



SUNDAY, OCTOBER 11th, SESSION DESCRIPTIONS

7:00AM – 8:00AM

3071 – UGI® Flow: Stretch and Strength (WO) by Sara Shears

Sponsored by Mad Dogg Athletics®

Become one with the “squishability” of the Ugi ball as you comfortably maneuver your body on, over and around the Ugi®. This 30min Flow incorporates components of yoga, Pilates and movement that not only improve strength, balance, flexibility and mindfulness but can truly transform the way you look and feel.

3072 – Restore, Roll, Reset, Recover (WO) by Leslee Bender

Over training is a major problem in the fitness industry with a mentality of if it does not hurt then you are not working hard enough resulting in fatigue mentally and physically leading to injuries! In this session you will walk away with essential tools of foam rolling and pressure point therapy to remove toxins from your body, combined with restorative exercises and resetting your alignment followed by a crucial rest and meditation. If you are wanting to be active all your life then this is a session not to miss

3073 – Yoga Pulse – The Rhythm of Prana: (WO) by Marla Ericksen

This unique approach to sequencing yoga poses will empower you to experience prana – the universal source of breath, life-energy and conscious intelligence – as the path to conscious and vital living. You connect to the full spectrum of your life through a balanced exploration of the inner and outer; fluidity and strength; skill and intuition; energy release and energy return. Learn to ride the wave of life force through fluid, rhythmic vinyasa sequences that will help restore balance to how you perceive and experience your life physically, emotionally and mentally.

3074 - 3D Flexibility and Strength – The Triplanar Lengthening and Strengthening (WO) by John Perry

Sponsored by Gray Institute®

Dramatically enhancing how you think and what you do with all of your clients. Traditional flexibility techniques simply don't cut it and me, in fact, be setting our clients up for disaster. Applied Functional Science® allows practitioners to understand and apply the truths of how the body functions in three planes of motion. This workshop will discuss and demonstrate triplanar lengthening and strengthening techniques throughout the body.

3075 – QiGong For All Populations (WO) by Steve Cotter

Balance is something we all seek in life, including a balance of health and wellness, and a balance in our life and business. When it comes to our health and fitness, a key part of



achieving and maintaining a healthful balance lies in the soft meditative and breathing arts, such as Qigong. Join Steve Cotter to learn hands-on qigong techniques, which you can practice daily for relaxation, recovery and rejuvenation.

3076 – Pilates on the Plate (WO) by Ji Sook Moon

Sponsored by Performance Health Systems

Pilates exercises performed on a Power Plate Machine help to elongate, strengthen and restore the body to balance. Combine this with the balls and TP Grid in a session designed to awaken, invigorate, and restore optimum muscular and skeletal function, ready for the day ahead.

3077 – Tao Movement for Balance in Breathing (WO) by Tiger Wu

In this session, learn how to breathe correctly through the assessment, correction, activation and training of weak muscles. Respiratory Therapy can rebuild correct breathing patterns and bring balance to the mind and body. The only exercise we do nonstop is breathing - the bridge between body and mind. In ancient China, some wise scholars found that breathing can cure disease and prolong life, which became “Qigong”. All of the more than 20 muscles related to breathing are linked to the spine or trunk. Therefore, posture and breathing affect each other, and these affect our emotions. Wrong breathing patterns often result in short breathing, poor performance, neck problems, lower back pain etc. Learn how to bring balance with the Tao Movement method

3078 - Animal flow: Train like a beast, look like a beauty (WO) by Fabio Comana

Sponsored by NASM™

No-equipment, primal-style, 3-dimensional movement workouts are one of the hottest new fitness trends – and with good reason! These are exercises and workouts inspired by ‘natural’ movement that not only challenge your levels of stability, mobility, strength, power and endurance, but are fun, interactive and engaging. These quick, total-body workout can be done anytime, anyplace and anyhow. Calling all Group Ex and PT professionals to come learn how to incorporate just a few fun movement patterns into your workouts to add a whole new element of fun to exercise and activity.

