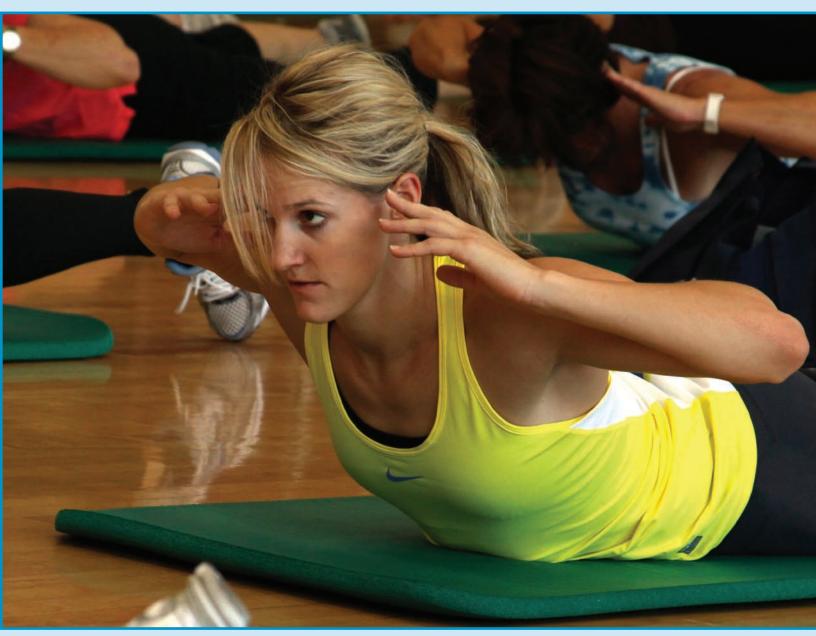
April 28th - May Ist, 2011 FitnessFest Conference and Expo

Scottsdale, Arizona

Where Land and Water Meet...



A fitness and wellness conference for novice and veteran group exercise instructors, personal trainers, aqua instructors, and mind/body practitioners.

Our Proud Sponsors:











Dear Friends,

After coming away from a great FitnessFest event in October 2010, we can't say enough about the wonderful people in Tucson. There is something warm say enough about the wonderful people in fucson. There is something warm and delightful about the people there. As we move into 2011, we are thrilled that the great staff of the JCC wants to host our event again this year! The venue is perfect with its many spaces for lecture, large or small group exercise workshops, mind/body experiences, and shallow or deep pool classes.

The extraordinary presenter line-up for FitnessFest Scottsdale 2011 includes THE BEST of the BEST. Enjoy many new faces that are anxious to educate and entertain you! Take a moment to read their bios and get acquainted with their headshots at www.fitnessfest.org (DETAILS link). We also have over their headshots at www.fitnessfest.org (DETAILS link). We also have over their headshots at www.fitnessfest.org (DETAILS link). We also have over their headshots at www.fitnessfest.org (DETAILS link). We also have over their workshops to choose from this year, so please read ALL the descriptions carefully and select a first and a second choice. If you struggle descriptions carefully and select a first and a second choice. If you struggle with making the right choice for YOU, we are always happy to chat with you LIVE! Most conferences cannot boast this -- and that is why you love us, and that is why we love what we dell that is why we love what we do!!

If you thought last year's expo was cool -- wait until you see it this year! We're in you inought last year's expo was cool -- wall until you see it this year! We re even adding a day for extended shopping and product demonstration. The expo will be open Friday, Saturday and Sunday! See page 13 for Expo Details. If you know someone who has a business that may do well at our event, booths are very affordable and still available.

The Schedule at a Glance (pages 8 and 9) allows you to briefly see which workshops may suit your career path. However, it does not mean that if you are a group exercise instructor, you shouldn't attend a lecture on herbal healing or how to become a fitness writer. If you are a personal trainer, it does not mean that you can't finish your day with a yoga workshop just for YOU. There are also several workshops that naturally "cross over" into more than one career path, so feel free to pick and choose workshops any way you'd like!

Pool classes will SELL OUT...but we don't want to turn any of you away! Therefore, for most of the shallow water workshops, you will see TWO choices.

