

FITNESSFEST

CONFERENCE AND EXPO

APRIL 21-23, 2017

**SHERATON HOTEL
MESA, ARIZONA**



APRIL 20

**PRE-CONFERENCE
TRAININGS &
CERTIFICATIONS**

EXPO

**FREE & OPEN
TO THE PUBLIC**

**GROUP FITNESS
UNIVERSITY**

**A NEW TRACK
FOR NEW INSTRUCTORS**

**A FITNESS AND WELLNESS CONFERENCE FOR GROUP EXERCISE
INSTRUCTORS, PERSONAL TRAINERS, AQUA INSTRUCTORS,
MIND/BODY PRACTITIONERS AND FITNESS ENTHUSIASTS.**



WELCOME TO FITNESSFEST

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CONNECT WITH US:

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-  Facebook.com/FitnessFest
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-  Twitter.com/FitnessFest

 = Workshop  = Lecture  = Workout

WS = Movement and Lecture

L = Lecture Only

W = Workout Only

Dear Friends,



Can you believe it's our 19th year in the Phoenix area?! It warms our heart when we hear so many of you talk about being with us since the beginning days...way back in 1998! We've come a LONG way, baby!

And our industry is always evolving, isn't it? In some ways good, some not so good. One thing that stays the same is that we believe in LIVE education to keep up on the latest research, most current formats, and motivational ideas that benefit us and those we serve. So, thank you for coming and for continuing to support our LIVE FitnessFests!

We are thrilled to launch several FIRSTS this year at FitnessFest. We'll have our first annual FitnessFest Obstacle Course at the beautiful Riverview Park (on-site at our venue). This will be a fun team-builder sponsored by BodyEvolver, with lots of competition and prizes. See page 5 for more details.

We are also excited to offer Group Fitness University. This track is designed for the student in the front row of your class who wants to teach (weren't we all there at one point?), for the experienced instructor who perhaps does not have a national certification, or for the instructor who's looking to really pack classes and maintain a following. Learn more about cueing, musicality and offering modifications from international industry leader Christi Taylor. Get tips from IDEA spokesperson and renowned presenter Amanda Vogel. Share this info with your students and friends! See page 6 and visit www.FitnessFest.org/GFU.

In an effort to bring everyone at the event together to build more comradery, share some positive thinking, and have a kick-a\$\$ time, we're throwing a POOL PARTY Friday night – and you're invited! Entrance is FREE with a One Day, Two Day or Full Conference Package.

All of this will take place at the incredible Sheraton Mesa Hotel at Wrigleyville West, which happens to be MY favorite place to walk, run, bike and play. This location couldn't be more perfect. With spacious lecture and ballrooms, beautiful outdoor workshop areas, pristine pools, and amazing spaces to mingle with our exhibitors, 2017 promises to deliver everything you could ask for in a conference!

Can't wait to see you!
Janice



FROM FINDING THE RIGHT
VENUE TO MARKETING FOR
YOUR EVENT AND EXECUTING
ON-SITE ACTIVITIES, FEST
CAN HELP YOU!

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PRE-CONFERENCE THURSDAY, APRIL 20

8:00am - 4:30pm



Integrative Core Training for the Baby Boomer and Senior Population **Dr. Evan Osar**

Baby boomers and individuals 65 years of age and older are currently the most rapidly growing segment of the population. As increasing numbers of baby boomers move into their senior years, a significant number of them will experience chronic low back tightness and dysfunction. These limitations are leading to increased reliance on pharmaceutical agents and an increasing incidence of orthopedic surgeries. However, by understanding and applying the principles of the Integrative Movement System™ into a corrective and progressive exercise program, fitness professionals can help their clients improve alignment and control of the trunk and spine.

In this interactive training, discover how the principles of the Integrative Movement System™ relate to the development of efficient core function. Learn how to be instrumental in helping your clients improve functional strength and stability, and how you can become the movement-based solution to the healthcare crisis. Walk away being able to perform a functional assessment of your clients to determine range of motion and stability of the trunk and spine, as well as the knowledge of how to develop a safe and effective corrective and progressive core exercise program that will help your baby boomer and senior clients work toward achieving their health and fitness goals.

CECs: ACE .7, NASM .7, AFAA 7

- **Certificate of Completion provided upon completion of this training.**
- **Work toward becoming an Integrative Corrective Exercise Instructor™ (I.C.E. Instructor™) by taking each level of Dr. Evan Osar's available workshops and passing a written test after each section.**

Early Bird: \$199 • Spring Deadline: \$209.00
Last Call: \$239.00

9:00am - 5:00pm



Barre Above™ Instructor Training **Tricia Murphy Madden**

Barre Above™ is an eclectic and progressive method of barre training for all bodies. Learn the essentials and how to implement, launch and run a successful and in-demand barre program. Whether you have barres or chairs, this education fits all needs for clubs, studios and independent instructors. Barre Above™ is based on applied science to create strength, flexibility and balance in the body. With flexible programming, progressions and regressions for all fitness levels, you will acquire the ability to teach a fun, effective and efficient barre workout for all fitness levels.

CECs: ACE .8, NASM .8, AFAA 8

- **Includes two DVDs, Instructor Manual and Bender Ball (items a \$125 Value).**
- **No additional fees once certified.**
- **CPR card not required.**

Early Bird: \$229.99 • Spring Deadline: \$249.99
Last Call: \$269.99

9:00am - 5:00pm



Revo2lution Running™ Certification **Dr. Jason Karp**

Despite the popularity of running worldwide, there's no running-specific certification in the fitness industry. Developed by renowned running expert and IDEA Personal Trainer of the Year Dr. Jason Karp, the Revo2lution Running™ Certification educates personal trainers, group exercise instructors, and coaches on how to train clients who run. This training covers running physiology, running technique, running workouts, running injuries, running nutrition, and running for women. Becoming a Revo2lution Running™-certified trainer gives you the credibility of being a proficient run coach, enables you to teach Revo2lution Running™ classes, and gives you the tools to design run training programs for weight loss and for 5Ks to marathons.

You must register with Jason Karp. To register and for more information from Jason Karp, please visit:
www.run-fit.com/revo2lutionrunning-liveperformances

CECs: ACE, NASM, AFAA, PTA Global

\$299 All Deadlines • \$329 Last Call

7:30am - 3:30pm



AEA AFP Practical & Skill Applications Course **Lori Templeman**

This hands-on training course is designed to reinforce the recommended self-study resources for the Aquatic Fitness Professional Certification Examination. This workshop provides theoretical review, classroom movement, and pool application that can help you enhance your level and skill. Bring the study materials to life! The course targets muscles; equipment and movement; techniques for altering intensity; programming and leadership skills (including deck instruction) — all in an easy-to-understand format. This program does NOT cover all examination objectives and advanced study is highly recommended.

You must register with AEA: For all registration and more info register at: www.aeawave.com

CECs: AEA 7.0*, AEA AF 7.0, ACE 0.6, AFAA 7.0, ATRI 7.0

- **A EA CECs issued to individuals who are currently AEA-certified ONLY, and not to those sitting for the certification examination.**

\$75 Early Bird AEA Member
\$115 Late and/or Non-Member

4:00pm - 6:15pm



AEA Aquatic Fitness Professional Certification (AFPC) Examination

Increase your credentials and career opportunities with the most comprehensive and recognized aquatic fitness certification. This 100-question, multiple-choice exam is designed to test a standard level of theoretical and practical competence and skill for aquatic fitness professionals. Obtaining AEA Certification is the gold standard in the industry.

