



FITNESS FEST

CONFERENCE & EXPO

April 25 - 28, 2019

Sheraton Mesa Hotel

Phoenix/Mesa, AZ

ALL YOUR
CECs IN ONE
WEEKEND

Cutting
Edge
Workouts

BUZZ TOPICS

The latest on gut health, active aging, inflammation, hormones, fascia, functional mobility, algorithms, neuroplastic movement, yoga twists, aqua combos, high intensity cardio, core, bootcamp and MORE!

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

WELCOME TO



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CONNECT WITH US:



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You will receive a certificate of completion at FitnessFest with the provider codes listed. For more information on CECs/CEUs visit <https://www.fitnessfest.org/cecs>

Dear Friend,

Now that we have 20 years under our belts, we want to be sure we're still giving you what you want in a LIVE conference! Those of us who have been around a while have seen a lot of changes. One thing we WON'T change (and if we do, feel free to call us out!) is the TLC we put into our relationship with you. You the attendee, you the vendor, you the sponsor, you the presenter, you the staff. We WILL answer our phone for you, we WILL walk you through registration, we WILL help you book your hotel, and we'll even resend your CEC certificate that you lost last year.

2019 does bring some changes, of course. Our new group fitness schedule on Saturday will offer a taste of many new formats. We hope that local fitness lovers attend and perhaps become inspired to start a fitness career of their own. If you have students in your classes that would be interested, pop me an email (janice@fitnessfest.org) and I'll send you a special offer just for them. With health clubs and studios popping up in record numbers across the country, you know that clubs are in need of quality instructors and trainers!

We're also thrilled about our workshop line-up for personal trainers. We've worked hard to grow this portion of our event and bring presenters that have their fingers on the pulse of the industry. With more business-focused session topics, science-based training techniques, and cutting-edge performance tools – FitnessFest truly has something for every fitness pro.

As always, we hope that the balance of workshops is exactly what you need. Whether you have a private yoga practice, teach aquatic fitness classes, lay down the best moves on the dance floor, crave more knowledge on specific modalities, or launched your own personal training business...we're here for you.

Choose wisely, my friend! There are lots of choices, so take time to read the description (not just the title), look at the Schedule at a Glance, and think about how each session might support your fitness career. Don't forget to share the love with your friends and colleagues, and remember we are now in four California cities throughout the year. We are FIT FAM, so don't hesitate to reach out and connect!

Janice

DEADLINES & FEES

	Early Bird Jan 15 - Feb 28	March Madness March 1 - April 1	Last Call After April 1
Full Conference Package (Lunch Included)	\$259	\$279	\$299
2 Days of Workshops	\$239	\$249	\$269
1 Day of Workshops	\$129	\$139	\$159
Single Workshop	\$39	\$39	\$49
Saturday Lunch & Keynote	\$35	\$35	\$40
Thursday & Friday Lunch	\$15	\$15	\$15

2019 PRESENTERS



Kory Angelin



Debra Atkinson



Dianne Bailey



Leslee Bender



Brandi Bernard



Ted Bezemer



Ashley Bishop



Barble Brown



Kelly Bullard



Nina Carr



Samantha Clayton



Fabio Comana



Phil Donnelly



Carolyn Erickson



Dr. Mallory Fox



Noreene Gentry



Paxton Gray



Leslie Harrington



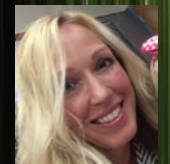
Jessyca Heinen



Joella Hopkins



Jeff Howard



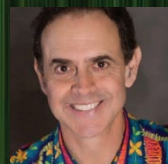
Cherry Johnston



Ben Jones



June Kahn



Dr. Len Kravitz



Stephanie Kreun



Connie Lagerhausen



Jenice Mattek



Vee Mora



Alex McLean



Danielle O'Reilly



Dr. Evan Osar



Samantha Parker



Lorey Pro



Sarah Reed



Dr. Dan Richie



Elizabeth Scheer



Matt Segawa



Jacquese Silvas



Kai Sridt



Amanda Strand



Jenn Tarrant



Casey Tom



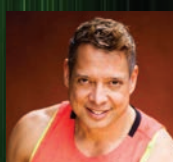
Trevor Tom



McCall Tycksen



Tyler Valencia



Manuel Velazquez



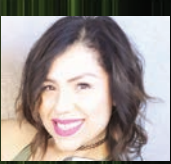
Brandon Wagner



Danita Watkins



Sarah Williams



Hilda Young



Jamie Zacharias

FULL BIOS AT: [FITNESSFEST.ORG/AZPRESENTERS](https://www.fitnessfest.org/azpresenters)

Early Bird March Madness Last Call

Jan 15 - Feb 28 March 1 - April 1 After April 1

PRE-CONFERENCE

8:00am - 4:30pm ➡ Dr. Evan Osar



Scoliosis, Stenosis & Osteoporosis: The Best Assessments, Corrective Exercise & Training Strategies

Do you work with older clients that experience issues such as scoliosis, stenosis, and/or osteoporosis? Have you found it difficult to find information appropriate to training older clients with these conditions? In this interactive training, learn about common back and spine issues affecting older individuals including scoliosis, spinal stenosis, and osteoporosis. Discover how to easily assess and identify common contributors to your older client's tightness, discomfort, and loss of performance. Discover the principles of the Integrative Movement System Corrective Exercise Strategy™ and how these principles – alignment, breathing and control – are instrumental in helping address your older client's posture and movement habits. You will leave this one-day workshop with the ability to develop the safest and most effective training programs for individuals experiencing scoliosis, spinal stenosis, and osteoporosis and progress them towards accomplishing their functional goals.

Early Bird: \$259

March Madness: \$259

Last Call: \$299

Up to
7
CECs

8:00am - 4:30pm ➡ Carolyn Erickson



Stroops® Foundational Training

This in-depth, eight-hour course provides information and tools that are essential to anyone training with resistance bands, ropes, and other tools of the trade. The curriculum incorporates a variety of Stroops equipment including Slaxix® bands that clarify and teach the concepts and principles of resistance training. Explore partner training ideas and learn how to design effective programs for your clients with a fresh perspective. Leave with a dynamic set of tools for your training toolbox. If you are ready to explore innovative movement potential and take your training to the next level, join this course and see why Stroops established the philosophy of "Training at the Speed of Life"™.

Early Bird: \$219

March Madness: *\$199

Last Call: *\$199

Up to
8
CECs

*March Madness & Last Call \$199 w/purchase of VITL Kit (\$148). W/o VITL Kit registration fee is \$229.

8:00am - 6:00pm ➡ Jacquese Silvas



MASHUP® Instructor Certification

VIIT is the New HIIT!

MASHUP® is the first established Variable-Intensity Interval Training (VIIT) group fitness program on the market, offering Mind/Body, Agility & Strength, and High-Intensity Intervals specifically designed for all fitness levels in every workout. The approach to progressions is unlike anything else in the fitness industry and the VIIT set-up is unique, providing a seamless structure that enables all participants to maximize their potential. Learn the program's research-based VIIT formulas, all group fitness fundamentals, safety cueing, music coaching commands, and how to integrate the holistic coaching component within each workout. This instructor certification will enable you to implement MASHUP® in any facility. Certification includes a reference manual with sample exercises and workouts, visual whiteboards, custom playlists, health and fitness education resources, and Connect eligibility. A basic group fitness/personal training certification or related degree is required.

