

FITNESSFEST

CONFERENCE AND EXPO

APRIL 27-29, 2018

**SHERATON HOTEL
MESA, ARIZONA**

EXPO
**FREE & OPEN
TO THE PUBLIC**

APRIL 26
**PRE-CONFERENCE
TRAININGS &
CERTIFICATIONS**

Celebrating Our 20th Anniversary!



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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-  info@FitnessFest.org
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 = Workshop  = Lecture  = Workout

WS = Movement and Lecture

L = Lecture Only

W = Workout Only



Dear Friends,

TWENTY years! Amazing. Whether this will be your first FitnessFest conference, your twentieth, or somewhere in between. THANK YOU!

As the industry continues to grow and evolve, we must always appreciate those who believe in LIVE fitness events. So much information, energy, fun, and networking... FitnessFest is a wonderful way to really dive in and develop your skills as a trainer or fitness instructor.

Our presenters are truly some of the BEST in the world, not to mention approachable and down-to-earth. Our dedicated staff is known as the friendliest, most helpful bunch in the business. Our vendors and sponsors are carefully selected for their quality and value to our participants.

And our participants just simply can't be beat. The whole

event is filled with people who love to learn and have a good time!

We care about you, we respect your feedback, and we acknowledge that your time and money is of utmost importance. We work hard to ensure that we provide quality education at a reasonable price, and that everyone gets that personal touch he or she deserves. Questions about CECs, how to register, what to choose as a workshop -- we're always here to help.

After 20 years of building this incredible event, we couldn't be more excited to watch it spread its wings! In 2018, FitnessFest will tour the country as FitnessFest at TheFitExpo. There are six new cities on the calendar this year, in addition to our flagship event in Arizona. "On the road" we will offer a smaller selection of workshops with some of your favorite presenters (and a mix of new blood). One of the exciting options is that you can choose TheFitExpo celebrity stage, nutrition pavilion, or the main expo as one of your 'workshop selections.' TheFitExpo floor will be filled with over 500 booths, free samples, and lots of contests. Check out dates and locations on the back cover of this brochure!

No matter how we grow, we are never too busy to take your call or listen to your concerns and suggestions. It's YOU that's been supporting us, so HAPPY ANNIVERSARY!

Here's to 20 more,

Janice and Staff



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

Contact Us
FOR COMPLETE
CONSULTING SERVICES

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PRE-CONFERENCE THURSDAY, APRIL 26

Early Bird: Jan 5 - Feb 14

Spring Deadline: Feb 15 - April 15

Last Call: April 15

9:00am - 5:00pm - One Day to Wellness Bruce & Mindy Mylrea

This comprehensive one-day training delivers the latest in evidence-based behavioral change and dietary research, eating strategies for sustained success, and mindful and productive goal setting. 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 fitness, nutrition, and wellness coaches wanting to assist their clients with all the latest coaching and motivational tools, as well as anyone who needs that infusion of life-transforming energy. As a One Day to Wellness coach, you will have all the resources you need (including worksheets, assessments, applications, and one-hour lectures) for recruitment and retention.

Bruce and Mindy Mylrea have touched thousands of lives during their 35-year practice. Bruce is a holistic nutritionist armed with exciting recipes, meal plans, and a nutrition continuum that will lead to successful choices for health, balance, and empowerment. Mindy's knowledge of fitness, movement, and her ability to make everything a joy allows her to lead from the heart and soul. Together, they will provide you with all the tricks and toys you need to no longer work out -- but work in.



Seminar day deliverables:

Manual, Tote bag, Food Samples
Cooking Demos, Special Gift
Customized action plan
CD / DVD / downloads
CECs: ACE, AFAA, NASM, SCW

Early Bird: \$199
Spring Deadline: \$229
Last Call: \$229

8:00am - 4:30pm - Functional Aging Specialist™ Certification Dr. Dan Ritchie

The FAI Functional Aging Specialist™ Certification is a complete program for the serious fitness professional who is ready to become an expert in functional aging and training of older adults. Receive in-depth training on functional training strategies and movements; how to conduct meaningful assessments of function; how to create and develop effective exercise programs; and critical skills to be an effective professional with this client base.

Plus, learn how to leverage the use of one-on-one, small group, and large group settings to deliver measurable results, improve function, boost client satisfaction, and increase your bottom line with this rapidly growing market. Gain access to all the online manuals and videos when you register, and leave this training ready to pass the exam to become a Functional Aging Specialist™ through the Functional Aging Institute. This credential will put you in a class above all other trainers in your marketplace.



CECs: ACE, NASM, AFAA,
ACSM, CANFITPRO

Early Bird: \$199
Spring Deadline: \$249
Last Call: \$299

8:00am - 4:30pm - Advanced Balance and Corrective Exercise for Actively Aging Adults Dr. Evan Osar

Nearly one in three individuals over the age of 65 will fall and experience a significant injury related to that fall. More than seven million Americans are living with a knee or hip replacement and another 31 million have osteoarthritis that impacts their quality of life. While these statistics are sobering, the great news is that fitness professionals who understand how to work with these issues are in the best position to help older adults regain balance and strength so they can accomplish their health and fitness goals. In this one-day intensive workshop, discover the number one reason so many older individuals experience osteoarthritis of the hips, knees, and spine, as well as changes in their balance. Additionally, discover how the principles of the Integrative Movement System™ can dramatically improve the way older individuals move and feel. Leave with a blueprint for empowering and inspiring the actively aging adult population.



CECs: ACE, NASM,
AFAA

Early Bird: \$199
Spring Deadline: \$249
Last Call: \$299

9:00am - 5:00pm - REVO₂LUTION RUNNING™ Certification Dr. Jason Karp

The only running-specific certification in the fitness industry, REVO₂LUTION RUNNING™ provides education and training for personal trainers, group exercise instructors, and coaches to train clients who run. This full day certification will cover running physiology, technique, training, workouts, injuries, nutrition, and weight loss. Created by renowned running expert and IDEA Personal Trainer of the Year Dr. Jason Karp, the REVO₂LUTION RUNNING™ certification 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, better health, and 5Ks to marathons.



CECs: ACE, NASM, AFAA,
PTA Global

Early Bird: \$299
Spring Deadline: \$299
Last Call: \$329

To Register Visit: <http://revo2lutionrunning.com/liveperformances/>

9:00am - 5:00pm Boot Camp Instructor Certification - Level 1 SGT Ken®

Developed by U.S. Army Master Fitness Trainer, Master Resilience Trainer, highly decorated combat veteran Ken Weichert (aka SGT Ken®), along with certified life coach, author and personal trainer Stephanie Weichert, this certification utilizes highly effective physical and resiliency training techniques practiced by military forces. Participants will be immersed in proper form and safety, planning and executing foundational fitness programs for outdoor and indoor environments, cadence calls, circuit training, obstacle courses, fitness games and tests, partner-assisted exercises, individual tracking techniques, and program implementation.



CECs: ACE, NASM, AFAA,
CANFITPRO

Early Bird: \$209
Spring Deadline: \$229
Last Call: \$249

THURSDAY CONTINUED...

9:00am - 5:00pm - PiYo LIVE® Instructor Training Michelle Lasiter

Learn how to cue the moves, perfect your form, and motivate your class in this hands-on instructor training from Beachbody®. Practice in small groups and get real-time expert feedback! Receive a complete PiYo LIVE® workout including music and moves you can use to lead a 30-minute, 45-minute, or 60-minute class. Every PiYo LIVE workout includes modifications too, so you can adapt the moves for people of all fitness levels. The PiYo LIVE® instructor manual and training outline are made available in a go-anywhere digital format, as well as your personalized instructor certificate which authorizes you to teach PiYo LIVE classes anywhere.