For all registration and more info register at:
www.aeawave.com

- **AFPC registration must be received 30 DAYS in advance of examination date (by March 21, 2017).**
- **AEA highly recommends ADVANCE PREPARATION regardless of education background or experience.**
- **Exam Candidates - Obtain and review the AFPC Candidate Handbook & Exam Study Objectives from the website (www.aeawave.com).**

\$145 All Candidates • \$65 Retake Exam

9:00am - 5:00pm



One Day to Wellness **Bruce & Mindy Mylrea**

It's the other 23 hours. The key to unlocking your best, healthiest, and happiest YOU lies in those 23 hours after you leave the gym. Whether you're taking the personal training session or running it, whether you're leading a class or going full throttle in the back row, that hour is just a fraction of the puzzle. Strength and fitness can build a foundation of wellness in your life, but what you do with the rest of your day is what truly creates lasting changes. Making the most of the other 23 hours is what will enrich your life, your career and your entire outlook. It is what can take you from frustrated gym rat — or frustrated instructor of gym rats who aren't seeing results — to a balanced, happy, healthy person.

One Day to Wellness is the first step to unlocking those other 23 hours. This comprehensive one-day training delivers the latest in evidence-based behavioral change and dietary research, eating strategies for sustained success, mindful and productive goal setting, and movement that matters. Get simple and concise tools to steer yourself and your clients along the wellness continuum through nutrition, fitness, and life balance. This training is for anyone who is serious about making positive, health-enhancing improvements to his/her life and the lives of everyone they touch.

Whether you are a fitness professional, a fitness consumer, or someone who has been afraid and uncertain about how to get healthier, One Day to Wellness is for you. When the day is over, you will have all the tools you need to generate change. To live longer. To live BETTER.

CECs: ACE .8, NASM .8, AFAA 8

Early Bird - \$229.99 • Spring Deadline - \$249.99
Last Call - \$269.99

9:00am - 5:00pm



Country Heat™ LIVE Instructor Training **Nina Carr**

You love fitness, dancing, and country music. You know what? So do a lot of other people — except they're waiting for YOU to teach them! Why not blend your skills and enthusiasm for all three passions into one exciting dance workout with a fun country flavor? Learn everything you need to know to teach Country Heat™ LIVE! You don't need a dance background, just a love for dance and country music. This winning fitness program is perfect for all fitness levels, and your classes will be addicted to the simple steps and catchy country songs that make it such a fun-filled, calorie-scorching good time! Plus — not only is this class fun and effective, it's already in demand across the country thanks to extensive Beachbody® advertising.

PRO Team members receive all the latest country music hits, choreography, and instructor tips needed to lead classes. Members also have access to a wealth of marketing tools to help keep your Country Heat™ LIVE classes packed — and make them the talk of the town!

CECs: ACE .7, AFAA 8, canfitpro

- **Certificate and eBadge to make it official!**
- **Two videos with choreography demos, cueing and breakdowns for teaching.**
- **Official Country Heat™ LIVE Instructor Manual**
- **Option to join PRO Team and receive even more amazing perks, the latest routines, music and marketing materials.**

All Deadlines: \$249

7:00am – 9:00am

Managing Anchored Resistance **Chris Severs** WS

Managing any anchored resistance tool well (whether it be a suspension strap, resistance band, cable machine, battle rope, pulling sled or land mine) is a matter of appreciating the effect on the body of three elements: the anchor point, the connection to the anchored resistance, and the orientation to the anchor point. This workshop will explore anchored resistance, the variety available through anchor point training, and how to develop appropriate resistance for specific needs.



The Olympic Circuit **Alex McLean** WS

Every four years, the world is mesmerized by the sculpted bodies and heroic feats of the Olympians! The spring of a gymnast, the agility of a volleyball player, the power of a sprinter... Join this session to learn how to train like an athlete using your own bodyweight – and go for the gold!

Exercise and Weight Loss: A Review of the Scientific Research **Dr. Jason Karp** L

While weight loss remains the largest issue for people who hire personal trainers and/or exercise at health clubs, most fitness professionals are not familiar with the scientific research on this important topic. In fact, many people are relying on what's presented by the popular media. This session critically reviews the scientific research on exercise and weight loss to reveal the most effective weight loss strategies, including how much, what types, and at what intensities to exercise. Gain a complete understanding of the research in order to better educate and help your clients.

LeHIIT™ It Together **Jessica Maurer** WS

LeHIIT™ features familiar fitness choreography in an efficient program using the Lebert EQualizer for strength intervals, speed, agility and power training. This year, experience LeHIIT™ as you never have before – with partners! From two people using one EQ to four people using a pair of EQs, this session will teach you how to create a fun, functional, and creative class using limited resources.



Pilates B.L.A.S.T. **June Kahn** WS

Explore intermediate to advanced Pilates progressions that move your muscles in three dimensions. Pilates B.L.A.S.T. (Body Lengthening And Strength Training) is a workshop that fuses together upright Pilates and bodyweight progressions with traditional Pilates sequences. This unique session melds together music, energy, and smooth transitions between exercises to enhance the mind/body connection. By integrating functional resistance with dynamic lengthening sequences, you will strengthen and lengthen the body, bringing it back to life!

Dynamic Aqua Core Training **Manuel Velazquez** WS

This workshop focuses on aquatic resistance training using core stabilization. The water is the perfect medium to explore and improve dynamic balance, strength, agility and coordination. Take advantage of water properties using buoyancy and drag without equipment. Learn how to use training intensity, alignment, muscle involvement and muscle integration in this efficient cardio, core and total body fitness program.

POUND® & TurboKick® LIVE - MASTER CLASS COMBO

7:00am – 7:45am

POUND®. Rockout. Workout. W

Master Class **Danielle O'Reilly**

Using Ripstix® (lightly weighted drumsticks engineered specifically for exercising), POUND® transforms drumming into an incredibly effective way of exercising. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The format can be easily modified and the vibe appeals to men and women of all ages and abilities.



8:00am – 8:45am

TurboKick® LIVE: The Ultimate Cardio Kickboxing Party **Nina Carr** W

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



9:15am – 10:15am – Opening Ceremony

10:15am – 10:45am – EXPO BREAK

10:45am – 12:15pm

Training Older Adults with Osteoarthritis of the Hips and Spine **Dr. Evan Osar** WS

If you work with the aging adult population, you understand that hip and spine osteoarthritis are two of the most common orthopedic issues keeping individuals from walking, biking, and/or performing daily activities. As a fitness professional, you are instrumental in helping aging adults with osteoarthritis achieve their health and fitness goals. During this interactive session, learn why your clients develop osteoarthritis and discover the most effective exercise strategies to help them improve their postural and movement patterns.



The Beauty of the Beast **Jonathan Ross** WS

Amplify the impact and benefit of your ropes training like you never thought possible! Using the elastic Beast Ropes, get constant feedback on the quality of your movement while exploring challenges to familiar heavy ropes exercises. Discover new exercises that are impossible to perform with standard heavy ropes. This lighter, more portable, and more versatile battle rope training option will make you better and your clients fitter.



"Best of" Social Media for Fitness Pros **Amanda Vogel** L

With so many choices for what, when, and how to post on social media, you want to do what's best for your marketing success. Backed by the newest research, case studies and expert guidance, this session covers all the top tricks and hacks for getting the most out of Instagram, Twitter, Facebook and more. Discover the best new features per platform, best times to post, best content for engagement, best strategies for follower growth, best hashtag hacks, best calls to action, best ideas for attracting leads and sales, and best time-saving tricks!

Herbs for Daily Living **Kathleen Gould** L

Learn how easy it is to incorporate medicinal herbs into your daily life in this interactive session. Discover what herbs are beneficial to YOU and why you need them every day!

Extreme Exercise Makeover **Mindy Mylrea** WS

Squat, push-up, burpee, lunge, sit-up. Been there, done that...over and over again! Ready to mix it up and expand your exercise library? Mindy is the expert at transforming regular exercise staples into homerun gems. Leave with at least ten new ways to bring life back to the basics we all know. Learn to progress and regress each so that it makes sense for all fitness levels. Never do a regular old squat, push-up, or lunge again!