Early Bird: \$199

March Madness: \$199

Last Call: \$199

Up to
8
CECs

8:00am - 6:00pm ➡ Kelly Bullard



ZUMBA® Basic 1 Instructor Certification

This full-day training is the foundation of Zumba® and provides you with the fundamentals and steps to the four basic Zumba® rhythms (Merengue, Salsa, Cumbia, and Reggaeton). Using the Zumba® formula, learn how to identify different parts of a song and apply the basic steps to build an effective Zumba class. Practice live with a Zumba Education Specialist to gain confidence to teach sooner. Receive your license to begin teaching Zumba® classes immediately. Get access to even more tools to help you start teaching faster and changing lives sooner, plus get the opportunity to receive monthly choreography and music + ongoing support. The Zumba Basic 1 Instructor Certification includes the electronic instructor manual, Certificate of Completion, and online video access to review basic steps.

Early Bird: \$225

March Madness: \$225

Last Call: \$225

Up to
8
CECs



POST-CON: SUNDAY APRIL 28

8:00AM - 6:00PM KELLY BULLARD

UP TO .4 CECs

CERTIFICATIONS AND TRAININGS

8:00am - 6:00pm ➡ **Amanda Strand**



Freedom Barre® Instructor Certification

Presented by Freedom Group Exercise (FGE) co-founder Amanda Strand, this wildly popular, great-for-everyone barre format is taking over the East Coast (and now the West)! Driven by a mix of pop, hip hop, jazz, Motown, and classical music, Freedom Barre® was created in response to demand in the barre marketplace for a pre-choreographed, fun, funky, ballet-aesthetic, toning and flexibility workout. The certification presents three sections: "choreography", "technique & timing", and "ballet aesthetic". Plus, learn key principles of classical ballet form, class structure, communication, coaching skills, levels of intensity, and much more. Participants are also invited to attend Amanda Strand's "Three Ball Equation" workshop during the main conference (Saturday 4/27 10:30am - 12pm) at no additional cost.

Early Bird: \$199

March Madness: \$219

Last Call: \$229

Up to
14
CECs

9:00am - 5:00pm ➡ **Dianne Bailey**



Open the Door to Tai Chi: Instructor Certification

This full-day instructor certification will begin with instruction on each of the individual movements in the Yang Style 24 short form, including the martial arts application of each movement. The flow of the Yang style 24 short form will be the next focus, putting all the individual movements into the correct sequence and understanding the transition. The training will then explore the following principles of Tai Chi, how to incorporate them into the form, and how to teach each principle: Columns, Rotation, Balance, Rooted and Grounded, Ball of Energy, Relaxation and Connectedness, and Breathing. The training will conclude with discussion and guidance on how to organize classes, use class plans, and incorporate Tai Chi into your current offerings.

Early Bird: \$249

March Madness: \$299

Last Call: \$299
Includes
Book/Skype

Up to
8
CECs

8:00am - 1:30pm ➡ **Leslee Bender**



The Ageless Body: Functional Mobility & Flexibility

With millions of active aging individuals, you need to know how to train with no pain! Your clients want to stay ageless and this session will explore science-based, mindful movement and motivational techniques that are proven to work! Join international speaker Leslee Bender to receive the tools and information to improve joint mobility and stability for any and all clients. This session bridges the gap between therapy and fitness, exploring many possibilities that keep clients young and active. Walk away with a better understanding of training the fascial lines and their relationship to the planes of motion and gravity. Learn to utilize ways that improve the integrity of movement, joint stability, and mobility. Determine how postural issues affect movement quality and how to give specific exercises that will enable clients to move more efficiently. The "I Am Ageless Now" book and training manual are included in registration.

Early Bird: \$120

March Madness: \$150

Last Call: \$160

Up to
5
CECs

2:00pm - 6:00pm ➡ **Ashley Bishop**



Cardio Combos + Added Resistance (AQUA)

Take the mystery out of aquatic choreography and gain a better understanding of AddOn, Pyramid & Pure Repetition choreography styles. These cardio combos are an effective way to add diversity, intensity, and FUN to your aqua classes! No equipment, no worries! These cardio combos provide an effective full-body workout without the use of aquatic equipment. Then we'll take it to the next level! Combine the fun and excitement of cardio combos with the added resistance of foam equipment. Learn easy to teach and effective choreography while using foam hand bars, all to the beat of motivating music.

Early Bird: \$89

March Madness: \$89

Last Call: \$99

Up to
4
CECs

STRONG by Zumba Registration Fees:	Early Bird	March Madness	Last Call
	\$225	\$225	\$225

STRONG by Zumba® combines high intensity interval training (HIIT) with the science of Synced Music Motivation for a group fitness experience like no other. Learn the science behind high intensity cardio and bodyweight training, as well as how to combine moves and patterns with perfectly synced music. Explore the program's unique progression system. Additionally, examine topics such as physiology, bio-mechanics, movement fundamentals, and injury prevention. Registration includes digital manual, training recap video, STRONG by Zumba My First Class™ – 60min music and moves, e-learning course, and Certificate of Completion.

FRIDAY, APRIL 26

7:30 am - 9:00 am



Social 365 Formula for Monetizing Social Media **Debra Atkinson**

Social media is here to stay. Create a systematic strategy to make monetizing your social media efforts trackable and profitable. Reduce your time on social media and set yourself apart with brand distinction. Learn tips and tools to use (or that you can easily delegate to someone else) for results. The best social media plan is one you'll do consistently, solo, or with a team.

FIT BODY BOOT CAMP How to Be the Best Small Group **Coach Ben Jones**

Learn the fundamentals for leading an incredible group training session that will keep clients coming back for more. Small group training provides a challenging workout and serves as an effective tool to help people reach their fitness goals, with the added benefit of group accountability. It's time for you to learn how to be the BEST small group coach in your area!



Dynamic Stability Training: Powered by AXIO **Ted Bezemer**

If you work with clients or athletes who have experienced injury or want to perform at the highest level, then you are probably aware of the ways proprioception and neuromuscular control impact our level of function. Injury and fatigue create a climate that compromises our stability and movement. The good news is that, although our sensorimotor system is often overlooked in the gym, it is highly trainable. In this session, see why traditional strength training alone is not enough and how our nervous system is the glue that binds strength and dynamic stability for optimal performance. Attend this discussion and challenging workout to experience concepts and techniques using the combined reactive forces of AXIO Centripetal Training and learn ways to incorporate AXIO into your training programs.



HIIT the Conference **Samantha Clayton**

Join Olympian, international speaker, award-winning trainer, and FitnessFest Keynote Speaker Samantha Clayton for a session that will jump-start your conference weekend. HIIT training using progressions to show variations for squats, lunges, and many other traditional and non-traditional moves will leave you sweaty and motivated for a day of education and fun!



BENDER
TRAINING ACADEMY

Bender Ball Ultimate Core **Leslee Bender**

Join Leslee Bender -- the original small-ball training specialist -- for the ultimate core training that gives you the tools and techniques to authentically strengthen the core without ever doing a crunch again. Experience how and why the core is misconceived and the way it has been typically trained incorrectly. Learn why the breath and pelvic floor play a role in strengthening the female core for function, better posture, and overall health and wellbeing.



Preventing Falls with Tai Chi **Dianne Bailey**

The cost of falls every year is in the billions. Tai Chi is an easy-to-learn exercise proven to improve balance and reduce the risk of falling. Learn some of the important moves in Tai Chi and how they apply to balance improvement. Be inspired to learn more about this ancient practice and learn how to implement it in your current training sessions or classes.