CECs: ACE, AFAA, CANFITPRO

Early Bird: \$249
Spring Deadline: \$249
Last Call: \$249

8:00am - 6:00pm - YogaFit Seniors Leslie Harrington

This full-day training offers ways to modify your yoga classes to make them accessible to individuals over the age of 55, regardless of their fitness level. Learn poses to improve posture and balance, increase range of motion, and develop self-confidence. Explore how to use props, including chairs, straps, blocks and bolsters to make poses accessible for a range of physical abilities. This training will also cover how to teach a multilevel class that challenges those seniors who are physically fit, while offering a variety of modifications for those who lead a more sedentary lifestyle. The seven principles of alignment will be reviewed, as well as practical tips for communicating consciously and inclusively, suggested sequencing, and how to modify for seniors with special conditions, including osteoporosis, hip replacements, and menopausal challenges. ***This workshop is specifically designed for experienced yoga instructors. YogaFit Level One Training Module is highly recommended.***



CECs: ACE, YOGA ALLIANCE, CANFITPRO

Before March 26: \$329
After March 26: \$360
On-Site: \$385

To Register Visit: www.yogafit.com/find-yoga-teacher-training/yogafit-seniors-Mesa-AZ-2679/

8:00am - 12:00pm - Body Hacks - How to Tap into Your Potential Rene Brackney

(4 hour workshop)

Learn how to tap into your potential with simple fascial techniques to increase your stamina, strength, power and flexibility. This four-hour workshop will delve into the fascial network to explain when it is best to stretch a muscle, when to strengthen a muscle, and when to release the fascia. Learn why some muscles are always tight and why some muscles never seem to strengthen. Learn simple "body hacks" that actually reboot the nervous system to increase strength and energy, as well as improve balance and relax the body.

CECs: ACE, AFAA, NASM

Early Bird: \$85
Spring Deadline: \$99
Last Call: \$115

1:00pm - 5:00pm - Wet Barre™ Pilates Katina Brock

This skillful adaptation of Mat Pilates to the resistance and buoyancy of water is a must-attend for aquatic instructors! Learn to use your powerhouse in this supportive, gravity-reduced environment to improve core strength, proprioception, and stabilization. Focus is on alignment, intentional movement, and breath. Walk away with 20 moves your students will really feel (and love)! Modifications and progressions are given for most exercises, giving you even more options for use with everyone from active seniors to collegiate athletes.



(4 hour workshop)

CECs: ACE, AFAA, NASM, AEA

Early Bird: \$85
Spring Deadline: \$99
Last Call: \$115

SUNDAY, APRIL 29

8:00am - 4:30pm - Barre Above® Powered by Savvier Fitness Tricia Murphy Madden

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

Certification includes:

Two DVDs, plus electronic versions, Print and electronic instructor manual, Instructor web membership
Equipment and apparel discounts, No licensing fees, Options for ongoing choreography and Certificate of Completion.



CECs: ACE, AFAA, NASM, SCW
Note: CPR card is not required.

Early Bird: \$249
Spring: \$249
Last Call: \$249

7:00am - 8:00am

The Inner Runner: Running to a More Creative, Successful, and Confident You **Dr. Jason Karp** ^W

This unique run takes you on a mind-body journey, examining how running affects every part of our lives and enables us to look inward – at the inner runner – to find out who we really are and to embrace the challenge of discovering our true selves. For many, running is a pathway to experiences and emotions that cannot always be articulated...they must be felt. Running guru and author of The Inner Runner Dr. Jason Karp will lead an inspiring outdoor group run, exploring what it means to be a runner and how running helps you become the person you want to be.

Functional Aging Circuits **Dr. Dan Ritchie** ^W

Learn how to create small and large group dynamic and functional circuits for seniors.



HIIT **Katie Wheat & Hailey Johnson** ^W

High Intensity Interval Training (HIIT) is a workout method during which repeated bouts of high-intensity, short-duration intervals are alternated with lower-intensity recovery intervals. Come see what the buzz is all about!



PiYo® LIVE **Michelle Lasiter** ^W

Sweat, stretch, and strengthen in one unique workout created by fitness guru Chalene Johnson! Using only bodyweight, perform a series of low-impact, high-intensity, Pilates and yoga-inspired moves that work every muscle in your body. The result is a long, lean and incredibly defined physique.



Happy Hips **Leslie Harrington** ^W

The very nature of most day-to-day activities (including our fitness regimes like running, cycling, etc.) keep our hip movement along one plane of motion. This leads to lack of mobility through both the hip joint and low back. Join Leslie for a wonderful yoga class that focuses on loosening tight hips, improving range of motion and circulation, alleviating back pain and more. Your hips will thank you later!



Paddleboard Boot Camp **Sarah Williams** ^W

An innovative way to ramp up your boot camps – on a paddleboard! Challenge yourself with balance and a whole new way of exercising.

8:15am - 10:15am

The Rise of Inflammation (and what you need to know!) **Stephanie Kreun** ^L

Chronic, systemic inflammation has been the focus of a great deal of scientific research and attention during the past decade (and specifically the past two years). Most health professionals agree that inflammation is the cause of most age-related chronic diseases, and it is time to address the issue head-on. Learn how factors such as genetics, lifestyle, and environment can disrupt the body's ability to heal and what we can do as health and fitness professionals to educate our clients and students.

Fitness Tools for Baby Boomers **Gretchen Zelek** ^{WS}

This workshop introduces fitness tools to help instructors working with clients age 50+ who suffer from sore or injured joints, but who want to continue to participate in class and gym-related activities. Learn about safe and effective tools to provide support and comfort for your fastest-growing client base. Many different brands of tools will be introduced and DoD fitness tools will be used and given to workshop participants.

Unleash the BEAST™: Beast Rope Training **Made Easy Sgt. Ken®** ^{WS}

STROOPS Unleash the BEAST with SGT Ken® is a completely new kind of battle rope training. Complete with 20 different safe and highly effective partner-assisted fitness drills using the BEAST – The Rope that Fights Back®, this program will have you pulling for power like never before! If you love battle ropes and resistance bands, come experience both in one amazing product. Time to Unleash the BEAST in all of us! Rated for all levels.



Below the Belt – The Best Glute and Leg Training on the Planet **Mindy Mylrea** ^{WS}

How would you like to walk away with the best lower body exercises on the planet that you can teach on Monday morning? Jam-packed with critical, cutting-edge research, learn for creative "below the belt" combos of amazing glute and leg routines that use every twist and turn in the book.

BRAIN BODY BALANCE **June Kahn** ^{WS}

Choosing the right movement patterns along with having the necessary mental focus are keys to proper sequential movement patterning. This patterning allows for improved brain function and enhanced functional body progressions that improve activities of daily living. Experience patterns and visual stimulation that challenge mind and body to cultivate physical and mental balance. Learn the seven tips for mind/body balance, how visual stimulation can enhance motor response, and how to progress to using the Body Bar Flex to add balance challenges to the movement patterns. Incorporate three drills that work with your students in a group setting. *Introduces the new Body Bar Micro Bar



Recess Remix: Taking the Playground to the Pool **Connie Lagerhausen** ^{WS}

Despite the power of play, somewhere between childhood and adulthood many of us stop playing. We exchange play for work and life responsibilities. Give your class permission to play again by adding pool games to the mix! This workshop offers old school PE fun with a high-intensity athletic approach to water fitness. Relay races, tag and even a game of tug-o-war in the pool create efficient intervals that allow your participants to maintain great levels of intensity throughout their entire session. Play teaches us how to manage stress and how to connect to others and the world around us. Share the experience by taking the power of the playground to the pool.

Phoenix Fire Ride **Lorey Pro** ^{WS}

The magical symbol of the phoenix represents the cycle of renewal. Ancient legends paint a brilliantly colored bird associated with the rising sun and fire. Modern myth further portrays the phoenix as a representation of the idea that the end is only the beginning. This ride will take you through a mystical flight, with fire, ashes, and a sense of rising once again to begin a fresh new start.

10:15am - 10:45am - EXPO BREAK

10:45am - 12:15pm

Weight Loss Myth Busters **Dr. Jason Karp** ^L

With all of the gyms, personal trainers, fitness instructors, fancy shmancy workout programs, magazines, and books telling us how to lose weight, why is America still fat? In this insightful presentation, you'll be taken on a myth-busting ride through the weight-loss jungle to discover the truth about metabolism, diet, exercise, interval training, fat burning, and even your genes.

Unleash the Power of Music **Alex McLean** ^L

Learn how music can create incredible emotion and action in your group fitness classes. Get updated on the latest tips, tricks, and tools to organize and select the perfect music to make your classes stand out on the schedule. Learn how to maximize a powerful music coaching approach to bring your class experience to the next level. Walk away with steps to create a perfect custom Playlist and receive a free download from Power Music.



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YOGAFIT®

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Join us at The Scottsdale Resort
 July 10-14, 2019

FRIDAY CONTINUED...

10:45am - 12:15pm

Corrective Exercise Strategies for Developing a Rock-Solid Rotator Cuff **Dr. Evan Osar** WS

Many of our clients experience muscle imbalances within the shoulder complex that lead to rotator cuff impingement. Over time, these problems limit shoulder range of motion and contribute to weakness that affects the ability to exercise and function in everyday life. Discover exactly what the rotator cuff does and how some of our current strengthening and stretching strategies are directly contributing to rotator cuff problems. Additionally, learn the Integrative Movement System Corrective Exercise Strategy™ and how to develop and implement a corrective exercise strategy for improving rotator cuff function so your clients achieve greater shoulder stability and mobility.



