

FITNESSFEST

CONFERENCE AND EXPO

APRIL 29 - MAY 1
2016

NEW **LOCATION**

DOUBLETREE BY HILTON
PHOENIX-TEMPE
2100 S. PRIEST DR.
TEMPE, AZ 85282

EXPO

**FREE & OPEN
TO THE PUBLIC**

APRIL 28 **PRE-CONFERENCE TRAININGS & CERTIFICATIONS**

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



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-  info@FitnessFest.org
-  (480) 461-3888
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WS = Workshop **L** = Lecture **W** = Workout

WS = Movement plus Lecture

L = Lecture Only

W = Workout Only

WELCOME TO FITNESSFEST



Dear Friends,

I can't tell you how excited we are about the move to DoubleTree by Hilton! Change is hard, isn't it? I know it is extremely hard for me. But what they say is true; change brings opportunities that you would never have without it. I know this is the right move for FitnessFest 2016. The energy, the cohesion, the togetherness... I am confident we will all "feel" it here!

But enough about the venue; it's about the people! It's about YOU, our attendee. I could go on and on about you. Thank you for your support, your enthusiasm, and your dedication to your students and clients. And of course, I can't wait for you to experience FitnessFest 2016 too -- whether this is your first time or your 20th time!

The presenters are another key part of our dynamic FitnessFest community. People often ask how we choose our speakers from year to year, and to be honest, many times they choose us! We've always been blessed with speakers, vendors and sponsors that return to FitnessFest because they say we're their favorite event -- and they sure spread the word! In addition, I have my own "wish list"

of some outstanding presenters in the industry that I've had my eye on for some time... and a few of them are with us in 2016! Mindy Mylrea is in our line-up (and I couldn't be more thrilled), as well as Abbie Appel, Jonathan Ross and Janis Saffell. How's that for rockstar programming?! And that's just the tip of the iceberg! Read through the brochure to see who's NEW and which of your favorite FitnessFest veterans are returning to Arizona this year!

We're also excited to have fitness comedian Robby Wagner coming to deliver a hilarious comedy show during our networking luncheon, and we know we have the most amazing and versatile workshop selection we've ever offered. From functional training and corrective exercise to Jillian Michael's BODYSHRED™, R.I.P.P.E.D.®, HydroRider® Aqua Bikes, AquaLogix®, Pilates, yoga and more... this is the one stop for all your CECs -- and a whole lot of FUN!

Did you know that we gave out a free BODYSHRED™ Certification, a free FitnessFest Full Conference Package and hundreds of dollars in prizes last year just for visiting the Expo?! Tell your friends and colleagues to join us on Friday, Saturday and Sunday at the FitnessFest Expo -- free and open to the public, on-site at the DoubleTree! If you are new to our conference, need help deciding what workshops are YOUR best choice, or simply want to say hello, email us at info@fitnessfest.org. Here are few quick tips to get started:

- 1) Read the workshop description for each workshop in a time slot -- don't decide based on the title alone.
- 2) Check out the 'Schedule at a Glance' (pages 11-12) to view everything at once and which categories appeal to you.
- 3) Register as soon as possible to snag the workshops you want with the best pricing available.

Can't wait to see you!

Janice

Fitness Event Strategy Team, LLC.

From finding the right venue to marketing for your event and executing on-site activities, FEST (Fitness Event Strategy Team) can help you reach your goal!



Planning • Budgeting • Strategizing
Programming and Speaker Recruitment
Editing • Marketing • Accountability

www.fitnessfest.org/eventstrategy

PRE-CONFERENCES

THURSDAY, APRIL 28

8:00am – 5:00pm

Tabata Bootcamp™ Instructor Certification Mindy Mylrea



Tabata Bootcamp™ was created by 2015 PFP Trainer of the Year Mindy Mylrea and is the winner of "Most Impactful Program". This turnkey program provides you with all the tools you need to be the best trainer/teacher you can be and help your clients achieve lasting results, plus generate successful revenue for yourself. You'll learn the latest techniques in HIIT research, metabolic profiling, exercise programming, body assessment, and motivational coaching skills for creating positive, healthy, habit-forming behaviors. Course material will include the Take 3 Eating Method, a behavioral science approach that will change the way your clients eat forever. This is the perfect program for group exercise, small group training, and personal training.

✓ Certification Includes:

- Instructor manuals (2)
- Certificate of Completion
- Resistance tubing
- Personalized website with ongoing support
- Access to the complete online library with over 200 workouts and nutritional support videos

No licensing fees

No monthly dues

CECs: ACE: 0.8, AFAA: 8.0, NASM: 0.8, SCW: 8.0



8:00am – 5:00pm

Jillian Michaels BODYSHRED™ Instructor Certification Carolyn Erickson



This workshop systematically prepares you to teach and coach a high-intensity, metabolic-driven Jillian Michaels BODYSHRED™ class within a group exercise setting. You will be introduced to new concepts, teaching tools, and a motivating delivery style that will change the way you view teaching fitness and expand your professional profile. This training includes the science that informs BODYSHRED™, along with an interactive, practical application of the methodology and a creative experience of the moves and programming. You will be required to pass a practical exam at the end of this training and a written exam within two weeks after the workshop to become a certified BODYSHRED™ instructor.

✓ Requirements:

Instructors must be at least 18 years old, must hold a trainer/instructor certification from a recognized national fitness association, must pass the practical and web exam with a score of 80% or better, and must be affiliated with a BODYSHRED™-approved gym/facility.

CECs: ACE: 0.9, AFAA: 9.0, NASM: 0.8, NESTA: 0.5, LT: 8

8:00am – 5:00pm

SPINNING®

SPINNING® Instructor Training Patrick Sims

Become one of the world's most sought-after fitness instructors -- a certified Spinning® instructor. This 9-hour training is your first step. Topics include bike setup, the five core movements, three hand positions, choosing music, creating a 40-minute journey, safety considerations, teaching techniques, philosophy, heart rate training and a three-phase instructor training program. After completing this training, you will be qualified to teach the Spinning® program at any official Spinning® center throughout the world. Certification will be awarded after completing the self-paced instructor training program and successfully passing the assessment. Please bring a heart rate monitor, water bottle, energy food, towel, clothes for two rides, bike shorts, stiff-soled shoes and a pen or pencil. There will be a lunch break mid-day.

CECs: 8.0 AFAA, 0.8 ACE, 0.8 NASM

Registration fee includes the Spinning® Instructor Manual, a complimentary six-month SPIN Association membership from the date of this training, and a certificate of completion. A certified instructor card will be issued upon successful completion of the assessment.

Fee: \$325 (plus shipping and handling for course materials)

To register by phone

Call 800.847.SPIN (7746) or 310.823.7008

To register online visit

www.spinning.com

8:00am – 5:00pm

Aqua Progressions: A Complete Aquatic Program for Aging Adults Janice Jaicks & Donna Adler

Let's face it, most of us in the aquatic exercise industry teach to older adults. It's time to expand your knowledge to learn to work more effectively with the aging population. Whether you work in a group exercise format, a one-on-one personal training relationship, or a therapy setting, special populations come with special considerations. Attend this training course to receive some amazing tools based on research and practice from the dynamic duo of Donna Adler and Janice Jaicks (with over 50 years of combined experience). Common concerns with the aging population will be addressed, as well as program adaptations for agility, cognitive development, balance, strength, and ADL.

CECs: AEA: 8, ACE: .8

8:00am – 5:00pm



Functional Aging Group Exercise Specialist Certification Dr. Dianne McCaughey

This certification provides group exercise instructors with innovative exercise strategies, techniques and movements that are critical to functional aging for students over the age of 50. Develop the knowledge and skills to create and lead functional group exercise programs for a wide variety of older students. Learn why traditional "senior" group exercise programs are somewhat beneficial, but do not maximize functional ability -- which is essential in later life. Discover the key factors needed for optimal function and true independence. Become the "go to" group exercise specialist in your community for training mature adults.

CECs: Estimated 8 credits

9:00am – 1:00pm



NASM: Nutrition Coaching for Client Success Mike Fantigrassi

Exercise is important, but how a client eats on a consistent basis is the biggest factor in getting fat loss results! This interactive training focuses on why there is a need for nutrition education, behavior change strategies, and coaching. The course will also provide insight on how to use nutrition knowledge to maximize results on an array of client types via case studies. Learn why so many struggle with nutrition, how to interview clients to uncover key information, and simple, effective strategies to coach a client to the right behaviors. Leave with new skills that you can immediately apply to help clients quickly and safely reach their goals.

CECs: NASM: .4, AFAA: 4, ACE: .4

FRIDAY APRIL 29

WS = Workshop L = Lecture W = Workout

7:00am – 9:00am

WS Move Your Fascia / Rene Brackney

Learn simple exercises to dynamically stretch and lengthen the body, reduce pain, decompress the spine, increase blood flow and rejuvenate the body. Enhance your classes by giving your students small adjustments to their movement patterns to feel refreshed and pain free!

WS LTS™: LeHIIT / Jessica Maurer

LeHIIT training features familiar fitness choreography and high-energy music in an efficient exercise program using the EQUALIZER™ for strength intervals, speed intervals, agility and power. This workshop also uses the Buddy System™ for maximum effort, muscle endurance-style intervals using Tabata-inspired timing and partners!