Pilates Fitness Fusion **Alexandra Prince** WS

Often, you have a variety of populations in one class. This unique workshop will use the step as a prop and offer a variety of options for all population types. This prop can challenge a participant, but can also be used to reduce neck, low back and hip stress.

Aqua Fitness and Function Workouts to Go **Laurie Denomme** WS

Meet the needs of your aqua classes with mobility and strength training in three planes. Learn a simple blueprint using four basic exercises to build multiple classes. Cardio, strength, flexibility and functional workouts can all be built from four basic moves. Follow the provided template or add your creative spin – these workouts are simple, effective, and seriously fun to do!



11:00am – 12:15pm Stand-Up Paddleboard Yoga **Sarah Williams** W

Stand-up paddleboarding is a great way to connect with friends and enjoy a challenging yet invigorating workout in nature – adding yoga is just a bonus! This class is suitable for all levels and can be done on any body of water.



12:15pm – 1:45pm EXPO & LUNCH ON YOUR OWN

FRIDAY CONTINUED...

1:45pm - 3:45pm

The FAT Model for Training Your Clients Over 50 **Dr. Dan Ritchie** WS

Learn the Functional Aging Training (FAT) model for training people over 55 for maximal functional outcomes. Discover how to not only ensure you add years to your clients' lives, but life to those years.



Finding the Q Factor in Business and in Life **Jennifer Graffice** L

What is the Q Factor and how can it help in so many aspects of managing both your business and personal life? Explore the reality factor and why we are here in this industry. Understand the motivating factor for staff and clients and what drives them to succeed. Gain insight into the work-life balance factor and receive tips on how to better manage both your personal and business schedules. Realize the dream factor and what you want to accomplish in life.

Dance Back in Time **Alex McLean** WS

To appreciate today, you have to embrace the past! Music is timeless and movement to music is priceless. Celebrate as we journey across the U.S. Take a pitstop in Detroit for some Motown grooves before heading to Studio 54 in NYC to boogie oogie oogie with the Disco crowd. Come along for many stops in-between before ending in LA -- where we'll hip hop 'til we drop!

Barre Tricks **Tricia Murphy Madden** WS

Barre rooms are filled to the brim with every small equipment exercise tool, but you may find yourself going back to the same accessory each time out of habit. Learn how to break out of your comfort zone by incorporating numerous kinds of equipment into your barre classes, all while utilizing traditional barre sequencing. Take away tons of unique ideas and invigorate your barre classes right away!



Yoga for Older Adults **Donna Schnoor** WS

Exercise is a crucial part of healthy aging. As a large percentage of our population (the Baby Boomers) are now in their 60s and 70s, it is imperative that they are offered low-impact exercise options to maintain a healthy lifestyle. A consistent yoga practice can reduce the risk of falls, increase flexibility and range of motion in the joints, increase strength, and reduce stress as we age. This workshop will look at some of the issues of aging and how a yoga practice can be adapted to accommodate this population, including chair yoga as an alternative to the more traditional mat yoga.

COREganize Your Core to Your Pelvic Floor & More **Laurie Streff** WS

This self-care workshop will bring heightened awareness to core musculature and the pelvic floor. Experience new kinetic chains in your torso as you relate them to a bigger picture of conscious breathing, spinal integrity, digestion, emotion, and newfound realms of somatic awakening. Explore foundational training and core integrated enlivening to achieve more strength, stability, and mobility in your fitness classes, Crossfit WODs, yoga practice, and functional movement patterns. This workshop is suitable for all levels and will utilize Yoga Tune Up® therapy balls for myofascial restoration.



Aqua Interval Buffet **Lori Templeman** WS

Experience a variety of interval training protocols adapted for the water. Explore various ratios of HIIT, counting sets, partner work, measurable cadence training and more! Learn how to effectively time and execute these formats in your classes for increased challenge and progression.

3:45pm - 4:15pm — EXPO BREAK



4:15pm - 5:45pm

Abs Revealed **Jonathan Ross** WS

Everyone wants better abs! Why not give them abs for "show" and for "go" while using smart programming? Learn when to follow the rules of ab training - and when to break them. Learn why you can still use crunches by using smarter versions. Discover creative new exercises to give clients the best of both worlds and achieve well-developed and well-functioning abdominals. Explore why planks are over-used and better ways to progress once the basic plank is mastered. The exercises are tied together in a complete, progressive training program to start right and finish strong for great-looking, well-performing abs.

Secrets of Running Injury Prevention **Dr. Jason Karp** L

At least half of all runners deal with at least one injury per year, and 25 percent of runners are injured at any given time. There's really no good reason why so many runners should get injured...and yet it happens all the time. This is mostly because runners don't train intelligently or they follow programs that are faulty in design. In this presentation, running expert and coach Dr. Jason Karp gives you the secrets to prevent running injuries so you can run better and healthier.

Strategize Your Social Media: 6 Steps to Success **Amanda Vogel** L

A lot of fitness pros and companies are "all over" social media for fitness marketing. However, having a Facebook page, Twitter account or Instagram feed isn't what matters -- it's how you leverage those social channels that counts. If you haven't already worked out a smart, well-rounded STRATEGY for your fitness marketing on social media, it's time to start. Doing so will help rev up revenue, attract more qualified followers, and save an enormous amount of time. Walk away from this session with a six-step plan and a take-home template for strategizing your every move on social media. It's easier than you think!



FRIDAY CONTINUED...

4:15pm - 5:45pm

LEBERT
FITNESS

LeBARRE™ Reloaded Jessica Maurer WS

What happens when you combine the grace of ballet, the power of strength training, the balance of yoga, and the versatility of the Lebert Equalizer? You get LeBARRE™. This class allows you to experience full-body movement with dynamic and continuous sequences that will challenge your muscular endurance, flexibility, and core strength. Low-impact but still heart-pumping, this class teaches you how to use your body and the Equalizer, creating more body awareness and challenges. A truly unique experience that will leave feeling totally empowered!

Hot Latin Blast! Manuel Velazquez WS

Come get a blast of Latin flavor and metabolic challenges! Clap, stomp, turn and move with an effective fitness purpose. Explore the best Latin rhythms from around the globe in a format that is going to ignite your metabolic power. Layer your basic movement skills; apply power and directional changes for maximum fun and training results, pushing your aerobic and anaerobic thresholds. Sweat hard, breathe hard, and play harder as you get ripped!

Ageless Yoga Sculpt June Kahn WS

When muscle meets yoga, sculpt is born. This workshop combines yoga, bodyweight, and light weight training to tone the full body. You'll combine free weights with Vinyasa Flow and mild cardio to intensify each pose while mixing in strength training moves like squats, lunges and upper body movements. The session is designed to help you move more effectively into yoga poses; incorporating hand weights forces you to slow down and focus on achieving good form and alignment. Experience sequences that are readily adaptable to all fitness levels and learn the two levels of the Sun Salutation that help progress students to achieve success.

Yin and Yang: A Land and Water Yoga Experience WS

Connie Lagerhausen

A beautiful way to end the day, this workshop combines yoga on land with aqua yoga in the pool. Begin with a gentle land-based yoga session that transitions into a relaxing aqua yoga class. Experience the benefits of both modalities and understand how to safely and accurately adapt the movements from land to water. Let go of any tension you might have built up during the day and leave grounded and calm.

6:00PM - 8:00PM: POOL PARTY!



• CASUAL ATTIRE • APPETIZERS • DRINK TICKETS
SOCIALIZE WITH YOUR PEERS

*Get close and personal
with our presenters!*

SATURDAY APRIL 22

7:00am - 8:00am - OBSTACLE COURSE

Sponsored by **BodyEvolver**
PT PRO

Powered by Power Music
and Stroops Equipment

Get Your Team Together! (Teams of 4)

- Obstacle Course is FREE to enter.
- Prizes including FREE entry to 2018 FitnessFest.
- T-shirt for each team member.