Next Level Balance Training **Noreene Gentry** WS

Discover first-hand why StrongBoard Balance® is next-level balance training for the fitness industry! Experience a full body workout that challenges the stabilizing muscles and effectively targets the weakest muscles in the body – making this a revolutionary tool for physical therapy, personal training, and group exercise. Learn how to incorporate spring balance training into programs for everything from neuropathy to post-injury to everyday regular exercise. Come prepared to engage your passion for fitness and develop new strategies of program design that strengthen and engage every muscle group.



Results Beyond the Burn **Roseann Zaft** WS

Clients love to feel the burn in Barre and Pilates, but more importantly – they want results! Learn how to go beyond the burn in these popular formats so your clients and students get what they came for. Leave with creative, fun and effective ways to structure your Barre and Pilates classes using Stroops® resistance bands.



Wet Barre™: Top Shelf **Katina Brock** WS

Are you ready to take home this innovative senior aqua program from the Wet Barre™ series? After a dynamic warm-up, the focus then moves to strengthening the posterior chain for better posture and balance, challenging the core and improving strength and proprioception. Ending with a long stretch, Wet Barre: Top Shelf will leave your students asking you to teach it every day of the week!



Spinergy: Connect, Ignite, Influence **Jo Walker** WS

Let's get LIT! Never teach an average cycle class again. Learn how positive vibes, creative beats, and an innovative ambiance can completely change your cycling playground. Tips and tricks will be shared on how to motivate, energize, and take your cycling classes to "Rock Star" status. Say goodbye to the boring spin drills and old mindsets. Instead, allow the beats to set your pace and your words to energize the soul. Learn how to be a more playful, creative, and inspirational instructor. Are you ready to truly ignite change and help your riders discover the passion within themselves?

12:15pm - 1:30pm - LUNCH ON YOUR OWN AND EXPO BREAK

EVOLVE YOUR WORKOUT

- > OPTIMIZE BALANCE
- > CORRECT POSTURE
- > IMPROVE REACTION TIME
- > TONE AND SCULPT MUSCLE
- > IMMEDIATE PROPRIOCEPTIVE GAINS
- > INCREASE STAMINA AND ENDURANCE



info@StrongBoardBalance.com



www.StrongBoardBalance.com

1:30pm - 3:30pm

Get Published! Share Your Message & Change More Lives **Nicole Gebhardt** L

In this engaging session, explore the art of creating books that inspire people to action. Through case studies and examples, learn what separates a regular book from a brand-building powerhouse. Discover how to share a message that establishes you as an expert, expands your professional opportunities, and changes more lives. Do you have an important message to share? Let's get started.

Key Considerations for Training the Baby Boomer Client **Fabio Comana** WS

Baby Boomers share a common purpose: to live independently by preserving health and functionality. They have specific needs and desires, and they have money and influence. With roughly 10,000 Americans turning 65 every day and the 50+ demographic age group now representing the fastest growing segment in health clubs, how are you adapting to service them? Join this session to learn new and innovative strategies tailored specifically to the unique demands of this group.



Pyramid Power **Jessica Maurer** WS

Using Hydro-Inertia® properties to test all aspects of functional fitness, learn how water can be the new steel. This scalable session for personal, small group and large group training applies unique reactive resistance programming designed in a classic pyramid protocol. Metabolic, strength endurance, and cardio peaks challenge clients in a mix of timed intervals and team pursuits. Experience the benefits of working with water as your unpredictable resistance, and realize what unique tools the Surge® and Kamagon® Ball can be for your training toolkit. The power is in your hands!



MASHUP® Your Workout **Jamie Zacharias** WS

Experience Mind/Body, Agility/Strength, and High-Intensity Intervals in a one-of-a-kind variable-intensity training program designed for all populations (including seniors)! Deliver the benefits of exercising the entire physiology of the muscle cell in every workout with this turn-key program. No choreography or timing to keep up with and your participants get to choose their fitness level! It's FUN, it's QUICK, it's TOTAL FITNESS that they control!



YogaFit for Balancing Moods (Trauma Sensitive) **Leslie Harrington** WS

A growing body of research indicates that yoga may be an effective therapeutic tool in the prevention and treatment of anxiety, depression, and other mental health and mood disorders. Yoga for Balancing Moods addresses this through the investigation of ancient yoga practices in combination with modern self-healing techniques based on neurobiology and psychoneuroimmunology. Discuss and practice how to maintain a healthy nervous system, promote a stronger sense of self-awareness, and focus the mind. Explore how yoga philosophy, postures, breathing techniques, and meditation practice can enhance mood and an overall state of wellbeing.



Stroops: Paddleboard Fitness **Sarah Williams** W

Using Stroops® innovative fitness bands, learn fun ways to take your paddleboard workout to a new level. After you experience this unique way to exercise, you may never opt for a land-based exercise class again!



Acquapole TONE **Kristy Anaya** W

Experience what the BUZZ is all about in this creative and unique program from Acquapole. Learn the different postures and holds used on the pole, upper and lower limb options, and abdominal wall exercises that are used to create a dynamic Acquapole class.



Conscious Coaching in Cycling **Lorey Pro** WS

Most cycling classes are taught with similar music and interval-style programming. So what truly makes one cycling class more successful than another, and what will make you stand out from other instructors? Consider that there is no lack of knowledge with instructing cycling; rather, a lack of competence in terms of conscious coaching skills to motivate riders toward a purpose with a strategic (yet fluid) process. Riders are more committed to a training program if they understand the path and trust the coach who is guiding them through a results-oriented transformation process. This ride will allow you to experience a conscious level of coaching, including both logical science and human emotion!

"Really like the facility. Variety always great, sometimes it was too hard to choose!"

- J. Hunt, Athens, Alabama

3:30pm - 4:00pm - EXPO BREAK

4:00pm - 5:30pm

The Art and Science of Recovery Dr. Jason Karp ^L

Recovery may be the most overlooked aspect of exercise. Improvements in fitness occur during the recovery period between workouts, not during the workout itself. During this presentation, you'll learn optimal post-workout recovery strategies and the secrets of designing recovery intervals during workouts.

NASM: Corrective Exercise Round-Up Fabio Comana ^{WS}

Movement screens, muscle imbalance, myofascial release...

interesting and important, but confusing! Why not develop a simple, systematic approach to address this need with your clients? Learn how to perform two simple screens and interpret the results, then implement ideas on mobilization and stabilization to restore integrative function. Follow a four-step corrective approach: myofascial release, lengthen, strengthen, integration.



Extreme Circuit Explosion Alex McLean & Tricia Murphy Madden ^{WS}

HIIT workshops are still a major driving force on your group fitness schedule and it's important to keep your content new, fun and safe. Join Tricia and Alex for an all-out explosion of ideas for making your next HIIT class new and invigorated. Utilizing bodyweight, Body Bars, and other small tools, experience an entire HIIT circuit that you can't wait to teach Monday morning!

Golden Barre: The Anti-Aging Workout for Active Adults June Kahn ^{WS}

Experience this empowering Barre workshop based on the foundations of A Barre Above. This program is unique in that it does not require the need for an actual Barre, thus making it a truly convenient and affordable program/class that is easy to teach anywhere. Golden Barre is structured to focus on participants' safety, with the movements pushing muscles to an effectively challenged level without risking injury to the joints, tissue, or skeletal systems. It challenges while improving balance, strength, and flexibility. Golden Barre also increases range of motion and decreases pain, leaving participants feeling graceful, empowered and strong. A perfect program for the mature population.

Tabata Yoga / Jeff Howard ^{WS}

Tabata utilizes alternating work and rest for periods of time in a sequence of eight repetitions. This practice lends itself to yoga: holding a pose for 20 seconds, then resting for 10 seconds and repeating. Tabata Yoga brings one to Nirvana. Experiencing the link between yoga poses and Tabata will add depth to your existing yoga practice.

Hydro Zen Fluid Fusion / Manuel Velazquez ^{WS}

In this non-traditional, calorie burning, mind/body aqua workshop, yoga postures move into dynamic vinyasas -- vinyasas morph into Pilates movements -- Pilates movements lead into gyro-inspire movement for muscle strength and flexibility. Every movement challenges the body through the properties of water. Learn techniques to build a unique, fun, fusion aqua class that combines strength, flexibility, and exercise progressions. Perfect for all fitness levels.