WS R.I.P.P.E.D.-The One StopBody Shock® / Alana Clarke



R.I.P.P.E.D. - The One Stop Body Shock® is a total body fitness system that puts the FUN in FUNCTIONal, athletic-based training. The formulaic combination of Resistance, Interval, Power, Plyometrics, Endurance, and Diet requires the body to respond to the constantly changing format within the session and offers ultimate results in minimal time to participants of all levels. With an evident emphasis on music, participants burn, build, and bulletproof their bodies with smiles and determination.

WS Abs Revealed / Jonathan Ross

Everyone wants better abs. Give your clients abs for “show” and “go” while using smart programming. Learn when to follow the rules of ab training – and when to break them. Learn why you can still use crunches by using smarter versions. Discover creative new exercises to give clients the best of both worlds and achieve well-developed and well-functioning abdominals. Explore why planks are over-used and better ways to progress once the basic plank is mastered. The exercises are tied together in a complete, progressive training program to start right and finish strong for great-looking, well-performing abs.

L Quick and Healthy Morning Smoothies! / Kathy Gould



This workshop will explain how healthy smoothies can help you get all your vitamins and minerals needed for the day. Kathy will demonstrate (and you will taste) how easy it is to make a quick and healthy morning smoothie that includes your Recommended Dietary Allowance (RDA)!

WS The Hilarious Historical Transformation of Aqua Fitness (aqua) / Connie Lagerhausen

An informative look at the aquatics industry with a side of comedy and heaping portion of fun! Discover where we came from and how far we've come over the decades. Grab your shower cap for some simple choreography to 'shape your figure', and don't forget the milk jugs! Discuss the history of aquatic fitness and explore the movements, music and trends from then to now. Top it off with some of Connie's signature boot camp and power aqua moves. Relive the past and embrace the future!

WS COREssentials for Balance (aqua) / Laurie Denomme

Balance is integral in everything we do, yet many people are challenged by the fear of falling. Using a dynamic, systematic approach, learn how to increase body awareness, coordination and reaction time for improved stability. Build capability and confidence for all activities using one and two-footed exercises designed to maintain independence. Basic to advanced options will challenge you to stand your ground!

8:00am – 9:00am

W Track Your Tread / Lorey Pro (ride only)



Are you wearing a fitness tracker to count 10,000 steps a day? Why not track your tread instead?! Our pedal strokes become our steps to achieving health and fitness in a more effective way. In this ride, estimate how many revolutions per minute (RPM's) you take per mile toward your 10,000 goal. It's a challenge you can launch at your club!

9:15am – 10:45am

WS CORE GALORE® / Mylène Brock



CORE GALORE® works on overall proprioception, alignment, centering, and movement control while superimposing the extremities' movements using freeFORM boards. The Pilates Method principles are tested to their limits on these multi-directional “portable reformers”. Some exercises are directly imported from the Pilates curriculum, while others are inspired by yoga postures, animal movements, and even mechanical objects such as windshield wipers and pendulums.

WS Barre Above™ – Choreography Overload / Tricia Murphy Madden



Just like any other format, when teaching Barre classes our minds and bodies need new choreography, new sequences, and new ways for creating change. This session will be your choreography overload and will send you back to your classes with enough unique movement patterns to last you for months. Bring lots of energy because this workshop is non-stop movement and choreography.

WS Rock & Roll Pilates / Abbie Appel



Learn how ActivMotion®, one of the hottest new training methods, can be seamlessly integrated into your Pilates practice to add significant value for you and your clients in the way of increased core activation, focus, and mind/body awareness. Experience dynamic active resistance coupled with the core fundamentals of Pilates to bring innovation, excitement and genuine results to your sessions.

WS The Art of Exercise Creation / Lauren Eirk

Having trouble creating effective exercises for your students and clients? The best exercise professionals are the ones who make decisions based on the people they are training, not just randomly handing out newer, cooler exercises. Uncover the secrets to creating effective exercises by digging into the science of biomechanics. This lecture/demo will demonstrate how force is manipulated using bodyweight only or assorted equipment such as dumbbells, weighted bars, and elastic tubing. Begin the process of thinking mechanically when it comes to designing exercises, and learn why this will help you to create an infinite number of exercises!



FRIDAY APRIL 29

WS Corrective Strategies to Save Your Clients' Knees / Dr. Evan Osar

If you work with the baby boomer and senior populations, you understand that knee pain is one of the most common orthopedic issues keeping individuals from walking, biking, and/or performing daily activities. The fitness professional can be instrumental in helping these individuals discover a solution to improving their knee function while helping them progress toward achieving their fitness goals. Learn why your clients develop knee issues and discover a corrective exercise strategy to improve your clients' stabilization and movement patterns.

L How to Build Your Brand and Get More Clients Using Facebook / Bedros Keuilian

This workshop is for anyone who wants to find a better way to market and grow their fitness business. Discover how to run Facebook ads that deliver maximum leads, how to use Facebook to build an email list of qualified prospects, and how to build a massive fan page following to become a local celebrity!

WS AquaFLEX™ HIIT (aqua) / MaryAnn Briggs

Experience the amazing AquaFLEX™ bar (Body Bar®'s best selling product!) in a dynamic muscle-building and cardio-boosting routine that incorporates high intensity intervals interspersed with AquaFLEX™ resistance training. AquaFLEX™ HIIT is now known to be one of the most effective programs in the aquatic fitness industry!



WS Below the Surface (aqua) / Melissa Layne

The lower body contains the largest muscles, so it's important to introduce choreography that emphasizes what happens under the water. Whether you take all the 32-count combos back home or pick and choose one per class, each original piece will create a stir of turbulence below the surface in rebounding, neutral, anchored and suspended varieties!

10:45am - 12:45pm

EXPO AND LUNCH BREAK



10:45am - 11:45am

W BODYSHRED™ / Carolyn Erickson

Join Jillian Michaels' master trainer for an incredible BODYSHRED™ class! This revolutionary interval workout consists of three minutes of strength, two minutes of cardio, and one minute of core work. Each exercise in each category lasts 30 seconds and the full circuit is repeated until you hit 30 minutes. There are no recovery breaks, so get ready for the ultimate sweat session!



10:45am - 11:45am POOL DEMO

AquaLogix® / Terri Mitchell

Experience a HIGH intensity workout using Omni-directional drag equipment – AquaLogix®. This equipment allows you to train at the highest intensity while keeping impact to a minimum. AquaLogix® allows you to work at your ability to make strength gains rapidly. Try a workout designed for athletes that can be modified for general fitness or even rehab clients!



11:45am - 12:45pm POOL DEMO

Aqua Cycling with the Biking Noodle / Diana Thielen & Laura Blakely

Experience a unique and patented product (the Biking Noodle) created by long-time instructors Diana and Laura. This workout will combine Tabata, Spinning, and other great formats on the biking noodle for a moderate to high intensity workout emphasizing cardio, toning and endurance. Warm up with basic biking movements, and then move up to HIIT exercises. The resistance of the water works the whole body, emphasizing core and legs, while the handlebars work your arms. There is no impact on the joints while you're biking because you are off the pool floor. You are in control of the pedals, because the pedals are your feet!



11:45am - 12:45pm

W Epic EPOC Ride / Lorey Pro (ride only)

Do you know how important excess post oxygen consumption (EPOC) is to weight management and/or weight loss? Learn what EPOC is and how to use it to create challenging classes your riders will love. This high intensity interval-style ride will be one in a series of great achievements toward goal attainment.

SPINNING.

12:45pm - 2:45pm

WS Yoga RX for Neck and Back Dysfunction / Lauren Eirk

They say that one is "only as old as the spine is flexible"; however, it is important to assess the interrelationship of joints from head to toe when working with clients suffering from neck and back issues. The late B.K.S. Iyengar brought therapeutic yoga to America, giving us the first look at using yoga asana to treat various health issues. In this workshop, we will employ a biomechanical take on these methods using classic yoga positions to evaluate range of motion and create powerful isometric resistance challenges in order to achieve improved range of motion and overall joint stability. See how this evaluation process can be a great indicator of a client's ability to deal with external loads and various challenges in his or her exercise program.

WS Classroom Circuits / Alex McLean

Equipment space is maxed out! So many choices for your class! Learn new and innovative combinations to keep your classes unique and jam-packed with satisfied participants.



WS Body Bar FLEX® Extreme Tabata / Janis Saffel

Learn how to utilize the Body Bar FLEX® for a high intensity interval training program. Each Body Bar FLEX® Tabata consists of eight intervals of a 20-second WORK period and a 10-second REST period, followed by a 60-second RECOVERY phase. Develop your core strength, flexibility, and cardio endurance with this EXTREME Tabata program.



WS Crazy Core and So Much More / Mindy Mylrea

The core is the powerhouse of the body and we should attack the core from every angle and in every way. This workshop is packed with critical, cutting-edge core research and amazing ab and back routines that use every twist and turn in the book. Mindy will show you how one rep done right is better than ten reps done wrong. Learn the best core exercises from the best!



WS Functional Power Training for the Older Client / Dr. Cody Sipe

Muscle power is an important aspect of physical function. Power decreases earlier and more rapidly than muscle strength with advancing age, making it a critical area to target with exercise training. However, many traditional power training exercises are inherently risky and inappropriate for older clients. This workshop will review the science of power training for diverse older populations, explore appropriate (safe and effective) power training methods, demonstrate exercise movements that develop muscle power, and discuss program design. The session will also evaluate how power training fits in with a holistic model of functional training for older adults.