Aqua Kick & Burn Bootcamp **Danita Watkins**

Kickboxing is one of the most popular fitness formats and is a great workout in the water! In this workshop, start with basic kickboxing moves and turn them into some amazing combinations while incorporating some HIIT format for calorie burn.

EXPO BREAK / 9:00 am - 9:30 am

PREPARE TO BE CHALLENGED



- INTEGRATED STRENGTH & CONDITIONING
- DYNAMIC CORE & SHOULDER STABILITY
- IMPROVE ATHLETICISM AND BALANCE
- DEVELOP COORDINATION AND RHYTHM
- FAST TRAINING RESULTS

AXIO
CENTRIPETAL TRAINING
AXIOTRAINING.COM

9:30 am - 11:00 am



10 Ways to Jump Start Your Business **Dr. Dan Ritchie**

We spend a lot of time learning to squat, lunge, do pushups and burpees, but if we're honest, we don't know squat about marketing and sales! Learn ten simple ways to boost your marketing, referrals and sales so you can help more clients. After all, you can't help people with their lunges, squats, and pushups if they don't know you exist!



Double the Fun! Double the Results **Carolyn Erickson**

This workshop delivers partner-perfect training skills and drills. Teaching at the park? Limited space for anchoring systems? Need something original? Something really innovative and engaging? Want to grow your classes/clientele? Discover unique Stroops® resistance band programming that is guaranteed to elevate your sessions. Explore modifications that work even when paired-up partners are of variable size and strength. Learn how to turn individual exercises into partner workouts that create interaction and community.

FRIDAY, APRIL 26



TRAINING AT THE SPEED OF LIFE™

PREMIUM RESISTANCE BANDS, ANCHORS & ATTACHMENTS



STROOPS.COM | 801-776-3322



STRONGBOARD BALANCE StrongBoard BURN! Noreene Gentry

FitnessFest participants will enjoy a full-body workout with a hands-on introduction to StrongBoard Balance®, a revolutionary balance and stability tool featuring patented MULTI SPRING TECHNOLOGY™. Adding StrongBoard Balance® to traditional floor exercises challenges your core musculature and stabilizing muscles, expedites caloric burn, and improves balance, stability, proprioception, posture, and reaction time. StrongBoard BURN!™ is designed for all fitness levels and goals, including weight loss, increased agility, sports performance, muscle tone enhancement, and an improvement of overall health.



THE SHAKTI YOGA WHEEL™

Work Your Yoga Wheel Jessyca Heinen

Learn how the yoga wheel can provide support, strength, and challenge in your practice. Experience a variety of exercises, poses, and flows to develop the core and improve stability, as well as challenge balance and flexibility. This fun-filled workshop, shows how to challenge new muscles in familiar asana. For example, back-bending postures can be extremely difficult, but the Shakti Yoga Wheel makes the back-bending and hip-opening practice playful, easy and effortless! Limited Shakti Yoga Wheels available for this session. If you don't own one yet and would like to purchase one for this session, receive 10% off for registering! If you already own a yoga wheel, please bring it to the workshop.



Institute for Integrative Health & Fitness Education
EDUCATE. EMPOWER. EXCEL.

Shoulder 2.0: Complete Conditioning for Chronic Issues Dr. Evan Osar

Many individuals experience issues with their shoulder complex (neck, thorax, and shoulder) that lead to tightness, impingement, and inability to perform at their best. Over time, these problems limit shoulder range of motion and contribute to weakness that affects a person's ability to exercise and function. In this session, discover exactly how the shoulder functions so that you can educate your clients. Additionally, learn the Integrative Movement System Corrective Exercise Strategy™ and how to develop a corrective exercise strategy to help your clients achieve greater shoulder stability and mobility.



Noodle Combos Ashley Bishop

Noodles, water and cardio combos? Who could ask for anything more? Noodles are a fun (and affordable) way to add some spice to our aqua fitness classes. Learn effective choreography that's easy to teach while using noodles for added resistance and support -- all to the beat of motivating music.

Sport Cycling: Put You Rear in Gear Lorey Pro

Most attention given to cycling is on the quads, with minor attention given to the hamstrings. Know what gets no attention at all? The glutes! Your glutes not only stabilize you in the saddle, they are a brute force in hip extension, which produces 25 to 30% of your pedal stroke power. In this session, we'll get your booty back into business with a bum-busting, multi-muscle group team ride, focusing on bike fit, position in the saddle, pedal stroke, muscle activation and muscle strength.

EXPO & LUNCH BREAK / 11:00 am - 12:15 pm

12:15 pm - 1:45 pm



Nutrition Coaching for Fitness Professionals Casey Tom

Clients ask a lot of question about nutrition. Who's going to help them? You! In this session, receive appropriate nutrition information and coaching tools to set yourself apart and create a higher level of impact on your clients/students and in your business!



Intro to Steel Mace Training Tyler Valencia

This workshop is an introduction to steel mace training for personal trainers. When appropriately loading the steel mace, it can be utilized with seniors, athletes, and the general population. Participants will learn the benefits, the research, and the cues associated to implement this tool.



Ballroom & Beyond June Kahn

In this powerful and inspiring cardio dance session, you'll experience the graceful steps of ballroom dance genres mixed with the up-tempo choreography of Latin dance. This easy-to-follow dance fitness method will have you dancing (like the stars) in no time! Created by world champion ballroom dancers, FitSteps is dedicated to delivering a program with teachable steps and progressions anyone can master, with no partner needed! Learn key movements, armography, and flair that can be used to create a wide variety of classes from high to low intensity. This choreography can be used in any of your classes with no licensing fees or additional monthly subscription fees.

BE FIERCE. BE FIT. BE FREE.



freedom
Barre



Mixed fitness.
Serious attitude.

Not your Mama's barre class.
* Pre-Conference Instructor Certification

Freedom Group Exercise.com

freedom
Barre™

Freedom Barre Amanda Strand

Freedom Barre™ is a music-driven, ballet-inspired group exercise program choreographed to current and classic hits, jazz, classical, and original music by producer DJ FREEDOM. Graceful but intense, Freedom Barre™ uses a ballet aesthetic to combine the key elements you need for a fully-toned and balanced body -- strength, balance, and flexibility. With three degrees of intensity to accommodate all levels, this format is for everyone (whether you're a long-time dancer or haven't pointed your toe since you were six years old).



**Functional Fitness Assessment
for 50+ Dr. Dan Ritchie**

Many fitness assessments are simply not designed with the 75-year-old person in mind, or someone with a joint replacement, or even a young person with a functional limitation. Learn how to use a variety of assessment tools from functional aging expert Dr. Dan Ritchie so you can be prepared to evaluate, assess, and design programs for all levels of functional abilities.

Aquatic Muscle Mix Danita Watkins

Explore various pieces of aqua equipment to learn how each can offer strength and endurance to a workout. Discover how various cadences make strength training more efficient and discuss how to organize an effective and creative workout plan using strengthening skills. This workshop will offer great strength training tips, and provide ideas to add to your toolbox.



**Cycling for Every Body
Cherry Johnston**

Is it possible to create an amazing, welcoming, and challenging cycle class that accommodates all body types, ages, and music styles? Learn to create a powerful ride that's also entertaining, during which "Beach Cruiser Grandma" and "Road Racing Grandson" can both meet their fitness goals. From bike set-up to drills to music selection, walk away with a toolbox full of ideas to meet all levels of cyclists.

