

## DCAC Fitness Education Conference Descriptions \* August 7-9, 2020

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

### Group 1: Friday 8/7/20 7:00 am - 9:00 am

#### **201 Schwinn Cycling® Presents: Motosumo - Be the Vibe Master with Mindy Mylrea**

**Workshop:** CY

All hail the noble instructor! The ultimate motivator. The master of good vibes. We tip our hats to you! We know that the perfect cycle class doesn't just happen by itself. Join us to experience the Motosumo App, a tool designed to keep everyone in your classes, engaged, pumped up and motivated.

#### **202 Welcome to the Jungle (Gym). Optimizing the HIIT Experience with Pete McCall**

**Workshop:** GE, PT

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

#### **203 Elite HIIT Training with Tricia Murphy Madden**

**Workshop:** GE, MB, PT

High Intensity Interval Training (HIIT) continues to dominate the fitness market place by focusing on fast and furious workouts where participants experience results-based training. But navigating HIIT protocols requires a working knowledge of kinesiology as well as an understanding of sustainable and scalable movement selection for a global population. This workshop will guide the fitness professional in the exploration of safe and effective time-based, HIIT protocols with expert coaching cues that are inclusive for all fitness levels.

#### **204 FitSteps™ Boomers, Ballroom, and Broadway with Jessica Maurer**

**Workshop:** GE

In this fun and energetic cardio dance session, you will experience the graceful steps of Ballroom dance mixed with the cheeky choreography of Broadway dance genres. From the slow-moving waltz to the up-tempo disco, these nostalgic dances will leave your boomers feeling successful, sweaty, and excited for more. The easy-to-follow FitSteps methodology will have you dancing (like the stars) in no time! This choreography can be used in any of your classes with no licensing fees or additional monthly subscription fees.

#### **205 TD's "Get Your Mind Right" Workout! with Todd Durkin**

**Workshop:** GE, MB, PT

Looking for a serious jolt of energy, motivation, and inspiration? This is the session for you! Industry icon Todd Durkin will coach you through an epic workout experience that's guaranteed to get your mind right. You'll laugh,

smile, and sweat while digging deep into one of the most motivating and inspirational atmospheres of all time. The music, programming, and energy that Todd brings will empower your body, mind, and soul for months to come. Don't miss this session—it will help you find your inner greatness!!!

#### **206 TRX® Suspension Training: The Basics with Brandon Wagner**

**Workshop:** GE, MB, PT

The basic skills you need to understand Suspension Training® fundamentals and use TRX® Suspension Trainer™ with your clients as well as in your own training. TRX Trainer Basics teaches you how to incorporate TRX Suspension Training into your practice to give your clients the kind of results that will keep them coming back for more.

#### **207 I Am Ageless Now™: The Workout with Leslee Bender**

**Workshop:** GE, MB, PT

Are you ready to defy aging? Then this session is a must to experience and understand how to train to be out of pain and have a body that will last and perform as it is meant to. You will learn the techniques of myofascial release and movement combined in a specific strategy that improves flexibility, mobility and strength. Learn how to give your clients the self-assessment test to find out where they need to improve to unlock any dysfunctions that are inhibiting them and or causing pain.

- Discover how you can have a completely healthy body at any age
- Experience a way to train functionally for all activities in life

#### **208 Welcome to the YogaMedCo™ Method! A Vinyasa Yoga Master Class & Meditation with Dr. Suzie Carmack**

**Workshop:** GE, MB

Start your conference experience feeling a more compassionate connection between your mind, body and life! Discover why thousands of people worldwide are practicing the YogaMedCo™ Method -- and how it brings the practices of yoga, coaching and lifestyle medicine together. In this multi-level master class with YogaMedCo™ founder and long-time DCAC trainer Dr. Suzie Carmack, you'll get an experiential introduction to the YogaMedCo™ teaching, choreography and cueing methods, which will transform the way you design and deliver yoga classes to yourself and your clients. This session includes a 1-hour multi-level YogaMedCo™ vinyasa practice with a 20-minute restorative meditation through the chakras. You'll end the session with a team-based intention setting workshop, so you can start your conference free of mindset blocks and ready for joy! All session participants will gain exclusive access to a free YogaMedCo™ online master class series so you can continue your YogaMedCo™ practice at home (for session attendees

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only). You'll also receive an exclusive discount off of all YogaMedCo™ coach and teacher training programs.

### **209 Balance, Breath, and Brain Health with Dr. Evan Osar** **Workshop: GE, MB, PT, S**

Chronic tightness, discomfort, and decreased balance are common issues associated with the older adult population. Additionally, cognitive decline is a rapidly growing concern and reality for many older adults. Underlying these issues are suboptimal breathing, balance, and exercise strategies. Unfortunately, strengthening approaches that omit breath, balance, and brain training can often perpetuate rather than help these issues. During this interactive workshop, you'll discover how breath, balance, and brain health impact posture, ROM, and performance. Additionally, you'll discover how to seamlessly integrate breathing, balance, and brain training into your warm-ups, strengthening, and cool-down sessions. Understanding and implementing this information will enable you to confidently help more of your older clients and distinguish yourself in your area with the active aging population.

#### **Learning Objectives**

After attending this session, participants will be able to:

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

### **210 Advanced Classical Pilates Mat with Connie Borho** **Workshop: GE, MB**

Experience the fluidity of the Classical Pilates mat repertoire along with both the transitions that create flow and musicality and the deep connections that ensure progression and healthy movement patterns. With the addition of archival exercises and breathing mastery, this workshop will be sure to challenge body, mind, and spirit!

### **211 Fast, Fun, Fabulous-For-You Food with Teri Gentes** **Lecture: AQ, GE, MB, PT, S**

This session is all about seeing and sampling the easiest, quickest breakfast, lunch, dinner and snack prep. Minimal ingredients, delicious meals, easy prep and a max dose of plant strong, whole foods! Come to love eating great with ideas that don't even need a recipe and take home great ideas you can use everyday and impress clients with. Teri Gentes, whole-self health expert and whole-food nutritionist takes you into her world of eating fabulous food without fuss.

### **212 Acquapole® Fitness with Andrea Velazquez & Jeannie Brown-Johnson**

#### **Workshop: AQ**

Not your typical water workout class! Experience aquatic fitness like never before with an Acquapole® class. Allowing maximum freedom in the water with over 150 possible movements, Acquapole® will take your water workout to the next level with high intensity ab, upper and lower body training. Get ready to tone, burn fat and have a blast.

#### **Group 2: Friday 8/7/20 9:30 am - 11:00 am**

### **213 Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Jenn Hogg**

#### **Workshop: CY**

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

### **214 Does Size Really Matter? with Pete McCall**

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

Muscle is comprised of two types of tissue: the contractile element of protein myofilaments and the elastic component of fascia. Traditional exercise programs often focus on the contractile element and overlook the fascia; this session will cover the science of muscle growth so that you leave with program design strategies that can both strengthen the fascia as well as increase muscle size.

#### **Learning Objectives:**

1. Explain the difference between the contractile element and the elastic component of muscle tissue.
2. Explain how muscles function to store and release mechanical energy.
3. Identify effective training strategies to improve the elasticity and resiliency of fascia.
4. Design an exercise program to improve both muscle force output and elastic response.

### **215 Resist-Dance Fueled by Stroops® with Carolyn Erickson**

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

Challenge yourself in a fun, simply choreographed class where dance movements are made even better with bands! Experience this dance format that incorporates functional training, resistance bands, and the best beats!! Bring your personality and elevate your dance classes so everyone in your class feels like a rock star!