FRIDAY APRIL 29

L Unleash Your Willpower! / Jonathan Ross

What is willpower? How do you get more of it? Why does it feel like you never have enough? Discover how attitudes, opinions, and feelings about exercise are learned and how to change those learned responses for a more positive result of your efforts. Enhanced desire for healthy behaviors (rather than just doing them because you "should") is the secret to immediate and long-term motivation. Connecting health to what you care about will drive motivation to higher levels than you have ever experienced. Join this workshop to unleash your willpower!

WS FIRED UP (aqua) / Terri Mitchell

This workshop provides energizing choreography and training tips for interval running in shallow water, followed by strengthening intervals using AquaLogix® drag equipment. FIRED UP includes shallow water interval cadence training, balance and core stability, lower and upper extremity strengthening, plyometrics, flexibility and stretching. The program concludes with dynamic stretching techniques.

WS COREssentials for Abs & Back (aqua) / Laurie Denomme

It's time to get to the core of pain and dysfunction. Depending on the task, the abs and back require a highly varied, moment-to-moment response. Surgery, injury, or disuse combined with the effects of gravity can lead to dysfunction and even muscle shut-down. Experience how using the Nekkoodle® with simple changes to body position, direction of movement, and turbulence come together for a big impact.

2:45pm - 3:15pm **EXPO & ENERGY BREAK**

3:15pm - 5:15pm

WS Pilates AMPED / June Kahn

Take your Pilates class to the next level in this eclectic, creative, functional Pilates session. This workshop presents a collocation of calming and energizing moves that create spirited sequences 'amped' up with power and focused intention while performed with precision and control. Experience strong, influential Pilates movements that command attention, yet calm the mind in the process. Pilates AMPED is designed to train the body to react and move the way the body was intended to move, in a way that leaves you feeling empowered, centered, and with a new clarity of body and mind.

WS The Lost Art Form of True Sculpt / Janis Saffel

Experience the revival of an art form that has been lost with all the hype of HIIT, Tabata, bootcamp and circuits! The traditional "sculpt" class is undergoing a strong resurgence in popularity. Learn the art of teaching a modern sculpt class that flows from one exercise to the next. This style of strength class keeps the participant moving without rest periods and keeps them engaged. Utilize your facility's equipment to create a true sculpt class for your students.

WS ActivMotion® Training / Derek Mikulski

Resistance that shifts inside a bar will move you to the core. Learn about one of the fastest-growing modalities in fitness and how it can bring real value to you and the clients/members you serve. Experience innovative new movements that have been scientifically proven in university research to activate muscles of the core and extremities twice as much as conventional modes of resistance. ActivMotion® Training is about moving beyond your limits and truly getting better every day.

WS The ABC's of Exercise: Kids Programming / Tricia Murphy Madden

With the growing epidemic of childhood obesity, the need for early childhood exercise development is even more important. Learn how you can utilize the ABC's as a mechanism for getting children to move. Take away a simple educational system for getting your young toddlers and children moving with very little effort. The ABC's of Exercise provides the background and systems for getting kids moving.

WS The Fastest, Simplest, Most Effective Program Design / Brett Klika

PERFORM BETTER!

Stop spending hours on nights and weekends writing programs for your clients! Designing programs to help your clients quickly, safely, and effectively achieve their fitness goals does not have to be a time-consuming process. In this hands-on workshop, discover how with a few programming "hacks", you can create goal-specific, long-term programs for all levels of individuals and groups in minutes! With this tried-and-true program template that you can start using immediately, you'll end hours of frustration sifting through thousands of programming possibilities that may or may not deliver the results you and your clients want. Leave with the fastest, most effective way to create programs that work!

L Protein for Power Play / Melissa Layne

It's the macronutrient with the highest thermic effect and the reputation for "building muscle", but how else can we use it to our body's best advantage? Do we really need to think of it only as lean chicken, beef and buffalo? Where do protein powders and branched-chain supplements come into play? Can we over-eat protein? All of your questions about protein will be answered in this lecture, and you may learn a few things you never knew before!

WS Buoyancy Bootcamp (aqua) / Craig Stuart

HYDRO-FIT
AQUATIC FITNESS GEAR

Gear up, get wet and explore deep-water training intensity as never before. Discover how to harness and use liquid resistance to improve fitness and enhance physical performance. Integrate sport-specific conditioning drills with balance and agility training to optimally challenge all the systems in the body.

WS Intro to HydroRider® / Rhonda Cap & Leah Gregg

Discover the foundations of underwater cycling. This workshop is designed to introduce users to the components of the HydroRider®. Learn detailed explanations of body positioning and bike functionality. Experience a traditional HydroRider® class alternating intensity, speed, power, and recovery, as well as arm exercises to keep the heart rate elevated. ONLY 10 SPOTS available - REGISTER EARLY!



SATURDAY APRIL 30

WS = Workshop L = Lecture W = Workout

7:00am – 9:00am

WS Heart N Sole Barre Refined / June Kahn

This Barre program combines the principles of standing Pilates, dance, studio Barre, and HIIT techniques to create elegant, rhythmic, heart-pumping progressions. This barefoot training program is designed to burn calories while building strength, stamina, and balance. Your heart rate elevates and enhances the cardio-respiratory system, while the Pilates & Barre-inspired movements improve core strength, balance and flexibility to create a longer, leaner body that moves beautifully and efficiently. This is strength redefined! Don't miss this flowing, non-stop, inspiring workshop that will challenge your body and inspire your soul with movements that will safely and creatively change the way you feel about Barre training.

WS STRETCH GALORE® / Mylène Brock

STRETCH GALORE® takes participants through both unloaded and loaded full range of motion, furthering the benefits of CORE GALORE® by allowing all joints to safely be taken to their end range in all planes of motion on the freeFORM boards. Intermediate to advanced stretches will be covered in this session.



WS FIERCE4® TKO – Martial Tabata Interval Circuit / Janis Saffell

Get your FIGHT ON! This workshop introduces a multi-dimensional Martial Tabata program that incorporates sculpt and cardio kickboxing. A Martial Tabata is eight intervals of a 20-second WORK period and a 10-second REST period, followed by a 60-second RECOVERY phase. This interval program is designed with the use of your own bodyweight, and will redefine and recreate the body you want with pure muscle, sweat, explosive plyometrics, core strength, agility, flexibility and cardio calorie burning.

WS Booty Camp - The Best Bun and Leg Training on the Planet / Mindy Mylrea

You've heard of boot camp, but have you ever heard of Booty Camp for the buns and legs? Take your "below the belt" classes to camp with this entirely new approach to buns and leg training – circuit style. Four stations of exercises include Barre, Gliding™, tubing, traveling bodyweight training and so much more. Experience the best lower body station ideas on the planet for a lower body challenge that is booty crazy.



WS 50 is the New 50! / Dr. Dan Ritchie

The 50+ market will redefine the fitness industry over the next 20 years! Will you be ready? This workshop will discuss the unique needs and desires of the massive 50+ demographic. Are you poised to capitalize on the largest "niche" market in fitness history? These clients will demand better service, better programs, and be willing to pay a premium for it...are you prepared?



L Fitness Technology and What It Can Do for You / Jessica Maurer

With the ever-expanding technology industry, it is easy to be confused about where to put your money. This lecture will discuss the latest fitness gadgets and how these toys can become tools to help you obtain and retain clients.

WS Deep Core Power (aqua) / Craig Stuart

Train your students for dynamic stability and improved posture. Discover how to integrate core stabilization techniques and multi-plane movement patterns to target and challenge the deepest muscle layers in the body. Learn how to apply the correct use of buoyancy equipment to provide support, resistance, and assistance.



WS HIIT HydroRider® (aqua) / Rhonda Cap & Leah Gregg

This workshop is designed to give you insight into the functions of the HydroRider® bike while learning the core components of a HydroRider® cycling class. This is a circuit-style workshop where you will improve aerobic and anaerobic capacity, tone the neuromuscular system, and improve high speed endurance. This class alternates intense bursts of speed and power with recovery, while integrating traditional aqua aerobic exercises.

ONLY 10 SPOTS available - REGISTER EARLY!

9:00am - 9:30am EXPO & ENERGY BREAK

9:30am – 11:00am

WS Vinyasa Fitness Yoga / Lauren Eirk

Whether in private studios, specialized healthcare facilities or fitness centers, Vinyasa Fitness Yoga continues to be the most popular style for those seeking a more rigorous practice for physical health and mental/emotional stability. As teachers, we struggle to make our classes fresh for our students and to be an ongoing inspiration to them. Come learn creative sequences, cutting-edge cueing, and a refreshing, new look at the poses that we teach every day to take back to your classes.

WS Body Bar FLEX®: Fit for Life / June Kahn

This workshop will take you through progressions specifically chosen to improve stability and joint mobility while improving muscular strength and endurance. Utilizing the disciplines of yoga, Pilates, Barre, and age-appropriate Tabata-style segments, the session will incorporate the Body Bar FLEX® and full body movements designed to improve the functional skills of daily living. If you work with the active senior population, this workshop is for YOU!



WS R.I.P.P.E.D.® Body Camp / Alana Clarke

Following the order of the R.I.P.P.E.D.® acronym and maintaining the successful principles of this athletic-based group fitness formula, this workshop adds the element of friendly competition and highlights the fun in FUNctional. This session is non-stop action as you and your team members battle the clock and push your endurance and mental strength to their limits. Cardio, Weights, Fun, Done!