Register at: www.fitnessfest.org/obstacle

SATURDAY APRIL 22

WS = Workshop L = Lecture W = Workout

8:00am - 9:00am MASTER CLASS EXTRAVAGANZA

Functional Aging Circuits Dr. Dan Ritchie W

Learn how to create dynamic and functional circuits for small group and large group training with your 55+ aged clients.



Morning Run with Coach Jason Dr. Jason Karp W

Start your day with award-winning running coach and author Dr. Jason Karp as he takes you on a morning run through the amazing Mesa Riverview Park. This is an exclusive opportunity only available at FitnessFest!



STRONG by Zumba™ Courtney Ackerman W

Introducing music-led interval training! With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.



Country Heat™ LIVE Nina Carr W

Fire up the fun with the high-energy, easy-to-follow workout created by celebrity trainer and choreographer Autumn Calabrese that's so simple anyone can do it! You'll dance nonstop to the hottest country hits! Before you know it, you'll be burning off the fat and tightening your body from head to toe!



LeBoot Jessica Maurer W

Combining old-school strength moves with functional, multi-planar sequences will elevate everyone's fitness level! The recess-type atmosphere and sense of accomplishment will have you coming back for more. Whether you have never used the EQualizer or have a set at home, you will learn new movements PLUS experience the Lebert Spring Resistance Technology Barbell™. Imagine every strength training movement you can think of using a barbell with added movement, increased muscle activation and variable resistance.



Yoga Fused, Yoga Grooves! Manuel Velazquez W

Gain an appreciation for music and apply rhythm to traditional yoga vinyasas, Pilates-inspired movements, gyrokinetics-inspired sequences, and balance challenges. A taste of vibration and a hint of dance will elevate your fused mind/body program from simple, breathing-focused poses to a breathless, dynamic revolution.

Get to Know Nekdoodle® Laurie Denomme W

Nekdoodle® is the premier equipment for aquatic fitness. In this pool session, you'll experience creative ways to take advantage of the unique product design. Learn why Nekdoodle® is just the thing to improve balance and the perfect tool for stretching particularly tight areas of the body, while offering the ideal resistance to improve cardio and muscular endurance. Don't miss this opportunity to experience why Nekdoodle® Makes Sense Every Time You Swim!



BodyEvolver: Achieve Results in Person and Online Mike D'Angelo W

Nothing is more important than your clients' results! Learn why assessing and re-assessing progress is the best way to build not just a sustainable business, but a thriving one...whether private, group training or online. Accelerate the growth of your training business using technology designed specifically to deliver the results you and your clients want. Streamline, Organize, Dominate.



9:00am - 9:30am EXPO BREAK

9:30am - 11:00am

Dr. Karp's Run-Fit Boot Camp Dr. Jason Karp WS

Many boot camps are resistance training-based, using portable equipment or bodyweight exercises. Running burns more calories and makes you fitter than anything else. Get sculpted legs like a runner. Get a flat stomach like a runner. Get ripped arms like a runner. Be inspired like a runner. Leave with the best running workouts to motivate your clients and get them in the best shape of their lives! If you want to be fit, you need to be RUN-FIT!

All You Need is You: Bodyweight Bootcamp Jonathan Ross WS

Wherever you go, you always have your own bodyweight and gravity. Discover fun, challenging, and creative options to provide success with fitness anywhere you go (independent of equipment!). Learn exercises for individuals, partners, and small groups including some fun options that will thrill kids. Leave this session with many new ideas for your classes, boot camps, or with one-on-one clients.

GROUP FITNESS UNIVERSITY

APRIL 22ND - ALL DAY LONG!

WHO SHOULD ATTEND?

The student in the front row who is awesome and would make a great instructor! The current instructor who wants to learn new formats, and learn from the best about cuing, formatting a class, confidence and leading, and a whole lot more!

7:00 AM - 8:00 AM - Obstacle Course (Optional)

8:00 AM - 9:00 AM - Master Class (choose from any 8)

9:00 AM - 9:30 AM - EXPO BREAK

9:30 AM - 11:00 AM - Influence & Inspire: Leading Group Fitness w/ Confidence

11:00 AM - 12:00 PM - Group X Nuts & Bolts

12:00 PM - 1:00 PM - NETWORKING LUNCH / KEYNOTE

1:15 PM - 5:45 PM - Group X Nuts & Bolts

(3:00 PM - 3:45 PM) Job Fair

GroupX Nuts & Bolts Christi Taylor

In this extensive workshop, you will receive information and training critical to becoming a successful group exercise instructor. The training begins with a thorough understanding of the three elements of fitness music and the two components of fitness choreography. Participate in movement drills that will allow you to master each outlined skill, both mentally and physically.

Leave knowing that you are ready to embark on your journey into group exercise instruction, you are prepared to create better programming for classes you are already teaching, or motivated to be the showstopper you know you are and PACK YOUR CLASSES!

For complete descriptions of all workshops and what to expect visit: FitnessFest.org/gfu



REGISTER AT: FITNESSFEST.ORG/GFU OR CALL (480) 461-3888 FOR DETAILS

SATURDAY CONTINUED...

9:30am - 11:00am

Toxic Dump: What's Happening to Food **Melissa Layne** L

As we look to simplify our daily lives, we often look for the quickest and best values in food...which aren't necessarily the best for our health. Unfortunately, the food manufacturers don't really care what we put into our bodies; they care more about the biggest bang for the buck. In this session, take a close look at the 12 most toxic chemicals that are being pumped into popular foods and the strange genetically modified organisms that are being produced for our ingestion. Review the research on how these substances affect our bodies and how GMOs are taking over the food supply. This lecture will have you closely scrutinizing labels for good reason – our bodies are turning into a toxic dump for chemicals and strange gene mutations.

Influence and Inspire: Leading Group Fitness **Amanda Vogel** L with Confidence

Having the composure to motivate and lead your classes or clients is vital to your success as a fitness instructor, presenter, or trainer. In this workshop, you'll look at your role as a leader and influencer in new and exciting ways. Catapult your teaching and training confidence to a higher level with practical tips and real-life examples. Head back to your job with renewed inspiration and confidence about your abilities and influence as a fitness leader and educator.

MASHUP™ Your Workout **Jamie Zacharias & Stacy Redwine** WS

Are you ready for this? We all know that exercise isn't the only thing that matters when it comes to seeing real changes in our physical performance and health. MASHUP™ demonstrates fun ways to integrate holistic coaching to unlock your participants' personal paths to optimal wellness and achieving sustainable results. Come ready to experience this first-hand with an inspiring and challenging workout that will take your perspective on fitness to another dimension.



Barre-LESS Fusion **Jennifer Kotalik** WS

You want to teach barre, but don't have a barre at your studio. Barre workouts are trending, but why give students an additional point of contact when what they REALLY need is single-leg drills for balance, proprioception and intrinsic strength? Barre-LESS is equipment-free and barefoot. Experience elements of ballet, Pilates, and yoga; fatigue your muscles through controlled, intense drills and then immediately lengthen them. This method results in the long, strong, lean muscles and the "barre-sore" that our students love - because it targets "all the right places". This class is perfect for all fitness levels, and is especially smart for students managing injuries.



Water World with Foam! **Lori Templeman** WS

Being effective with buoyant equipment is one of the most popular choices utilized in water exercise classes. Working with foam sometimes comes with challenges and safety considerations. This workshop explores various foam equipment types on the market and how they affect our body with submerged movement. Take away guidelines for educating students on safe and effective use.