### **216 LaBlast®: Ballroom Fitness Using PATTERNography with Louis Van Amstel**

#### **Workshop: GE**

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LaBlast's easy-to-follow formula of interchangeable patterns (PATTERNography) is changing the way both instructors and participants look at their workout by allowing them to get more involved physically, mentally and emotionally. Why spend time worrying about steps or memorizing long routines when you can be applying that energy to movement, i.e. working harder, smarter and burning more calories?!

### **217 CARDIO YOGA™: YOGA FOCUS with Stacey Lei Krauss** **Workshop: GE, MB**

CARDIO YOGA™ is a sweat-drenched, mind-altering movement experience that allows you to reach a euphoric endorphin high! Infused with scientific "Power Posturing" and based in rhythmic flow, you can expect a barefoot, signature-series designed to tone, strengthen and lengthen your body. Plan for an emotional voyage... engineered for you to break through your emotional obstacles while reaching for your highest aspirations. This is an exercise solution for the yogi who needs to incorporate more cardio into her wellness routine.

### **218 Mini-band Maniac with Abbie Appel**

**Workshop: GE, MB,**

Discover how this incredible, inexpensive, core-activator will transform your workouts and bring new dimension to your lower body strength programming. Utilizing the mini-bands, master ten new movement progressions that can add challenge to any multi-level group conditioning class. Abbie will share the latest research on activation techniques using rubber resistance and cover the many non-traditional methods to employ the ever-versatile mini-band.

### **219 Hands On Stretching (The Bannister Method™) with Gail Bannister Munn**

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

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

### **220 Taking Yoga Where it Isn't with Denise Druce**

**Workshop: GE**

Mindfulness for prisoners? Yoga classes for teens in recovery? Mindful Exercise for at-risk youth? Through our non-profit Yoga Forward, we began taking yoga into underserved populations, and now are finding great need (and resources) to expand our services. This session will help you connect with the populations you want to serve, and show you how to find the resources to fund your services!

### **221 FAI®: Balance Training Games and Circuits with Dan Ritchie**

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

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

### **222 Functional Pilates with Helen Vanderburg**

**Workshop: GE, MB, PT**

Functional Training continues to be a top trend in the fitness industry. Discover how Pilates based techniques can enhance your functional training methods. Built on a solid foundation of science and movement mechanics, you will acquire necessary strategies and techniques to develop functional movement programs for your clients. Explore functional and applied movement principles and assess movement patterns that create conscious movement habits for effective results in everyday life and high performance.

### **223 Cannabis Fundamentals with Bruce & Mindy Mylrea**

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

Δ9-THC, CBD, CBG, CBN, THC, THVC, CBA, THCa, what are we to make of the Cannabis explosion? This comprehensive lecture will give you the tools you need to make safe sense of what works, what doesn't, and the science behind all of it. We will dissect the latest research behind CBD, THC, vaping and the rest for both medical applications and recreational use of cannabis and it's derivatives. Don't be fooled by marketing hype and sales tactics. Make sure you understand what is true and what is hype in this crazy new arena.

### **224 Wavemakers® Changing Water Exercise with Laurie Denomme**

**Workshop: AQ**

Change what you know about water exercise. This session explores two cornerstone practices of the international brand Wavemakers®. Experience first-hand why this proven curriculum should be your new standard for water exercise design and delivery.

## **Group 3: Friday 8/7/20 11:30 am - 1:00 pm**

### **225 Schwinn® Cycling: Ride or Die: Killer Vibe to Connect with your Tribe - Denise Druce**

**Workshop: CY**

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

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### **226 Purpose NOT Circus - Legit HIIT with Jenn Hogg** **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.

### **227 50 Ways to Leave your Core Lovers Wanting You More Powered by Savvier Fitness® with Mindy Mylrea and 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.

### **228 Jungshin Combat® Long Sword with Annika Kahn** **Workshop: GE, MB**

Sword sparring is ideal for small group and PT training. Sword combat includes the study and practice of offensive, defensive, and neutral ways of being. In Jungshin we use sword sparring techniques to practice how we present ourselves in the world. Every stance tells a story and every stance has an attitude or Psychology associated with it. This session is about play, combat, and increasing your own personal programming using Jungshin Combat.

### **229 World Class Coaching—7 Things the BEST Trainer & Coaches on the Planet Do! with Todd Durkin** **Workshop: AQ, GE, MB, PT, S**

All trainers want to be successful. They want to maximize their impact in their studio/club, in their communities, and scale their message to impact the universe. There are “7” universal MUST-DO’s if you want to achieve ultimate success and significance. In this session, world renowned coach Todd Durkin reveals details of the seven things you MUST do to be a great coach. In addition, he will then coach you through an inspiring workout demonstrating the “7 Things” so you can experience world-class first-hand. Get ready to take your training game to the next-level in this session;

you’re about to experience what the BEST of the BEST do to create success in business and life.

### **230 TriggerPoint® Assessments to Performance: Mobility as the Foundation for Function with Brandon Wagner** **Workshop: GE, MB, PT**

In this session you will be introduced to some foundational concepts of human movement as well as basic science and anatomy. These concepts will help you properly assess, design and implement an effective foam rolling program for each client. Learn and practice some easy to use assessments as well as foam rolling techniques.

### **231 RumbleRoller® Group Exercise Flow with Brian Bettendorf** **Workshop: GE, MB, PT**

Experience a full-body foam rolling and stretching routine that’s adaptable to a wide range of users to get people to feel and move better. While it’s common to see foam rolling and mobility training performed as part of a personal training session, it’s not often that you see it used within group exercise.

### **232 Bodyweight Barre with Abbie Appel** **Workshop: GE, MB, PT**

Slide into plies, scales and tendus with this exciting Barre-based workout that incorporates one piece of equipment, gliders. With a variety of dynamic exercises for upper body, lower body and core. Discover how gliders can enhance creativity and effectiveness of standard Barre movements. Experience Barre on a whole new level!

### **233 Got Older Clients with Shoulder and Neck Issues? Do this! with Dr. Evan Osar (ends at 1:30pm)** **Workshop: GE, MB, PT, S**

The forward head and shoulder posture create a host of issues for the older adult population including limited ROM, decreased strength, as well as chronic tension and discomfort. Unfortunately, common strengthening approaches often perpetuate rather than help these issues. During this interactive session, you’ll discover the single-most common underlying and underappreciated factor contributing to chronic shoulder and neck issues. You will discover how to utilize 3 simple assessments and a super easy-to-implement strengthening strategy to improve posture as well as shoulder mobility and stability. You’ll leave this session understanding how to program corrective exercises, functional exercise progressions as well regressions for clients of all levels.

#### **Learning Objectives**

After attending this session, participants will be able to:

- describe the mechanisms that underly the development of the forward shoulder and neck in the active aging population



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- demonstrate how to use the most effective assessments and corrective exercises to improve mobility and stability of the shoulder and neck
- apply this knowledge to create an integrated strength training program for clients with shoulder and neck issues

### **234 Micro-Pilates: Fundamental Movement with Connie Borho**

**Workshop: GE, MB**

Healthy body mechanics require properly initiated movement, support and balanced flexibility from the correct muscles along with sequential firing patterns. Healthy movement patterns link these micro movements, The Fundamentals, together to form a chain that creates each Pilates exercise. Discover how to teach Fundamentals in order to problem-solve faulty movement patterns, cultivate mind/body connection, and stabilize for peak performance. Experience micro movements that will increase strength and efficiency, while decreasing injury potentials.

### **235 Movement Coaching for Parkinson's with Jeanmarie Scordino**

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

Learn how to facilitate interactive movement coaching sessions. Explore how to use proven strategies that tap into the neurological system and improve movement quality, efficiency and resilience. Help changes stick by giving clients homework to get excited about.