WS Real World Plyometrics / Jonathan Ross

Plyometrics are for everyone, but how can you start using plyometric exercises successfully and safely with any population? Discover three ways to use plyometric exercises that keep the quality high, the intensity at the right level, and provide a challenge that engages the mind and challenges the body – for anybody. Leave with fascinating new exercises and ways of using plyometrics in all your training programs.

L Blueprint for Success – Emerging Ideas for Building Your Integrated Training Model / Fabio Comana

Confused over how to integrate evolving exercise trends and the ever-changing guidelines into your programs? Relax – this workshop will help make sense of it all. This session will discuss some of the latest research and emerging trends so you successfully learn how to design, develop and deliver an integrated and comprehensive model for fitness-health-performance, whether you're a new or seasoned fitness professional.



SATURDAY APRIL 30

L Breaking It Down: Tips, Tricks & Time-Saving Tools for Digital Music / Melanie Douglass & Amy Nixon

Going digital with your group ex music is a positive change that saves time, money, hassle, and stress. Yet, many of us haven't made the transition because we simply don't have time to make the transition that saves us time...funny and ironic! If you do not consider yourself "tech savvy" or if you're missing out on the incredible benefits of digital music, this session is for you! We'll remove the barriers, hook you up with free music, and walk you through free and paid digital music solutions. Get ready to explore a whole new world of fun, fresh, hot new music -- right at your fingertips! Bring your device and let's go digital.



WS Fluid FLEX Fusion (aqua) / MaryAnn Briggs

This workshop combines moderate to high intensity intervals with equipment-based resistance training using a variety of water fitness resistance tools including Body Bar®'s AquaFLEX™ and NoodleFLEX™ bars. This session is fun, fast and effective!



WS Senior Strides & Aqua Strokes / Melissa Layne

As our active older population increases, we need to understand their specific gait issues. When neural input decreases, what can we (as instructors) do to keep our students as mobile and stable as possible? This session will involve practice in the pool, but the information can be applied to land as well.

11:00am - 1:00pm
EXPO AND LUNCH BREAK



11:00am - 12:00pm - POOL DEMO **Aquatic Training with the Nekdoodle® / Laurie Denomme**



Nekdoodle® is the premier aquatic equipment piece for fitness, therapy, and swimming. The duo buoyant and resistive qualities are great for a wide range of exercise variations for all levels of fitness. In this pool demonstration you'll learn how to take advantage of the unique product design to improve whole body flexibility and strength. Plus learn the best exercises to reduce knee, hip, and back pain. Don't miss this opportunity to experience why Nekdoodle® Makes Sense Every Time You Swim!

11:00am - 12:00pm - FLOOR DEMO TBD

12:00pm - 1:00pm - Networking Lunch **Comedy Show / Robby Wagner**

Laughter is a necessity, especially for those of us that are in the business of health and wellness. Group instructor, personal trainer, and professional comedian Robby Wagner talks about his journey into fitness and the importance of keeping humor and fun in our lives every day as wellness professionals. Get ready to laugh and learn about how we can all benefit by finding humor in our work and how incorporating fun can grow us as professionals in the industry.

1:00pm - 3:00pm

WS The Power and Potential of Para Yoga / Mary Bruce

Para means supreme. Explore this leading-edge style of yoga that embodies the ancient wisdom and philosophy of tantra. Enter a world where alignment meets alchemy and experience a dynamic, full-spectrum practice that incorporates asana, vinyasa krama, bandha, kriya, pranayama, chanting, meditation and more as a portal to expand and grow our capacity to lead more meaningful and purposeful lives where we exponentially thrive and prosper on all levels.

Group Exercise Workshop Combo (BODYSHRED™ + FLOW)



W BODYSHRED™ / Catherine Raymond

Join Jillian Michaels' master trainer for an incredible BODYSHRED™ class! This revolutionary interval workout consists of three minutes of strength, two minutes of cardio, and one minute of core work. Each exercise in each category lasts 30 seconds and the full circuit is repeated until you hit 30 minutes. There are no recovery breaks, so get ready for the ultimate sweat session!

W FLOW / Jessica Maurer

To the average group fitness participant, yoga can be quite intimidating. Soft music, long poses, and strange words are qualities that are not inviting to the "Type A" personality that we see most often in the gym. However, stretching and breath work is exactly what these people need to add to their fitness routines. Try a new type of stretching/yoga class that focuses on upbeat music and allows the instructor to use whatever style of yoga they know best. This is not a discipline, but rather an easy way to introduce basic yoga positions to the average gym participant. Use this method as your cool down in your strength classes, put it on your group fitness schedule as an independent class, or teach a few songs to your one-on-one clients.

WS Let's Get to the Core of the Matter 2.0 / Alex McLean

Did you miss this session last year? Don't let it happen again this year! Experience new bodyweight exercises adapted from sports, mind/body and even dance practices. Work the core in three planes from three disciplines. Get grooving, get athletic, and get lean!

WS The Nine Foundations of Youth Fitness and Coordination / Brett Klika



Are you part of the movement to get kids moving again? Inactivity and early sport specialization have deprived kids of developing the foundations of coordination and physical literacy. Discover the nine essential components of developing coordination and physical literacy with children beginning as early as five years old. Learn why the approach we have used for 50 years may be missing the mark with modern youngsters and how "returning to the roots" of movement through fun, engaging games and drills can help turn the tide of childhood obesity. Go home with over 20 activities you can do with your own kids or the kids you work with to improve their coordination, fitness, and lifelong love for physical activity.

L Prepare, Sustain and Recover / Melissa Layne

It's all about nutrient timing for performance. Our members are confused about what to eat and when to eat. This lecture will cover all the bases while still staying within the scope of practice of a personal trainer or group fitness instructor. From the type of carbs and protein to eat before working out versus the type to eat afterward, plus when to eat what -- all of your nutrient timing questions will be answered.



SATURDAY APRIL 30

WS The New Noodle Workout (aqua) / Craig Stuart

The noodle gets an energetic update in this action-packed session. Join Craig as he combines equal amounts of strength training, cardio routines, core technique, and stability training designed to quench your thirst for fresh ideas and new content. Learn by doing and discover new moves, teaching terminology, and exercise options you can immediately take home to your classes.



WS Neuromuscular Cycling / Lorey Pro

Neuromuscular coordination relates to the ability of the nervous system to recruit a group of muscles in order to perform a certain task. Improve strength and speed by training specific muscle fiber types using resistance and cadence to stimulate the coordination of the nervous and muscular systems. Coach your riders to reach new levels of fitness and performance!

SPINNING.

WS tAQUAa™ FLEX (aqua) / MaryAnn Briggs

The very popular tAQUAa™- HIIT the Water program has been revamped to incorporate the dynamic and resistive AquaFLEX™ bar into a series of intervals that will keep your students engaged, energized, and possibly breathless! All good things when you want a class that's fun, effective, and amazingly easy to teach!

3:00pm - 3:45pm **EXPO & ENERGY BREAK**

3:45pm - 5:45pm

WS True Yoga for Weight Loss / Cassandra Wallick

As a scientific system based on balancing the energies in the body, hatha yoga has a direct effect on a person's thoughts, emotions and physicality. Beyond the typical increase in metabolic rate from performing exercise, actual yoga offers a complete holistic shift that, when consistently practiced for even a short period of 40 days in a row, brings balance to the whole Being – body, mind, emotions. This workshop will introduce the chakras and nadis and their relationship to the glands/organs, which need to function efficiently for people to achieve their optimal weight. Experience a gentle, breath-centered mini yoga session after lecture.

WS Bombshell Back and Booty / Abbie Appel

This hands-on, dynamic workshop is all about training the posterior and lateral chains with tubing. Learn why you want to train the muscles of the back and butt together and how to get them to function more effectively by stabilizing and producing more force – ultimately (aesthetically) looking better. Develop fresh movements and enhance fundamental ones with a variety of progressions and modifications to challenge everyone in your classes from beginning to end.

WS Kick Kamp / Jessica Maurer

In recent years, the focus of group fitness kickboxing classes has evolved into a dance-like, choreographed routine that leaves many participants falling behind the rest of the class. It's time to revolutionize cardio kickboxing by simplifying the choreography so that the class can concentrate on form and intensity instead of fancy footwork. This workshop format alternates between cardio kickboxing drills, upper body strengthening, and bodyweight core endurance movements.

WS Bodyweight X-Games / Brett Klika

It's time to use the most effective piece of workout equipment ever invented -- your body! Discover how to use nothing but your own bodyweight to challenge your strength, power, and cardiovascular fitness. Over 20 unique exercises are designed to recreate "extreme sport" activities like rock climbing, skiing, snowboarding, and more. Meet your clients on Monday with tons of new bodyweight training to get them excited to see results.

L Buzz Words: Metabolism, Fat, Abs, Butts and Thighs / Fabio Comana



As a population obsessed with weight loss, the mere thought or mention of 'metabolism', 'fat', 'abs', 'butt' and 'thighs' grabs attention. Due to rising popularity, mass confusion exists surrounding the proper methods to successfully train for these goals. Join this session to learn the facts, differentiate myth from reality, and learn to educate and implement effective programs to achieve the elusive 'metabolic boost', 'fat burn', and 'firm thighs, abs and butt'.

WS Hand Me a Handbar (aqua) / Terri Mitchell

Learn how to safely use buoyant hand buoys (handbars) without harming the shoulders. From cardio to plyometrics to balance to strengthening, the buoyant hand buoys are a great tool to enhance aquatic fitness programs. Choreography provided for a complete sample program.