Studio VS Sport Cycle ^{WS}

Katie Gleason & Mandy Thurman

Join this exciting session that offers the best of both cycle worlds! STUDIO: Pedal to the beat and be in-sync with your moves! Studio cycle is choreographed and may incorporate sculpting with push-ups, tap-backs, and side-to-side or forward-back motions -- all while incorporating various speeds and resistance levels. VS SPORT: Sport simulates outdoor cycling with hills and flats by incorporating various intervals of strength and endurance geared toward maximizing your athleticism.



www.indigoaquatics.com

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AcquapoleUSA



"Great variety of presenters. Easy, easy check-in and loved the lunch this year. Expo was awesome!"

- Charlene Tate, Phoenix, Arizona

6:30 - 8:30pm - Friday, April 27 Free Admission with Registration!

FITNESSFEST
Mixer

Sponsored by



Acquapole Demo • Appetizers • Drinks



Get close and personal with our presenters, vendors, sponsors, peers and Acquapole!

7:00 – 8:00am – Saturday, April 28

FITNESSFEST OBSTACLE COURSE

1. FREE Entry for EVERYONE!
2. Have TONS of fun!
3. Win AMAZING prizes!



Led by Fabio Comana and Sgt. Ken!

Register at: FitnessFest.org/Obstacle

Powered by **STROOPS**

8:15am – 9:45am

The Booming Business Opportunity with 55+ Clients Dr. Dan Ritchie L

The fitness industry has ignored the sleeping giant for far too long. Baby Boomers (who birthed the health club industry in the 80s and later the personal training movement) have quietly aged out of the fitness industry focus. The 55+ fitness economy represents the biggest business opportunity, but for some reason is virtually untapped, unreached and undeserved. Learn about this massive business opportunity and how you can reach it, dominate it, serve it well and build your entire fitness career around it.



Interval Training Dr. Jason Karp WS

Once the training secret of the world's best runners, interval training has become the new buzz among fitness pros. In this session, running coach and IDEA Personal Trainer of the Year Dr. Jason Karp teaches you how to do an interval workout the right way and coaches you through an awesome interval routine.

Fluid Fusion: Water is the New Steel Jessica Maurer WS

Explore the dynamic properties of the Kamagon® Ball and Surge® 3.0 by learning how Hydro-Interioria® enhances muscle recruitment in the core and improves movement quality throughout the body. The fusion of these two pieces of equipment into one workout combines explosive strength and cardio-conditioning sequences, plyometric exercises, and even slow, controlled, balance-based movements to create one incredibly fluid, effective, and fun program.



HEDSTROM FITNESS

MASHUP® HIT: Holistic Interval Training Jamie Zacharias WS

Everyone knows that there isn't one single factor or type of exercise that is needed when it comes to seeing real changes in our physical performance and health. It's time to truly unlock your participants' potential to achieve optimal wellness and sustainable results. MASHUP® demonstrates fun ways to integrate holistic coaching into a variable-intensity interval training class that combines the elements of Mind/Body, Agility & Strength, and High-intensity intervals. MASHUP® HIT covers three fitness levels and all age populations!



Open the Door to Tai Chi / Dianne Bailey WS

We must break down the misconceptions that only dedicated martial artists can teach and understand how Tai Chi can help the aging population. In this session, the underlying concepts of Tai Chi are taught and explained in relation to the research and benefits of the practice. These benefits of Tai Chi are crucial for our aging population and include balance training for fall prevention, improving sleep quality, and decreasing stress and anxiety. Learn several moves of the Yang 24 Form and develop an understanding how simple it is to include Tai Chi in your class programming.

Wet Barre™, Booty (Technique) Katina Brock WS

This workshop focuses on the muscles of the glutes, low back, thighs and core stabilizers. Help your students develop a stronger posterior chain that can help with back, hip, and leg pain using exercises that are floating, standing, sitting and more! Intermediate but adaptable.



A New SPIN on Stretching Roseann Zaft W

It's not only how you start...it's how you finish that counts! In this cycling workshop, learn the how and why of alignment in your warm-up stretches, during your ride, and when you bring your students "back home" in their bodies during the cool/down and stretch. Muscles will feel leaner, longer, and stronger with these new techniques.

9:45am – 10:15am – EXPO BREAK

10:15am – 11:45am

Eat What You Love, Love What You Eat (for Athletes) Dr. Michelle May L

Mindful eating is an inside-out approach that cultivates curiosity, balance, non-judgment, and acceptance. During this interactive session, learn how to use the structure of the Mindful Eating Cycle – a powerful and universal approach to address the complex issues contributing to problematic eating behaviors that interfere with self-care. Deconstruct the Mindful Eating Cycle and explore the bio-psycho-social drivers of each decision point. End by engaging in a guided mindful eating experience to practice skills.

Exercise Science Update – New Research and Ideas Fabio Comana L

Out with the old and in with the new! Get your latest update on exercise science research and programming applications. Be on the cutting edge of the industry with some of the latest ideas within these areas. Separate fact from fiction, don't restrain yourself with anecdotal opinion – build your credibility as a true, evidence-based fitness professional.



Squad Sports™: United, We are Strong! Sgt. Ken WS

This exciting, team-driven, five-event athletic challenge utilizes BEAST Battle Ropes, 6" and 12" Hurdles, Slastix Toners and Resistance 90 Systems. In teams of four, participants will endure 60-second rounds at each station and must combine the total number of repetitions for all four players before moving to the next station (AMRAP: As Many Reps As Possible). After completing all five stations, team leaders provide the total scores to see how they match against the other groups. Gold, Silver, and Bronze medals are awarded to each qualifying team. Some teams may discover that this is not only a test of physical strength and stamina, but of mental toughness and resilience! Rated for all levels. Teams will be created at the start of the session.



Cardio Dance Videography Alex McLean WS

MJ, Janet and JLO mesmerize viewers with their dance videos. This session combines non-stop cardio with heart pumping music and boundless energy to get you moving and grooving. Learn the moves that have made the stars famous!



YogaCore Leslie Harrington WS

YogaCore is a program for anyone who wants a more developed midsection and/or needs to heal their back. This workshop focuses on strengthening the body's core center for a stronger back using a variety of abdominal and low back exercises. Core center strength is the key to a successful yoga practice, crucial to the support of the internal organs, and helpful in any fitness program.



Aqua Hip and Funk! Manuel Velazquez WS

Take your body and hips and make them funk in the pool! Approach your aqua class from another point of view with this cardio/dance-based, hip/hop and funk-oriented aqua routine. Leave with enough ideas to transform your regular aquatic moves by using progressions and rhythm changes. You will put your aqua class on the "must attend" list!

Competition Cycling Lorey Pro WS

Team-based rides are a hot trend in cycling. Build fitness, burn calories, and bond with teammates in a competition-based class. Incorporate games and challenges in a ride to elicit camaraderie and accomplishment while getting results. Our clients are more data-driven than ever, so delivering workouts that are not only fun but quantitative will keep them coming back to compete again and again.

SATURDAY CONTINUED...

12:00 - 1:00PM 20 YEAR ANNIVERSARY LUNCH
1:00 - 2:00PM - EXPO BREAK

1:30pm - 2:30pm - Special Presentation

Acquapole BOXING Kristy Anaya ^{WS}

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving flexibility.



2:00pm - 4:00pm

The Female Training Advantages 2018 Dr. Len Kravitz ^L

This state-of-the-art lecture summarizes recently published research and science on the physiological effects of exercise in females. A comprehensive review of fat metabolism, hormones, caloric expenditure, and female physiology related to exercise will be discussed. The new block, cluster set, and PHA-resistance training programs will be introduced.

Operation Rapid Response™: Boot Camp Fitness Sgt Ken® ^{WS}

This workshop utilizes highly effective physical fitness training techniques practiced by the U.S. military. Complete with military strength and power drills, calisthenics, and aerobic conditioning exercises, this course will burn over 700 calories in 60 minutes! SGT Ken® will lead you through a series of heart-pounding functional fitness exercises, cadence calls and fierce kick-boxing drills, all to upbeat music. Over one million Soldiers, Sailors, Airmen and Marines have used this program to prepare for combat and leadership schools! Rated for all levels.

Buns, Legs, Core, and More Mindy Mylrea ^{WS}

Using an integrated, closed-chain movement patterning progression, Mindy will weave seamlessly through lower body, upper body, and core connections that will hit every muscle in every way. Change the way you approach, progress, regress, and structure your workouts. Integrate the body and the body will understand movement through agility, grace, and power.