### **236 Liquid Gym Jump with Andrea Velazquez & Jeannie Brown-Johnson**

**Workshop: AQ**

Jump is an innovative variation to the aqua step routines. This workout is high intensity, energetic program that utilizes specially designed aquatic trampolines to give you a high-intensity workout with ZERO impact on the joints. Let's kickstart the lymphatic system, helping to detoxify and energize your whole body.

**Group 4: Friday 8/7/20 2:00 pm - 4:00 pm**

### **237 Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Helen Vanderburg**

**Workshop: CY**

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

### **238 HIIT The Cycle - Solid Work in all Zones with Pete McCall**

**Workshop: GE, PT**

A little bit goes a LONG way when it comes to TRUE HIIT. It's the INTENSITY of a workout, not duration that produces results and NOT every interval needs to be at high intensity for an effective workout. Learn how to play with the intensity zones and cushion the intervals for effective work that works every time.

### **239 Creating Ingenious Circuits by Stroops® with Aly Purdy**

**Workshop: GE, PT**

Join Aly as she reveals a whole new concept of circuit training that includes Pilates, Barre moves, HIT, Muscular Fitness, Core work, Yoga and more. Now is your chance to learn what makes these elastic bands and anchors so unique and versatile and see why everyone uses these multi-modality tools everywhere in their clubs.

### **240 Step It Up! with Gail Bannister-Munn**

**Workshop: GE**

Let's combine your creative sense of style with expressive feel good combinations. This workshop introduces choreography from familiar base movements, and then moves through layering of combinations to challenge your desired complexity. Creative footwork, directional changes, and unexpected rhythms are only fun if you figure out how best to teach them. These workouts will open doors to unlimited creative potential.

### **241 All Time HIITs with Abbie Appel**

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

AMRAP, EMOM, Tabata....another language? No, all killer HIIT timing protocols commonly used to add dimension to our training routine and our conditioning classes. In this session, identify and breakdown traditional work to rest ratios, to effectively train all of our clients. Discover the true qualities of HIIT and why recovery, passive and active, are equally as important as the work. Walk away with 4 different HIIT timing challenges that can be taught alone or mixed-and-matched to maximize workouts.

### **242 Aerobics is Back! Bigger, Better, HIGHer! with Lindsay Carver and Melissa Zurcher**

**Workshop: GE**

High Fitness is a hardcore, fun group fitness class that has brought old school aerobics back and taken it to the next level with modern fitness techniques. High Fitness combines modern fitness techniques such as plyometrics and HIIT with popular music from all genres that we know and love. You can take it High or you can take it low with modifications but you will always finish on a HIGH. We guarantee your participants will LOVE the energy, the motivation and the community. So come, try it, fall in love

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with it and along the way you will find your TRIBE of other High Fitness instructors and participants who have joined the newest fitness craze along!

### **243 POUND.ROCKOUT.WORKOUT. with Amanda Schmidt** **Workshop: GE**

Unleash your inner rockstar in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, whether you're a conditioned athlete or a beginner, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out! Using Ripstix® lightly weighted exercise drumsticks, participants will learn how to transform drumming into an incredibly effective way of working out. In addition to providing a challenging way to train the body, participants will learn how POUND promotes positive mood, elicits confidence, enhances unity, and ultimately, inspires positive action in life. Participants will leave this session with an understanding of POUND's effect on the mind, body, and inner rockstar.

### **244 Yoga Coaching: How to Move Your Classes and Clients From Overwhelm to Joy with Dr. Suzie Carmack** **Workshop: GE, MB**

You love cueing your classes and clients to move their bodies well. But do you know how to co-create an inspiring class experience that moves their mindsets out of overwhelm, and brings their lives back to joy? In this YogaMedCo™ session led by founder and master coach Dr. Suzie Carmack, you'll learn how to cue more strategically and effectively using her evidence-based YogaMedCo™ coaching method. This session includes a 1-hour multi-level YogaMedCo™ Yoga class, an interactive coaching exercise with fellow participants, and exclusive access to a free online YogaMedCo™ online course (for session attendees only). You'll also receive an exclusive discount off of all YogaMedCo™ coach and teacher training programs.

### **245 FAI@: Build a Training Studio to 100 clients in 6 Months or Less with Dan Ritchie** **Workshop: GE, MB, PT, S**

Have you been thinking about opening a studio but keep putting it off? What if you could open for less than \$10,000 and have 100 clients and over 20,000/month in revenue in 6 months? Learn the roadmap you can follow. Your studio is already open? Then this session will give you 3 ways to jumpstart your business again.

### **246 Brain Balance Link: The Secret to Movement Longevity with Dr. Emily Splichal** **Workshop: GE, MB, PT**

As we age, the #1 concern is reducing falls, optimizing gait and ensuring movement longevity. Join Dr. Splichal as she explores how the brain sees movement and processes

sensory stimulation for stabilization. Explore topics such as eye movement exercises, dual tasking and haptic optimization, and experience sensory sequencing that challenges both proprioceptive and cognitive skill sets.

### **247 Subbing Success with Shannon Fable** **Lecture: GE, MB, PT, S**

GroupEx Pro® presents: Subbing ... the bane of every group fitness manager's and instructor's existence. From the antiquated systems used for requesting and confirming a sub, to the lack of preparation for the poor soul that raises her hand to take the class, instructors and members deserve more. Discover a fail-proof system for requesting, approving, communicating and preparing all those involved in sub situations. Whether you're an instructor wanting to know how to knock it out of the park, or a manager at your wits end in need of a subbing protocol makeover, this session is for you!

### **248 SAF Aqua Drums Vibes with Andrea Velazquez & Jeannie Brown-Johnson** **Workshop: AQ**

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 5: Friday 8/7/20 4:30 pm - 6:00 pm**

### **249 Schwinn® Cycling: Ride and Row with Alex McLean and Jenn Hogg** **Workshop: CY**

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!

### **250 HIIT - High Five with Abbie Appel** **Workshop: GE, PT**

Cross-train with the Fab-5 essential elements of fitness and motor training. Combine cardio, muscular strength, muscular endurance, SAQ (speed, agility and quickness) and balance for comprehensive programming that checks all the boxes. Learn sure-fire techniques to replicate this workout and help your students reach their goals in a fun, group environment. Give your team a HIIT High-Five.

### **251 Second Act - Group Fitness for the 40 Plus with Tricia Murphy Madden and Pete McCall** **Workshop: GE**

40 minutes, that is; introducing the PERFECT 40 minute exercise challenge that can strengthen bodies at ANY age but is designed specifically for the needs of physically active adults over the age of 40. The perfect 40 minute workout

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to challenge the bodies needs at every age. Strength Conditioning and Cardiovascular training are made easy with this simple format that will have your members finding a new level of consistent workouts.

### **252 Surfing Safari “How to ROCK a Theme Class” with Mindy & Bruce Mylrea**

**Workshop: GE, PT**

Need some fresh ocean juice to rev-up and refresh your schedule this season? There may not be an ocean within 1000 miles of you, but this class will bring a fresh off-shore wind to groom the waves of fun and fitness in all of your clients. Using the latest in HIIT derived training along with the expert knowledge of key exercises for surfing, this class will have your students hooting for “just one more wave”!

### **253 Get Your Mind Right—High-Performance Principles to make your Training Business Become the Talk of Your Town with Todd Durkin**

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

How bad do you want success? How hard are you willing to work to fulfill your dreams? In this inspirational keynote, internationally-acclaimed coach & author of the best-selling book, *Get Your Mind Right*, Todd Durkin leads a high-energy, inspiring motivational talk that is guaranteed to light a fire inside of you. He will specifically address the steps needed to create an amazing culture, deepen leadership, attract new clients & members, explode your brand, and create more time & money freedom. If you are searching for the “next level” in business and life, don’t miss this session!