WS Ai Chi: Body/Mind/Spirit Adaptations in the Water (aqua) / Donna Adler

Learn physical movement, breath work, and spiritual development techniques which have been proven to calm and heal you and your students. Let Donna introduce you to myofascial and Chinese meridians, Yin Yang theory, visualization, and meditation techniques. This is an ideal course for anyone at any fitness level!

WS Epic EPOC Ride / Lorey Pro

SPINNING.

Do you know how important excess post oxygen consumption (EPOC) is to weight management and/or weight loss? Learn what EPOC is and how to use it to create challenging classes your riders will love. This high intensity interval-style ride will be one in a series of great achievements toward goal attainment.



SUNDAY MAY 1

WS = Workshop L = Lecture W = Workout

7:00am – 9:00am

WS Yoga: Powerful Core / Cassandra Wallick

This workshop focuses on a variety of yoga poses that strengthen the core and can be incorporated into your other class formats. Breath will be a primary focus, with instruction on a particular style of breath awareness/regulation for optimal benefits while practicing yoga. Review the importance of breath within yoga practice and the experience of ujjayi and 4 part-breath. An overview of the chakras will also be covered, in addition to Q&A on anything yoga-related.

WS Tabata Bootcamp™ / Mindy Mylrea

**TABATA
BOOTCAMP**

When was the last time you saw a total body turn-around in yourself or one of your clients? How many of your students credit you for their fitness and weight loss success? If the answer is 'not as many as you'd like', then you are ready for Tabata Bootcamp™. Explore the science of current HIIT training protocol and learn how to implement and execute Tabata and Tabata Bootcamp™'s wellness coaching pyramid to change the world as we know it!

WS Balance NOW! / Derek Mikulski

ACTIVMOTION BAR
Core. Balance. Strength.

Changing balance at any age is about removing uncertainty, building confidence, and improving functional strength. ActivMotion® Training utilizes an immediate feedback tool to recognize the need to stabilize and engage the trunk. No games, gimmicks, or tricks. Just hold, move, and swing the ActivMotion Bar® to replace fear with courage.

WS Corrective Exercise – A Systematic Approach to Restoring Muscle Balance and Function / Fabio Comana

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Postural assessments and movement screens are a dime a dozen – each providing various levels of great information on a person's level of imbalance and dysfunction. But what is next? Myofascial release offers temporary relief to discomfort, but is only part of a comprehensive solution needed by the body to resolve the underlying neural and muscle dysfunction. Myofascia only contributes to, but cannot control, human movement. Rather than simply treat muscle discomfort, learn how to design and deliver a simple, effective, systematic and comprehensive solution to resolving muscle imbalance and faulty neural pathways and restore proper form and function.

L Making Sense of Current Food Trends / Bruce Mylrea

Soy is good. Soy is bad. Organic is a must. Organic means nothing. Kale may save my life. Kale may kill me. We are bombarded these days with conflicting information on just about everything related to the food we eat. It is easy to feel overwhelmed in a world of contradiction. Armed with the latest research-based information, Bruce will sift through the noise and uncover myths and truths about what we eat and how that food will affect our energy, immunity, and total well being. Just because it's on the internet doesn't make it true. In this in-depth lecture, Bruce will peel the onion of today's popular diets. Learn the science and long-term efficacy of all the latest diet crazes and determine which ones will offer a lifetime of weight management AND long term health and wellness. This workshop will supply you with the facts you need to help your clients achieve real success.

WS Lactate Limbo / Lorey Pro

SPINNING

You've heard of lactate threshold (LT) training, but do you really know what that means? Learn the three primary goals of LT training and how to improve your ability to manipulate lactic acid. We will carefully limbo below, above, and right on your threshold, so be sure to wear your heart rate monitors for the best results!

WS Aqualogical Abdominals (aqua) / Terri Mitchell

Strong abdominals are all about posture awareness, abdominal breathing, the pelvis, and stabilization. Yes, we can strengthen our abdominals in the water with or without equipment. Learn it, feel it, do it, teach it.

WS Aqua for Endurance Athletes: Personal Training in the Pool / Connie Lagerhausen

Many athletes and coaches are seeing the value of adding aqua fitness to their training regimen. The world of personal training is changing, and water is the perfect complement to rigorous athletic training. This workshop will give fitness professionals the confidence to work with clients and small groups in the pool. Using both forms of vertical and horizontal aqua fitness, you'll be given the tools to create appropriate progressions in intensity, complexity and movement suitable to conditioning levels. Learn how to create sports-specific workouts using buoyancy, sequencing, and the physical aspects of training and conditioning for athletes. Discover how this modality of fitness aids in active recovery from other sports. Leave with tips on marketing yourself to coaches and athletes. If you are a fitness professional who wants to expand your offerings, this workshop is a great place to get your feet wet!

9:15am – 10:45am

WS Better Alignment for a Better Life / Rene Brackney

How you stand, sit, walk and sleep affect the way your body feels. Try simple techniques to test your efficiency when moving. Learn better ways to stretch and work your body to increase strength and endurance. You will really think about the way you move after this course!

WS LTS™: LeBARRE / Jessica Maurer

Taking the hottest trend in dance-inspired conditioning and using "make-sense progression", this workshop creates a format suitable for every fitness level! Using the portable Equalizer™, LeBARRE combines balance, agility, resistance, working recovery, and eloquence into a challenging, full body session. Use the exercises alone or in the unique sequencing patterns provided to create an entire LeBARRE program! No dance experience or pink tights required.

WS Armed and Dangerous / Abbie Appel

Discover new ways to strengthen and chisel the upper body in a group or one-on-one. Challenge your body with tubing and bodyweight, hit all the major hot spots for muscle conditioning, and focus on creating balance for optimal posture. By experiencing innovative combos for group weight training, you'll be inspired to customize these moves for your members back home.

WS Rotator Cuff Conundrums and Correctives / Dr. Evan Osar

Many of our clients experience tightness, impingement, and pain in the rotator cuff. Over time, rotator cuff problems limit shoulder range of motion and lead to weakness that affects these individuals' ability to exercise (as well as function) in everyday life. Discover exactly how rotator cuff issues develop and a strategy for implementing the most effective corrective exercises to improve function of the shoulder complex.

L Herbs and Those Darn Hormones / Kathy Gould



This workshop will discuss how herbal formulations can help with PMS and menopausal symptoms. Learn how herbs can help balance our hormone system and get us back to doing the things we enjoy in life!

WS Fascia 101 and Dynamic Aqua Stretching (aqua) / Donna Adler

This course is all about taking care of yourself using stretching/sequencing techniques. Learn cutting-edge, dynamic stretching techniques for the lower and upper body in the pool. Improve outcomes and results for your students or clients by implementing this program into your aquatic personal training sessions or group classes. Also practice specific stretching for the lower body and learn how it affects back pain.

SUNDAY MAY 1

WS COREssentials for Knees & Hips (aqua) / Laurie Denomme

The hips have a significant influence on the successful function of the body. Learn an extensive repertoire of exercises for the hip and be prepared to feel the added benefits for the shoulders, knees, and core. Experience new ways to personalize exercises to reduce knee and hip related pain and speed recovery after joint replacement, plus enhance sports performance, activities of daily living, and everything in between.

WS Bodhi Biking! / Lorey Pro

SPINNING

Have your Spinning classes lost the connection between mind and body? Bring bodhi back to indoor cycling! Use the concept of bodhi to teach your endurance rides with a new light and different challenge. Don't be fooled though...this path to enlightenment is no easy one. Be prepared to physically and mentally meet yourself.

10:45am - 11:30am

EXPO AND LUNCH BREAK



10:45am - 11:30am - Floor Demo - TBD

10:45am - 11:30am - Pool Demo - TBD

11:30am - 1:30pm

WS Unleashing Source Energy for Detox / Mary Bruce

Twists are a unique category of postures that physically help to detoxify the internal organs, bring in fresh blood flow, improve digestive function, increase spinal rotation, reduce back pain, and reduce stress and tension. On a spiritual level, as we twist we activate a spiraling force called kundalini, known as pure potentiality or the creative pulse. The very sap of life is contained within these vital postures. Combined with specific pranayama and meditation to purify the body and mind, we can explore twists in a way that will empower you to move in and touch your source, and from there, expand back out into the world in a richer and more vibrant way.

WS Intensity Overload - Battle of the HIITs / Mindy Mylrea

Savvier Fitness

Positive recovery, negative recovery, longer intervals, shorter intervals...when to use them and when not to. So many options and so little time! What is a trainer to do? Trust Mindy to hold your hand and guide you through the HIIT battleground. Learn the science, then strategically put HIIT training to the test. Formulate progressions and principals for success and retention and create training sessions that matter.

WS Break It Down! / Alex McLean & Tricia Murphy Madden

Dance fitness evolves from one year to the next, from complex choreography to easy-to-follow freestyle movements. Come learn the different ways to break down movement and the different cueing and teaching techniques needed for each format structure. Don't get stuck teaching one way; learn how to break it down and never, ever get bored. Explore all of the formats during this session...so be ready to learn and sweat!