EXPO BREAK / 1:45 pm - 2:15 pm

2:15 pm - 4:15 pm

Put the Fire Out: Response to Inflammation

Stephanie Kreun

Inflammation is at the center foundation of all disease. Learn how the foods we eat and the thoughts we have can feed this fire inside of our body. Discuss the role of inflammation in your own body and discover what you can start doing right away to reduce it.



Neuroplastic Movement

Samantha Parker

Neuroplasticity is the way our brains adapt and change throughout our lives, as well as control our pain. Neuroplastic movement is a cutting-edge approach to addressing and combating chronic pain, aiding clients in becoming the driver (instead of being the passenger) in the car of chronic pain. Learn how to help your clients/students change their perception of their pain. Also learn how to lay a basic movement foundation that will help facilitate quicker outcomes, along with improving proprioceptive and vestibular stimulation, all while using cognitive restructuring in addressing individual Kinesiophobia.



**VIIT is the New HIIT + Zumba
Barbie Brown & Kelly Bullard**

VIIT is the new HIIT!

Experience the latest format from MASHUP®: Variable Intensity Interval Training (VIIT). Learn the nuts and bolts of this researched-based program featuring Mind/Body, Agility & Strength, and High Intensity Interval exercises for every fitness level.

Zumba Dance

In this session, we take the "work" out of workout, mixing low and high intensity moves for an interval style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check! Super fun? Check! It's a total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome every time you leave class.

24 HOUR NUTRITION FOR AN ACTIVE LIFESTYLE



Learn more about our products at www.Herbalife24.com
or check out Herbalifenutritionfitness.com

HERBALIFE
24
NUTRITION FOR THE
24-HOUR ATHLETE

FRIDAY, APRIL 26

CONTINUED...



Anatomy of Twists **Jenn Tarrent**

Gain a deep and functional understanding of the anatomy of twists and how to cue them effectively and safely. Then experience a class based around exploring twists and offering many options for participants of all experience levels.



Barre for Active Aging **Leslee Bender**

Learn how to coach, cue, and connect with the active aging student who wants to attend your barre classes. Many students experience pain from over-pulsing and or tucking the pelvis, causing dysfunction in both the knees and hips. This session is based on the science of movement and the planes of motion as they relate to functional barre exercises for all ages and abilities. Barre should be for all bodies and exercises can be done with or without a barre.



Cardio Combos for Active Older Adults **Ashley Bishop**

Take the mystery out of aquatic choreography and gain a better understanding of AddOn, Pyramid, and Pure Repetition choreography styles, with a lighter touch for those who need a little less intensity (without sacrificing the fun)! No equipment, no worries! These cardio combos provide an effective, full-body workout without the use of aquatic equipment.

Sports Cycling: Periodize Your Progress **Lorey Pro**

Has your exercise routine been the same month after month? Have you achieved your goals? If you want to continue to change, it may be time to consider changing your routine! Periodized training is a way to systematically optimize your effort (as well as recovery), prevent over training, and reduce the risk of injury. A well-designed approach to training offers measurable progress while keeping your head and body mentally and physically in the game! This session covers the path to periodize your progress and ends with a ride to blend the principles together to provide a snapshot of each training system.

4:30 pm - 5:30 pm

FIT BODY Tactics to Scaling Your Business to **BOOTCAMP** Multiple Seven Figures **Ben Jones**

This session will teach you how to be a leader and develop your business from its inception to multiple locations that generate multiple seven figures.

Foam Rolling: Correcting Dysfunctional Movement **Matt Segawa**

This workshop will cover the theory, science, benefits, and proper use of foam rolling. Walk away with practical knowledge and confidence that you can apply to yourself or those you work with. Almost everyone can benefit from foam rolling, but not many actually do it because they don't know the correct movements and techniques. Explore what foam rolling has to offer and what it can do for you!

Sculpt, Sweat & Tone **Alex McLean**

Join industry powerhouse Alex McLean for over 15 hot upper- and lower-body exercises to sculpt, sweat, and tone that will have your students begging for more. Finish with a little power yoga to round-out their fitness experience.



Pilates PLUS **June Kahn**

This workshop provides an upbeat, challenging, and unique approach to the traditional Pilates method while still maintaining the integrity of traditional Pilates methods. The program goes beyond the basics delivering 1) standing and body-weight progressions and transitions, 2) how to work the body in three planes of motion for complete functionality, 3) a variety of options to accommodate many fitness levels, 4) how to stay true to Pilates' original principles, and 5) an opportunity to challenge participants through balance, strength, and flexibility options, and incorporating popular trends that yield profound results.



Tai Chi for Stress Relief **Dianne Bailey**

Learn movements from the Yang Style of Tai Chi, followed by a simplified form that focuses on its stress relief benefits.

Double Trouble: The Bad Boys of Aqua

Jeff Howard & Manuel Velazquez

Enjoy this fantastic workout with our aqua men of FitnessFest! The pool will never look the same once you experience this tidal wave of energy and enthusiasm. Manuel and Jeff will focus on different styles of aquatic fitness techniques, pushing you to the next level! Leave with a flood of new ideas to make a splash in your own water fitness sessions!



Ride the Rhythm **Phil Donnelly**

Use the power of music to take your cycle workout to the next level. Learn how to appeal to the cross-section of ages and abilities, yet still ensure everyone has a great workout.

SATURDAY, APRIL 27

7:00 am - 8:00 am



3rd Annual
OBSTACLE COURSE
Free Entry for Everyone!

7AM - 8AM
BRING FRIENDS! WIN PRIZES!
FITNESSFEST.ORG/OBSTACLE



Rise & Shine Yoga
w/ Kai Sriditt

7AM - 8AM
OR START YOUR DAY HERE!

8:30 am - 10:00 am



Gut Health: Your First Brain
Casey Tom

How healthy is your gut? Do you really know how healthy it is? Do you understand that your gut is your first brain in your body? This session encompasses all the components of your gut, how to make it healthy, and why it is considered your first brain.



Coaching Squat & Lunge Variations
Fabio Comana

Coaching proper form is a fundamental responsibility for every professional, yet it requires a solid understanding of stability and mobility throughout the kinetic chain and serves as the basis for every exercise. Join this session focused on movement research and learn how to properly coach the movement patterns of the lower extremity -- the bend-and-lift or squat and the step/lunge, plus learn 3-dimensional variations that add more fun and function to your programs.



Fire Up! + BANG!
Nina Carr & Amanda Strand

Fire Up!

By incorporating movement to the hottest beats, Tabata (off the beat), and the mind/body connection, this session will take you on a workout journey from start to finish! Targeted to help you transform mentally, physically, and spiritually, Fire Up! is more than a workout...it is a feeling! We guarantee you'll leave with your soul set on fire!

BANG!™

BANG!™ is a mixed-fitness group exercise class with HIIT training and some serious attitude. Named for the signature "5-4-3-2-BANG!" group countdown during the peak song of the class, BANG! integrates hip hop, boxing, aerobics, intervals, and bodyweight training. Choreographed to current hits and licensed music by in-house producer DJ Freedom, BANG! will inspire you to get fierce and move! Three levels of intensity mean this session is for anyone -- any age, any body shape, any fitness level. The BANG! workout can be enhanced with optional 1/2 lb. weighted gloves, so bring 'em if you've got 'em.