11:00am - 12:00pm EXPO BREAK
12:00pm - 1:00pm LUNCH & KEYNOTE

1:30pm - 3:00pm



Corrective Exercise Strategies for Training the Foot and Knee Complex **Dr. Evan Osar** WS

Many older adults experience chronic foot and knee issues like osteoarthritis that limit their ability to walk, run, and participate in activities they love. Unfortunately, many of these individuals are not given great options outside of medications, orthotics, and rest. In this interactive session, discover the reasons why so many older adults have osteoarthritis of the foot and knee. Additionally, learn the most effective corrective exercises for improving their foot and knee function so they feel better and can return to an active lifestyle.

Fitness Playground **Jonathan Ross** WS

When was the last time you had so much fun that you didn't realize how hard you were working until you stopped? Time to feel that again! Mix fun and fitness like you haven't done since all you knew was fun. Lose yourself in these challenging exercises and games. Develop a stronger connection with your class participants or clients, and a stronger bond to you as the professional in the center of the experience.



Women, Hormones, and Metabolism: Solutions to a Complex Conundrum **Dr. Len Kravitz** L

This highly updated lecture summarizes recently published research and the latest science on the physiological effects of hormones, metabolism and energy expenditure in women. A comprehensive review of fat metabolism, muscle fiber characteristics, body composition, endocrinology, caloric expenditure and female physiology related to exercise is presented. Resistance and aerobic training program designs based on scientific studies are presented, specifically those for women. This is a 'must attend' for any personal trainer who trains female clients.

Tabata Express **Mindy Mylrea** WS

Tabata Bootcamp™ is a revolution in HIIT training and wellness coaching. Now experience Tabata Express -- an amazing 30-minute routine that can lead students on a full wellness journey for real change. Using the Tabata timing protocol with max intervals, mixed intervals, and our signature foundational moves, experience a totally new way to excite and challenge your students for maximum sustained success.



Plank You Very Much **Laurie Streff** WS

The "plank" is heralded as the most stabilizing core exercise available. It requires no equipment, but is often practiced poorly when your body is missing its own "equipment" of coordination and strength. The plank is a great equalizer, as it is found across all genres of exercise -- from yoga/Pilates to CrossFit to athletic training and more. This workshop disassembles the classic plank joint-by-joint and prepares you to master this whole body expression of stability. Learn to regress this shape for children, seniors, or students in chronic pain, then learn to progress it for athletes, dancers...and explore novelties for your instagram account. This workshop is suitable for all levels and will utilize Yoga Tune Up® therapy balls for myofascial restoration.



SATURDAY CONTINUED...

Power Sculpt with One Hand Buoy **Manuel Velazquez** WS

Discover the benefits of functional and powerful sculpting training in shallow water with this single hand buoy workshop. This innovative strength-cardio program features creative routines with unique new choreography for strengthening your upper body and core muscles while enhancing cardiovascular endurance. Why use two when one will do?

3:00pm - 3:45pm EXPO & JOB FAIR

3:45pm - 5:45pm

Building Blocks: Core Science and Training Explained **Fabio Comana** WS

We all utilize core exercises, but do you really have a sense of purpose and understanding on lumbo-pelvic hip stability, the three layers of trunk musculature and respective functions? How about training specific to the local and global layers, exercise progressions and training in balance to avoid low-back injury? Think you need an update? Get your version 2.0 in this session and train with a purpose.



Sugar vs Fat Controversy **Melissa Layne** L

Twenty years ago, dietary fat was our enemy and we were attempting to remove fat from all our food and food products. Then the blame turned to processed sugar, and often natural sugars. In this session, review the research to see what is happening with macronutrients and diagram what happens in our bodies when we ingest too much of either substance – meaning we also need to determine what is “too much”.

Making the Most of Muscular Endurance **Tricia Murphy Madden** WS

With the increasing popularity of barre programs and BODYPUMP, muscular endurance is making its comeback and your students will love how their bodies respond if you can begin incorporating this type of work. Learn how to incorporate muscular endurance sequences into your sessions and the coaching techniques that will help your students reach their full potential. Understand how to achieve the most benefit from the movements and take away endless movements patterns and ideas to start using immediately.

Fluid Strength **Mindy Mylrea** WS

Train for movement and muscle will follow. Building muscle without movement patterning creates tight, short, inflexible stumps. Mindy will gracefully link movement to movement and generate an integrated approach to strength training that makes sense. Develop muscle that matters for increased strength, flexibility, and function.



What is Your Fascial Age? **Rene Brackney** WS

Learn individual techniques that help restore energy, increase vitality and reduce pain. You won't want to miss this hot topic. Rene's workshop was the first to sell out in 2016!

Stretch Fusion: 5th Wave **Laurie Denomme** WS

Play with speed variations to improve six movement essentials: reaching, walking, lifting, turning, squatting and balance. This water format is easy to plan, personalize and progress. Five minutes at a comfortable pace paired with a one-minute intensity change. Repeat the sequence, making waves on the 5, 10, 15, 20 ... Stretch and strengthen to improve how you move!



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Learn more at EXPO

BodyEvolver

PT PRO

7:00am - 9:00am

Fragile to Agile Jonathan Ross WS

The body never stops responding to a challenge! Although older adults can potentially be trained using the same movements as athletes, starting off with those same movements in a one-size-fits-all program will do more harm than good. Discover the best way to work successfully with older adults by finding the right starting point and progress them to higher levels of fitness. Take them from fragile to agile!



Corrective Exercise Strategy for Training the Forward Shoulder Posture Dr. Evan Osar WS

Many of our older clients are experiencing chronic tightness, impingement and pain in the shoulder, which ultimately contributes to loss of range of motion and weakness. These issues are most commonly related to the forward shoulder position. The forward shoulder posture affects our clients' ability to exercise and function in everyday activities. In this interactive workshop, discover the most common issue for the forward shoulder posture, as well as the most effective corrective exercises to improve function of the shoulder complex. You will not think or exercise the shoulder complex the same after attending this workshop.



Selling Personal Training Chris Grubbs L

Making a friend, changing a life -- one assessment at a time. The success cycle for club managers and trainers includes: personality, service, results, obligation, promotion, and sales. Learn how to gain and retain clients in this comprehensive lecture.

The Physiology of High Intensity Interval Exercise: New Research & Programs Dr. Len Kravitz L

The emerging research examining high intensity intermittent exercise indicates numerous benefits for cardiovascular health, fat loss, prevention of obesity, insulin resistance and cardiovascular performance. The physiological, metabolic, skeletal and biological mechanisms underlying all of these responses and adaptations will be discussed and explained. EIGHT fabulous high intensity interval training programs from research studies will be presented. A must attend session for all champions of HIIT training.

Spring Resistance Training (SRT) Jessica Maurer WS

This is the ULTIMATE barbell class! Imagine all your barbell exercises with added movement, muscle activation and resistance with the new SRT spring technology. Engage every muscle in your body by taking regular exercises like the bicep curl and adding some crazy chest and delt activation, hitting muscles you never knew you had! SRT will change the face of group fitness by adding that WOW factor to your classes. It's time for Spring Training!



Pilates Mat Flow: Sets, Progressions, Transitions Alexandra Prince WS

Originally taught one-on-one, Pilates has evolved over the decades to teaching groups of all sizes. This makes it one of the more challenging free-style formats to keep fresh. Not only is moving a group with smooth transitions and seamless flow critical to keeping the heart rate elevated for the duration of class, the science of flexibility teaches us that dynamic movement is one of the most effective stretch tools at our disposal. Learn advanced movement concepts that give you an arsenal of teaching tools to help you build safe, effective, fun Pilates Mat classes that will help you raise the quality of your classes and advance your status as a teacher.