Stroops: Fall Prevention at Any Age Roseann Zaft ^{WS}

It's never too early or too late to work on your balance. Balance is key to everything we do! Learn simple tips, tricks, and practical methods to use with your clients (and yourself) to increase stability, postural equilibrium, and muscular, neuromuscular, and joint dynamics. This workshop will supply you with everything you need to help your clients eliminate the fear of falling.



Caffeinated Pilates June Kahn ^{WS}

Energize and empower your students with this awakening, fresh and uplifting approach to Pilates mat-work through a flowing combination of Pilates progressions in an undulating format. Experience core challenges that incorporate fluid transitions for seamless routines and gather endless ideas for your Pilates classes. Charge up your traditional routines by adding an eclectic twist to your Pilates workouts.

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3:00pm - 4:00pm

Paddleboard Yoga and Fitness Sarah Williams ^{WS}

In this all-aqua session for all fitness levels, learn the basic exercises needed to design a fun yoga or surf-inspired fitness class on a paddleboard!

Hot Topics in the Saddle Alex McLean ^{WS}

Experience one of the most popular and controversial workshops ever. Whether in your classes or in the media, there's a buzz around indoor cycling issues - resistance, leg speed, upper body engagement during a ride, heart rate training versus training with power, and coaching with display technology. Come hear Alex's take on these topics, coupled with the latest research and science to clear up myths and misconceptions.

4:00 - 4:15pm - EXPO BREAK



4:15pm - 5:45pm



AFAA: Put Your Oxygen Mask on First: How to Manage Stress and Foster Resilience Angie Miller ^L

Research supports that chronic, long-term stress has a profound negative effect on our well-being, but even short-term stress can take its toll. In this workshop, learn self-care strategies and positive coping skills to help you and your clients manage stress and improve resilience for better life balance.

Corrective Exercise Strategies for Improving the Glutes and Psoas Dr. Evan Osar ^{WS}

If you work with clients that have hip or low back tightness/discomfort, you have heard it before: stretch the tight, short psoas and strengthen the weak glutes. In this interactive session, discover the true function of the psoas and glutes and the myths surrounding the tight psoas and 'weak' glutes. Learn why common cues such as 'squeeze your glutes' or 'tighten your tushy' actually perpetuate psoas and gluteal problems. Additionally, discover how to develop optimal hip function and reduce chronic tightness and discomfort by understanding and applying the principles of the Integrative Movement System Corrective Exercise Strategy™. You won't think the same about your glute and psoas exercises after this session!



Choreography Overload ^{WS}

Tricia Murphy Madden

Like any other format, our minds and bodies need new choreography when it comes to Barre. New sequences and new ways for creating change in the body sometimes comes in the form of equipment. By incorporating the Body Bar Micro Bar, your Barre room will feel fresh, sexy, and on-trend. Adding upper body training during your intense leg work will leave your clients begging for more. This session will be your choreography overload and will send you back to your classes with enough unique movement patterns to last you months.



Pain in the Lymph Rene Brackney ^{WS}

Release your lymph to release your pain. This journey will teach simple techniques to reduce pain, increase weight loss, and improve performance in just two minutes a day! Learn why less is more in the fascial system and how the lymph plays an important function in our fitness and longevity.

Yoga for Chakra Balancing Manuel Velazquez ^{WS}

Explore how yoga affects the seven major chakras; the principal energy centers of the body that run along the spine. After general awareness and warm-up exercises for a rehearsal effect, use specially-chosen Hatha asanas to move, relate, and balance these energy centers. The spine will move in an articulated way, and then in a dynamic and liberating flow form.

Tab-Aqua Quickies Jeff Howard ^{WS}

Work HARD for 30 seconds, work HARDER for 20 seconds, work HARDEST for 10 seconds for six cycles, then rest for 10 seconds. Let the music guide you without having to worry about watching the clock. Get motivated with aquatic moves that deliver fast results. A great add-on to your current aqua fitness format.

7:00am - 8:00am

Just the Basics Jessica Maurer L

From new platforms to confusing lingo to the ever-changing landscape of our online lives, social media can be overwhelming. In this lecture, we break down the basics of the top three fitness-related platforms and create a personalized social media plan that you can begin to implement on Monday.

Operation Peak Performance™:

Obstacle Course Master Class Sgt Ken® W

This series of physically demanding obstacles and exercises is uniquely arranged to target every muscle in your body, making it possible for you to burn well over 700 calories in 60 minutes. Through this challenging course, experience some of the tactical movements Soldiers use in combat, as well as the intense physical drills and teamwork-building challenges. Like CrossFit, Operation Peak Performance specializes in combining diverse movements with strength and stamina challenges. Like the P90X program, it challenges you to perform muscular endurance and aerobic conditioning drills with little or no break between exercises. Rated Intermediate-Advanced.

CORE DE FORCE® / Nina Carr W

MMA-inspired workouts are hotter than ever, getting people RESULTS. That's what draws people in, entices them to give it their all, and keeps them coming back. With CORE DE FORCE you'll be leading the fight -- one badass class at a time.

MUSCLE: Full Body Strength

Training Katie Wheat & Hailey Johnson W

This full-body strength training class is specifically designed to build strength, add definition, improve bone density, and decrease body fat while increasing lean muscle.



Steel Pilates Jeff Howard W

This Pilates-inspired workout is designed to improve strength, endurance, and definition for the entire body. Learn new ideas, progressions, and regressions that will make your workouts all-encompassing and user-friendly. Steel Pilates is great for group exercise and personal training fitness professionals.

Learn Tai Chi: An Introduction to the Yang Style 24 Form Dianne Bailey W

Learn the Yang Style 24 Form of Tai Chi. In addition to experiencing the movements, learn the original martial art intent of each movement and the flow of the form.

Innovative Ways to Make 'em Move (20-Year Reunion) W

Janice Jaicks & Connie Lagerhausen

Jump in for a workshop full of fun cardio moves, interval techniques, strength training, and more. You won't want to miss this action-packed session that will leave you with more ideas and motivation than your aqua shoes can handle! End with some gentle aqua yoga that enhances flexibility and range of motion. This workshop was the start of it ALL. Let's celebrate 20 years of aquatic innovation!

8:15am - 9:45am

The Science of Longevity Dr. Len Kravitz L

In the last decade, the increasing life expectancy of humans has generated intense focus and research on the biological mechanisms of old age and longevity. In this research-driven presentation, the science of aging and anti-aging strategies to slow down aging and extend lifespan will be discussed. Len will also present exciting new research on the individuals throughout the world who live the longest. This groundbreaking research review will discuss the mechanisms of aging and the inspiring new interventions on the horizon to extend one's lifespan.

Crush Sugar Cravings for Good Roseann Zaft L

Time to dig a little deeper into the not-so-sweet truth about sugar. Sugar is constantly kicking our butts and leaving us feeling like crap. Learn solutions and proven methods that can save the day (and your waistline) as you kick those cravings to the curb for GOOD.

Senior Confidence Noreene Gentry WS

Learn how to incorporate spring balance training into programs for sedentary to active seniors to improve posture, gait, and flexibility while strengthening and stabilizing core muscles. Help your clients reduce their risk of slip-and-fall accidents and build their confidence in real-life situations by integrating patented spring technology. Come prepared to engage your passion for helping others and develop new strategies of program design to increase agility and reaction time.



Tabata Bootcamp™: TABATA GX Mindy Mylrea WS

Mindy introduces you to the latest from the Tabata Bootcamp™ program -- TABATA GX. See how an amazing 30 minutes can lead your class on a full wellness journey for real change.

Using the 20-10 timing protocol with max intervals, mixed intervals, and unique signature foundational moves, experience a completely new way to excite and challenge your students for sustained success.



Ai Chi (Seated) Donna Lewen WS

Experience all the benefits of Ai Chi while seated in a chair. Explore simple weight shifting and various techniques utilizing QiGong methodology. Integrate upper body movement for pain relief and mindfulness for a Mind/Body/Spirit connection. Take what you learn and integrate into several class formats.

Power Sculpt with Single Hand Buoy Manuel Velazquez WS

Review or discover the benefits of functional and powerful sculpting training in shallow water with this single hand buoy format. This innovative cardio-strength workout features creative routines using a single hand buoy. Learn unique choreography for strengthening your upper body and core muscles while enhancing cardiovascular endurance. Why use two when one will do?

