This training is the first step to becoming a Zumba® Instructor, and it teaches you the foundation and formula to teach Zumba® classes!

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

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

DCAC Fitness Education Specialty Course Descriptions * August 6-9, 2020

ACE CEC's
AFAA CEU's

SIGN UP FOR ZUMBA BASIC 1 TRAINING AT 2020 DCAC AND GET \$25 DOLLARS DISCOUNT AND A FREE SMALL GIFT WITH REGISTRATION!

Cost: \$225.00 Registration Fee (Use PROMO CODE: DCAC25 to receive a \$25 discount.).

Register: https://www.zumba.com/en-US/training/2020-08-08_B1_Reston_US_Zumba_Convention

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

Saturday 8/8/20 6:00 p.m. - 8:00 p.m.

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

Register: <https://cvent.me/Yg18l0>

SUNDAY 08/09/20

405 Acquapole® Trainer Jumpstart Andrea Velazquez & Jeannie Brown-Johnson

Sunday 8/9/20 8:00 a.m. - 5:00 p.m.

CEC's: 12 AEA

The Acquapole® Trainer Jumpstart program is for new instructors which are participating in a live conference event certification event. This course combines the theory elements of the TONE and BOXING classes. Theoretical examination completion is required before attending the live event. At the live event the students will be provided with one hour refresher lecture of the Acquapole® holds, punches and positions. The Master Trainer will follow with a 45 minute pool time master class - 30 minutes of Tone and 15 minutes of Boxing. Practical evaluations will be conducted by the Master Trainer at the live post-conference event. Each new instructor is required to lead a 15 minute Tone class and a 10 minute boxing class on deck using the information provided in the online course. 12 CEU units provided for AEA

Cost: \$235.00

Register: <https://indigoaquatics.com/event/dcac2020/>

406 The Active Aging Blueprint for Improving Posture, Balance, and Walking with Dr. Evan Osar

Sunday 8/9/20 8:00 a.m. - 12:00 p.m.

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

If you work with the Actively Aging clientele - baby boomers and seniors - you recognize that osteoarthritis, joint replacements, and balance/walking issues severely impact their quality of life as well as overall health. In this interactive session, you will discover the 3 most common reasons for joint, balance, and walking issues in older adults. You will discover the 3 best assessments and 3 most effective corrective exercises for improving stability, mobility, and balance in your clients with osteoarthritis, joint replacements, and balance issues. Additionally, you will learn the 3 most effective strengthening exercises and progressions for the hip, knee, and foot. You will leave this session with the ability to create both immediate and long-term changes in your client's posture, balance, and walking.

Learning Objectives

After attending this session, participants will be able to:

- describe the functional anatomy, biomechanics, and motor control of the lower extremity
- understand the three most common causes of hip, knee and foot issues in the active aging population

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- demonstrate how to use the three most effective assessments to identify suboptimal stability and mobility strategies
- apply the 3 most effective corrective exercises for improving mobility and stability of the hip, knee, and foot
- progress and regress their client accordingly
- apply this knowledge to create an integrated strength training program for clients with hip, knee, and foot issues

Requirements

- Workout clothes
- Yoga mat and resistance band (loop band for around leg)

Cost: \$147.00 Before 06/30/20 / \$197.00 After 06/30/20

Register: <https://cvent.me/Yg1810>

**407 Barre Above® – Powered by Savvier Fitness® with Tricia Murphy Madden and Lauren George
Sunday 08/09/20 8:00 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 06/30/20 \$249.00 after 06/30/20

Register: <https://cvent.me/Yg1810>

408 Chair One Fitness Instructor Training with Alexis Perkins

Sunday 04/05/20 8:00 a.m. - 5:00 p.m.

CEC's: 8.0 AFAA, 0.8 NASM, 8.0 NCTRC, 8.0 NCCAP

Chair One Fitness is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, or suffering from obesity. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery. This program was designed to deliver a fun interactive workout that uplifts people while providing a total body workout. This one-day training will give you all the tools to instruct a wonderful chair exercise class with great music to senior citizens, people with developmental disabilities, balance deficits, go through physical therapy, and MORE!

Cost: \$175.00 by 06/30/20 \$195.00 after 06/30/20

Register: <https://cvent.me/Yg1810>

409 Extreme HIIT Chaos™ Instructor Training Powered by Savvier Fitness® with Mindy Mylrea

Sunday 04/05/20 8:00 a.m. - 5:00 p.m.