Water Warrior and Aqua Kick & Box - Master Class Combo

7:00am - 7:45am

Water Warrior: Aqua Fitness Bootcamp Connie Lagerhausen W

Join The Swim Guru for an incredible aqua fitness workshop that brings together the best of horizontal and vertical! This bootcamp offers a high intensity athletic approach to aqua fitness and endurance swimming. It provides cardiovascular conditioning as well as muscular strength and endurance, using a land-based athletic approach to water fitness training. Implement a combination of swimming and aqua fitness strength training exercises, sports-intense cardiovascular work, intervals and plyometrics. Unlike many water-based programs that mainly focus on a senior population or people recovering from an injury, Water Warrior sets new standards that challenge athletes of all abilities. This workshop will PUSH YOU TO YOUR LIMIT. Goggles, swim cap and aqua shoes suggested (but optional). This class is recommended for an apparently healthy population and is not a true water aerobics class as it is water assisted and not water resisted.

8:00am - 8:45am

Aqua Kick and Box Melissa Layne W

The title says it all! However, aqua kickboxing doesn't mean standing in one place throwing repetitive stationary kicks and jabs. How about some combinations that move you through the water and increase the calorie burn? Front, side, back, diagonal and even in a circle -- move through the water while introducing kickboxing-phased choreography. It's past time to take your kickboxing out of the box and into the entire pool!

9:15am - 10:45am

Mastering Elastic Resistance / Chris Severs WS

Explore the unique properties of elastic resistance. Learn useful applications for training plyometric, isometric, eccentric and oscillation with elastic resistance.



Mobility and Flexibility: Research and Application Fabio Comana WS

Question: How much movement at a joint is related to muscle extensibility? Only 47% - so what is the rest? Static stretching before or after exercise? Foam rolling or fascial compression? PNF or AIS? Mobilization or flexibility? Is it dynamic movement or dynamic stretching? Uncertain or confused - join this session for answers and to develop a comprehensive understanding of how it all works and fits together.



Movement Heals: Stand Up for Your Health June Kahn L

An in-depth look at how movement, both physical and mindful, can positively impact and increase the longevity of your life. Learn the types of movement that have the greatest impact on reducing lifestyle disease and leave with a three-step approach to embrace and impact the lives of others (as well as yourself). Experience the N.E.A.T approach to everyday living, giving you the power to overcome the dangers of six hours or more of inactivity, regardless of your fitness level. A real eye opener.

MASHUP™ Fun. Quick. Total Fitness. WS

Jamie Zacharias & Stacy Redwine

Fuse your workout experience with high-energy music and holistic coaching to achieve maximum, sustainable results. Get the perks of Mind/body (yoga/Pilates), Agility and Strength, and High-intensity intervals for all fitness levels in EVERY class! MASHUP™ brings you the only variable-intensity interval training program of its kind. Try this exhilarating, non-choreographed workout that will keep you coming back for more.



SUNDAY CONTINUED...

9:15am - 10:45am

Increase Movement, Decrease Pain: Fascial Release **WS** Secrets that Work! **Rene Brackney**

Learn how simple moves done right can make all activities easier and pain free. You won't want to miss this hot topic. Rene's workshop was the first to sell out in 2016!

Cardio Meets Pilates: Group Fitness **WS** with Burn and Stroops **Lisa Corsello**

This is not your mama's Pilates! Novices and experts alike will be blown away by Pilates and Toning with Stroops. Use Slastix® to weave both classic and modern Pilates sequences together and combine them with toning and HIIT drills. Learn how Stroops can achieve and maximize your Pilates practice in this workshop for all fitness levels. Expect to use different resistance levels and anchor points to achieve tone and length while increasing endurance and agility.



Hip Senior Exercises in More Directions **WS** **Laurie Denomme**

Sore back, knee or shoulder pain? Often times, these are the result of limitations of the hip. Experience six directional, hip-focused exercises in the pool and feel how subtle changes to height, angle and distance help other body areas. Perfect for people with arthritis or any level of fitness. Return home with an extended library of hip exercises having whole body results.



10:45am - 11:30am EXPO BREAK

11:30am - 1:30am

Partner Skills and Drills **Alex McLean WS**

Equipment space is maxed out! Learn innovative bodyweight combinations to keep your sessions unique and satisfied clients coming back for more!

Coaching Update: 5 Simple Ideas **L** for Success **Fabio Comana**

Why does coaching trump training? Why do coaches enjoy greater success? If you're curious, join this session to learn five key coaching tips that will elevate your game as you adopt tested and proven strategies used by the best in the business. Perhaps it's time for you to consider that success lies in being smart, not just hard.



The 12 Truths of Fat Loss **Dr. Len Kravitz L**

Perhaps one of the most captivating and misunderstood topics for fitness professionals is what works and what doesn't work for successful fat (and weight) loss. This lecture will explain the current understanding on fat loss, the essential components of metabolism and fat physiology, factors that positively affect fat loss, and the best exercise programs to enhance fat loss and prevent weight gain. Leave with ten fabulous evidence-based workout plans for optimizing fat loss, as well as twelve genuine truths on fat loss.

Kick Out the Jams **Jessica Maurer WS**

Kickboxing and dance classes can be overly-choreographed, leaving beginners in the dust. This workshop shows you how to simplify both formats without sacrificing intensity. Kickboxing contains no dance. Dance contains no kickboxing. Yet, this is a beautifully styled fusion class speaking to both genres of fitness. Learn simple and easy choreography tricks that teach you how to create a true HIIT class that everyone will be talking about!

Crazy Core and So Much More **Mindy Mylrea WS**

The core is the powerhouse of the body and we should attack it from every angle and in every way. This workshop is jam-packed with critical, cutting-edge core research as well as amazing ab and back routines using every twist and turn in the book. See how one rep done right is better than ten done wrong. Learn the best core exercises on the planet!



The Ground Floor: Strengthening the Pelvic Floor **Donna Schnoor WS** (Ladies Only)

Explore techniques and exercises to identify and strengthen the muscles of the pelvic floor. Strengthening the pelvic floor assists with urinary incontinence, pelvic organ prolapse, weakened muscles due to childbirth and/or age, and lower estrogen levels.

Aqua Block Party **Melissa Layne WS**

It's a TOTAL choreography party complete with dance steps, athletic moves and syncopation. This workshop gives you endless combinations of over a dozen 32-count blocks which you can mix and match depending on your class, your population, and your teaching style. The moves may be introduced in a linear style, but then progressed to change lead legs on the top of the phrase, regressed to a neutral level, or progressed to a suspended or power option. The party never ends with all the options that are Monday-morning ready!