3079 – Every Day I Get Better (L) by JJ Sweeney

Share JJ Sweeney’s discoveries from his search for continuous improvement. Join this motivational session to learn ways to help people “fall in love with fitness”. This session is full of motivation, passion, inspiration and different ways to gain new client and also keep you and your clients moving forward.

3070 – BOSU® Sports Action: Drills and Recovery (WO) by Douglas Brooks

Sponsored by Eco Lifestyle Fitness

Quick, explosive, reactive movement is essential for developing athleticism, regardless of age or fitness level. BOSU® Sport Drills focuses on core, lower and upper body head-to-toe progressions



which can be appropriate for your clients, athletes or group fitness participants. Learn drill mechanics, progressions and coaching cues to successfully implement sport drill training into your boot camp, fitness and sport programs. Be challenged, build your exercise library, optimize results and have fun!

8.30AM - 9:45AM

3081 – TRX® Mobility for Performance (WS) by Fraser Quelch

Sponsored by TRX®

This cutting edge approach to enhance mobility delivers TRX's progressive system of training to take your clients from simple joint mobility to full body integration and then on to full functioning mobility as they move from point A to point B. These concepts were originally developed to enhance the functional performance of elite military athletes and are now available to everyone. Learn the science and best practice of how to create and maintain peak mobility for durability and performance and how to easily implement it into your training.

3082-Move and Play for Children (WO) by Steve Cotter

Steve Cotter shares techniques and strategies for setting up fun, engaging learning experiences for small and large groups of children. Via exercise and play, children learn discipline, positive group dynamics and focus

3083- Dynamax Boot Camp: Operation Back to Basics (WS) by SGT Ken®

Sponsored by Eco Lifestyle Fitness

SGT Ken® will introduce you to highly effective physical and mental fitness training techniques practiced by the U.S. military. High-powered DYNAMAX medicine ball exercises coupled with uniquely designed tactical fitness drills. SGT Ken® will lead you through each step of the program in a tiered progressive format with examples in basic, intermediate and advanced levels. In this train-the-trainer program, you will be provided every modification and amplification needed to run a successful Dynamax Camp for any audience.

3084 – What the Hips Lack Hurts the Back: Working Physical Balance (WS) by Anthony Carey

Sponsored by United Lifestyle

Limitations and dysfunctions of the hip joint result in transfer of responsibility to the lumbar spine. The lumbar spine is not designed to work the way the hips do, and the outcome is often increased stress to the lower back and possibly lower back pain (LBP). 85% of all adults will experience LBP. Recognising the contribution of the hips is a key element to long-term function and prevention.



3085 - Medical Integration (Ankle, Knee and Hip) (WS) by Rich Colosi
Sponsored by Performance Health Systems

Introducing a 3-dimensional, functional approach toward integrating the lower extremities from both the ground up, as well as from the top down, utilizing a specialized whole body vibration environment tweak. The goal is to empower the practitioner with the skills and knowledge to successfully assimilate Power Plate technology within their clinical and rehabilitation setting

3086- LTS LeClubGrUve (WS) by Jenn Hall

LeClubGrUve is the latest innovation in cardio dance, where the difference is You (U)! Learn to teach in a way that benefits your participants' brains and bodies, while allowing all of you to groove like no one is watching! All the fun of a crazy dance club combined with the benefits of cardio-dance make LeClubGrUve a "don't miss it" session-if you can walk, you can groove!

3087 – Core Barre With the Weighted Balls (WS) by Monica Hoekstra and Ole Eugenio

Sponsored by Options Studio

Dancers never stop working to make their feet stronger and more pliable! This workshop brings serious attention to the foot and ankle and the muscles of the feet that need to be engaged to access its full range of motion. Incorporate the hand-held weighted balls into the complete Core Barre syllabus of exercises from the standing warm up and the weights section all the way to the mat and cool down portion. This workout brings further awareness to help achieve excellent posture and gives excellent feedback to positioning of the legs in the barre section. Discover how the weighted balls give proper grounding to improve balance and core stability while sculpting the entire body. Your clients will love the added variety of this weighted prop to their entire 55minute class.