Yoga Prop Party
Leslie Harrington

When you hear props for yoga, you might think about an "easier" class. This workshop will teach you fun and interesting ways to include blocks and straps in all your yoga classes. Take away the top tricks to make your yoga class so much fun that you'll have people coming back for more!



Balance & Power for the Aging Client
Dr. Dan Ritchie

Learn some circuits, games, and fun movements to enhance balance and train for more power! It doesn't matter if your clients are young or over 75, everyone needs more power, explosiveness, and balance...especially if they plan to survive FitnessFest weekend!



Aqua Boot Camp Jeff Howard

Get out of the studio and into the pool! Dive into a completely new type of aqua HIIT class using products powered by Stroops™. Build strength, raise heart rate, and get some great ideas for your water classes that help build creativity and generate camaraderie.



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SATURDAY, APRIL 27

Schwinn Cycle: If You Build It, They WILL Come

Alex McLean

Looking for ways to ensure your riders get what they need every time they sit in the saddle? Look no further! Learn Schwinn's new and improved class design system that makes creating classes a cinch. How you decide what to do, what to say, and what to play provides the framework for unforgettable class experiences for all members. Leave with an easy-to-follow, turn-key system for selecting the best content, layering in mind/body elements, and organizing music to bring it all together. Whether you are new to teaching indoor cycling or a long-time cycling coach looking for new ideas, this session will fill your toolbox with practical tips you'll put to work right away!



EXPO BREAK / 10:00 am - 10:30 am
10:30 am - 12:00 pm

freedom
Barre™

Three Ball Equation Amanda Strand

This groundbreaking session divides group exercise class participants into three groups using a beach ball to help instructors visualize the specific characteristics/needs of each participant and what they are looking for when they walk into your group exercise studio. Who are they? What do they want? How do you meet the needs of a diverse group with different goals, concerns, and expectations in a single hour? Come get your career recharged and your mind blown!



Steel Mace: Loaded Flow
Trevor Tom

This workshop teaches you a continuous and seamless sequence of whole-body loaded movements that are done with rhythm and timing. The aim of Loaded Flow is to keep the momentum alive and give your clients an amazing addition to their workout program.



Krav Maga + STRONG by Zumba

Sarah Reed & Kelly Bullard



Krav Maga

This interactive workshop will not only share life-saving skills and knowledge to help you protect yourself, but help you burn fat and build strength at the same time. Krav Maga uses instinctive, practical self-defense techniques to develop functional fitness programs with high-energy workouts that keep your heart racing from start to finish. Be prepared to gain increased levels of empowerment and confidence while learning in a safe, supportive, and fun training environment.

STRONG by Zumba®

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio, and plyometric moves synced to original music. Every squat, lunge, burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Burn calories while toning arms, legs, abs, and glutes. Plyometric (explosive) moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.



We Bend So We Don't Break

Samantha Parker

Chronic lower back pain is the second-leading reason for doctors' office visits, with an estimated 80% of the population experiencing some type of back problem at some point in their lifetime. With the best of intent from yoga and fitness professionals, many times traditional cueing during a yoga class may be creating more back pain and discomfort than helping your participants. Learn tricks, tips, and alternative ways of cueing to help people achieve the results they desire and keep them coming back for more.



StrongBoard Seniors: Active Aging

Noreene Gentry

Experience this hands-on introduction to StrongBoard Balance® and StrongBoard MINI®, revolutionary balance and stability tools featuring patented MULTI SPRING TECHNOLOGY™. Adding StrongBoard to low-impact exercises engages the core musculature and stabilizing muscles, while opening vital neural pathways to improve balance, stability, proprioception, posture, and reaction time. StrongBoard SENIORS!™ is designed for an active aging population and supports increased agility so users may enjoy a wonderful life with confidence.

Aquatic Core & More Danita Watkins

This workshop is designed to target water exercises that increase strength in the body's kinetic chain. The aquatic environment is the perfect place to strengthen the kinetic chain, since the properties of water are constantly working in multiple directions.

Schwinn Cycle: To Breathless & Back Again

Alex McLean

HIIT is here to stay, so keeping the workouts fresh is key. This workshop will provide protocols -- supported by current HIIT research -- that push your students to the max and keep them coming back for more. Walk away with coaching tips and motivating strategies to keep HIIT at the top of the leader board.

SATURDAY, APRIL 27

CONTINUED...

EXPO BREAK / 12:00 pm - 12:30 pm



LUNCHEON & KEYNOTE / 12:30 pm - 1:30 pm

EXPO BREAK / 1:30 pm - 2:00 pm

2:00 pm - 3:00 pm

The Philoposhy of Selling Fitness **Kory Angelin**

This workshop, from award-winning trainer and author Kory Angelin, delves into the principles of how to sell your product or service without selling. Explore the Golden Circle principle, how to build a great experience, and asking for a sale.

3:00 pm - 4:00 pm

Tools, Tactics, & Algorithms for Game Changing Content **Paxton Gray**

Too often, we rely on instinct to create content. As a result, content is less engaging, and we have to produce more of it to make up for that lack of performance. This session shows you how to access hidden treasure troves of data, which help you create content your audience will love. After this session, you'll be able to:

- Find access to free info your target marketing is giving up
- Increase the likelihood your content will resonate with your audience
- Reduce the amount of content you need to create while improving overall results
- Get access to some free templates and tools to help with content creation

2:00 pm - 4:00 pm



Corrective Exercise Round-Up **Fabio Comana**

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 that includes myofascial release, lengthening, strengthening, integration.



HIGH Fitness + POUND McCall Tycksen & Danielle O'Reilly

HIGH Fitness

Aerobics is BACK! Bigger, better, HIGHER! As an emerging leader in group fitness, HIGH Fitness inspires people from all walks of life to lead a lifestyle of better health and overall wellness. HIGH transforms old-school aerobics into a highly-addictive new fitness experience that combines simple, modern fitness techniques (e.g. HIIT, plyometrics, etc.) with music you know and love. The result is a high-energy, INTENSE, and crazy fun workout that leaves participants feeling HIGH and wanting more. Our formula alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level. Beyond the workout, the HIGH Fitness culture embodies a lifestyle of empowering people to maximize their health and be the best version of themselves. GET ADDICTED TO FITNESS!

POUND® Rockout. Workout.

Instead of listening to music, BECOME the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix® (lightly-weighted drumsticks engineered specifically for exercising) POUND® transforms drumming into an incredibly effective way of working out. 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 alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.



Yoga FUNDamentals **Dr. Mallory Fox**

We all know that yoga is good for us, but what if we aren't "good" at yoga? Join 300-hour certified Baptiste Power Yoga instructor and NASM master instructor Dr. Mallory Fox to learn how to break down the limiting beliefs that keep you from practicing yoga and be empowered to add yoga tools to your business, your clients' programs, and to your life. Come curious about how yoga can improve balance in your business and your life, and how to use these tools for your clients' long-term success.



Pilates at the Barre **Leslee Bender**

Bring your Pilates practice to the barre, using the Stroops® Barre Tower as a Pilates apparatus. Walk away with innovative exercises and hands-on ideas that provide you and your students with a new style of dynamic Pilates functional training. Explore the planes of motion using resistance bands that will give your students improved strength, deeper flexibility, and balance for life!

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Samantha Parker, C-IAYT and bestselling
author of Yoga for Chronic Pain ... WTF?

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SATURDAY, APRIL 27

CONTINUED...