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SCHEDULE AT A GLANCE

Thursday, April 20 PRE-CONFERENCE • SEE PAGE 2

DATE	TIME	PERSONAL TRAINING	LECTURES/SUCCESS	GROUP EXERCISE
FRIDAY APRIL 21	7:00AM - 9:00AM	Managing Anchored Resistance The Olympic Circuit	Exercise and Weight Loss: A Review of the Scientific Research	The Olympic Circuit LeHIIT It Together POUND/Turbo Kick LIVE
	9:15AM-10:45AM	Group Assembly/Photo/Keynote Expo Break (10:15 - 10:45am)	Group Assembly/Photo/Keynote Expo Break (10:15 - 10:45am)	Group Assembly/Photo/Keynote Expo Break (10:15 - 10:45am)
	10:45AM - 12:15PM	Training Older Adults w/ Osteoarthritis The Beauty of the Beast	"Best of" Social Media for Fitness Pros Herbs for Daily Living	Extreme Exercise Makeover Pilates Fitness Fusion
	12:15PM - 1:45PM	EXPO/Lunch on your own	EXPO/Lunch on your own	EXPO/Lunch on your own
	1:45PM - 3:45PM	The FAT Model for Training Your Clients Over 50	Finding the Q Factor in Business and in Life	Dance Back in Time Barre Tricks
	3:45PM - 4:15PM	EXPO	EXPO	EXPO
	4:15PM - 5:45PM	Abs Revealed	Secrets of Running Injury Prevention Strategize Your Social Media 6 Steps to Success	LeBARRE Reloaded Hot Latin Blast! Abs Revealed
	6:00PM - 8:00PM	POOL PARTY	POOL PARTY	POOL PARTY
SATURDAY APRIL 22	7:00AM - 8:00AM	Obstacle Course	Obstacle Course	Obstacle Course
	8:00AM - 9:00AM	Functional Aging Circuits /Body Evolver Morning Run with Coach Jason (outside)		STRONG by Zumba Country Heat LIVE LeBoot
	9:00AM - 9:30AM	EXPO	EXPO	EXPO
	9:30AM - 11:00AM	Dr. Karp's Run-Fit Boot Camp (some outdoors) All You Need is You: Bodyweight Bootcamp	Toxic Dump: What's Happening to Food Influence and Inspire Leading Group Fitness with Confidence	MASHUP Your Workout BARRE-LESS Fusion
	11:00AM - 12:00PM 12:00PM - 1:00PM	EXPO NETWORKING LUNCH/KEYNOTE	EXPO NETWORKING LUNCH/KEYNOTE	EXPO NETWORKING LUNCH/KEYNOTE
	1:30PM - 3:00PM	Corrective Exercise Strategies (Foot & Knee) Fitness Playground	Women, Hormones & Metabolism	Tabata Express Plank You Very Much
	3:00PM - 3:45PM	Job Fair/EXPO	Job Fair/EXPO	Job Fair/EXPO
	3:45PM - 5:45PM	Building Blocks- Core Science & Training Explained	Sugar vs Fat Controversy	Making the Most of Muscular Endurance Fluid Strength
SUN APR 23	7:00AM - 9:00AM	Fragile to Agile Corrective Exercise Strategy (Shoulders)	Selling Personal Training Physiology of HIIT	Lebert: Spring Resistance Training
	9:15AM - 10:45AM	Mastering Elastic Resistance Mobility & Flexibility - Research & Application	Movement Heals: Stand Up for Your Health	MASHUP: Fun. Quick. Total Fitness. Cardio Meets Pilates
	10:45AM - 11:30AM	EXPO	EXPO	EXPO
	11:30AM - 1:30PM	Partner Skills & Drills	Coaching Update: 5 Simple Ideas for Success 12 Truths of Fat Loss	Kick Out the Jams Crazy Core & So Much More

SCHEDULE AT A GLANCE

Thursday, April 20 PRE-CONFERENCE • SEE PAGE 2

MIND/BODY

AQUA

GROUP FITNESS UNIVERSITY

Pilates B.L.A.S.T.	Dynamic Aqua Core Training	
Group Assembly/Photo/Keynote Expo Break (10:15 - 10:45am)	Group Assembly/Photo/Keynote Expo Break (10:15 - 10:45am)	
Pilates Fitness Fusion	Aqua Fitness and Function Workouts to Go Stand-Up Paddleboard Yoga	
EXPO/Lunch on your own	EXPO/Lunch on your own	
Yoga for Older Adults COREganize Your Core to Your Pelvic Floor & More	Aqua Interval Buffet	
EXPO	EXPO	
Ageless Yoga Sculpt	Yin & Yang A Land and Water Yoga Experience	
POOL PARTY	POOL PARTY	
Obstacle Course	Obstacle Course	Obstacle Course
Yoga Fused, Yoga Grooves	Get to Know Nekdoodle	Choose ANY Master Class!
EXPO	EXPO	EXPO
BARRE-LESS Fusion	Water World with Foam!	Influence and Inspire - Leading Group Fitness with Confidence Group X Nuts & Bolts
EXPO NETWORKING LUNCH/KEYNOTE	EXPO NETWORKING LUNCH/KEYNOTE	NETWORKING LUNCH/KEYNOTE
Plank You Very Much	Power Sculpt w/One Hand Buoy	Group X Nuts & Bolts (1:15pm - 5:45pm)
Job Fair/EXPO	Job Fair/EXPO	Job Fair
What is Your Fascial Age?	Stretch Fusion: 5th Wave	
Pilates Mat Flow: Sets, Progressions, Transitions	7am - 7:45am - Water Warrior 8am - 8:45am - Aqua Kick & Box	
Increase Movement, Decrease Pain: Fascial Release Cardio Meets Pilates	Hip Senior Exercises in More Directions	
EXPO	EXPO	
The Ground Floor Strengthening the Pelvic Floor (Ladies Only)	Aqua Block Party	

PRESENTERBIOS



COURTNEY ACKERMAN has 30 years of experience in dance and performing arts. She currently represents Arizona as a Zumba® Jammer and travels nationally to present ZIN jam sessions and master classes. Courtney is AFAA certified and has showcased her talents at ZINCON with Eric Aglia and Barbara Klontz.



RENE BRACKNEY began teaching in a classical Pilates studio in 2002, where she later founded a Pilates teacher training/mentorship program. She worked with the PMA's Fostering Future Professionals (FFP) Program before moving to a more clinical setting and applying the Pilates Method to help people with chronic pain.



NINA CARR is a Beachbody LIVE master trainer, motivational speaker, wife to Marine hubby Will, and mom of five. She has been featured on television multiple times and in the INSANITY® infomercial.



FABIO COMANA, MA, MS, is a faculty instructor at San Diego State University, the University of California San Diego, and the National Academy of Sports Medicine (NASM). He is also the president of Genesis Wellness Group.



LISA CORSETTO, BS Psychology (UCSB), is the founder, creator and CEO of Burn Pilates and the Burn Pre and Post-Natal Fitness Certification and seminars. A certified personal trainer, yoga and Pilates instructor, Lisa has successfully adapted and applied her methods to clients with a wide range of abilities and capabilities.



MIKE D'ANGELO, BS Exercise Science, has been a full-time personal trainer in Boston since 1994. Having been hailed multiple times as "Boston's Best Trainer", Mike attributes his success to simply tracking client results. "Driving clients to get results in a simple way changed everything for my training and my business."



LAURIE DENOMME, a kinesiologist and Fellow of Applied Functional Science through the Gray Institute, is an international fitness educator and founder of WEEOACH. Top consumer magazines including Self and Weight Watchers have called upon her expertise.



KATHLEEN GOULD, Herbalist RH (AHG), has studied, taught and lived herbalism for more than 30 years. She is a professional member of the esteemed American Herbalist Guild and has studied herbalism with internationally known herbalists Rosemary Gladstar, Tieraana Lowdog (MD), James Duke (PhD), Michael Tierra, David Hoffman.



JENNIFER GRAFFICE, BS Education/Sports Medicine, is an expert when it comes to helping clients, athletes and teams achieve their true potential. When she's not consulting or training, you can find her in the gym or outside -- bettering herself as she betters you.



CHRIS GRUBBS, BS Exercise Science, has over 13 years of experience in the fitness industry. Starting as a membership consultant, Chris worked his way up to VP of sales and was responsible for six health club facilities in Charlotte, North Carolina.



JUNE KAHN is an internationally recognized fitness leader and educator. She is the 2009 World IDEA Fitness Instructor of the Year, founder of June Kahn's Bodyworks, LLC™, and new owner of Center Your Body Pilates in Louisville (Boulder), Colorado. A Pilates Rehab Practitioner, June is best known for bridging the gap between classical Pilates and the fitness industry.



JASON KARP, PhD, is the 2011 IDEA Personal Trainer of the Year, 2014 recipient of the President's Council on Fitness: Sports & Nutrition Community Leadership Award, and creator of the REVO2LUTION RUNNING™ Certification.