3088 – Winning Strategies in personal Training: Feel Like a Missionary, Earn Like a Mercenary (L) by JC Santana

This workshop is based on JC NEW bestselling DVD, JC's Winning Strategies for Personal Trainers. In this workshop, JC will teach you his philosophy that has made IHP the MECCA of functional training, his floor plan layout, and how he uses that layout to work with the most common populations seeking fitness-related services. IF you want to know how to make \$500,000 per year out of 1500 square feet, with four trainers working 20 hours each, then you can't miss this workshop. JC will show you how to create a 1500 square foot profit monster in under 4 months! SO, whether you won a big gym and want to create a 1500 square foot functional training performance center, or you want to break off and start your own functional training studio, this workshop is a must



3089 – Eating For The Endurance Weekend Warrior (L) by Jenna Bell

From marathons to Ironman, these races are not just for professionals anymore. The bulk of the participants are Moms, Dads, professionals or students by weekday and true warriors by weekend. These athletes have unique needs because their training opportunities may be limited or they may be on course longer than the pros. This session will provide an overview of the challenges for the age-grouper and walk through the unique nutritional needs before, during, and after a race. We will also address the possible challenges faced by the last athletes to finish.

3080 - RealRyder®: This is How We Ryde (WO) by Douglas Brooks

Sponsored by Eco Lifestyle Fitness

The introduction of the RealRyder® Cycle has changed indoor bike technology forever. Our bike captures the movement and fun of 'real' outdoor riding, while riders experience the benefits of turning, leaning and balancing. This workshop builds on the history of indoor cycling, giving instructors a glimpse into the RealRyder® teaching system, as well as experiencing a fun-paced "century" ride. The future of indoor cycling is here. Take the Training Wheels Off!

10:10AM – 11:25PM

3101 - A PhD in the Push-up Progressions for LBP to Athletic Development (WS) by JC Santana

The push-up has been long considered a form of punishment, or at best, an upper body exercise. This workshop will unveil the incredible benefits of this long-forgotten exercise. YES, you will learn and feel why the push-up is a great running exercise and how it can fix many chronic low back problems. After witness the push-up progressions designed by JC Santana, the push-up will never be what it used to be.

3102 - Bollywood Blast (WO) by Sarina Jain

Bollywood Blast, we invite you to channel your feminine grace with power. Express yourself with your eyes, your hands and your body. This is open to all body types, all fitness levels and all genders! Whether you are new to dancing or looking to try something different, this dance workout is for you!

3103 – Bulgarian Bag Conditioning (WS) by Tommy Mathews

Sponsored by Escape Fitness

Using this truly functional training tool, this session teaches you the key techniques and most beneficial exercises, then shows you how to apply them to different training outcomes: from high intensity metabolic training to power training. Completing this session will not only challenge your physical and mental toughness. It will give you a series of excellent workout options to use with clients straight away. The Bulgarian Bag is compact and



transportable making it the perfect training tool for all PT's. Whether you're in the gym or park, you can deliver intense, effective workouts for all clientele

3104 – 3D Movement and Analysis Systems (3D Maps) – Applied Functional Science in Action (WS) by John Perry

Sponsored by Gray Institute®

This session will dramatically and systematically enhance how you assess the entire body efficiently and effectively. 3D MAPS is Gray Institute's strategic arrangement of succinct movements that allow for assessment of the entire body in all three planes of motion. Learn not only how to assess the entire body, but how to progress the entire body based on the priorities of the individual-our clients. Learn about Applied Functional Science® in a manner that can be quickly understood.

3105 – Power Plate & ViPR- Functional Movement (WS) by Stephen Powell and TBD

Sponsored by Performance Health Systems

Loaded movement training with ViPR combined with the reflexive environment of whole body vibration can create a unique movement experience. Using the universal language of movement and a functional compass combined with Power Plate to create task driven reactions in the body up-regulates the nervous system and creates dynamic, multi-dimensional stimuli. Loaded movement training with ViPR will be used on the Power Plate and on the ground and attendees will experience how to build a movement matrix to create tri-plane loading and unloading using ViPR tilting, lifting, flipping and shifting patterns to augment authentic movement responses and sequencing.