### **254 TRX® Next Level: HIIT with Brandon Wagner**

**Workshop: GE, MB, PT**

A deep dive into understanding how to maximize the effectiveness and safety of High Intensity Interval Training. This session integrates key best practices for when and why to program HIIT and how to utilize a number of programming approaches to evolve the way HIIT is applied in common training environments.

### **255 Group X: Master the Side Hustle or Successfully Make It Your Career with Alexis Perkins**

**Workshop: GE, PT, S**

Whether you want to increase attendance in your class or income as an instructor this practical and engaging session is for you. Alexis will show you exactly how she was able to increase her class from 2 people to 100, increase her pay per class from \$15 to \$200, and how YOU can do it too!

### **256 Yoga in the Round with Denise Druce**

**Workshop: GE, MB**

Take a different look at the setup of your yoga class. Teaching in-the-round not only changes the feel of your class, it changes the whole experience for you and your

students. In this session, we’ll discuss the benefits of this more intimate approach and how this affects student comfort and flow of energy in the room. In addition, we will look at the considerations of teaching in a circle, including class sequencing and teacher placement.

### **257 Training Older Clients with Spinal and Core Issues with Dr. Evan Osar (ends at 6:30pm)**

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

Do you work with older clients that experience spinal issues such as post-surgical complications, scoliosis, stenosis, and/or osteoporosis? Have you found it difficult to find information appropriate to training older clients with spinal conditions or core weakness? In this interactive workshop, you will learn about common back and spine issues affecting older adults. Additionally, you will discover how to easily identify common contributors to your client’s tightness, discomfort, and loss of performance. You will leave with the ability to develop safe and effective training programs for individuals experiencing common spinal and core-related issues and progress them towards accomplishing their functional goals.

**Learning objectives**

**Participants will:**

- learn how posture and movement habits contribute to common spinal issues such as disc problems, spinal stenosis, scoliosis, and osteoporosis.
- be able to perform simple assessments to determine their client’s range of motion and posture and movement strategy of their trunk and spine.
- discover how to integrate corrective exercise strategies into safe and effective core exercises that will help their older clients accomplish their health and fitness goals.

### **258 Release, Relieve, Restore with Helen Vanderburg**

**Workshop: GE, MB, PT**

Active recovery techniques are becoming the industries top trends. In this workshop, learn self-myofascial release techniques, dynamic mobility and restorative exercises that provide simple and highly effective methods to increase range of motion, decrease tension and restore the body. Learn easy to use exercise sequences for releasing, relieving and restoring the most common areas of discomfort in the body.

### **259 Transitioning to Plant-Strong -w/ Ease Over the All or Nothing Approach with Teri Gentes**

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

You, your clients, your loved ones are all fully aware of the growing slant to eat more plants and today it’s easier than ever to do just that. It needn’t be one diet sparring against another nor a practice to embrace overnight. In fact a gradual transition is best for most people. Research shows how our brain defaults to the familiar making baby steps

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easier to implement and sustain. In this session with whole-self wellness coach and functional foodie Teri Gentes learn... How to transition to balanced, plant dominant eating with ease over obsession on all or nothing approaches. The essentials in preparing delish, nutrient-dense, plant-strong meals with ease. Her step by step guide to eating well that you and your clients can adopt for life without the confines of diet extremes or exile.

### **260 Aqua Exercises for Healthy Hips with Laurie Denomme**

**Workshop: AQ**

A unique start position to an exercise and work effort helps precisely target muscles in a way that delivers better and faster results. Learn how to position and move through the hips for muscle activation, mobility, strength, endurance and power.

**Group 6: Saturday 8/8/20 7:00 am - 9:00 am**

### **261 Schwinn® Cycling: F.E.A.R. Face Everything and RIDE - Keli Roberts**

**Workshop: CY**

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

### **262 Your Brain on HIIT - Bonus Benefits of High Intensity Training - Sonja Friend-Uhl**

**Workshop: GE, PT**

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

### **263 Stroops® Pilates Tower of Power with Abbie Appel**

**Workshop: GE, MB**

Experience Pilates like never before using the new Barre Tower by Stroops. This portable tower effortlessly replicates reformer and mat Pilates exercises with elastic resistance allowing you to bring your Pilates studio to the masses. Re-examine Pilates progressions and essential alignment. Uncover the simplicity of designing the perfect class.

### **264 Step Rally with Katie Haggerty**

**Workshop: GE**

This session is sure to bring the PEP back in the STEP. Unfold basic step movements that seamlessly tie together into one experience that goes beyond the choreography...in order to

rally, you have to meet the people where they are at first, then let the party begin.

### **265 Your BEST Workout in 20-Years! Todd Durkin**

**Workshop: GE, PT**

Todd has taught thousands of workouts in his 20+ year career. This includes workouts with NFL MVP's, Super Bowl Champions & MVP's, World-Series Champions & MVP's...and even regular ole' Mom's and Dad's trying to perform at their best also! In this fun "throwback" workout, it will combine the best of his iconic Boot Camps, Speed/Agility/Quickness workouts, IMPACT Challenges, Core & Cuff, Functional Fitness, CONTAGIASM...and then some. In this "BEST Workout in 20-Years!", it will be a unique blend of workouts from yester-year combined with cutting-edge techniques from today. It will also have the 10-must-do "Secret Sauce" ingredients every class & session must have to create a WOW Training experience. And you can bet your bottom dollar, this session will deliver great energy, huge smiles, big high-fives, and a ton of IMPACT. Who's ready to have their BEST workout experience in 20-years?!

### **266 POUND.ROCKOUT.WORKOUT. with Amanda Schmidt**

**Workshop: GE**

Unleash your inner rockstar in this cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, whether you're a conditioned athlete or a beginner, POUND provides the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out! Using Ripstix® lightly weighted exercise drumsticks, participants will learn how to transform drumming into an incredibly effective way of working out. In addition to providing a challenging way to train the body, participants will learn how POUND promotes positive mood, elicits confidence, enhances unity, and ultimately, inspires positive action in life. Participants will leave this session with an understanding of POUND's effect on the mind, body, and inner rockstar.

### **267 The Genius Breaks™ Mentor Training: Help Us Stop Sitting Disease and Start Moving the World to Well-Being with Dr. Suzie Carmack and Dr. Lisa Clow**

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

Sitting disease is "the new smoking," because it can either cause or worsen over 28 different health problems. You can become the change we need to see in the world, by helping us to stop this disease. In this interactive two-hour mentor training, you will learn the Genius Break framework for designing mini-breaks in office, school and home environments, and receive exclusive access to a suite of online training and presentation tools that will help you to become a "sitting disease change agent" in your community. In this interactive session you'll learn the science behind the Genius Break Method, which includes the science of break-



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taking, and why Genius Breaks include three components: mindfulness, movement and meaning (self-compassion practices). You'll discover how Genius Breaks can help you and your clients to better manage stress, elevate mood, enhance creativity, increase mental focus, and sustain vitality. Your presenter team includes Genius Breaks (2017) author and YogaMedCo™ founder Dr. Suzie Carmack, who has been a popular DCAC presenter since 2006, and Genius Break Master Coach Dr. Lisa Clow. We'll begin with a chair-based Genius Break master class (so you can experience the power of the GB Method for yourself) and then continue with mentoring practice, so that you'll leave the session with the confidence that you can create your own Genius Breaks and lead them with your team, classes and/or clients. Attendees will receive a certificate of completion at the end of the session designating you as a Genius Break Mentor; exclusive access to a free suite of online tools (powerpoint, infographics and more) that you can use to raise public awareness about sitting disease in your community; and a community outreach checklist for how you can swiftly start promoting the importance of break-taking in office, school and home settings as a means of public health education. Don't miss this chance to discover how becoming a Genius Break Mentor will evolve the way you support your clients between sessions and help you to establish yourself as a workplace well-being authority in your community.