Female Core 2.0: Complete Conditioning for the Core and Pelvic Floor

Dr. Evan Osar & Jenice Mattek

Do your female clients mention the dreaded lower abdominal 'pooch' or that they can't feel their abs working? Menstruation, pregnancies, C-sections and other surgical procedures can directly and dramatically impact the abdominal and pelvic muscles. During this session, learn why so many females struggle to develop their core and pelvic floor. Additionally, discover how the principles of the Integrative Movement System Corrective Exercise Strategy™ can help your female clients develop improved alignment, control, and core stability. Additionally, discover safe and effective core exercise progressions to improve how your female clients feel and look.

Yin & Yang: A Land & Water Yoga Experience

Connie Lagerhausen

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 that might have built up during the day and leave grounded and calm.

3:00 pm - 4:00 pm



Aqua Zumba Kelly Bullard

Join Zumba Master Trainer Kelly Bullard for a party in the pool!

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

4:30 pm - 6:00 pm

Exercise, Fat Loss, & Weight Management: The Real Story Dr. Len Kravitz

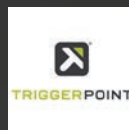
This engaging lecture explains the components of metabolism and calorie burning, factors that affect resting metabolic rate and fat loss, and the latest biomedical research on exercise for weight management. Len will present eight science-based, super calorie-burning workouts that deliver and the best research on successful weight management from the real-life biggest losers.



Bridging the Gap between Group Fitness & Personal Training
Joella Hopkins

In most gyms, group fitness and personal training are on opposite sides of the spectrum. What if you could take these two departments and "bridge" them together to make both departments stronger, more successful, and provide an overall better member experience? As a gym manager, it is to your benefit to ensure your trainers and instructors work cohesively together. In the long run, you'll have more employee buy-in because you're able to provide your trainers and instructors with a real career in fitness. It's a triple win – your members win, your employees win, and your business wins!

Discover tangible ways you can get your personal trainers comfortable training small groups of members and learn how to distinguish those stand-out group fitness instructors who would make fantastic small group trainers. By offering one-on-one training, small group classes, and larger group fitness classes, you cater to a much larger demographic of members and ensure the future success and profitability of your business.



Foam Rolling for Injury Prevention
Brandon Wagner

Learn how to properly prepare for life's activities using TriggerPoint™ Performance Therapy's proven and tested practices for injury prevention. Learn the methods of self-myofascial release to restore natural bio-mechanics and improve movement.

Unleashed! Show Your Inner Performer + EDM
Manuel Velazquez & Hilda Young & Vee Mora

Unleashed!

Experience a journey in movement where the only - and most important - purpose is to let your inner performer and the "teaser" in you come alive. With each song, a new sequence of movement...and with each sequence, a roadmap to FUN. At the end of the playlist? A SHOW! A presentation to showcase joy, confidence, and ease the mover in YOU!

EDM BODY FITNESS™ is a dance party workout to the amped-up beats of Electronic Dance Music. Designed for all fitness levels, this energy-boosting workout incorporates easy-to-follow progressive moves that blend dance, cardio bursts, and toning into a sweat-dripping fitness party. No weights or equipment needed, just you on the dance floor!



Resistance Yoga Jeff Howard

Take yoga to the next level with Stroops® Loops. Loops provide a perfect balance of additional tension during your yoga poses, bringing an alternative perspective on your standard practice without resistance. Do something different in your yoga classes by introducing Loops and add measurable gains to your practice!



Paddleboard Yoga
Sarah Williams

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!

SUNDAY, APRIL 28

Post - Conference: See pages 3 & 4



STRONG by Zumba Instructor Training Kelly Bullard

8:00 am - 10:00 am

Exercise: The Ultimate Brain Booster & Stress Reducer Dr. Len Kravitz

Join Dr. Len Kravitz on an incredible educational journey that documents the mental health benefits of exercise. Len will present the newest research on what type of exercises improve memory, thinking, central control, and brain processing. A highlight of this presentation is a practical update on how to alleviate stress and anxiety. Len will teach several stress management techniques, showing everyone how to curb stress and improve performance. This multimedia presentation will inspire, stimulate, and fascinate.



Surefire Slastix Carolyn Erickson

Designing a stellar resistance band training program requires a very specific and extensive set of skills. Join Stroops® Education Coordinator Carolyn Erickson as she guides you through a group conditioning workshop using sleeved elastic bands (Slastix) of all sizes. Explore the numerous training possibilities as you learn innovative ways to move through space without limitations, increasing muscle stabilization with the safest resistance bands available on the market! Understand how to manipulate loading parameters (distance, reps, tempo, rest intervals, choice and order of exercise, etc.) to create results-driven workouts. If you're ready for the optimal combination of research-based data and in-the-trenches experiences to maximize the impact on your clients, we'll see you there.



Trending Now: HIIT with Active Recovery Jamie Zacharias

Active recovery is a trending exercise modality that plays important role in our overall fitness by balancing out high-intensity interval workouts. This modality promotes muscle recovery and maintains a healthy habit of working out. Learn how MASHUP®'s programming incorporates this component safely and effectively into a group fitness experience for all fitness levels!



Yoga for Healthy Back Brandi Bernard

Learn sequences for formatting a yoga class to aid in strengthening, stretching, and moving through proper mechanics for a healthy spine. The workshop is presented in a class format with additional informal lecture and handout.

Phoenix Sky Harbor Airport



TRAVEL & HOTEL INFORMATION

FITNESSFEST.ORG/TRAVEL



Ballroom Dance for Baby Boomers June Kahn

Ballroom dancing is contagious, nostalgic, and fun! Introduce your active aging crowd to this easy-to-follow ballroom dance formula that will have them Waltzing, Tango-ing, or Jiving in no time. Created by champion ballroom dancers, FitSteps is infectious from the start with no partner needed! Experience step-by-step choreography, armography, and flair for authentic choreography from the Cha-Cha, the American Smooth, Swing, Samba, and so much more! Use the dance moves in your own classes as soon as you get home. Find out why over 4,000 participants a week dance with FitSteps.

Pool Pyramids Jeff Howard

Most of us experience some kind of burnout after teaching multiple classes every week in the pool. Building timed pyramid intervals is a great way to combat boredom. Your pyramids may be based on time, strength, HIIT training, or cardio. Members love the flexibility of the workout and you'll love the endless combinations.

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**EXPO BREAK / 10:00 am - 10:30 am
10:30 am - 12:00 pm**



Hormone Balancing: Exercise Programming & Prescription Difference Debra Atkinson

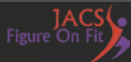
Learn about hormone imbalances and their meaning for exercise prescription. This session covers the importance of interpreting signs and symptoms of hormone imbalance as they relate to adrenal fatigue, lack of progress, weight-loss resistance, weight gain, and sleep disruption. The session also covers the importance of programming to help correct imbalances and improve performance, and how to refer clients to health practitioners for testing.



Foam Rolling Re-Ren Brandon Wagner

Learn how to achieve your fitness goals by speeding up the recovery process, decreasing soreness, and staying consistent. Learn the why and how of post-exercise recovery and cool down using TriggerPoint™ methods and philosophy.

SUNDAY, APRIL 28



Kickin' It, Hittin' It: Fit Mix **Jacquese Silvas**

Check out this energizing, empowering kickboxing session that will inspire your inner superhero to emerge! The kickboxing moves can be simply executed, and will push fat-burning systems into high gear. All elements of fitness are going to have you training like a boxer: cardiovascular conditioning, muscular conditioning, and balance! This workshop creates a community of strength, mixed with a lot of fit fun!