3106 – Strong Mom - Aligned, Strong and Feeling Wonderful (WS) by Farel Hruska

Through pregnancy and into motherhood, a mom's body is challenged in many ways! Experience exercises to get her back in alignment, have her feeling strong and wonderful in this wonderful new role as MOM.

3107- Peak Pilates®: Reformer Definition (WS) by Zoe Trap

Sponsored by Mad Dogg Athletics®

Looking for more in your workout? More core? More strength? More Stamina? Combine Pilates with resistance training to give you everything you need in an hour. Move from the Pilates reformer to strength and back again to give your body performance edge. Make each minute count by fusing the best of both worlds and create a new definition of fit.

3108 - EduTainment – Balancing Education and Entertainment (L) by Helen Vanderburg

The fitness industry and the expectation of clients continue to evolve. With a new generation of fitness participants wanting engaging, entertaining and meaningful experiences in group fitness classes and small group training, learn how you can become the master of edutainment. This session is practical and will require you to step out of your



comfort zone. Find the perfect balance between being a great educator and an amazing entertainer!

3109 - Balancing Training and Recovery: Avoiding Stress, Overtraining and Rhabdomyolysis (WS) by Mark Cannella, Rich Colosi and SGT Ken®

Training programs have evolved, but not necessarily for the better – this trend has been lead (in part) by the endless pursuit of burning calories for weight loss and having less available time to train. “Train hard or go home” has become a popular mantra. Does training hard mean training like the pros? What about the increasing risk of overtraining, injury, and illness associated with these training ideologies? Training smart should always trump training hard. Join this hybrid informational and interactive session with a panel of three experts who will share ideas and strategies for finding the perfect balance to training and recovery to unleash your best!

3110 – RealRyder®: Time Crunched (WO) by Douglas Brooks

Sponsored by Eco Lifestyle Fitness

Distinctly different! Are your riders not getting the results they want? Don't let them give up on their goals because they are crunched for time. Designed to maximize result and minimize time investment. Learn the keys to efficient program design. Get the most for your riders' precious time investment and make every workout count!

11:50AM - 1:05PM (LUNCH OPTION 1)

3111 - Progressions in Calf Self-Care (WS/L) by Jeff Alexander

Sponsored by Eco Lifestyle Fitness

Learn how to fix what you can and how to recognize what you can't fix. Joint this session for a user's guide to improving foot, ankle and Knee function. This workshop/presentation includes some of the science of foot and ankle injuries along with SMR, stretching and assessment techniques to use to fix what you can fix for your clients and advice on how to recognize when to ask for help from others.

3112 – Deadlifts and DeadShifts (WS) by TBD

Sponsored by Eco Lifestyle Fitness

Deadlifts are a staple to modern strength and conditioning however our focus on deadlifts is very one-dimensional with a strong emphasis on moving maximal load in a very repetitive and linear fashion. We will take a look out a 3-Dimensional approach to deadlifts and introduce a missing element to current training programs: the DeadShifts.



3113 – Dynamic Duo: CrossCore® and Ugi® (WS) by Chris Camacho and Sara Shears
Sponsored by Mad Dogg Athletics®

Using a combination of suspension & “squishability” challenge your every move! Roll & rotate your way through Intervals of core stability, cardio and strength movements that are effective and results specific. Join us and experience a fast paced & fun way to get functionally fit.

3114 – Connecting the Core: Advances in Core Stability (WS) by Carl Petersen

Effective connected core stability training will help optimize performance and prevent injury. This session outlines the history, relevant anatomy, and current research practices on connecting the core stability training and its role in performance and injury prevention. The practical/demo session will begin with a studio/gym based dynamic warm-up and quick functional lower core stability check with a series of innovative functional multi-core stability exercises. Participants will leave with a better understanding of multi-core stability and a repertoire of exercises that can be implemented immediately.