### **268 FAI®: Cognitive Fitness and How to Add it to Your Programs with Dan Ritchie**

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

Brain Health is the wave of the future. As our population continues to get older with now over 100 million people over 55, dementia, cognitive decline and maintaining brain function is an expanding field. Fitness pros that are not prepared to deliver results in this area will be left behind.

### **269 The Powerful Pilates Powerhouse with Connie Borho**

**Workshop: GE, MB**

The Pilates Powerhouse initiates, controls, and maintains both stability and mobility of the body. In this workshop we will explore the actions of the Powerhouse in various Pilates exercises and how to specifically cue each action. Advance your teaching skills, as well as your technique and understanding of Classical Pilates.

### **270 Shake Up Your Schedule with Shannon Fable**

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

GroupEx Pro® presents: Are you still locked into updating your schedule changes quarterly or at the start of the month? Times have changed and while significant program launches should be spaced out strategically during the year, updating class times, instructors, or formats can be dripped dynamically if you do it right! Having the ability to make schedule changes when necessary can be a win-win-win for

you, your team, and your members. In this session, we'll explore the systems, set-up, and staffing necessary to make it work and tackle smart timing for program launches!

### **271 Acquapole® Aqua Boxing with Andrea Velazquez & Jeannie Brown-Johnson**

**Workshop: AQ**

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water!

**Group 7: Saturday 8/8/20 9:30 am - 11:00 am**

### **272 Schwinn® Cycling: Dry-Tri: Beast Mode Fusion - Robert Sherman and Jenn Hogg**

**Workshop: CY**

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

### **273 Performance Training for the Master's Athlete with Pete McCall**

**Workshop: GE, PT, S**

Do you work with active adults over the age of 40? Just because your clients are over the age of 40 does not mean they can't train hard, enjoy their favorite sports or earn an attractive body. This session will address how the aging process affects the body's response strength training and high intensity exercise. In addition, you will learn specific exercise program design strategies that will allow your clients to get the performance results they want throughout the aging process.

Learning objectives:

- Identify the hormones responsible for promoting muscle growth
- Explain how strength training can improve the architecture of the myofascial system.
- Design an exercise program to help clients maintain their youthful appearance and energy levels

### **274 Let the Beat Drop! with Lauren George**

**Workshop: GE**

Music is a powerful tool that can set the tone for your class, increase students' energy, and make a lasting impact on individuals. In this workshop, you will learn three ways to choreograph barre workouts to music in a one song per segment format. Additionally, you will master cueing strategies to help you smoothly and efficiently move your

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students through the workout in a way that creates flow and leaves every student feeling successful.

### **275 Jungshin Rhythm® Double Short Swords with Annika Kahn**

**Workshop: GE, MB**

This dynamic class is a fun, full-body workout for all levels involving the Jungshin short swords with a focus on synchronizing precise movements in sync with the rhythm of energizing music. You will build stamina and strength in your arms, legs, core, joints and tendons, and develop your coordination and mental focus as you unite the internal rhythm of your body with the external rhythm of the music. Join us as we sweat, slice, kick, jump and drum to the beat!

### **276 Boats, Bands and Battle Ropes: The Rowing and Resistance Training Trilogy™ with SGT Ken®**

**Workshop: GE, PT**

Boats, Bands and Battle Ropes: The Rowing and Resistance Training Trilogy™ with SGT Ken® is an extraordinary exercise program that combines the WaterRower, Strength Bands and Battle Ropes. Come experience rowing and resistance training in a super circuit that will test your strength and charge your spirit like never before! #BoatsBandsBattleRopes #RowResistRepeat

### **277 Rumble Roller® Using Movement Screens to Roll Better, Roll Less with Brian Bettendorf**

**Workshop: GE, MB, PT**

So you think you know foam rolling? Learn how to assess mobility using movement screens followed by learning and practicing key movements allowing you and your clients to increase their get the biggest improvement in the shortest time for improved recovery and performance.

### **278 Yoga for Athletes with Denise Druce**

**Workshop: GE**

Many athletes and coaches are seeing the value of adding yoga to their training regimen. Yoga is the perfect complement to rigorous athletic training, and this workshop will give yoga teachers and fitness instructors the tools and confidence to work with all types of athletes. Discover how to create sports specific yoga sequencing and how to teach classes that balance the natural imbalances of training and sport. You'll learn how to incorporate the psychological aspects of yoga for athletes, and leave with tips on marketing yourself to coaches and athletes.

### **279 Got Tight Hip Flexors and Weak Glutes? Do These 3 Things! Dr. Evan Osar**

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

You've heard it before - your client's back, hip, or knee problems are coming from tight hip flexors and weak glutes. Yet despite all the hip flexor stretching and glute strengthening, there has been no decrease in the incidence

of back, hip, or knee problems. In fact, these problems are on the rise. Unfortunately, common industry approaches often perpetuate rather than help these issues. During this dynamic and interactive session, you'll discover the 3 most common underlying and underappreciated factors contributing to chronic hip flexor tightness and glute weakness. You will discover 3 simple assessments and a 3-part, super easy-to-implement corrective exercise strategy to improve hip mobility and stability. You'll leave this session understanding how to program corrective exercises as well strengthening progressions and regressions for clients of all levels. You'll not look at glute training the same after attending this session.

**Learning Objectives**

After attending this session, participants will be able to:

- describe the underlying causes of decreased hip mobility and compensated stability
- demonstrate how to use the most effective assessments and corrective exercises to improve mobility and stability of the hip complex
- apply knowledge to create an integrated strength training program for clients with hip mobility and stability issues

### **280 Fit Bodies, Inc. Coconut Beach Camp with Suzelle Snowden**

**Workshop: GE, MB**

Using coconuts as a prop not only creates a unique workout but gives off the Caribbean flavor that everyone enjoys. The coconuts add a strength training aspect as well as a tool that enhances all movement. This class combines cardio, core and strength training along with yoga and stretch moves. This platform is part of the Fit Bodies, Inc. teaching vacation program.

### **281 Anti-Inflammatory Foods-Overcoming Chronic Inflammation with Teri Gentes**

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

If your clients are suffering from chronic conditions compromising energy, mobility and performance it may very well be related to their diet. In this session we dive into:

- the many forms of inflammation
- the top foods linked to inflammation
- proven anti-inflammatory foods

The recommended dietary approach to overcome chronic inflammation and pain and enable faster recovery from exercising. Teri Gentes, certified natural nutritionist shares evidence based research on the healing potential in functional foods with powerful anti-inflammatory properties to help prevent, minimize and even overcome chronic inflammation and pain.

### **282 Making Waves with LaBlast® Splash with Megan Cooperman**

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### **Workshop: AQ, GE**

Dive into a fun and exciting way to teach shallow aqua fitness. LaBlast® Splash uses simple ballroom patterns, accessible for the water. Our logical and easy-to-master format of interchangeable patterns (PATTERNography) will keep your members happily dancing in the water to their favorite tunes!

### **Group 8: Saturday 8/8/20 11:30 am - 1:00 pm**

#### **283 Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Abbie Appel**

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

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

#### **284 Welcome to the Jungle (Gym) Optimizing the HIIT Experience with Mindy Mylrea**

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

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

#### **285 Superior Stretch Powered by Stroops® with Aly Purdy**

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

Bend and reach and then add resistance. Pioneering an innovative twist on stretching with resistance, this session drives home an easy concept that will make you look like you invented a new technique. Discover practices that will make your yoga or stretch class seem almost as intense as your HIT training.