WS AKA Squat and Lunge - Proper Mechanics and New Ideas / Fabio Comana

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Squatting and lunging exist as staple exercises in most programs, but do you fully understand the proper mechanics of each? Pronation at the foot, not allowing the knee to translate forward...these are just some of the common mistakes witnessed during these movements. Learn how to properly evaluate your movements, then how to coach proper form to avoid injury and optimize results. As the icing on the cake, learn new three-dimensional movement patterns to add to your same old squats and lunges to give them a fresh boost!

WS Water Aerobics Jam Session! / Various Presenters

Finish out the weekend in the West with the best of the best! Join several top aqua presenters as they "strut their stuff" and show you their favorite moves. Presenter will also share their secrets to success and tips for fun and effective classes!



SCHEDULE

Thursday, April 28 PRE - CONFERENCES - SEE PAGE 2

	TIME	PERSONAL TRAINING	LECTURES	GROUP EXERCISE
FRIDAY APRIL 29	7:00am - 9:00am	• Abs Revealed	• Quick & Healthy Morning Smoothies	• Abs Revealed • R.I.P.P.E.D. • LTS: LeHIIT
	9:15am-10:45am	• Core Galore • The Art of Exercise Creation • Corrective Strategies to Save Your Clients' Knees	• How to Build Your Brand & Get More Clients Using Facebook	• Core Galore • Barre Above
	10:45am-12:45pm	Lunch Break and Expo	Lunch Break and Expo	
	10:45am-11:45am			• BODYSHRED
	11:45am-12:45pm			
	12:45pm-2:45pm	• Functional Power Training for the Older Client	• Unleash Your Willpower!	• Body Bar FLEX Extreme Tabata • Crazy Core and So Much More • Classroom Circuits
	2:45pm-3:15pm	Expo Break		
SATURDAY APRIL 30	3:15pm-5:15pm	• ActivMotion Training The Fastest... Effective Program Design	• Protein for Power Play	• ActivMotion Training • The Lost Art Form of True Sculpt • The ABCs of Exercise
	7:00am - 9:00am	• 50 is the New 50!	• Fitness Technology & What It Can Do For You	• Stretch Galore • Fierce4 TKO • Booty Camp-Bun & Leg Training
	9:00am-9:30am	Expo and energy Break		
	9:30am-11:00am	• Real World Plyometrics	• Breaking It Down-Tools for Digital Music • Blueprint for Success	• Body Bar FLEX • R.I.P.P.E.D. Body Camp
	11:00am-1:00pm 11:00am-12:00pm 12:00pm-1:00pm	Expo Shopping Demo Showcases Luncheon and Keynote Speaker		Floor Demo - TBD
	1:00pm-3:00pm	• 9 Foundations of Youth Fitness	• Prepare, Sustain & Recover	• Core of the Matter 2.0 • BODYSHRED + Flow
	3:00pm-3:45pm	Expo and energy Break		
SUN MAY 1	3:45pm-5:45pm	• Bodyweight X-Games	• Buzz Words: Metabolism, Fat, Abs...	• Kick Kamp • Bombshell Back and Booty
	7:00am - 9:00am	• Corrective Exercise- A Systematic... • Balance NOW!	• Making Sense of Current Food Trends	• Tabata Bootcamp • Balance NOW!
	9:15am-10:45am	• Rotator Cuff Conundrums & Correctives	• Herbs and Those Darn Hormones	• LTS: LeBARRE • Armed and Dangerous
	10:45am-11:30am	Last Call for Expo Shopping		
	10:45am-11:30am	• Demo Showcases TBA		
	11:30am-1:30pm	• AKA Squat and Lunge		• Intensity Overload-Battle of the HIITs • Break It Down!

AT A GLANCE

Thursday, April 28 PRE - CONFERENCES - SEE PAGE 2

MIND/BODY

AQUA

TIME:

SPINNING

• Move Your Fascia	• Hilarious Historical Transformation... • COREssentials for Balance	8:00am - 9:00am	• Track Your Tread
• Rock & Roll Pilates • Core Galore	• AquaFLEX HIIT • Below the Surface		
	• AquaLogix • Aqua Cycling		• Epic EPOC Ride
• Yoga RX for Neck & Back Dysfunction	• FIRED UP • COREssentials for Abs & Back		
• Pilates AMPED	• Buoyancy Boot Camp • Intro to HydroRider		
• Stretch Galore • Heart & Sole Barre Refined	• Deep Core Power • HIIT HydroRider		
• Vinyasa Fitness Yoga	• Fluid FLEX Fusion • Senior Strides & Strokes		
	Nekdoodle Demo		
• Power & Potential of Para Yoga	• The New Noodle Workout • tAQUAta FLEX		• Neuromuscular Cycling
• True Yoga for Weight Loss	• Hand Me a Handbar • Ai Chi: Mind/Body/Spirit		• Epic EPOC Ride
• Yoga: Powerful Core	• Aqua for Endurance Athletes: PT in the Pool • Aqualogical Abdominals		• Lactate Limbo
• Better Alignment for a Better Life	• Fascia 101 & Dynamic Aqua Stretching • COREssentials for Knees and Hips		• Bodhi Biking
• Unleashing Source Energy for Detox	• Water Aerobics Jam Session!		

PRESENTER BIOS



DONNA ADLER, BA, ATRIC, has dedicated her life to aquatics for more than 23 years and currently provides services at the Ahwatukee Recreation Center and the Virginia G. Piper Sports and Fitness Facility for Persons with Disabilities. Beyond her active practice, she facilitates workshops on spiritual self-mastery.



ABBIE APPEL is an award-winning presenter, group fitness manager of Equinox in Miami Beach, and the owner of AbbieFit. As a program development specialist, Abbie is a consultant for ActivMotion®, JumpSport®, Schwinn®, SCW, SPRI and TRX® and conducts workshops worldwide.



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



MARYANN BRIGGS, BS, MPH, CSPT, is the creator of AQUAFLEX™ and NoodleFLEX™ water fitness workouts using the award-winning Body Bar FLEX®. She is also the creator of the tAQUA - HiIT the Water!™ series.



MYLÈNE BROCK is a Fletcher Pilates teacher, PMA-certified instructor, ACE-certified personal trainer and group class instructor. A movement teacher since 1982, Mylène is the creator of the CORE GALORE® method, now practiced exclusively on freeFORM boards.



MARY BRUCE is a senior student of Rod Stryker and is Level II ParaYoga®-certified. She is a 500-hour E-RYT Yoga Alliance teacher, and a 'Relax and Renew' trainer under the mentorship of Judith Lasater.



RHONDA CAP, CSCS, is the Director of Wellness at Leisure World Arizona and has over two decades of experience in both corporate and senior fitness arenas. She has her bachelors in Physical Education and is NSCA, TPI and Power Plate certified. As a group fitness leader, she is fluent instructing specialty classes like Beam-Fit, Hydro-Pilates, Pilates Mat, HydroRider and more.



ALANA CLARKE is an ACE-certified personal trainer, AFAA-certified group exercise instructor, certified nutritionist, and happily married mother of five. She instructs several formats including R.I.P.P.E.D.®, BODYSHRED™, PiYo®, Zumba®, Pilates Mat and MVe Chair, TRX®, Spinning®, kickboxing, strength, and more.



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



LAURIE DENOMME BS Kinesiology, is an international fitness educator with 25 years experience in aquatics. Her expertise has been called upon by top consumer magazines, including Self and Weight Watchers, as well as for development of education manuals including the Aquatic Fitness Professional Manual by the Aquatic Exercise Association (AEA).



LAUREN EIRK MS, is a certified E-RYT 500-level yoga instructor with Yoga Alliance® with over 30 years of teaching experience. She is the developer of the 200-hour and 300-hour programs for the biomechanically-based and registered Hatha Yoga School, Yoga Integrated Science™.



CAROLYN ERICKSON has been teaching fitness classes for over 31 years and is currently the director of sales and business development for the Jillian Michaels BODYSHRED™ program. She can be seen on the new BODYSHRED™ DVD series and is a master trainer for BODYSHRED™.



MIKE FANTIGRASSI, BS, MS, is the director of professional services and master instructor at NASM. Mike is a 20+-year veteran of the fitness industry, working in the past as a fitness manager, personal trainer, and nutrition coach. At NASM, Mike oversees the live education events, NASM's master trainer program, online instructor-led programs, and is a frequent subject matter expert for magazines, books, and articles.



KATHLEEN GOULD Herbalist RH (AHG), has studied, taught and lived herbalism for 25 years. She is a professional member of the esteemed American Herbalist Guild and has studied herbalism with internationally known herbalists Rosemary Gladstar, Tieroana Lowdog (MD), James Duke (PhD), Michael Tierra, David Hoffman, Patch Adams and Susun Weed.



LEAH GREGG BS Exercise Science and Adaptive Physical Education, is certified personal trainer and a group exercise instructor. She began her journey in the fitness field at Colorado Mesa University and has been instructing water aerobics classes for the past eight years.



JANICE JACKS, 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.



JUNE KAHN is an internationally recognized fitness leader, educator, program developer and consultant. She is the 2009 World IDEA Instructor of the Year, founder of June Kahn's Bodyworks, and former Life Power Pilates coordinator for Lifetime Fitness.



BEDROS KEUILIAN is the founder and CEO of the world's fastest growing indoor fitness boot camp franchise Fit Body Boot Camp. He is also the fitness industry's leading consultant for marketing, business systems and development. Bedros' blogs, products, books, and live events help tens of thousands of fitness professionals and business owners around the world build more robust and profitable systems.