3115 – Barefoot Babyboomers: Unlock the Secret to Movement Longevity (WS) by Emily Splichal
Sponsored by Vibram®

According to the Centre for Disease Control and prevention, one in 3 older adults aged 65 and older fall each year. Although falls are multifactorial, one area that studies have shown greatly impacts fall risk is footwear and the associated dampening effect on proprioceptive input. Join Dr. Emily as she explores how footwear and aging negatively impact the sensitivity of plantar proprioceptors and how the theories of neuroplasticity, anti-aging science and barefoot training can be applied to this population

3116- All Beyoncé Dance Moves (WS) by Ami McMullen

If you like dance cardio, you'll love burning it up to the hottest tunes from the Queen B. In this session you'll learn fun and sexy choreography to take back to the studio... or to the club. Strut your stuff with these high-energy, calorie burning combos that will keep you smiling all the way to the dance floor.

3117- Yogi Barre (WS) by Leslee Bender

This session combines the discipline of a flow yoga and barre that is dynamic functional and effective to strengthen the body for life. The body is meant to move authentically without tucking the pelvis or over utilizing the hip flexors which is common in many barre classes. You will flow from one exercise and posture to the next with a purpose and never compromising safety. This class leaves you feeling every muscle with strength and flexibility centered for all activities!



3118 - Target marketing: Who are your Clients, Why they Choose You and How to Communicate With Them (L) by Ric Isaac

Sponsored by NPE®

A whole new take on "target marketing" and understanding WHO is your customer and WHY they buy from you and HOW to communicate with them. Use this to not only attract the best clients, but more importantly repel the bad ones so they go somewhere else! A step-by-step process to uniquely positioning your business so as to dominate the competition.

3119- The Anatomy of a Protein Supplement (L) by Jenna Bell

The label of a protein supplement can be daunting. This session will break down the ingredient list of a safe, well-researched protein supplement made by EAS Sports Nutrition and review the science behind the ingredients it contains. Attendees will be able to answer tough questions for their clients about why a certain ingredient is in the tub.

3110 - RealRyder®: Cardio Games (WO) by Douglas Brooks

Sponsored by Eco Lifestyle Fitness

Match cardio training with high-energy interaction that keeps your riders engaged and accountable. Learn how competition, coaching and psychology result in motivation that guarantees results and enhances the fun factor. What works best? Trash talk, positive reinforcement, or friendly competition? It's time to play! Learn to guide group ladders, solo leads, sprint pyramid builds, teammate tag & coach, pedal with the pack, and follow the leader. You'll leave with six new interactive game formats that you can implement in your classes tomorrow. Let the games begin!

1:20PM - 2:35PM (LUNCH OPTION 2)

3131 – Olympic Weightlifting: The Importance of Proper Breathing (WS) by Mark Cannella

Sponsored by Columbus Weightlifting

In this crucial session, you will learn the difference between belly breathing, the Valsalva maneuver and bracing. Discover why belly breathing is critical to success in Olympic Lifting, and practice how to do this essential breathing. Learn how to do it yourself and then how to teach others to do it properly.

3132 – Yoga Tribal Groove (WO) by Helen Vanderburg

Experience the groove of tribal music combined with vinyasa style yoga that blends African inspired dance and yoga postures to energize your spirit. Feel the pulse of the music and the vibrations of your body in this exploration of mind, body and spirit. Let your spirit go free as you release tension through movement.



3133 – SGT Ken®’s Hyperwear Games: There Can Be Only One (WS) by SGT Ken®

Sponsored by Eco Lifestyle Fitness

SGT Ken’s Hyperwear Games: There Can Be Only One™ is a crash course in adventure race training. Complete with military-style urban obstacles and challenging athletic events using Hyperwear SandBells and SandRopes, this course will help you discover the warrior within. Whether you are training for the Cross-fit games or the Olympics, don’t miss your chance to test your physical and mental resilience like never before!