#### **286 FitSteps™ How NOT to be Choreo Crazy with Jessica Maurer**

##### **Workshop: GE**

Do you feel stuck in a dance choreo rut? Never fear, success in dance classes actually hinges less on mixing up the moves and more on ensuring your class can follow and feel free. In this session, we will explore how sticking to simple, repetitive dance steps can guarantee a successful class for you AND your students. Learn how to effectively layer the movements so everyone from your dance diva to your back row gets exactly what they need. Learn a waltz, jive, cha cha, disco, and American Smooth from FitSteps, and easily slip them into your class on Monday.

#### **287 Pulling for Power: Program 05™ with SGT Ken®**

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

Pulling for Power: Program 05™ with SGT Ken® employs extremely effective Variable Intensity Interval Training (VIIT) with dynamic WaterRower drills paired with powerful body resistance exercises specifically structured to support excess post-exercise oxygen consumption (EPOC) while also providing an exceptional psycho-emotional response. Pull for power today to produce progress tomorrow! #PullingForPower

#### **288 Chair One Fitness: The Workouts for Seniors That Never Gets Old with Alexis Perkins**

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

This interactive workshop will break down the fundamentals of Chair One Fitness. The rapid growth in aging populations presents a huge opportunity for fitness professionals to extend their careers and provide a fun functional class that enhances the quality of life of the people who need it most!

#### **289 Jump Out Of Your Shoes: NABOSO with Stacey Lei Krauss**

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

Learn what the shoe companies don't want you to know - shoes are as damaging as Big Pharma! First it was a fad, and now it's a fact: barefoot training strengthens your feet, enhances your balance and reduces injuries through your kinetic chain. Learn to wake up your feet with strength, flexibility and agility performed on the barefoot activating Naboso Mat. Practice a (full-body) barefoot workout with Stacey Lei Krauss who's worked with Nike, FiveFingers and VivoBarefoot, and has been teaching foot fitness around the globe for almost 20 years.

#### **290 FAI®: 10 simple and Low Cost Ways to Market More Effectively with Dan Ritchie**

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

Hands on interactive workshop helping you develop several simple low cost marketing strategies to attract more clients. If you want to help more people you need to improve your attraction and client getting skills.

#### **291 Pilates for Rotational Sports with Connie Borho**

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

Rotational sports such as golf or tennis employ movements that put imbalanced strains on the entire body...not just in the spine, but in the pelvis, shoulders, and extremities. These sports require stretch and strength, coordination and stability in ways that are different from other activities. In this workshop we will take a close look at the rotational movements necessary in a golf or tennis swing and their effects on the structure of the human body. We will learn how crucial hip flexibility is to a healthy shoulder, and how stability in the shoulder girdle is crucial to a healthy lower back. We will explore how faulty movement patterns can not only decrease your game, but also increase your pain and experience specific classical Pilates mat and Pilates-

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inspired exercises that can help restore balance and healthy movement patterns.

### **292 Credibility Builders in the Fitness Industry with Shannon Fable**

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

GroupEx Pro® presents: As a serious-minded fitness professional, are you doing all you can to enhance your credibility in the marketplace? What aspects of your training and education do you find most valuable and why? In this session, we'll explore the top three qualifiers (certification, formal education and continuing education); and ask some tough questions about their significance and value in our industry. In addition, we'll discuss NCCA accreditation, advocacy work and potential licensure and what it means to us. Lastly, see how your email address, social media profile and website can impact how you are perceived. Get ready for a spirited discussion about the industry and your place in it!

### **293 Liquid Gym Cyclone Bike with Andrea Velazquez & Jeannie Brown-Johnson**

**Workshop: AQ**

This class will jumpstart your cardiovascular workout, wake up your muscles with strengthening exercises, and end with stretching for maximum flexibility and range of motion. Use the resistance of the water to tone legs and arms simultaneously while riding it out on the Liquid Gym Cyclone Bike while using the Liquid Star equipment for optimum use of drag and resistance to tone upper body muscles.

**Saturday 8/8/20 12:30 pm - 1:00 pm**

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

**Master Class: Open to Public (first come/first serve)**

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!

**Group 9: Saturday 8/8/20 2:00 pm - 4:00 pm**

### **294 Schwinn® Cycling: Rock Steady - Recovery Rides that Drive Results 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 necessary rides into your training protocols. Time to Rock Steady.

### **295 HIIT The Cycle - Solid Work in all Zones with Alex McLean**

**Workshop: GE, PT**

A little bit goes a LONG way when it comes to TRUE HIIT. It's the INTENSITY of a workout, not duration that produces results and NOT every interval needs to be at high intensity for an effective workout. Learn how to play with the intensity zones and cushion the intervals for effective work that works every time.

### **296 Making Barre Functional with Tricia Murphy Madden and Pete McCall**

**Workshop: GE, MB, PT**

Understanding how valuable functionally sound program design in Barre workouts is more important than ever. Come learn the science behind why using planes of motion in the design of your Barre warm-ups and workouts will help differentiate your classes from the others. Learn how to create patterns of movement that complement the body's systems for building and developing muscle while applying traditional Barre Sequencing.

### **297 Step Up Your Step with Harold Sanco**

**Workshop: GE**

Step into the future with this next-level step class. Throughout this workshop you'll discover how to take the moves you know and love and evolve them into exciting new step choreography routines. You'll also discover how to incorporate dance-based alternatives that excite and challenge participants of all levels.

### **298 TRX® STRONG with Brandon Wagner**

**Workshop: GE, MB, PT**

This strength focused workout is designed to challenge load and utilize an intense high set / low rep strategy to maximize muscle recruitment, strength development and hypertrophy all in a fun, energy charged environment. A ladder based training experience, the program utilizes 3 blocks of work but still provides the much needed built in recovery time allowing for big effort after big effort. The workout ends with a beautiful cool down consisting of exercises from TRX FLOW. Get an advanced look at some of the exciting new training concepts and best practices in group strength training from TRX's new group training course.

### **299 Functional Flexibility, Your Fascia and the Active Aging with Leslee Bender**

**Workshop: GE, MB, PT**

This session gives you an understanding of why fascia plays an intrinsically complex role in movement quality and why it needs manipulation and movement to stay pliable. You will experience and incorporate movement utilizing the Rollga that will dramatically change the way in which you move functionally for a lifetime. This session is based on



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science and the planes of motion to give you several new concepts and strategies to train your client to have a pain-free, flexible body that performs at any level.

- Explore the understanding and correlation of fascia and the body as a whole
- Discover how to manipulate fascia to improve flexibility and mobility for function

### **300 Evolving to Expert Status: How to Publish Your Book, Develop an Online Course & Create Your Keynote (In 1 Year or Less) with Dr. Suzie Carmack**

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

You've worked hard to build your expertise through a combination of education and experience. Now it's time to become a thought leader and subject matter expert -- the "go-to" person in your field so that individual and organization clients seek you out. In this interactive session, Dr. Carmack will share with you how you can share your message with the world through a book, online course, and keynote created under one unified brand so you can become a renowned industry expert. Learn what to do -- and what not to do -- from someone who has not only studied the science of communication and social marketing strategy, but who has also successfully launched four books, seven online courses, and delivered 150+ keynotes worldwide. This lecture session will include plenty of time for Q and A and networking, as well as exclusive access to a free online branding course as well as an exclusive discount off of all YogaMedCo™ training programs.

### **301 Keys to Working with Clients After Abdominal and Pelvic Surgeries with Jenice Mattek & Sara Fisher**

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

You've heard it before - your client's back, hip, or knee problems are coming from tight hip flexors and weak glutes. Yet despite all the hip flexor stretching and glute strengthening, there has been no decrease in the incidence of back, hip, or knee problems. In fact, these problems are on the rise. Unfortunately, common industry approaches often perpetuate rather than help these issues. During this dynamic and interactive session, you'll discover the 3 most common underlying and underappreciated factors contributing to chronic hip flexor tightness and glute weakness. You will discover 3 simple assessments and a 3-part, super easy-to-implement corrective exercise strategy to improve hip mobility and stability. You'll leave this session understanding how to program corrective exercises as well strengthening progressions and regressions for clients of all levels. You'll not look at glute training the same after attending this session.