BRETT KLIKA, 2013 IDEA Personal Trainer of the Year, is an award-winning human performance specialist, motivational speaker, author and educator. In his career, Brett has accrued more than 20,000 hours of training with youth, athletes, executives, and everyday people around the world as a consultant for various fitness companies and Fortune 500 corporations.



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



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



JESSICA MAURER is an ACE-certified personal trainer, AFAA-certified group fitness instructor, and sports nutritionist. She is a master trainer for BOSU®, Tabata Bootcamp™, Lebert Training Systems™, and Barre Above™, as well as a correspondent for MyGroupFit.

PRESENTER BIOS



DIANNE MCCAUGHEY, PhD, concentration in gerontology, is an award-winning fitness specialist with more than 35 years of experience in personal training, group exercise, and coaching. An international speaker, author, consultant, master trainer and presenter, Dianne has traveled the world touching lives.



ALEX MCLEAN is a senior course instructor for TRX®, a featured instructor for fitnessglo.com, and a master trainer for Schwinn Cycling®, Jillian Michaels BODYSHRED™, Shockwave by Indo-Row® and Total Gym®. With 20 years of experience in the fitness industry, Alex has appeared in multiple video and print fitness projects.



DEREK MIKULSKI, is the founder of ActivMotion®. Over the past two years, Derek and his team have been featured in various nationally circulated magazines, newspapers and television shows for their radically innovative and results-oriented ActivMotion Bar® products and ActivMotion Training® education.



TERRI MITCHELL is the owner of Aquatic Ms. Fits in Austin, TX. She is an aquatic fitness instructor and presenter and a licensed physical therapist assistant who specializes in using the water for persons of all ability and ages. Terri was an AEA training specialist for 25 years, and is now an AquaStretch™ facilitator/trainer.



TRICIA MURPHY MADDEN is fitness expert and has been getting the country moving as a fitness instructor for more than two decades. She teaches group fitness classes and workshops, is a leading presenter at the world's most elite fitness conferences, is a motivational speaker, and brings her energy and knowledge to the ABCs of Exercise which marries two of her biggest passions – exercise and children.



BRUCE MYLREA, BA University of Florida, also holds a plant-based nutrition certification from Cornell University. Having done extensive research on dietary patterns and how they affect health, Bruce shares insights into the latest myths regarding nutrition, food, and their impact on society.



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



AMY NIXON is an AFAA-certified fitness instructor. She is a fitness expert for ICON Health and Fitness and has appeared on QVC, ShopNBC, and in numerous fitness videos and choreography downloads. She is the creator of Yes! Fitness Music Finale Fever and is the group fitness director of her local club where she oversees 90 weekly classes and collaborates with local universities to offer fitness education to college students.



EVAN OSAR, PhD, is an internationally recognized lecturer, author, and expert on assessment, corrective exercise, and movement. Dr. Osar recognized that there wasn't a system that adequately addressed the specific needs of the general population client with postural alterations, chronic muscle imbalances, and movement dysfunction.



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.



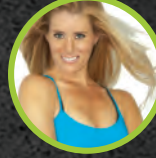
CATHERINE RAYMOND, MEd, NASM-CPT, ACE-certified instructor, and Jillian Michaels BODYSHRED™ master trainer is a true Renaissance woman. As a small business owner, international group fitness instructor, and blogger, Catherine seeks to touch as many lives as she can through her work.



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 has a broad background in the fitness industry in training and management that has included commercial, non-profit, hospital and university-based facilities.



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



JANIS SAFFELL brings over 25 years experience as a fitness leader, presenter, and health advocate. Her journey has taken her from a classically trained ballet dancer to a gymnast, martial artist, and national and world aerobic champion.



PATRICK SIMS, MS, has charted a wildly successful career in exercise ever since obesity and illness led him to lose nearly 100 pounds. He holds his master's degree in clinical exercise physiology from the University of Louisville.



CODY SIPE, PhD, is an experienced professor, researcher and fitness professional with advanced expertise in functional exercise and aging. As an author and speaker, he has shared his innovative, evidence-based functional training techniques for aging adults with thousands of fitness professionals around the world.



CRAIG STUART is the founder and president of HYDRO-FIT®. Certified with AEA, Craig has more than 25 years experience leading and directing aquatic fitness programs. He is the star of several acclaimed water fitness DVDs and a member of the fitness staff at Mexico's award-winning Rancho la Puerta Health & Fitness Spa.



CASSANDRA WALLICK, Founded Gilbert Yoga in 2003 to offer public yoga classes and Yoga Teacher Training (200-hr) as approved by Yoga Alliance. She has been teaching yoga since 1999. Cassandra currently teaches yoga at her studio, ASU, Maricopa libraries, private sessions, retreats, and other interesting venues.



ROBBY WAGNER is an international comedian and fitness instructor, bringing a unique brand of humor to companies and colleges all over the country. His hit show Sweatiquette has been seen by numerous companies and associations throughout the Southwest. Whether it's corporate entertainment or a wellness talk, he always brings humor and enjoyment to the crowd.

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

EXPO

EXPO HOURS:

FRIDAY, APRIL 29: 10:00AM-4:00PM

SATURDAY, APRIL 30: 9:00AM-4:00PM

SUNDAY, MAY 1: 9:00AM-12:00PM

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PERFORM BETTER:

Buy professional fitness equipment for functional athletic training. Perform Better offers quality exercise, gym and rehab equipment, as well as training seminars.



YES! FITNESS MUSIC:

Yes! Fitness Music is the music company the fitness world has been waiting for. We are experts when it comes to producing 60-minute pre-mixed CDs and downloads AND pioneers in offering custom-mixed CDs and downloads specifically engineered for group exercise instructors.



SAVVIER FITNESS:

Bringing innovative programming to the consumer and the true fitness professional, Savvier offers certifications, programs, workshops, and a variety of equipment worldwide.



AQUALOGIX:

Our vision is to be an invaluable resource for the aquatic industry, to bring a higher level of results, benefits, research and science of aquatic fitness, injury recovery and athletic performance through our dynamic fluid omni directional drag resistance equipment and training programs.



BODYSHRED:

"BODYSHRED program is for ANYONE looking to maximize their potential and completely transform their physique. It's for people who won't settle for 'good enough' - those that know they are deserving and capable of excellence. You give me 30-minutes and I'll get you SHREDDED."* -Jillian Michaels



NASM:

The National Academy of Sports Medicine (NASM) is a global leader in providing evidence-based certifications and advanced specializations to health and fitness professionals. In addition to its NCCA-accredited fitness Certified Personal Trainer (CPT) certification, NASM offers a progressive career track with access to advanced specializations, continuing education courses, and accredited bachelor and master degree programs.



SOUTHWEST HERB:

At SW Herb, our mission is to help people realize that they have choices when it comes to their health and the health of their families. By using the highest quality medicinal herbs, you can achieve optimal results naturally.



NEKDOODLE:

A unique and versatile aquatic tool, the Nekdoodle is used for therapy, balance and allows for amazing support for the head and neck. Leading aquatic professionals have created programs (and DVDs) using the Nekdoodle.



ACTIVMOTION:

Start strengthening your core, improving your balance and bettering every aspect of your fitness with the dynamic ActivMotion Bar™ and our highly effective programs.



FREEFORM BOARD:

Looking for an all-in-one exercise solution that is practical, diverse and easy to use? The freeFORM board is your perfect training partner that replicates dynamic movement from a number of sporting styles, as well as the practice of yoga.



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BODYBAR:

The Body Bar is THE original workout bar. This versatile tool is perfect for resistance training, stretching and balance. Other products include the Body Bar Flex and its cousin the Aqua Flex bar, plus the Flex Trek flexible hand weight Cutting-edge programming has been developed by the most sought-after professionals in the industry.



FAI:

The Functional Aging Institute was founded in 2013 by leading functional aging experts Dan Ritchie, PhD and Cody Sipe, PhD. For over 15 years, Dan and Cody have been at the forefront of developing innovative, effective and science-based training programs for their older clients.



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!