3134 – Piecing the Puzzle Together: Movement Integration For A Total Body Balance (WS) by Kyle Stull

Sponsored by Triggerpoint™ Performance Therapy

The lack of mobility is one of the primary causes of pain and injury. If one joint can’t move then the other joints around it will have to move more. This workshop will look at the steps necessary to increase the stability after mobility has been increased. This will include TriggerPoints, Myofascial Compression Techniques and dynamic flexibility along with core, balance, and reactive training to integrate the nervous system

3135 – Fall Prevention with Power Plate (WS) by Rich Colosi

Sponsored by Performance Health Systems

Power Plate offers a fast and clinically effective way to stimulate our proprioceptive system, coordinating neuromusculoskeletal excitation with our vestibular system, activating our conscious and subconscious orientation to space through reflexive stabilization of our core stabilizers. Provoking the potential of reflex activation of the entire neuromuscular system in synergy is a vital and life changing application of Power Plate to positively influence balance. Reflexive stabilization through Power Plate, utilizes triplane feedback to simulate the body’s reaction to gravity and ground reaction forces, thus simulating real life interactions with our dynamic and changing environment, creating stability with mobility.

3136 – Prenatal Fitness Facts & Fallacies: Should She or Shouldn’t She? (WS) by Farel Hruska, Judy King and Sarah Kooperman

The research is constantly being updated and examined. Do you have the latest data for training this incredible clientele? Leave with a sound understanding of prenatal fitness and how to train her holistically through pregnancy and for her new role as “mom”.

3137 – Balanced Body®: Barre Pilates (WS) by Theresa Wakamastu

Sponsored by Balanced Body®

This class will focus on the use of the barre for building a solid foundation beginning with the feet and working up through the body. Various exercises and stretches will be introduced and modifications will be given. The class will begin with more isolated movement and move into more complex and flowing series. The students will learn different exercises and



stretches which will open and re-align the body along with teaching the student correct alignment. The students will also learn class sequencing and flow and how to release tension while building strength.

3138 - Get Clients Committed To Their Goals (L) by *BJ Radomski*

Stop trying to sell - learn how to get your clients to sell themselves. In this session, you will learn the psychology of how people motivate themselves to want to achieve change. If you are still struggling to sign up the number of high quality clients you want and deserve it is because you are missing a powerful yet easy strategy to motivate clients off the couch and into your sessions. Discover the strategies behind those who merely wish for change versus those who make change happen. To have a rewarding, successful PT business, you want to learn this technique.

3139 - Client Retention: How Advanced Digital Technology Can Help (L) by *Fabio Comana and Michael Piermont*

Sponsored by NASM™

In today's constantly-connected world, fitness professionals need to develop new ways of providing value to their clients in order to develop a thriving fitness career. You may see your client 3 hours a week, but what's happening during the other 165 hours of the week when you're not together? Digital technology is bridging the gap and is making it easier for fitness pros to add value in ways that were previously not possible. Join this riveting discussion, lead by two industry experts and learn how you can gain & retain more clients by using digital technology to grow long-term client relationships.

3130 - Speed Date: Programming, Conditioning and More (SD) with *JC Santana, Emily Splichal, Steve Cotter, Christian Mason and Michael Mantell*

AFC presents Speed Date – your opportunity to ask our group of experts your own questions. This interactive opportunity gives you the chance to pose your question or share your challenges with our experts who can then answer or demonstrate ideas to you – you get to walk away with solutions and applications you can use immediately.

3:00PM - 4:15PM

3151 – Escape Raw Team Training (WS) by *Tommy Mathews*

Sponsored by Escape Fitness

This unique team training method brings together unconventional strength training tools with a high intensity training system that uses team training to bring out the very best in all participants. Escape Fitness have created an integrated, functional training experience with a variety of engaging fitness products. This session shows participants how to program in



this fashion and why team/partner training is a great way to increase intensity whilst keeping the session fun.