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9:45am - 10:15am - EXPO BREAK

10:15am - 11:45am

101 Ways to Transition to a Plant-Based Diet **Bruce Mylrea** L

Plant-based foods have been proven to prevent or reduce the risk of chronic disease; however, making the transition to this type of diet can be an overwhelming obstacle. Armed with the latest research in behavioral change and nutrition, Bruce has jam-packed this lecture with simple behavioral change strategies and nutritional tips to help your clients overcome their negative dietary habits and transition to a healthier lifestyle.

Journey to Inner Peace through Mindfulness and Meditation **Angie Miller** L

Mindfulness is a practice that promotes greater awareness, less judgment, and a sense of peace and balance in our lives. The practice of mindfulness and meditation can reduce our stress and free us from negative thought patterns so we can live fully in the moment. Leave with mindfulness and meditation practices that promote long-term health.



Balance Strategy for Older Adults **Dr. Evan Osar** WS

Every day in the US, 10,000 individuals turn 65. One in three individuals over the age of 65 will fall, costing the healthcare system nearly \$80 billion per year. During this workshop, discover three common reasons why your clients are falling and the three things that you can do to improve their balance. Examine how the principles of the Integrative Movement System Corrective Exercise Strategy™ can help your older clients develop improved alignment, control, and stability. Additionally, learn safe and effective progressions to improve balance and how you can become an essential part of the solution to the healthcare crisis.



HIIT Training: Kickboxing Bootcamp **Jacques Silvas** WS

Learn dynamic combinations of core, lower body, upper body, and kick-boxing moves in this one-of-a-kind workshop. Bootcamp-style circuits, aerobic and anaerobic exercises, HIIT, and FUN will blend together to build stamina, increase muscle endurance, and scorch calories!



Vinyasa Flows **Jessica Maurer** WS

This session combines the basic principles and asanas from Hatha yoga to create Vinyasa flows that emphasize flexibility, posture and strength. The workshop also focuses on a simple method to create Vinyasas that you can use as warm-ups, cool-downs, and everything in between.

Aqua Effort: You Didn't Get Wet for Nothin' **Connie Lagerhausen** WS

How much effort are your water exercise participants using in their workouts? Do you ever feel that they are just going through the motions during your class with little or no real exertion? Using a percentage-based method, learn this unique technique to make them aware of the different levels of intensity and help your clients better understand the aerobic and anaerobic effects of a water discipline. The methodology can be used for all aqua-based classes, including swimming, aquatic running, and water walking. It can also be transferred easily for use with land-based activitiesmake the effort!

11:45am - 12:15pm - EXPO BREAK

12:15pm - 1:45pm

Fat Frenzy: The Top-Secret Life of a Fat Cell **Dr. Len Kravitz** L

This research presentation will cover numerous recent topics about fat, including the purposes of fat in the human body, the role of fat for energy production, the role of fat in athletic performance, fat metabolism, unique gender differences in fat metabolism, current health issues with fat, and countless myths and misconceptions about fat. Each participant will leave with practical ideas to reduce fat and eight fabulous calorie-burning workouts.

Habit & Behavior Change™: The Missing Component **to Your Permanence in Health and Peace of Mind in Life** **Maya Nahra** L

Do you already know what to do, but just don't do it? Are you a perfectionist? An all-or-nothing, black-and-white, go-hard-or-go-home kind of person? Is stress - and sometimes anxiety - your default mode? Do you find it hard to find time for yourself (let alone time AT ALL)? Do you change 998 things about your life on Monday, and fall into chocolate cake (or 'insert known addiction here') by Friday? There's something missing for your success. Join behavioral registered dietitian Maya Nahra to learn the formula that will - quite literally - change the course of your life. Take home the five steps required to change any habit for permanence and peace.

Hurricane **Jeff Howard** WS

A class format that is Monday-ready, Hurricane is easy to design and effective with members. Learn how to construct this class from the ground up, coming away with how to layer the exercises for maximum results.

Bedroom Body® Workout **Angie Miller** WS

This is a total body strength program that uses elastic resistance and bodyweight exercises designed to improve posture and alignment and build strong, lean muscles. This workshop will take you on a guided tour of your mind and body, with exercises that flow smoothly, blend seamlessly, and target every muscle group. Designed to maximize results and build body confidence, you'll walk away with a complete class to share with your classes or clients.



Fascial Release 3.0 **Rene Brackney** WS

Learn the latest techniques to release fascial adhesion to reduce pain, improve your performance and feel better fast! Learn when to go harder into the fascial tissue and when to go lighter. Learn how to teach your clients to do this, as well as what tools are best for each area of your body.

Aqua Ai Chi: Body Mind Spirit **Donna Lewen** WS

Learn physical movement, breath work, and spiritual development techniques that can be implemented into your aqua classes. Myofascial meridians, Chinese meridians, Yin Yang Theory, visualization, and meditation will be utilized in this unique healing experience. The workshop is beneficial for those who want ideas to deepen their teaching and for participants seeking advanced relaxation techniques that can be used in the water.



SCHEDULE AT A GLANCE

Thursday, April 26 PRE-CONFERENCE • SEE PAGE 2

DATE	TIME	PERSONAL TRAINING	LECTURES	GROUP EXERCISE
FRIDAY APRIL 27	7:00AM - 8:00AM	Functional Aging Circuits Inner Runner		Mountainside: HIIT Piyo Live
	8:15AM-10:15AM	Fitness Tools for Babyboomers	The Rise of Inflammation	Stroops Unleash the Beast Below the Belt
	10:15AM - 10:45AM	EXPO BREAK	EXPO BREAK	EXPO BREAK
	10:45AM - 12:15PM	Corrective Exercise Rotator Cuff	Weight Loss Myth Busters Unleash the Power of Music	Strongboard: Balance Training
	12:15PM - 1:30PM	LUNCH & EXPO	LUNCH & EXPO	LUNCH & EXPO
	1:30PM - 3:30PM	Pyramid Power	Get Published Key Considerations for Training	MashUp Your Workout
	3:30PM - 4:00PM	EXPO BREAK	EXPO BREAK	EXPO BREAK
	4:00PM - 5:30PM	Corrective Exercise Round-Up	The Art & Science of Recovery	Super Circuit Explosion Golden Barre
	7:00PM	FITNESSFEST MIXER	FITNESSFEST MIXER	FITNESSFEST MIXER
SATURDAY APRIL 28	7:00AM - 8:00AM	OBSTACLE COURSE	OBSTACLE COURSE	OBSTACLE COURSE
	8:15AM - 9:45AM	Interval Training Fluid Fusion: Water is the New Steel	The Booming Biz Opportunity with 55+	MashUp: Holistic Interval Training
	9:45AM - 10:15AM	EXPO BREAK	EXPO BREAK	EXPO BREAK
	10:15AM - 11:45AM	Squad Sports: United, We Are Strong!	Eat What You Love, Love What You Eat Exercise Science Update	Power Music: Dance
	12:00PM - 2:00PM	LUNCH 12-1PM	EXPO 1-2PM	LUNCH 12-1PM
	1:30PM - 2:30PM			
	2:00PM - 4:00PM	Operation Rapid Response	The Female Training Advantages	Buns, Legs, Core and More Fall Prevention at Any Age
	4:15PM - 5:45PM	Corrective Ex for Glutes & Psoas	Resilience & Stress Management	Choreography Overload
SUNDAY APR 29	7:00AM - 8:00AM	Operation Peak Performance	Just the Basics	Core De Force Muscle: Full Body Strength Training
	8:15AM - 9:45AM	Strongboard Balance: Senior Confidence	The Science of Longevity Crush Sugar Cravings for Good	Tabata Bootcamp
	9:45AM - 10:15AM	EXPO BREAK	EXPO BREAK	EXPO BREAK
	10:15AM - 11:45AM	Balance Strategy for Older Adults	101 Ways to Transition to Plant-Based Diet Journey to Inner Peace	HIIT Training: Kickboxing Bootcamp
	11:45AM - 12:15PM	EXPO BREAK	EXPO BREAK	EXPO BREAK
	12:15PM - 1:45PM	Hurricane	Fat Frenzy: The Top Secret Life of a Fat Cell Habit & Behavior Change	Hurricane Bedroom Body Workout