You must choose ONE aqua workshop in that time slot. One workshop will start in the pool and the other will start in the lecture room and then they will 'swap'. Both workshops will have pool time and lecture time.

And of course, it is important that you earn enough CECs. We have now listed the CEC information directly beneath each workshop description. This information is also available online (www. fitnessfest.org), making it easy for you to share all the FitnessFest details with your friends and colleagues without giving up your own brochure!

Share the love, and see you soon!

Janice



Save the Date Red Rock Reflections 2011 July 29th - 31st Sedona, AZ a mind/body/spirit retreat



"Let Sedona take your breath away... ...let Red Rock Reflections restore it"

CATEGORIES

= Personal Training

GX = Group Exercise

AQ = AQUA

= **L**ecture

 $MB = M_{IND}/B_{ODY}$

= CYCLE

ENDURANCE TRACK

Thursday, April 28th

YOGASTRETCH for Health & Wellbeing / MaryBeth Marotto

2:30 PM - 8:00 PM

This is a SilverSneakers Fitness Program workshop training designed for the fitness/yoga professional who desires to learn postures, movement patterns, balance combinations and restorative breathing techniques for aging adults. Attendees will learn smooth transitions and meaningful cues to increase the effectiveness of communicating with those with varying skill levels. Innovative choreography and safe progressions are presented with a chair for seated and standing support and for the final relaxation segment. Get educated, energized and enlightened!

ACE: 0.5 AEA: 2.5 AFAA: 4.5 NASM: 0.4 Category: MB, GX

Healthy Transformational Posture = A Strong, Healthy Back / Leslee Bender

4:00 PM - 8:00 PM

As trainers and instructors, we can dramatically change the way our clients move if we understand the dysfunctions. Experience and learn techniques from the masters to unleash the potential for your clients to be better movers.

- Understand joint movement dysfunctions and what muscles are responsible.
- Learn that gravity is the key to the kinetic chain reaction, and how it affects us in every respect.
- Learn the how and the why of a postural assessment to make sure you are prescribing the appropriate exercise program.
- Understand that certain exercises performed in the gym are the cause of their back pain or injuries, and how they can be avoided.
- Become a critical thinking trainer, rather than one who simply memorizes exercises.

ACE: TBD AEA: 2 AFAA: 3.5 NASM: 0.4 Category: PT, GX

Friday, April 29th

Planet Yoga Method: An Introduction to Dynamic & Therapeutic Yoga / Lecann Carey 7:00 AM - 8:30 AM

This class introduces the Planet Yoga Method. The cornerstone of the Method consists of using direct cues and open-ended inquiries that weave a theme into dynamic sequencing, bringing therapeutic results to your practice. Be prepared to have a 'yoga experience' -- unlike just attending another yoga class.

ACE: 0.1

AFA: 0.75

AFA: 0.75

NASM: 0.1

Category: MB, GX

Buddy Up for Successful Group Training / Brett Klika

7:00 AM - 8:30 AM

Creating an environment that fosters positive group interaction is essential in starting, maintaining and growing a group program. This workshop outlines successful strategies to optimize group training sessions by creating fun and challenging partner-based exercises, drills and games. You will learn over 30 interactive exercises using bodyweight and common equipment that will take your small group sessions to the next level!

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: PT, GX

SilverSneakers® CardioFit / Cindy Kozacek

7:00 AM - 8:30 AM

Experience "boomer"-friendly cardio class programming that's safe, effective and gentle on the joints. This much needed format is the "next step" for older adults who don't need to exercise in a chair, but who insist on an appropriate, easy-to-follow, choreographed routine. An optional chair offers support for seated strength work, and aids in learning how to safely get down to and back up from the floor.

ACE: 0.1 AEA: 0.75 AFAA: 1.25 NASM: 0.1 Category: GX



Aqua Hip and Funk! / Manuel Velázquez

7:00 AM - 8:30 AM

Approach your aqua class from another point of view with this cardio-based hip/hop and funk-oriented choreography. You will leave with enough ideas to help you to refresh your own style, with movements that will put your class on the cutting edge. Take your hips and funk them in the pool!