3152 – Flexibility For Athletes: Optimization and Balance (WS) by Steve Cotter

The topic of flexibility and its importance for athletes is often debated and frequently misunderstood. Practically speaking, flexibility is one's range of motion about the joints of the body. To be a well-rounded "optimized" and balanced athlete, one must give as much attention to flexibility as to strength, power, endurance or any other physical attribute.

3153 - TRX® Partner Fusion (WS) by Fraser Quelch

Sponsored by TRX®

This intense session emphasizes the power of working with partners while providing a fusion of the functional strength and high intensity rotational power of the TRX Suspension and TRX Rip Trainers. Experience specific techniques to energize your training sessions, engage otherwise dormant partners and maximize the capacity of your program.

3154 – 3D Myofascial Mobility Through Strategic Movement on the CoreTex® (WS) by Anthony Carey

Sponsored by United Lifestyle

Addressing our client's fascial component typically consists of some form of self myofascial release or body work. Although excellent pieces to the puzzle, mobility is further enhanced when we understand some of the critical variables of motion that can be applied with the intent of increasing mobility and tissue extensibility. Biomechanical, neurological and physiological components are all at play as we address the myofascial continuity through the unique movement of the Core-Tex™.

3155 - Barefoot Forum- Foundation For Athletes- A Dancer's Secrets to Strong Feet and Stable Ankles by Emily Splichal, Ami McMullen and SGT Ken®

Sponsored by Vibram®

Feet are the body's foundation, yet most athletes focus little to no time training them. Classically trained ballet dancer, Ami McMullen knows the importance of foot and lower leg strength for best-in-class performance. In this session she'll show you how some of the most graceful athletes train their lower body, at the ankle and below, for explosive power, deceleration, and multi-directional strength.

3156 – PILOXING®: Graceful and Powerful Intervals (WO) by Viveca Jensen

Sponsored by PILOXING®

Experience the powerful punches of boxing and the gracefulness of Pilates movement in this one of a kind interval workout that blends power, speed, agility, balance, flexibility and fun. You'll burn calories, get sweaty and walk away feeling Sleek, Sexy and Powerful



3157 – Yin Yoga: Our Joints Need Exercise Too (WS) by Marla Ericksen

Yin Yoga has exploded onto the yoga scene and is wildly popular. Let Marla introduce you to the guiding principles of Yin Yoga. Known as the quiet practice, YIN YOGA targets the connective tissue and stimulates the subtle energy body. We will experience the effects of these contemplative practices on the body, the heart and the mind. This workshop is suitable for anyone who is interested in expanding their understanding of practices that inspire universal balance, human energetics and spiritual evolution.

3158 – Successful Marketing Through Business Cards, FB ads, E-Blasts and More (L) by Ric Isaac

Sponsored by NPE®

How to create successful marketing pieces that target your ideal client and compel them to take action and contact you. We will cover these common pieces – Facebook ads, business cards, email marketing, postcards, flyers and posters, and show you how to use these for maximum results. We will demonstrate what works best in today's competitive environment and how to make your message stand out from the crowd.

3159 – Recovery Based Strategies in Program Design (L) by TBD

Many would agree the general perspective on workouts is to achieve near volitional exhaustion. Members, clients and trainers alike mandate that the goal of training is to 'push' their clients. This general perception has to, and is, changing. Programs of the future will involve structured recovery sessions, which clients pay for. They will begin to understand the value of these sessions towards the attainment of their goals and so that wellness can be attained. This session will expand upon the critical role of recovery from the perspective of movement strategies. Learn why to choose certain movements / exercises to achieve optimized physiological restoration

3150 - RealRyder®: Adrenaline Rush (WO) by Douglas Brooks

Sponsored by Eco Lifestyle Fitness

Join us for this progressive, heart pumping, leg thumping mixed terrain session. Learn to plan your workout to highlight the highs and optimize recovery "lows," leaving your riders feeling exhilarated and proud of destroying old physical and mental roadblocks. Learn how to build crescendos into your ride profile through different coaching styles and use of music--at just the right times--to keep your pack of riders totally engaged with choreographed RydeBlocks.