SCHEDULE AT A GLANCE

Thursday, April 26 PRE-CONFERENCE • SEE PAGE 2

MIND/BODY	AQUA	CYCLE
Happy Hips	Paddleboard Boot Camp	
Brain Body Balance	Recess Remix	Phoenix Fire Ride
EXPO BREAK	EXPO BREAK	EXPO BREAK
Stroops- Pilates: Results Beyond the Burn	Wet Barre Top Shelf	Spinergy: Connect, Ignite, Influence
LUNCH & EXPO	LUNCH & EXPO	LUNCH & EXPO
Yogafit for Balancing Moods	Stroops Paddleboard Aquapole TONE	Conscious Cycle Coaching
EXPO BREAK	EXPO BREAK	EXPO BREAK
Tabata Yoga	Hydro Zen Fluid Fusion	Studio VS Sport Cycle
FITNESSFEST MIXER	FITNESSFEST MIXER	FITNESSFEST MIXER
OBSTACLE COURSE	OBSTACLE COURSE	OBSTACLE COURSE
Open the Door to Tai Chi	Wet Barre: Booty	A New Spin on Stretching
EXPO BREAK	EXPO BREAK	EXPO BREAK
YogaCore	Aqua Hip & Funk	Competition Cycling
EXPO 1-2PM	LUNCH 12-1PM	EXPO 1-2PM
	Acquapole BOXING	
Caffeinated Pilates	Paddleboard Yoga 3:00 - 4:00pm	Hot Topics in the Saddle
Pain in the Lymph Yoga for Chakra Balancing	Tab-Aqua Quickies	
Steel Pilates Learn Tai Chi: An Introduction to the Yang Style Ai Chi (Seated)	Innovative Ways to Make Em Move Power Sculpt	
EXPO BREAK	EXPO BREAK	EXPO BREAK
Vinyasa Flows	Aqua Effort: You Didn't Get Wet for Nothin'	
EXPO BREAK	EXPO BREAK	EXPO BREAK
Fascial Release	Aqua Ai-Chi	

PRESENTER BIOS



KRISTY ANAYA, BA, is a strong, energetic individual built with a passion for all things fitness. She is certified through AFAA and YogaFit, and has been a fitness professional for over 13 years. As an AcquaPole trainer, Kristy can share her passion for fitness in the water and aims to radically alter the perception that water classes are only for the senior population.



DIANNE BAILEY, CSCS, is a fitness professional, martial artist, and personal training studio owner from Denver, CO. Her passion for fitness and helping others led her to create a system for learning Tai Chi that empowers fitness professionals to be able to offer this amazing form of exercise to their clients and promote "movement meditation."



RENE BRACKNEY is a Fascial Stretch Therapy Specialist, Pilates teacher, a Neurokinetic Therapist and a Corrective Exercise Specialist. Rene works with orthopedic patients to improving movement patterns for chronic pain relief and post-surgery recovery.



KATINA BROCK, MEd, is the creator of Wet Barre™, a cutting-edge workout program that fuses ballet, Pilates, yoga, and water fitness. A 25-year fitness industry veteran, Katina presents internationally and was an original trainer at The Biggest Loser Resort in Malibu, CA.



NINA CARR is a fitness professional and Beachbody LIVE master trainer and educator. She has been featured multiple times on television and in the INSANITY infomercial. She is the creator of the Fitness in the District concert series in Glendale, AZ. Nina has her national group fitness certification through AFAA. She is also a wife to a marine and mom to five children.



FABIO COMANA, MA, MS, is a faculty instructor at San Diego State University, the University of California and NASM. He is also the president of Genesis Wellness Group. As an American Council on Exercise (ACE) exercise physiologist, Fabio was the original creator of ACE's IFT™ model and ACE's live personal training education workshops.



NICOLE GEBHARDT is the CEO of Niche Pressworks Publishing and marketing strategist for professionals on a mission. Through marketing consulting and book publishing, she helps speakers, coaches, consultants and business leaders establish their authority brand, expand their influence, and inspire audiences to action.



NOREENE GENTRY has been in the fitness industry for over 30 years with certifications from Indoor Cycling, BOSU, NAPMA, NAFC, AFAA, MMA and others. She was a personal competitor in National Physique Competition in 2006 and 2007, and proud to win the overall division in the 2007 Max Muscle Naturals.



KATIE GLEASON is a certified fitness instructor and stay-at-home mom of two little girls. She enjoys motivating and educating others in a non-intimidating environment to achieve their fitness goals, and infuses every pedal stroke in her cycling classes with endless motivation, inspiration, and fun.



LESLIE HARRINGTON, BA, Certified Yoga Therapist, E-RYT-500, CHC, CPT, is the owner of Iron Belle Fitness, providing on-site and corporate health and wellness programs in the Southwest. She is also a senior master trainer for YogaFit®.



JEFF HOWARD is a world-renowned fitness presenter and current promotional director of fitness at Milestone Baptist East in Louisville, KY. He has trained countless celebrities as the pioneer instructor at the Golden Door Spa, appeared on several national TV shows, and has lived in South Africa, Puerto Rico, and the United States.



JANICE JAICKS is the founder of FitnessFest Conference & Expo and AquaCon, and is a continuing education provider for ACE, AFAA, AEA, and NASM. FitnessFest has served thousands of group exercise instructors, aqua instructors, personal trainers, and mind/body professionals with continuing education since 1997.



HAILEY JOHNSON, BS Fitness and Wellness Management, has been a group fitness instructor for over a decade and teaches a variety of formats including Tabata, muscle, HIIT, and cycle. An ACE-certified group fitness and personal trainer, Hailey has a true passion for helping people find a balanced, healthy lifestyle.



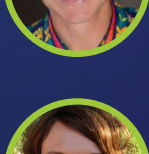
JUNE KAHN is an internationally recognized fitness leader and educator. She is the 2009 World IDEA Fitness Instructor of the Year, founder of June Kahn's Bodyworks™, Pilates rehab specialist & owner of Center Your Body Pilates in Louisville (Boulder), CO. With over 30 years of Pilates experience, June 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.



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.



STEPHANIE KREUN, BS Exercise Physiology & Nutrition (SWIHA), has been in the fitness industry for more than 20 years as a personal trainer, group exercise instructor, and (most recently) Holistic Nutrition Wellness Coach. Stephanie is extremely knowledgeable about the role of diet in healthy living and has worked with clients whose food issues span the entire spectrum.



CONNIE LAGERHAUSEN has been an aquatic fitness professional, swim coach and swim instructor for 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, endurance swimming and Aqua Yoga.



MICHELLE LASITER, BS in Biochemistry (UCSD), MS in Exercise & Wellness (ASU), taught undergraduate courses for the Arizona State University Exercise and Wellness Program before realizing that fitness was her true passion.



DONNA LEWEN, BA, AEA, ATRIC, has been working with aging adults and persons with disabilities for over 25 years. She is a trainer for the Arthritis Foundation and AquaStretch™ program, and was awarded the ATRI 2016 Aquatic Therapy Professional of the Year. Donna continues her studies in Energy Medicine and is a Reiki master trainer.



MICHELLE MAY, MD, is a recovered yo-yo dieter and the founder of Am I Hungry?® Mindful Eating Programs and Training. The program guides individuals to resolve mindless and emotional eating and senseless yo-yo dieting to live the vibrant life they crave.

PRESENTER BIOS CONTINUED...



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



ALEX MCLEAN has been teaching group fitness since 1995. He started as a dancer and master class presenter for the Reebok Performance Team and Nike Culture Shock. Currently, Alex is an educator for three global brands: TRX®, Schwinn® Cycling and Strong by Zumba™.



ANGIE MILLER, MS, LPC, is a health and fitness educator, speaker, and licensed counselor who integrates mental and physical strategies that lead to optimal health. Angie works as a therapist for Innovative Counseling Partners and teaches courses at Northern Illinois University in the Department of Kinesiology and Physical Education.



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 while walking their pet).



BRUCE MYLREA, BA in 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 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 2017 LifeTime Achievement Award winner for CanFitPro, 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.



MAYA NAHRA, BRD, is a behavioral registered dietitian teaching permanence in health and peace of mind in life through Habit and Behavior Change™. Maya is the food and nutrition contributor for 3TV Arizona and has been featured on ABC and NBC News, Green Living and Taste of Home magazines, the Elephant Journal, and Shine Text.



EVAN OSAR, DC, CMT, PES, CSCS, 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.



LOREY PRO, MS Kinesiology & Recreation, has over 25 years of experience in the fitness field as a director, program manager, personal trainer, fitness instructor, NCAA track/cross country coach, and a national conference presenter in the commercial, private, public, non-profit, and university settings.



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. He is the president of the Functional Aging Institute, author of the best-seller Never Grow Old, and has decades of experience in the fitness industry in training and management that has included commercial, non-profit, hospital and university-based facilities.