**Learning Objectives**

After attending this session, participants will be able to:

- describe the underlying causes of decreased hip mobility and compensated stability

- demonstrate how to use the most effective assessments and corrective exercises to improve mobility and stability of the hip complex
- apply knowledge to create an integrated strength training program for clients with hip mobility and stability issues

### **302 Vertical Pilates with Connie Borho**

**Workshop: GE, MB, PT**

Since we spend most of our days in a vertical position, doesn't it make sense that we strengthen, stabilize and stretch our bodies in a vertical position in our workouts? Learn how to adapt the traditional Pilates exercises to a vertical position, experience fusion exercises that will challenge clients in new ways, and explore Pilates from a standing position!

### **303 Evidence-based Weight Loss with Bruce & Mindy Mylrea**

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

Another year another new.....diet??? Stop the madness! This lecture includes the latest scientific evidence about what really works for long-term weight loss and what is just hype. We will explore both ecological, cohort, and randomized controlled trial studies that leave no page unturned in the simple book of truth about weight-loss, long term health, and the only scientifically proven ultimate weight loss diet. Don't fall for gimmicks. Learn the TRUTH about diets!

### **304 Aqua Yoga Circuit with Laurie Denomme**

**Workshop: AQ**

This aqua yoga circuit sequences upper and lower body strength exercises with an aerobic endurance set for total body benefits. Looking for relaxation and recovery? Learn how one simple change can turn this cardio-strength circuit into a soothing yoga flow.

**Group 10: Saturday 8/8/20 4:30 pm - 6:00 pm**

### **305 Schwinn® Cycling: Bring IT: Verbal & Visual Cueing Mastery with Mindy Mylrea**

**Workshop: CY**

When your verbal and visual cues are perfectly paired it's like poetry in motion. Level up on your language and communication skills - both verbal and non-verbal to create a powerful experience on the bike. Learn techniques about tone and timing to engage riders and motivate performance. Experience the Yin & Yang of masterful cueing.

### **306 Bring on the 4-Letter Words! HIIT & REST for Success - Sonja Friend-Uhl**

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### **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 program design to help your clients and classes perform at their best.

### **307 Stroops® Double the fun! Double the Results! with Carolyn Erickson**

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

Need something really innovative and engaging? Discover unique Stroops® resistance band programming that is guaranteed to elevate your sessions. Discover modifications that work even when paired up partners have variable strength and size. Learn to how to turn individual exercises into partner workouts that create interaction and community.

### **308 LaBlast® Fitness: Waltz, Tango, Foxtrot! with Megan Cooperman**

#### **Workshop: GE**

Spice up your group fitness program with this blend of ballroom dance and strength training, based on all the dances seen on Dancing with the Stars. Your class will have a "BLAST" dancing to the Quickstep, Lindy Hop, Foxtrot, Waltz, Tango, and more, and you'll love our easy-to-learn pattern-based teaching formula (PATTERNography)!

### **309 Aerobics is Back! Bigger, Better, HIGHer! with Lindsay Carver and Melissa Zurcher**

#### **Workshop: GE**

High Fitness is a hardcore, fun group fitness class that has brought old school aerobics back and taken it to the next level with modern fitness techniques. High Fitness combines modern fitness techniques such as plyometrics and HIIT with popular music from all genres that we know and love. You can take it High or you can take it low with modifications but you will always finish on a HIGH. We guarantee your participants will LOVE the energy, the motivation and the community. So come, try it, fall in love with it and along the way you will find your TRIBE of other High Fitness instructors and participants who have joined the newest fitness craze along!

### **310 RumbleRoller® Group Exercise Flow with Brian Bettendorf**

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

Experience a full-body foam rolling and stretching routine that's adaptable to a wide range of users to get people to feel and move better. While it's common to see foam rolling and mobility training performed as part of a personal training session, it's not often that you see it used within group exercise.

### **311 Teach like a TED Talk with Denise Druce**

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

In September 2019, I delivered a TED talk. In this session I will take you through a crash course, revealing how my coaches prepared me to get on that Big Red Dot and share my Big Idea. Teach your next class like a world-class speaker with new verbal techniques, gesture considerations and well delivered words that WOW your students!

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

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

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

### **313 Foot to Core Stabilization: Enhancing Power & Strength with Dr. Emily Splichal**

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

Stabilization is the foundation to power, force and resistance. Join Functional Podiatrist and Movement Specialist Dr Emily as she explores how our foot is the gateway to core or center stabilization. Learn to access the deep foot muscles and integrate them with pelvic floor and breathing patterns. Take the concept of from the ground up to the next level with programing that will change your client's movement patterns forever.

### **314 Minding the Mind, Mastering Self-Care and Six Strategies To Enhance Eating Better with Teri Gentes**

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

"The future is simply a projection of today. What's happening now is manifesting what's coming." Eckhart Toll Why is it so many clients struggle with meeting their goals. Emotional Intelligence is the heart of the matter!

When we master our mind, our thinking and our speaking we impact our emotions. Self-care behavior becomes an innate practice in place of self-sabotage. Suddenly making time, taking time to nurture all aspects of ourselves is a must for us. Learn:

- Key strategies to reframe your thinking and in turn behaving.
- How to implement the practice of whole-self caretaking with conscious mind-setting and consistent self-care practices.
- Easy ways to infuse meals with nourishment on every level from sourcing to preparing to consumption.

### **315 Liquid Gym Star workout with Andrea Velazquez & Jeannie Brown-Johnson**

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### Workshop: AQ

Combine the positive energy of aqua yoga with a cardiovascular workout. Wake up your muscles with strengthening exercises, and end with stretching for maximum flexibility and range of motion. Using the Liquid Starfish equipment for optimum use of drag and resistance to tone upper body muscles.

### Group 11: Sunday 8/9/20 7:00 am - 9:00 am

#### **316 Jungshin® Athletic Flow Long Sword Format with Annika Kahn**

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

Jungshin Fitness is an exercise and mind-body program drawing upon ancient Eastern movement techniques and modern conditioning trends. The movements are choreographed using a wooden practice sword. The sword provides a necessary tactile tool, a point of focus, and a way for the client/members to accentuate their relationship to gravity thus gaining flexibility through strength and conditioning. There is a focus on the endocrine system and health stimulated by appropriate movement exercises. Most clubs start with the high intensity Athletic Flow format. In this workout one can burn up to 600 calories in 50 minutes.

#### **317 LifeBarre with Katie Haggerty**

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

LifeBarre is a full-body workout that uses dance-inspired moves to challenge your core, strength and stability - without a barre. Learn how to implement this barre-less experience into any program and unleash the inner dancer out of every participant!

#### **318 Yogafit® The Scientific Foundations of Trauma-Informed Yoga: Polyvagal Theory with Shaye Molendyke**

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

Contrary to the prevailing popular idea, the autonomic nervous system (ANS) can be more accurately conceptualized as having THREE branches, not two! The three are phylogenetically sequential, reflecting increasing survival effectiveness at each stage. The prevailing view of the ANS pits Sympathetic Nervous System against the Parasympathetic Nervous system but there is a third more powerful system, the Social Engagement System that is unique to Mammals and especially to Humans. This system has been critical to our survival and evolution as a species and is also the system that gets comprised during and after a traumatic physical or emotional event to include prolonged stress and neglect. Come explore new ways to think and talk about the nervous system with your students and clients as well as the powerful way we can intentionally recruit this system to provide more effective healing movement options.