CEC's: 0.8 ACE, 8 AFAA, 0.8 NASM

Prepare yourself for an extreme calorie burning, muscle stimulating, high intensity experience. Based on the latest research, you'll learn how methodically varying your HIIT workouts (i.e. randomizing exercises, work to rest ratios and intensities) transforms both mind and body in a brand new way. We'll unpack the HIIT science and give you an easy to follow systematic method for stacking HIIT sequences (i.e. how to create controlled chaos) and utilize real-time feedback to keep your students in their optimum training zones. Get ready to bring home a fresh and modern method of teaching to all fitness levels and a seamless system for cueing form and progressions that positions you as the Coordinator of Chaos. Show your students that when you train in chaos, you're prepared for anything.

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Certification includes:

- Extreme Chaos instructors manual
- CEC certificate
- Certificate of Completion and CECs as follows: 0.8 ACE, 8 AFAA, 0.8 NASM

Cost: \$229.00 by 06/30/20 \$249.00 after 06/30/20

Register: <https://cvent.me/Yg1810>

410 Functional Aging Specialist Workshop with Dan Ritchie

Sunday 8/9/20 8:00 a.m. - 5:00 p.m.

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

The rapid growth of the age 50+ population presents unprecedented opportunity for fitness professionals who understand how to train these clients effectively. This interactive workshop and innovative certification program will teach you the skills necessary to implement functional training techniques, strategies and movements that are important to your aging clientele. Whether you conduct private trainings, small-group trainings or group fitness classes, the techniques learned here will serve you and your clients for years to come.

Note: Upon registering for the workshop, you'll be given access to 12 online manuals and 22 videos, the entire FAS online certification (value \$399). You are encouraged to review some materials prior to the workshop. At the end of the workshop, you'll be ready to take an online exam to earn the certification.

You'll learn how to:

- Properly assess the functional abilities of older clients.
- Design a safe and effective functional exercise program for low-, moderate- and high-functioning clients.
- Utilize balance-specific assessments and training strategies to improve balance and reduce fall risk.

Cost: \$199.00 before 06/30/20 / \$249.00 after 06/30/20

Register: <https://cvent.me/Yg1810>

411 Functional Flexibility Fascial Fitness for the Active Aging by I am Ageless Now™ with Leslee Bender

Sunday 08/05/20 8:00 a.m. - 5:00 p.m.

CEC's: 0.8 ACE, 8.0 AFAA

"I Am Ageless Now" is a program specifically designed to provide the strategies and techniques for people to live pain free, with vitality and the ability to be active, no matter what age they are. With millions of active aging individuals, people need to know how to train with no pain! Clients want to stay ageless! Our coaches will learn to offer sessions that are science-based and approachable, featuring mindful movement and motivational techniques utilizing Rollga™, Bender Ball™, therapy ball, tubing and Gliding™. Leave understanding the complexity and importance fascia plays in all exercises.

This method was created by Leslee Bender, international speaker, author and creator of the Bender Ball. In training your staff as I Am Ageless Now coaches, Leslee will provide the tools and information you need to help your clients improve joint mobility and stability. This session bridges the gap between therapy and fitness, exploring many options to keep clients young and active and injury free.

Leslee will specifically teach I Am Ageless Now Coaches to:

- Understand training the fascial lines and their relationship to the planes of motion and gravity.
- Utilize methods that improve the integrity of movement, joint stability, and mobility.
- Determine how postural issues affect movement quality and how to give specific exercises that will enable guests to move more efficiently.
- Be able to give an assessment that clients will also understand and benefit from.
- Gain the strategies and techniques to train for functional life.
- Experience many aspects of staying ageless from specific movement and exercise techniques to motivational cueing and mantras that work.
- Understand how the planes of motion dictate a chain reaction on the body and how this affects the facial lines.
- Explore why fascia facilitates energy and how the muscles transmit force.

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- Why massage and movement are the necessary combination to increase strength and flexibility.
- Learn how with each exercise there is specific cueing for alignment integrity for the joints.

What is included in this training?

- Training manual
- Bender Ball
- Trainers trained by Leslee Bender; 7 hour training program
- CEC's ACE AFAA NASM

Cost: \$229.00 before 06/30/20 / \$269.00 after 06/30/20

Register: <https://cvent.me/Yg1810>

412 Schwinn® Indoor Cycling Instructor Certification with Robert Sherman and Francesca Kerr

Sunday 08/05/20 8:00 a.m. - 5:00 p.m.