Schedule with CECs



Date/Time	Workshop Schedule	Instructor	ACE	AFAA	AEA	NASM
FRIDAY 04/29/16						
7:00am – 9:00am	Move Your Fascia	Brackney	.2	2	1	.2
7:00am – 9:00am	LTS™: LeHIIT	Maurer	.2	2	1	.2
7:00am – 9:00am	R.I.P.P.E.D.-The One Stop Body Shock® Clarke		.2	2	1	.2
7:00am – 9:00am	Abs Revealed	Ross	.2	2	1	.2
7:00am – 9:00am	Quick and Healthy Morning Smoothies!	Gould	.2	2	2	.2
7:00am – 9:00am	Hilarious Historical Transformation Aqua...	Lagerhausen	.2	2	2	.2
7:00am – 9:00am	COREssentials for Balance	Denomme	.2	2	2	.2
8:00am – 9:00am	Track Your Tread	Pro	.1	1	.75	.1
9:15am – 10:45am	CORE GALORE®	Brock	.1	1.5	.75	.1
9:15am – 10:45am	Barre Above™ - Choreography Overload	Murphy Madden	.1	1.5	.75	.1
9:15am – 10:45am	Rock & Roll Pilates	Appel	.1	1.5	.75	.1
9:15am – 10:45am	The Art of Exercise Creation	Eirk	.1	1.5	.75	.1
9:15am – 10:45am	Corrective Strategies Save Clients' Knees	Osar	.1	1.5	.75	.1
9:15am – 10:45am	How to Build Your Brand & Get More...	Keulian	.1	1.5	1.5	.1
9:15am – 10:45am	AquaFLEX™ HIIT	Briggs	.1	1.5	1.5	.1
9:15am – 10:45am	Below the Surface	Layne	.1	1.5	1.5	.1
10:45am – 12:45pm						
10:45am – 11:45am	BODYSHRED™	Erickson	1	.5	1	.1
10:45am – 11:45am	AquaLogix® Demo	Mitchell			1	
11:45am – 12:45am	Epic EPOC Ride	Pro	1	1		
11:45am – 12:45am	Aqua Cycling w/ Biking Noodle Demo	Thielen/Blakely			1	
12:45pm – 2:45pm	Yoga RX for Neck and Back Dysfunction	Eirk	.2	2	1	.2
12:45pm – 2:45pm	Classroom Circuits	McLean	.2	2	1	.2
12:45pm – 2:45pm	Body Bar FLEX® Extreme Tabata	Saffel	.2	2	1	.2
12:45pm – 2:45pm	Crazy Core and So Much More	Mylrea	.2	2	1	.2
12:45pm – 2:45pm	Functional Power Training for Older Clients	Sipe	.2	2	1	.2
12:45pm – 2:45pm	Unleash Your Willpower!	Ross	.2	2	2	.2
12:45pm – 2:45pm	FIRED UP	Mitchell	.2	2	2	.2
12:45pm – 2:45pm	COREssentials for Abs & Back	Denomme	.2	2	2	.2
2:45pm – 3:15pm						
3:15pm – 5:15pm	Pilates AMPED	Kahn	.2	2	1	.2
3:15pm – 5:15pm	The Lost Art Form of True Sculpt	Saffel	.2	2	1	.2
3:15pm – 5:15pm	ActivMotion® Training	Mikulski	.2	2	1	.2
3:15pm – 5:15pm	The ABC's of Exercise: Kids Programming	Murphy Madden	.2	2	1	.2
3:15pm – 5:15pm	The Fastest, Simplest,...Program Design	Klika	.2	2	1	.2
3:15pm – 5:15pm	Protein for Power Play	Layne	.2	2	2	.2
3:15pm – 5:15pm	Buoyancy Bootcamp	Stuart	.2	2	2	.2
3:15pm – 5:15pm	Intro to HydroRider®	Cap/Gregg	.2	2	2	.2
SATURDAY 04/30/16						
7:00am – 9:00am	Heart N Sole Barre Refined	Kahn	.2	2	1	.2
7:00am – 9:00am	STRETCH GALORE®	Brock	.2	2	1	.2
7:00am – 9:00am	FIERCE4® TKO – Martial Tabata Circuit	Saffel	.2	2	1	.2
7:00am – 9:00am	Booty Camp – Bun & Leg Training	Mylrea	.2	2	1	.2
7:00am – 9:00am	50 is the New 50!	Ritchie	.2	2	2	.2
7:00am – 9:00am	Fitness Technology and What It Can Do...	Maurer	.2	2	2	.2
7:00am – 9:00am	Deep Core Power	Stuart	.2	2	2	.2
7:00am – 9:00am	HIIT HydroRider®	Cap/Gregg	.2	2	2	.2
9:00am – 9:30am						
9:30am – 11:00am	Vinyasa Fitness Yoga	Eirk	.1	1.5	.75	.1
9:30am – 11:00am	Body Bar FLEX®: Fit for Life	Kahn	.1	1.5	.75	.1
9:30am – 11:00am	R.I.P.P.E.D.® Body Camp	Clarke	.1	1.5	.75	.1
9:30am – 11:00am	Real World Plyometrics	Ross	.1	1.5	.75	.1
9:30am – 11:00am	Blueprint for Success...	Comana	.1	1.5	1.5	.1
9:30am – 11:00am	Breaking It Down...Tools for Digital Music	Nixon	.1	1.5	1.5	.1
9:30am – 11:00am	Fluid FLEX Fusion	Briggs	.1	1.5	1.5	.1
9:30am – 11:00am	Senior Strides & Strokes	Layne	.1	1.5	1.5	.1
11:00am – 1:00pm						
11:00am – 12:00pm	Land Demo TBD					
11:00am – 12:00pm	Aquatic Training w/ Nekdoodle® Demo	Denomme			1	
12:00pm – 1:00pm	Networking Lunch & Comedy Show	Wagner			.5	
1:00pm – 3:00pm	The Power and Potential of Para Yoga	Bruce	.2	2	1	.2
1:00pm – 3:00pm	BODYSHRED™ + FLOW	Raymond/Maurer	.2	2	1	.2
1:00pm – 3:00pm	Let's Get to the Core of the Matter 2.0	McLean	.2	2	1	.2

Date/Time	Workshop Schedule	Instructor	ACE	AFAA	AEA	NASM
SATURDAY 04/30/16 (CONTINUED FROM PG. 17)						
1:00pm – 3:00pm	9 Foundations of Youth Fitness...	Klika	.2	2	1	.2
1:00pm – 3:00pm	Prepare, Sustain and Recover	Layne	.2	2	1	.2
1:00pm – 3:00pm	The New Noodle Workout	Stuart	.2	2	2	.2
1:00pm – 3:00pm	tAQUa™ FLEX	Briggs	.2	2	2	.2
1:00pm – 3:00pm	Neuromuscular Cycling	Pro	.2	2	1	.2
3:00pm – 3:45pm						
3:45pm – 5:45pm	True Yoga for Weight Loss	Wallick	.2	2	1	.2
3:45pm – 5:45pm	Bombshell Back and Booty	Appel	.2	2	1	.2
3:45pm – 5:45pm	Kick Kamp	Maurer	.2	2	1	.2
3:45pm – 5:45pm	Bodyweight X-Games	Klika	.2	2	1	.2
3:45pm – 5:45pm	Buzz Words: Metabolism, Fat, Abs...	Comana	.2	2	2	.2
3:45pm – 5:45pm	Hand Me a Handbar	Mitchell	.2	2	2	.2
3:45pm – 5:45pm	Ai Chi: Body/Mind... Adaptations in the Water	Adler	.2	2	2	.2
3:45pm – 5:45pm	Epic EPOC Ride	Pro	.2	2	1	.2
SUNDAY 05/01/16						
7:00am – 9:00am	Yoga: Powerful Core	Wallick	.2	2	1	.2
7:00am – 9:00am	Tabata Bootcamp™	Mylrea	.2	2	1	.2
7:00am – 9:00am	Balance NOW!	Mikulski	.2	2	1	.2
7:00am – 9:00am	Corrective Ex – A Systematic Approach...	Comana	.2	2	1	.2
7:00am – 9:00am	Making Sense of Current Food Trends B.	Mylrea	.2	2	2	.2
7:00am – 9:00am	Aqua for Endurance Athletes: PT Pool	Lagerhausen	.2	2	2	.2
7:00am – 9:00am	Aqualogical Abdominals	Mitchell	.2	2	2	.2
7:00am – 9:00am	Lactate Limbo	Pro	.2	2	.75	.2
9:15am – 10:45am	Better Alignment for a Better Life	Brackney	.1	1.5	.75	.1
9:15am – 10:45am	LTS™: LeBARRE	Maurer	.1	1.5	.75	.1
9:15am – 10:45am	Armed and Dangerous	Appel	.1	1.5	.75	.1
9:15am – 10:45am	Rotator Cuff Conundrums and Correctives	Osar	.1	1.5	.75	.1
9:15am – 10:45am	Herbs and Those Darn Hormones	Gould	.1	1.5	1.5	.1
9:15am – 10:45am	Fascia 101 and Dynamic Aqua Stretching	Adler	.1	1.5	1.5	.1
9:15am – 10:45am	COREssentials for Knees & Hips	Denomme	.1	1.5	1.5	.1
9:15am – 10:45am	Bodhi Biking!	Pro	.1	1.5	.75	.1
10:45am – 11:30am						
10:45am – 11:30am	Land Demo		.1	1		.1
10:45am – 11:30am	Pool Demo				.75	
11:30am – 1:30pm	Unleashing Source Energy for Detox	Bruce	.2	2	1	.2
11:30am – 1:30pm	Intensity Overload – Battle of the HIITs	Mylrea	.2	2	1	.2
11:30am – 1:30pm	Break It Down!	McLean/Madden	.2	2	1	.2
11:30am – 1:30pm	AKA Squat and Lunge	Comana	.2	2	1	.2
11:30am – 1:30pm	Water Aerobics Jam Session!	Various	.2	2	2	.2

DEADLINES AND FEES

	Early Bird Feb 19	Spring Deadline April 1	Last Call April 15
● Full Conference Package - includes Saturday Networking Lunch and Comedy Show	\$299	\$329	\$349
● 2 Days of Workshops	\$269	\$289	\$299
● 1 Day of Workshops	\$219	\$229	\$239
● Single Workshop	\$49	\$59	\$69
● Functional Aging Group Ex Certification	\$229	\$249	\$269
● BODYSHRED™ Certification	\$209	\$219	\$219
● Tabata Bootcamp™ Certification	\$229	\$249	\$269
● Aqua Progressions II Instructor Training	\$189	\$199	\$209
● NASM: Nutrition Coaching for Client Success	\$79	\$99	\$109
● Spinning Certification	See Page 2 for Details		
● Networking Lunch & Comedy Show Only	\$20	\$20	\$25

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