JENNIFER KOTALIK, BSN, is a RN at Northern Arizona Healthcare in Flagstaff, Arizona. She brought the willPower Method® to Flagstaff in 2012 as a master instructor and launched the program at Flagstaff Athletic Club and Northern Arizona University. The Arizona team has grown from her enthusiasm for the Method®, and many new instructors have launched fitness careers for the first time under her guidance.



LEN KRAVITZ, PhD, CSCS, is the program coordinator of exercise science and a researcher at the University of New Mexico, where he won Outstanding Teacher of the Year. Len was honored with the 2011 Distinguished Alumni Award from San Jose State University, the 2009 Canadian Fitness Professional's Specialty Presenter of the Year, and was chosen as the American Council on Exercise 2006 Fitness Educator of the Year.



CONNIE LAGERHAUSEN has been an aquatic fitness professional, swim coach and swim instructor for over three decades and has been certified in all areas of aquatics. With her well-rounded background in swimming and aqua fitness, Connie specializes in aquatic personal training, private adult swim lessons, aqua aerobics, aqua running and endurance swimming.



MELISSA LAYNE, MEd, is a faculty member in the exercise physiology and physical education departments of the University of North Georgia. She began her career over 30 years ago with a BS in Physical Education and an MS in Exercise Physiology.



JESSICA H. MAURER has enjoyed a teaching career in collegiate, corporate, and private venues as a certified ACE personal trainer and AFAA group fitness instructor for over ten years. Though her background is in dance, she has found her passion in fitness education with a concentration in program development.



ALEX MCLEAN is a senior course instructor for TRX® and a master trainer for Schwinn® Cycling, Jillian Michaels' BODYSHRED™ and Shock-wave®. With over 20 years of experience in the fitness industry, Alex has appeared in video and print fitness projects for TRX®, Under Armour® and WellBeats™.



TRICIA MURPHY-MADDEN is the education director for Savvier Fitness, former club owner and fitness director for 15 years. In addition to co-creating Barre Above™, she has developed many highly acclaimed programs for the industry including Urban Striptease Aerobics, My Best Friends Workout (a fitness program for pet owners to get in shape).



BRUCE MYLREA, BA Economics, holds a Plant-Based Nutrition Certification from Cornell University and is an AFPA-certified Holistic Nutritional Counselor. Bruce spends hours each day reviewing the latest in unbiased nutritional research and dietary patterns. He is focused and passionate about educating others on the life-enhancing and life-extending benefits of whole food plant-based nutrition.



MINDY MYLREA is the 2016 Empower Instructor of the Year, 2015 PFP Trainer of the Year, 2015 International Presenter of the Year, 2013 canfitpro Specialty Presenter of the Year, 2008 ECA OBOW Fitness Presenter of the Year, 2004 canfitpro International Presenter of the Year, 1999 International IDEA Fitness Instructor of the Year, a national and world aerobic champion, an AVIA-sponsored athlete, and a five star presenter for IDEA.



DANIELLE O'REILLY Danielle O'Reilly is a master trainer and presenter for POUND®. Rockout. Workout. With 15 years of experience in the fitness industry and ten years as a percussionist, POUND® combines both of her passions into one!

PRESENTER BIOS CONTINUED...



EVAN OSAR is the developer of the Integrative Movement Specialist™ certification, designed specifically to aid fitness professionals in establishing themselves as an invaluable part of their clients' health care team. In addition to his chiropractic degree, Dr. Osar has earned national certifications through the American Council on Exercise.



ALEXANDRA PRINCE is a 4th lineage Joseph Pilates comprehensive trainer and has been teaching Pilates and group fitness since 2006. Based on the teachings of Eve Gentry, Alexandra is mentored by esteemed master trainer Virginia Nicholas and completed her comprehensive studies through Pilates Core Integration in Tempe, Arizona where she now continues her study of advanced Pilates movement and teacher training.



STACY REDWINE, BS Exercise Physiology & Pre-Physical Therapy, MA Missiology, is an ACE-certified instructor and personal trainer, OSU and SNU collegiate athlete, marathon runner, and co-founder of MASHUP™. Stacy has been in the industry for 17 years, owning her own fitness studio and authoring several fitness DVDs prior to MASHUP™'s inception.



DAN RITCHIE, PhD, is a recognized leader in exercise programming for older adults and was honored with the 2014 Personal Trainer of the Year award by Personal Fitness Professional (PFP) magazine.



JONATHAN ROSS' 800 Pounds of Parents directly inspired his prolific fitness career. He is a two-time Personal Trainer of the Year Award winner (ACE and IDEA), brain fitness expert, blogger for the American Council on Exercise (ACE), and master trainer for ACE, SPRI, and Tabata Bootcamp™.



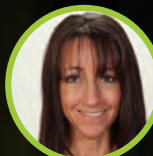
DONNA SCHNOOR is a certified RYT-500hr specializing in therapeutic yoga and issues related to women's health. She began teaching yoga in 2001 after many years as a natural competitive bodybuilder. The years of lifting weights took a toll on her body, leading to shoulder and hip pain; so, she went in search of an alternative to the "pumping iron" scene.



CHRIS SEVERS is the founder of Anchor Point Training, a company dedicated to training with any anchored resistance. Chris has committed himself full-time for the last seven years to learning, teaching and developing training tools for working with anchored resistance.



LAURIE STREFF is a movement educator with over 25 years of fitness teaching, management, and corporate wellness experience. A passionate fitness instructor who has earned numerous fitness certifications throughout her career, Laurie is focused on creating exercise experiences that are innovative, dynamic, and every-body friendly.



CHRISTI TAYLOR is the president of Taylor'd Fitness, LLC, founder of Pro Polish Academy: Coaching Group Fitness Rock Stars, and Co-Founder of the Leadership Education Association for Group Exercise (LEAGE). Christi's talent and intellectual property is powered by the American Council on Exercise (ACE).



LORI TEMPLEMAN, BA, is the owner of Fitness Temple in Sacramento, California. She is a group fitness instructor, AquaStretch™ facilitator and personal trainer. Lori is a national presenter for the Aquatic Exercise Association (AEA) and travels the country leading aquatic fitness programs.



MANUEL VELAZQUEZ is a global fitness leader, continuing education provider, mind/body practitioner, master trainer, and author. He is the 2016 SCW Fitness Male Instructor of the Year and the 2011 ECA-NYC OBOW All-Around International Presenter of the Year, and has been presenting at fitness conferences worldwide for over two decades.



AMANDA VOGEL, MA Human Kinetics, is a fitness professional and owner of Active Voice, a writing, editing and consulting service for the fitness industry. She's a Hootsuite-certified social media consultant for fitness brands and public figures and a fitness technology spokesperson for IDEA.



SARAH WILLIAMS, BS Exercise Science (ASU), has worked in the fitness industry for nearly 20 years teaching a variety of exercise classes and facilitating swimming programs throughout the valley. Her love for fitness spans across all disciplines, including yoga, Pilates, Crossfit, weight lifting, swimming and Parkour. Sarah is the owner of Desert Paddleboards.



JAMIE ZACHARIAS, RN, MSN, NP, is a Cooper-certified instructor and personal trainer, TCU collegiate athlete, marathon runner, and co-founder of MASHUP™. Jamie has been in the industry for 15 years and works with numerous facilities in the Dallas-Forth Worth area, as well as MEDI Weightloss Clinics.

For complete presenter biographies visit
www.FitnessFest.org/Presenters

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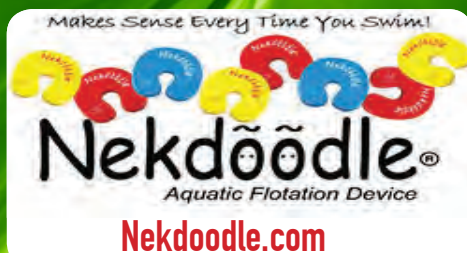
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