ACE: 0.1 AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AQ

Power to the Pool / MaruBeth Marotto

7:00 AM - 8:30 AM

Power, which is the rate of using strength, is now accepted as the most important physical property for controlling one's independence. Learn how to utilize the aquatic environment as a liquid weight room to enhance one's strength!

ACE: 0.1 AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AQ

Beaming™ / June Kahn

8:45 AM - 10:15 AM

BeamingTM stands for Balancing Experiences with Activity to Motivate life change. This revolutionary new activity-based lifestyle program is designed to integrate physical and emotional balance, activating a shift in attitude and awareness. Learn how this innovative "Whole Body" training program creates personalized synchronicity between your inner world (*yourself*, *emotions*, *experiences and sense of self*) and the way you relate to the world in which we live. Discover how to transform traditional exercise classes and personal training sessions into an experience that blends this consciousness with the physical activity, performed on a specially designed, pliable, low grounded beam. The BeamfitTM balance challenges harmonize familiar physical movements with mind-body philosophy as you explore barefoot and somatosensory training, while integrating balance, precision, stability, strength, endurance, stretch and much more.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: MB, GX

Fitness Writing: Finding Your Inner Hemingway / Dr. Jason Karp

8:45 AM - 10:15 AM

Many fitness professionals own their own businesses, but many struggle with getting the word out about their services. Writing for fitness publications is a great way to gain exposure and have people see your expertise. This presentation discusses the steps for writing for consumer and trade publications.

ACE: 0.1

AFA: 1.5

AFA: 1.5

NASM: 0.1

Category: L

Fight to Get Fit / Manuel Velázguez

8:45 AM - 10:15 AM

If you want to tone up your midsection, arms, thighs and glutes, boxing and kickboxing are by far two of the most effective exercises you can do. Get cardio and toning benefits simultaneously with this cardio-kickboxing experience! Improve strength, balance, agility, muscle tone and cardiovascular fitness with this amazing and eclectic interval approach.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: GX

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Friday, April 29th

Aqua Cardio Mix / Janice Jaicks

8:45 AM - 10:15 AM

Let's take our older population through a cardiovascular routine while dissecting the movements we have grown to love so much. Precise and specific cues, visualization, delivery and execution of each component of the move are the focus of this workshop. Next, let's take our more advanced group and explore how to "pick it up a notch"! Find out why Janice's students keep coming back for more!

AEA: 1.5 AFAA: 0.75 NASM: 0.1

- - - - - - - - - OR - - - -OR- - - - - - - - -

Adua Yoda Flow / Carol Argo

8:45 AM - 10:15 AM

Yoga takes naturally to water. You'll flow through this graceful medley of postures and movement. Feel the power of the grounded stances as you twist, flex and extend your spine while gracefully moving your arms. Relax into the support of the water during balance postures. Learn how to create and link postures in a flowing Vinyasa style. Increase energy and improve focus while unifying the body, mind and breath in Aqua Yoga Flow.

ACE: 0.1 **AEA: 1.5 AFAA: 0.75** NASM: 0.1 Category: AQ

Energy Break & Expo Experience

10:15 AM - 10:45 AM

Cut to the Core / Carol Murphy

10:45 AM - 12:15 PM

Learn the most effective trunk exercises and why these exercises work so efficiently. This all new core routine defines your abs, strengthens your back and improves your posture for a healthier lifestyle. Challenge your core like never before as you balance, strengthen and stabilize with powerful ball exercises. ACE: 0.1 **AEA: 0.75** AFAA: 1.25 NASM: 0.1 Category: PT, GX

Intro into Herbal Healing / Kathy Gould

10:45 AM - 12:15 PM

Come join us in this wonderful introduction class as we reawaken to the magical uses of medicinal herbs and begin our journey back to our herbal roots. We will be using all of our senses as we taste, smell, touch and feel the power of these ancient plants. Learn how to determine good quality herbs, herbal preparations, solar and lunar infusions, poultices, dosages and so much more!