JACQUESE SILVAS, MEd, has been in the fitness industry for 25 years and is the proud owner of JACS Figure On Fit. In addition to working as a wellness coach, Jacquese is an AFAA-certified personal trainer, group instructor (certified in eight formats), and master trainer for Tabata Bootcamp™ and MASHUP®. She combines her love of teaching and fitness by teaching a Body Sculpting elective class to high school students four times per week.



MANDY THURMAN, BA Sports & Exercise Science (UNC-Chapel Hill), has been a group fitness instructor for 24 years and a cycle instructor for 12 years. Also a certified personal trainer, Mandy holds her credentials from AFAA, Mad Dogg and Schwinn. She is currently training and instructing at Mountainside Fitness in Surprise, AZ.



MANUEL VELAZQUEZ is a global fitness presenter and continuing education provider, accomplished author, and master trainer for the mind and body. He is the recipient of the 2017 and 2016 SCW Male Presenter of the Year award and the 2011 ECA/NYC OBOW All-Around International Presenter of the Year award.



JO WALKER, BS Health Science, has been sharing her knowledge and love for fitness throughout many communities for over 20 years. She motivates, encourages, and brings out the best in those who come in contact with her. Jo is known for her "think outside the box" teaching style and creative cueing.



KEN WEICHERT (aka SGT Ken™) is an award-winning international speaker, six-time US Army Soldier of the Year, Master Fitness Trainer, Master Resilience Trainer, Counterintelligence Agent and decorated combat veteran. Ken is a CSP™ (Certified Speaking Professional), a member of the National Speakers Association, and a graduate of the John C. Maxwell Coach, Teacher, Trainer and Speaker Course.



KATIE WHEAT is the director of group fitness in the West Valley for Mountainside Fitness. For more than 15 years, she has held positions in operations, management, and leadership. Katie trains new instructors and teaches a variety of formats, including Tabata, muscle sculpting and HIIT. She is certified with AFAA and Schwinn.



SARAH WILLIAMS, BS in Exercise Science (ASU), RYT, has been in the fitness industry for more than 20 years in many different capacities. Now the owner of Desert Paddleboards and AZ Goat Yoga, Sarah holds certifications in Pilates, Crossfit, Crossfit Kids, Parkour (Level 2 Coach), World Freerunning, Arthritis Foundation Senior Fitness, and is a USA Weightlifting Coach.



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.



ROSEANN ZAFT, CHC, CPT, RYT, is a member the Stroops Specialist Team and certified by ACE, AFAA, STOTT, TPI, Barre Above, and Johnny G. With 19 years of experience in the fitness industry, Roseann specializes in the active aging population. She is a two-time national figure competitor winner in the 50+ age category, author of the best-seller All Natural Sugar Detox book and program, and creator of the LIVE FIT smartphone app.



GRETCHEN ZELEK, BS, founded DoD Fitness to deliver fitness tools for actively aging adults, athletes recovering from injury, and anyone looking to begin or maintain a fitness routine but may have knee, neck, or wrist discomfort. She is an AFAA-certified instructor, Functional Aging Specialist, and former collegiate athlete.

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

ALL ABOUT THE EXPO!

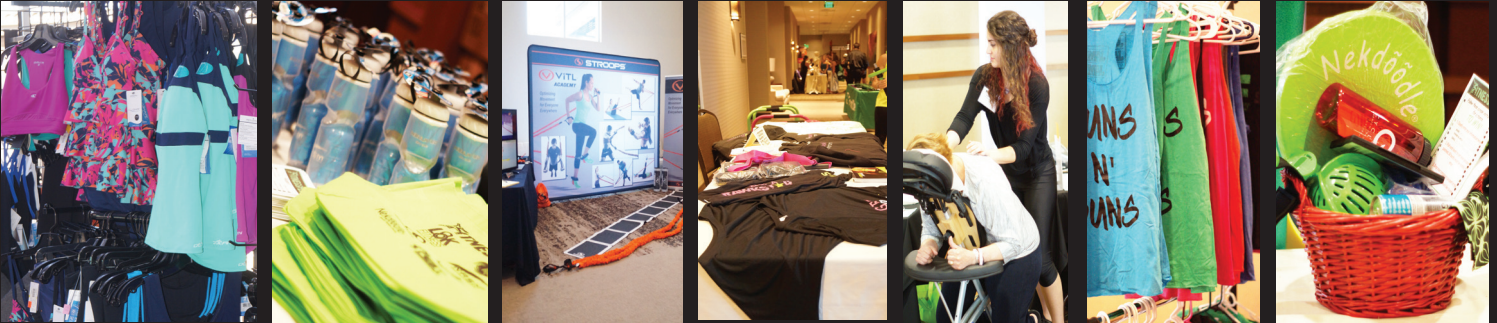
EXPO HOURS:

FRIDAY, APRIL 27: 9:00AM-4:00PM

SATURDAY, APRIL 28: 9:00AM-4:15PM

SUNDAY, APRIL 29: 9:00AM-2:00PM

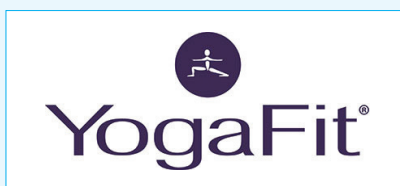
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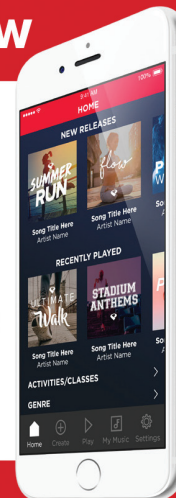
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ACE will honor up to 1.9 credits

- 1 hour course = .1 credit
- 1.5 hour course = .15 credits*
- 2 hour course = .2 credits

Note: The maximum CEC conference value is rounded to the maximum number of full education hours that can be completed. For example, with 18 hours and 30 minutes of approved sessions you would receive 1.8 CECs.

NASM will honor up to 1.9 credits

- 1 hour course = .1 credit
- 2 hour course = .2 credits

Most other organizations such as ACSM, will honor ACE's standards. You will just need to petition and send proof of this accredited event.

AFAA will honor up to 15 credits

- 1 hour course = 1 credit
- 2 hour course = 2 credits

AEA will honor up to 15 credits

- 1 hour course = 1 credit
- 1.5 hour course = 1.5 credits
- 2 hour course = 2 credits

Note: Non aqua-related courses will receive only 1 credit

Note: You will receive a certificate of completion at FitnessFest with all of the above provider numbers listed. Always keep a copy of your certificate for your records. Every two years your certifying body will ask you for your accumulated credits.



FitnessFest is approved by NASM, AFAA, ACE and AEA for continuing education credits. You will receive a certificate of completion for the workshops that you take at FitnessFest. Always keep a copy of your records, and be sure to send your information to your CEC provider before your certification expires!

DEADLINES AND FEES

	Early Bird Jan 5 - Feb 14	Spring Feb 15 - April 15	Last Call April 15
● Full Conference Package (Sat Lunch Included)	\$299	\$329	\$349
● 2 Days of Workshops	\$269	\$299	\$309
● 1 Day of Workshops	\$229	\$249	\$259
● Single Workshop	\$59	\$59	\$69
● Saturday Lunch & Keynote	\$30	\$30	N/A



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2018 EVENTS



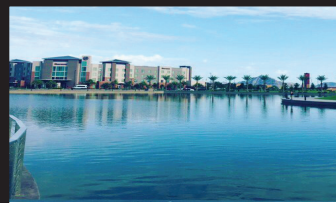
Retreat
Carefree, AZ
March 2nd - 4th

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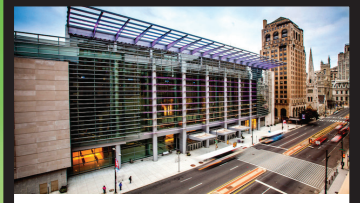
AquaCon
Chandler, AZ
March 10th & 11th

FitnessFest.org/aquacon



FitnessFest
Phoenix/Mesa, AZ
April 26th - 29th

FitnessFest.org/arizona



FitnessFest at Fit Expo
Philadelphia, PA
April 28th

FitnessFest.org/philadelphia



FitnessFest
Chicago, IL
June 9th & 10th

FitnessFest.org/chicago



FitnessFest at Fit Expo
San Jose, CA
July 21st & 22nd

FitnessFest.org/sanjose



FitnessFest at Fit Expo
Anaheim, CA
August 25th & 26th

FitnessFest.org/anaheim



FitnessFest at Fit Expo
San Diego, CA
October 27th & 28th

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