CEC's: 0.8 ACE, 7.0 ACSM, 0.8 NASM, .0 AFAA

#RideRight anywhere & everywhere with the industry's most up to date, respected and progressive indoor cycling instructor training course. Experience the AC Power Bike and accurate power provided by the 4iii Powermeter! 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: \$200.00 Before 06/30/20 / \$250.00 After 06/30/20

Register: <https://cvent.me/Yg1810>

413 StairMaster® REAL SMART HIIT INSTRUCTOR CERTIFICATION with Sonja Friend-Uhl

Sunday 08/05/20 8:00 a.m. - 12:00 p.m.

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

The benefits of cardio and high intensity training are as diverse as they are conclusive, and span the entire continuum of health, fitness and performance. HIIT Just Got Real by StairMaster offers an easy to follow system, comprised of interval training protocols that can be mixed and matched on a variety of equipment. Simple execution and scientifically sound programming provide maximum impact on your small group training program for ultimate member engagement. HIIT MIX can be scaled up or down to suit the participant, space and available equipment options.

Cost: \$139.00 before 06/30/20 / \$159.00 after 06/30/20

Register: <https://cvent.me/Yg1810>

414 Strong by ZUMBA® Training with Ricardo Alas

Sunday 8/9/20 9:00 a.m. - 6:00 p.m. (*registration begins at 8:00am*)

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

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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 SMALL GIFT WITH THE REGISTRATION
IF POSSIBLE, PLEASE BRING YOUR OWN MAT

Cost: \$275.00 Registration Fee (Use PROMO CODE: DCAC50 to receive a \$50 discount.)

Register: https://strong.zumba.com/en-US/training/2020-08-09_SXZ_Reston_US_Zumba_Convention

415 Wavemakers® 2020 LIVE with Laurie Denomme

Sunday 8/9/20 9:00 a.m. - 1:30 p.m.

CEC's: 4.0 ACE PENDING, 4.0 AEA, 4.0 ARTHRITIS FOUNDATION, 4.0 ATRI

Think beyond a workout. Wavemakers LIVE will change what you know about water exercise. Experience an innovative, engaging and proven curriculum that delivers lasting results. 2020 LIVE reveals S.A.F.E. practices of international brand Wavemakers® developed in collaboration with seven industry pioneers and trusted world leaders. This rare interactive session brings together professionals and participants to learn and practice four critical factors that will immediately improve results of any workout and change how you do water exercise - forever!

Cost: \$99.00

Register: <https://cvent.me/Yg18l0>

416 YogaMedCo™ Workplace Well-Being Certification with Dr. Suzie Carmack and Dr. Lisa Clow

Sunday 8/9/20 9:00 a.m. - 6:00 p.m.

Pre-requisite: completion of online training and review of downloadable well-being program resources prior to live workshop and test-out

Learn how to coach your clients to well-being with YogaMedCo™! You'll learn how to infuse your cueing and communication skills with the science of coaching, so you can seamlessly blend talk- and movement-based coaching techniques into one inspiring and holistic experience. As a YogaMedCo™ certified coach, you'll be "om-powered" with all of the tools, skills, and techniques you need to motivate your clients to live more healthy and happy lives off of the mat, and to optimize their yoga practice experience on the mat. When you register for this DCAC certification, you'll receive IMMEDIATE access to YogaMedCo™'s online prep course and secure your slot for the 4-Hour DCAC Post Conference training. Your comprehensive tuition fee includes: 7 hours of self-paced online training (video lectures, downloads and practice activities); 5 hours of self-paced online yoga practices for the mat and the chair (so you'll know how to coach clients in studio, gym, office and school settings); a 2 hour live master class and workshop (at DCAC); a 2 hour coaching lab with feedback on your coaching; a comprehensive training manual; and certification test out (at DCAC). (Please note: trainees who seek Yoga Coach certification with YogaMedCo™ who cannot attend the live workshop at DCAC, can choose our online test-out option and have their coaching reviewed through video submission).

Use Code DCAC100 to get the show rate of \$197.00

Cost: \$197.00 Before 6/30/20 / \$297.00 After 6/30/20

Register: <https://www.yogamedco.com/become-a-workplace-well-being-coach.html>