ACE: ---**AEA: 1.5 AFAA: 1.5** NASM: 0.1 Category: L

TRX® Circuit Training / Brandon Wagner

10:45 AM - 12:15 PM

Experience individualized training in a motivating group environment! This strength routine uses timed sets and a grueling boot camp format to give participants an all-body burn in record time. Use nothing but bodyweight and the TRX to bring a completely new element to your personal training or group exercise program and light up your studio like never before.

AEA: 0.75 Category: PT. GX

Last Dance: Disco Flashbacks of the 70s / Demetreous Hill

10:45 AM - 12:15 PM

What do you get when you combine platform shoes, Afro wigs, flared pant legs and the Electric Boogie? DISCO! Join Demetreous for this creative, low impact dance class (debuted in Israel and now here for YOU!).

AEA: 0.75 AFAA: 0.75 NASM: 0.1 ACE: 0.1 **Category: GX**

Water Warrior: Water Walking/Running IOI / Connie Lagerhausen

10:45 AM - 12:15 PM

Prepare your students and athletes to take their road warrior spirits to the water! This exciting workshop will give you numerous tools and moves that can be incorporated into any water fitness class, or you can create a class just utilizing the principles of water walking/running. This medium can also be used to rehabilitate clients who have suffered a land-based injury by helping minimize further injury and by promoting cardiovascular fitness.

ACE: 0.1 **AEA: 1.5** AFAA: 0.75 Category: AQ

Aqua Zumba / Melinda Mills-Walkey

10:45 AM - 12:15 PM

Come join the "pool party" for all ages and all fitness levels! Participate in safe, effective and challenging water-based routines that integrate the Zumba Fitness formula and philosophy into traditional aqua fitness disciplines. Enjoy the fusion of hypnotic Latin rhythms and easy-to-follow moves in this one-of-a-kind workshop that will blow you away!

AEA: 1.5 AFAA: 0.75 ACE: ---NASM: 0.1 Category: AQ

Lunch on Your Own & Expo Experience

12:15 PM - 1:15 PM



Kahn-Coction / June Kahn

1:15 PM - 2:45 PM

Join this exciting workshop filled with unorthodox ways to train your core and overall integral strength through stability, mobility, balance and good old-fashioned functional training...in a NEW-fashioned way. Experience this unique workshop based on the principles of Pilates and Yoga, using the Beamfit™ beam, Chi Bolster, Fitness Circle and Bender Ball while standing, rolling, kneeling and bending in positions you never thought possible.

ACE: 0.1 **AEA: 0.75** AFAA: 0.75 NASM: 0.1 Category: MB, GX

Facebook for Fitness / Biray Alsac

1:15 PM - 2:45 PM

If you've ever been poked, liked, tagged, friended or unfriended in Facebook, then you've certainly experienced the power of social media first-hand. This session discusses how fitness professionals can leverage this popular social networking site to create stronger communities and promote healthier lifestyles. Facebook for Fitness covers everything from using social media as a direct marketing technique to cultivating stronger relationships with clients and members online.

ACE: 0.1 **AEA: 1.5 AFAA: 1.25** NASM: 0.1 Category: L

Pluometrics Palooza / Dr. Jason Karp

1:15 PM - 2:45 PM

Learn how to get powerful, sculpted muscles with plyometrics! Plyometrics are fast, powerful jumping and bounding exercises that exploit muscles' and tendons' ability to store and utilize elastic energy. In this fun workshop, you'll experience the best plyometric exercises that are used by the world's best sprinters and jumpers! Whether you want to sculpt leaner, better-looking muscles or improve athletic performance, this workshop is for you!

ACE: 0.1 **AEA: 0.75 AFAA: 1.25** NASM: 0.1 Category: PT, GX

Friday, April 29th

Aqua-Rhythmics / MaryBeth Marotto

1:15 PM - 2:45 PM

Learn how the body's autonomic nervous system responds to rhythmic music to release blocked energy in the body, which can be a pre-cursor to disease. Discover how to bring the body into balance and harmony when submerged in the water.

ACE: 0.1 AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AC

Fluid Fusion / Manuel Velázquez

1:15 PM - 2:45 PM

Join this effective and dynamic aquatic interval training workshop designed to challenge and improve all the energy systems in your body. Examine how cardiovascular capacity, functional strength and muscle reactivity all work hand-in-hand to promote the maximum caloric burn in and out of the pool.