### Group 12: Sunday 8/9/20 9:30 am - 11:00 am

#### **319 FitSteps™ How to Host a Dance Party with Jessica Maurer**

##### **Workshop: GE**

Pop-Up classes are rising in popularity. These one-time only, special event group fitness classes are a great way to celebrate your current members, 'audition' a new format in your facility, as well as market to new members. In this workshop, we will share the secrets to making pop-up classes a huge success. We will introduce you to easy-to-follow dance choreography from FitSteps, which you can teach to anyone, and provide a simple plan to create, market, and deliver a memorable event in no time.

#### **320 Equinox® Pilates Institute: Authentic Mat Tips/Tricks with Dawn Baidoo**

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

Mat class that will challenge your personal practice and enhance your teaching repertoire. Learn classical techniques to strengthen the powerhouse as well as support of the neck. Discover various approaches to combat kyphosis as taught by the "elders" of Joseph Pilates, as well as 2nd Generation Master Teachers.

#### **321 CARDIO YOGA™: CARDIO FOCUS with Stacey Lei Krauss**

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

CARDIO YOGA™ is a sweat-drenched, mind-altering exercise experience that takes your fitness endorphin high to the next level! Based on scientific "Power Posturing" and rhythmic movement, expect an energetic barefoot series designed to tone, strengthen and lengthen your body. The class experience is an emotional voyage, engineered for you to break through emotional obstacles while reaching for your highest aspirations! This is the perfect solution for fitness fans who "can't slow down" for yoga.

### Group 13: Sunday 8/9/20 11:30 am - 1:00 pm

#### **322 Aerobics is Back! Bigger, Better, HIGHer! with Lindsay Carver and Melissa Zurcher**

##### **Workshop: GE**

High Fitness is a hardcore, fun group fitness class that has brought old school aerobics back and taken it to the next level with modern fitness techniques. High Fitness combines modern fitness techniques such as plyometrics and HIIT with popular music from all genres that we know and love. You can take it High or you can take it low with modifications but you will always finish on a HIGH. We guarantee your participants will LOVE the energy, the motivation and the community. So come, try it, fall in love with it and along the way you will find your TRIBE of other

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High Fitness instructors and participants who have joined the newest fitness craze along!

### **323 TriggerPoint® MCT for Injury Prevention with Brandon Wagner**

**Workshop: GE, MB, PT**

In this session you will learn and practice techniques to creating a systematic approach to keeping you and your athletes injury and pain free. You will explore the mechanisms that can cause, as well as contribute to overuse injuries, and walk away with an understanding of how to implement a proven system to help promote and improve the overall bio mechanics of the body.

### **324 Yogafit® Yoga as a Prescription for Chronic Pain with Shaye Molendyke**

**Workshop: GE, MB**

Chronic Pain is a growing problem worldwide and there are few effective treatment options in the western medical model. Chronic pain affects one in every five Canadians, or six million people. Its many causes include degenerative diseases such as arthritis, car accidents, neuropathic pain disorders and malfunction of the central nervous system. Chronic pain costs the Canadian economy an estimated \$60-billion a year in health care and lost wages and taxes. That's more than cardiovascular disease, cancer and diabetes combined! The primary treatment for Chronic pain has until recently been opioids but that is changing rapidly due to the increasing risk of addiction and overdose. Between January 2016 and September 2018, an estimated 10,300 Canadians died from an apparent opioid-related overdose, according to the Public Health Agency of Canada (PHAC). Yoga has been proven effective for treating chronic pain and one of the reasons is that chronic pain is produced by the brain 100% of the time! Yoga and meditation are able to change the pain pathways from the brain to the body helping to mitigate the debilitating mental and emotional impacts of chronic pain. Come learn the latest chronic pain science and the most effective mind-body techniques to help you, your students and clients.

**Sunday 8/9/20 12:30 pm - 1:00 pm**

**Strong by Zumba® with Ricardo Alas**

**Master Class: Open to Public (first come/first serve)**

STRONG 30TM is a revolutionary 30-minute high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Stop counting the reps. Start training to the beat. STRONG 30TM combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees, and jumping jacks all SYNCed to original music. If you've got 30-minutes, you've got time to blitz this high-intensity workout experience with us.

**Group 14: Sunday 8/9/20 2:00 pm - 4:00 pm**

### **325 LaBlast®: Waltzing, Weights & Feeling Welcome! with Megan Cooperman**

**Workshop: GE**

LaBlast® is a dynamic workout incorporating both cardio and weight training. The many different partner-free Ballroom dances, including Quickstep, Foxtrot, Jive, Waltz, Lindy Hop, Tango and more, vary in speed and energy, and are taught using our special formula of PATTERNography, making all participants feel welcome and successful.

### **326 Dance Project with Katie Haggerty**

**Workshop: GE**

A hot and sweaty dance party mixed with the best hip-hop and top hits put together in one class to make you forget you are even working out! Explore creating simple, easy to follow routines that will boost your dance skills. Don't stop there...continue to construct those simple moves into more intricate add-on choreography that will leave your participants ready to audition for the next big show.

### **327 Sole Intention: Reconnect with Stacey Lei Krauss**

**Workshop: GE, MB**

Yogis and dancers practice barefoot because it reflects core values like deep connection to the physical body and emotions. In this yoga flow, we'll begin the experience by intentionally awakening our feet. As we carry this strong visceral connection through a smooth flow, you'll be amazed at how connected and focused your physical body becomes. Be prepared to feel fully alive and yet completely restored from the ground up!

**Group 15: Sunday 8/9/20 4:30 pm - 6:00 pm**

### **328 Funked Up! with Harold Sanco**

**Workshop: GE**

Harold is back with another challenging, feel-free classic funk and old school dance choreography class that will help you stir up your current routines. This choreographed class will show you how to tap into your own creativity for teaching choreography that's fun and easy to follow.....Let's Dance!

### **329 Stretch and Perform (The Bannister Method™) with Gail Bannister Munn**

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

Flexibility and Strength are critical in life for all of us, at all ages and not just for the professional athlete but also for the amateur athletes. "The Bannister Method" is designed to increase muscular balance, strength, flexibility, core strength, and bringing energy into the body. You can maintain your body's capacity to function the way you need to for your particular lifestyle. You will learn how to find your Balance, Strength, Flexibility, and Flow and develop inner strength and an understanding of your limitations to



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either move beyond them or stay within your boundaries however, still feeling like you have accomplished your goals. Your clients/members will feel comfortable in this format leaving them rejuvenated in a non-competitive environment. The class is designed to increase strength, core, flexibility and balance. It consists of a fusion of Yoga, Pilate's base core work, Active Isolated (A-I) stretching and Flexibility. You will walk away with a glow, leaving your body and mind relaxed.

### **330 Yogafit® What's in a cue? The neuroscience of How our Language Impacts Movement and Healing in Yoga with Shaye Molendyke**

**Workshop: GE, MB**

Language impacts not just what we do but HOW we do what we do. This fact becomes critically important when teaching yoga but could also have impact when working directly with clients who are struggling to create real change in their lives. Using words that offer choice and encourager process-oriented movements as opposed to goal oriented movements changes the entire path that we take to get there. One path is a forgone conclusion and is the path of OLD habits, patterns and reinforcement of pre-programmed implicit movement patterns. That's the "do what I say because I told you to" path of language. The other language path is the more creative and intuitive path that offers our students choices based on feeling, breathing and staying in the present moment. This kind of language is the DIFFERENCE maker when determining if a class is one that is healing or not! Come find out what kind of language creates this quantum new potential in our lives, and how it impacts the brain as well as the nervous system. We will have a 30-45 minute discussion and then a 45 minute language focused yoga practice.