**STRONGBOARD
BALANCE**

StrongBoard YOGA **Elizabeth Scheer**

Build more balance, stability, and strength while simultaneously creating a deeper connection to breath and a heightened sense of "presence" during this hands-on introduction to StrongBoard Balance®. Integrate StrongBoard® with yoga to engage proprioceptors and process movement in a safer way. Access poses with more awareness and discover areas of weakness for the purpose of strengthening them. From basic poses like Downward Dog and Chaturanga to Warrior 1, 2, and Triangle, StrongBoard® will challenge your balance, stability, and focus for an improved mind-body connection.



Hip & Knee Replacements: Complete Conditioning Strategy **Dr. Evan Osar**

If you work with the older population, you inevitably will work with clients that have hip and/or knee replacements. In this session, discover why your clients may still struggle even after their joints are replaced. Additionally, discover how to develop optimal hip and knee function and reduce chronic tightness and discomfort by understanding and applying the principles of the Integrative Movement System Corrective Exercise Strategy™. Leave this session understanding what to do as well as what things you will need to avoid when working with individuals after joint replacements.

Are You Equipped? **Connie Lagerhausen**

As aqua fitness professionals, we sometimes become dependent on equipment to help us add variety to our classes. This workshop gives you the tools you need to conduct a great water workout without the use of equipment, and shows you how to utilize the water's resistance, intensity of a movement, and range of motion. The session will also touch on anchored/grounded movements that are often neglected and undervalued in a traditional aqua fitness class. Using this approach, create a surprisingly challenging workout that will be aerobically demanding, increase core strength and flexibility, and motivate your classes.

EXPO & LUNCH BREAK / 12:00 pm - 12:45 pm

12:45 pm - 2:15 pm

Carbohydrate Craziiness **Dr. Len Kravitz**

Carbohydrate diets are a craze, but is this the best approach to fuel physical activity? This lecture explains carbohydrate metabolism and the metabolic dangers of high-fructose corn syrup. In this 'no-holds barred' lecture, Len presents the evidence on all of the controversies with carbohydrate intake and evidence to determine the best approach moving forward for performance and health.



Kinesio-what? The Secret to Client Mobility **Samantha Parker**

This workshop introduces and provides deeper understanding of what Kinesiophobia is, and the importance of addressing this for optimal client/student care. Learn the role of Kinesiophobia and the relationship to chronic pain, how to address the real underlying reason for chronic pain, and how to address the symptoms of client/student chronic pain. Gain insight on how to create a safe space and environment during a class, addressing individual and group Kinesiophobia. Learn to make Kinesiophobia applicable to everyday life, so clients/students are able to move forward in their journey to a healthy, happy life.



Cardio Party: HIGH + BANG! **Various**

Join the cardio party with a taste of HIGH Fitness and BANG!, plus a whole lotta energy, surprises, and PRIZES in this group fitness grand finale!



Fascia & Fit **Dr. Mallory Fox**

Fascia may be in the news and our social media feeds, but what do we really know about fascia in relation to fitness? Join Dr. Mallory Fox in a fun discovery session into what fascia is, how it affects movement, emotions, recovery, and results, and why we need to incorporate fascia into fitness endeavors.

Aqua Core Training **Manuel Velazquez**

Explore and improve dynamic balance, strength, and muscular integration between proximal and distal body parts using the water as the media to challenge stability and mobility. Learn how to challenge your participants as you work with progressions and regressions, combining cardiovascular activity and muscle conditioning with core engagement principles.



SCHEDULE AT A GLANCE

Friday, April 26

Time	Workshop	Presenter	Personal Training	Lectures/Biz	Group Fitness	Mind/Body	Active Aging	Aqua	Cycle
7:30 am -9:00 am	Social 365 Formula for Monetizing...	Debra Atkinson		✓					
7:30 am -9:00 am	How to Be the Best Small Group Coach	Ben Jones	✓	✓					
7:30 am -9:00 am	Dynamic Stability Training: Powered by AXIO	Ted Bezemer	✓						
7:30 am -9:00 am	HIIT the Conference	Samantha Clayton			✓				
7:30 am -9:00 am	Bender Ball Ultimate Core	Leslee Bender			✓				
7:30 am -9:00 am	Preventing Falls with Tai Chi	Dianne Bailey				✓			
7:30 am -9:00 am	Aqua Kick & Burn Bootcamp	Danita Watkins						✓	
9:00 am -9:30 am	EXPO BREAK								
9:30 am -11:00 am	10 Ways to Launch or Jump-Start...	Dr. Dan Ritchie		✓					
9:30 am -11:00 am	Double the Fun! Double the Results!	Carolyn Erickson	✓						
9:30 am -11:00 am	Next Level Balance Training	Noreen Gentry	✓		✓				
9:30 am -11:00 am	Work Your Yoga Wheel	Jessyca Heinen				✓			
9:30 am -11:00 am	Shoulder 2.0: Complete Conditioning...	Dr. Evan Osar	✓						
9:30 am -11:00 am	Noodle Combos	Ashley Bishop						✓	
9:30 am -11:00 am	Sport Cycling: Put Your Rear in Gear!	Lorey Pro							✓
11:00 am -12:15 pm	EXPO & LUNCH BREAK								
12:15 pm -1:45 pm	Nutrition Coaching for Fitness Professionals	Casey Tom	✓	✓					
12:15 pm -1:45 pm	Intro to Steel Mace Training	Tyler Valencia	✓						
12:15 pm -1:45 pm	Ballroom & Beyond	June Kahn			✓				
12:15 pm -1:45 pm	Freedome Barre	Amanda Strand			✓				
12:15 pm -1:45 pm	Functional Fitness Assessment for 50+	Dr. Dan Ritchie	✓				✓		
12:15 pm -1:45 pm	Aquatic Muscle Mix	Danita Watkins						✓	
12:15 pm -1:45 pm	Cycling for Every Body	Cherry Johnston							✓
1:45 pm -2:15 pm	EXPO BREAK								
2:15 pm -4:15 pm	Put the Fire Out: Response to Inflammation	Stephanie Kreun		✓					
2:15 pm -4:15 pm	Neuroplastic Movement	Samantha Parker		✓		✓	✓		
2:15 pm -4:15 pm	VIIT is the New HIIT + Zumba	Barbie Brown/Kelly Bullard			✓				
2:15 pm -4:15 pm	Anatomy of Twists	Jenn Tarrant				✓			
2:15 pm -4:15 pm	Barre for Active Aging	Leslee Bender			✓	✓	✓		
2:15 pm -4:15 pm	Cardio Combos for Active Older Adults	Ashley Bishop						✓	
2:15 pm -4:15 pm	Sports Cycling: Periodize Your Progress	Lorey Pro							✓
4:30 pm -5:30 pm	Tactics to ScalingYour Business to Multiple...	Ben Jones	✓	✓					
4:30 pm -5:30 pm	Foam Rolling: Correcting Dysfunctional...	Matt Segawa	✓						
4:30 pm -5:30 pm	Sculpt, Sweat & Tone	Alex McLean			✓				
4:30 pm -5:30 pm	10 Ways to Launch or Jump-Start...	Dr. Dan Ritchie				✓			
4:30 pm -5:30 pm	Pilates Plus	June Kahn				✓			
4:30 pm -5:30 pm	Tai Chi for Stress Relief	Dianne Bailey			✓	✓			

Time	Workshop	Presenter	Personal Training	Lectures/Biz	Group Fitness	Mind/Body	Active Aging	Aqua	Cycle
4:30 pm -5:30 pm	Double Trouble: The Bad Boys of Aqua	Jeff Howard/Manuel Velazquez						✓	
4:30 pm -5:30 pm	Ride the Rhythm	Phil Donnelly							✓
Saturday, April 27									
7:00 am -8:00 am	FitnessFest Obstacle Course								
7:00 am -8:00 am	Rise & Shine Yoga	Kai Sridt				✓			
8:30 am -10:00 am	Gut Health: Your First Brain	Casey Tom		✓					
8:30 am -10:00 am	Coaching Squat & Lunge Variations	Fabio Comana	✓						
8:30 am -10:00 am	Fire Up! + BANG!	Nina Carr/Amanda Strand			✓				
8:30 am -10:00 am	Yoga Prop Party	Leslie Harrington				✓			
8:30 am -10:00 am	Balance & Power for the Aging Client	Dr. Dan Richie	✓			✓	✓		
8:30 am -10:00 am	Aqua Boot Camp	Jeff Howard						✓	
8:30 am -10:00 am	Schwinn Cycle: If You Build It, They WILL Come	Alex McLean							✓
10:00 am -10:30 am	EXPO BREAK								
10:30 am -12:00 pm	Three Ball Equation	Amanda Strand		✓	✓				
10:30 am -12:00 pm	Steel Mace: Loaded Flow	Trevor Tom	✓						
10:30 am -12:00 pm	Krav Mago + STRONG by Zumba	Sarah Reed/Kelly Bullard			✓				
10:30 am -12:00 pm	We Bend So We Don't Break	Samantha Parker				✓			
10:30 am -12:00 pm	StrongBoard Seniors: Active Aging	Noreene Gentry					✓		
10:30 am -12:00 pm	Aquatic Core & More	Danita Watkins						✓	
10:30 am -12:00 pm	Schwinn Cycle: To Breathless & Back Again	Alex McLean							✓
12:00 pm -12:30 pm	EXPO BREAK								
12:30 pm -1:30 pm	LUNCHEON & KEYNOTE								
1:30 pm -2:00 pm	EXPO BREAK								
2:00 pm -3:00 pm	The Philosophy of Selling Fitness	Kory Angelin		✓					
3:00 pm -4:00 pm	Tools, Tactics & Algorithms...	Paxton Gray		✓					
2:00 pm -4:00 pm	Corrective Exercise Round-Up	Fabio Comana	✓						
2:00 pm -4:00 pm	HIGH Fitness + POUND	McCall Tycksen/Danielle O'Reilly			✓				
2:00 pm -4:00 pm	Yoga FUNDamentals	Dr. Mallory Fox				✓			
2:00 pm -4:00 pm	Pilates at the Barre	Leslee Bender				✓			
2:00 pm -4:00 pm	Female Core 2.0: Complete Conditioning...	Dr. Evan Osar/Jenice Mattek		✓					
2:00 pm -4:00 pm	Yin & Yang: A Land & Water Yoga Experience	Connie Lagerhausen				✓		✓	
3:00 pm -4:00 pm	Aqua Zumba	Kelly Bullard						✓	
4:00 pm -4:30 pm	EXPO BREAK								
4:30 pm -6:00 pm	Exercise, Fat Loss & Weight Management...	Dr. Len Kravitz		✓					
4:30 pm -6:00 pm	Bridging the Gap Between Group Fitness & PT	Joella Hopkins	✓	✓	✓				
4:30 pm -6:00 pm	Foam Rolling for Injury Prevention	Brandon Wagner	✓						
4:30 pm -6:00 pm	Unleashed! Show Your Inner Performer + EDM Fitness	Manuel Velazquez/Hilda Young/Vee Mora			✓				
4:30 pm -6:00 pm	Resistance Yoga	Jeff Howard				✓			
4:30 pm -6:00 pm	Paddleboard Yoga	Sarah Williams						✓	

Sunday, April 28

Time	Workshop	Presenter	Personal Training	Lectures/Biz	Group Fitness	Mind/Body	Active Aging	Aqua	Cycle
8:00 am -6:00 pm	POST-Con: STRONG by Zumba	Kelly Bullard	✓		✓				
8:00 am -10:00 pm	Exercise: Ult. Brain Booster & Stress Reducer	Dr. Len Kravitz		✓					
8:00 am -10:00 pm	Surefire Slastix	Carolyn Erickson	✓		✓				
8:00 am -10:00 pm	Trending Now: HIIT with Active Recovery	Jamie Zacharias			✓				
8:00 am -10:00 am	Yoga for Healthy Back	Brandi Bernard				✓	✓		
8:00 am -10:00 am	Ballroom Dance for Baby Boomers	June Kahn					✓		
8:00 am -10:00 am	Pool Pyramids	Jeff Howard						✓	
10:00 am -10:30 am	EXPO BREAK								
10:30 am -12:00 pm	Hormone Balancing: Exercise Programming...	Debra Atkinson		✓					
10:30 am -12:00 pm	Foam Rolling Re-Ren	Brandon Wagner	✓						
10:30 am -12:00 pm	Kickin' It, Hittin' It: Fit Mix	Jacquese Silvas			✓				
10:30 am -12:00 pm	StrongBoard Yoga	Elizabeth Scheer				✓			
10:30 am -12:00 pm	Hip & Knee Replacements: Complete...	Dr. Evan Osar	✓						
10:30 am -12:00 am	Are You Equipped?	Connie Lagerhausen						✓	
12:00 pm -12:45 pm	EXPO & LUNCH BREAK								
12:45 pm -2:15 pm	Carbohydrate Crazyiness	Dr. Len Kravitz		✓					
12:45 am -2:15 pm	Kinesio-what? The Secret to Client Mobility...	Samantha Parker	✓	✓					
12:45 pm -2:15 pm	Cardio Party: HIGH + BANG!	Various			✓				
12:45 pm -2:15 pm	Fascia & Fit	Dr. MalloryNoreen Gentry				✓			
12:45 pm -2:15 pm	Aqua Core Training	Manuel Velazquez						✓	



EXPO HOURS

Friday, April 26 9AM - 4PM
 Saturday, April 27 9AM - 5PM
 Sunday, April 28 9AM - 1PM

Workout apparel, fitness equipment, music, supplements, samples, product demos and MORE!



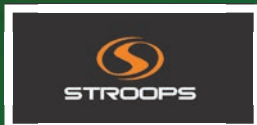
Vendor Opportunities Available: FitnessFest.org/EXPO

EXPO - FREE and OPEN to the public.

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2019 Events



FitnessFest Los Angeles
January 26 & 27
FitnessFest.org/losangeles



Spring Cleaning for the Soul
Carefree, AZ
March 15 - 17
DesertMoonEndeavors.com



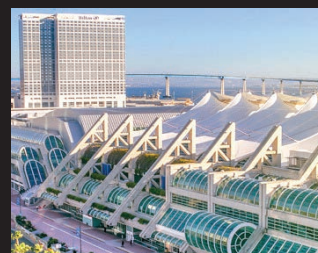
FitnessFest Conference & Expo
Phoenix/Mesa, AZ
April 25 - 28
FitnessFest.org/arizona



FitnessFest Anaheim
June 1 & 2
FitnessFest.org/anaheim



FitnessFest San Jose
July 27 & 28
FitnessFest.org/sanjose



FitnessFest San Diego
October 12 & 13
FitnessFest.org/sandiego

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