ACE: 0.1 AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AQ

Peddle Stroke Mania / Sabrina Fairchild

1:15 PM - 2:45 PM

Proficient peddling is what improves a rider's chance of using more resistance and burning more calories in the process. There are a number of ways to play with the peddle stroke in your classes, making the time fly by and improving your student's cycling skills and mental focus. After breaking down the power and recovery phases of the peddle stroke, we will practice several drills that you can take home and immediately apply.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: CY

Stretching Four Ways / Sabrina Fairchild

3:00 PM - 4:30 PM

The five minutes of stretching done at the end of a group exercise session is not enough to improve flexibility. The minimum recommended time and frequency is at least 20 minutes, two to three days per week. Static, Active, Passive and Proprioceptive Neuromuscular Facilitation (PNF) are the four types of stretching to be discussed and applied. Some will be done solo and others with partners. This workshop is excellent for all group exercise instructors as well as personal trainers.

ACE: 0.2 AEA: 1 AFAA: 1.5 NASM: 0.2 Category: PT, MB, GX

S.F.T. FUNCTIONAL TRAINING - (Sagittal, Frontal, Transverse) / Leslee Bender

Your body moves in all three planes, yet we rarely think about how to cue the muscles we are actually trying to train.

3:00 PM - 4:30 PM

Most exercises live on the sagittal plane. This program will show you that with each step you take, a joint in your body is moving in all three planes. Experience how exercise designed by horizontal and vertical evaluations affects the muscle groups you are trying to train and why this is so important. This method, inspired by Gary Gray, is brought to you as a functional approach to tri-plane training.

ACE: 0.2 AEA: 1 AFAA: 1.75 NASM: 0.2 Category: PT, GX

Cardio Ball - Rock & Roll! / Carol Murphy

3:00 PM - 4:30 PM

It's the ideal combination of energy, innovation and fun! You'll learn a simple system that will allow you to mix and match an endless array of blocks to create a years worth of heart-pumping, calorie-burning, total-body routines. This workshop is loaded with more than 20 blocks of inventive, crowd-pleasing cardio ball choreography and ends with a routine that shows you how to put it all together and inspire your members to move.

ACE: 0.2 AEA: 1 AFAA: 1.5 NASM: 0.2 Category: GX

Water Pilates / Carol Argo

3:00 PM - 4:30 PM

Lengthen, strengthen and realign your body with Water Pilates. Experience the power of maintaining neutral alignment with core-centered movement. Learn a multitude of variations of movements while standing in shallow water, at the wall, and using the noodle. Water Pilates develops greater body awareness, improves posture and core stability and enhances all forms of activity.

ACE: 0.2 AEA: 2 AFAA: 1.5 NASM: 0.2 Category: AQ

Power to the Pool / MaryBeth Marotto

3:00 PM - 4:30 PM

Power, which is the rate of using strength, is now accepted as the most important physical property for controlling one's independence. Learn how to utilize the aquatic environment as a liquid weight room to enhance one's strength!

ACE: 0.2 AEA: 2 AFAA: 1.5 NASM: 0.2 Category: AQ

Saturday, April 30th

Chakra Yoga / Sabrina Fairchild

7:00 AM - 8:30 AM

Yoga is a wonderful way to balance the seven energy centers in the body. This workshop will introduce how to group asana, pranayama and affirmations to energize and heal the seven chakras. Chakra Yoga is gentle, and since there is more than one way to format the class, the student is free to create a practice aligning specifically to his or her individual needs.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: MB, GX

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

7:00 AM - 8:30 AM

Many boot camps are resistance training-based, using portable equipment or bodyweight exercises. Running burns more calories and makes you more fit than anything else. Get sculpted legs like a runner. Get a flat stomach like a runner. Get ripped arms like a runner. Be inspired like a runner. At Dr. Karp's Run-Fit Boot Camp, you'll get the best running exercises to motivate your clients and get them in the best shape of their lives! Experience a boot camp with America's running expert and leave with a list of running-based routines.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: PT, E

The Refined Core / Leslee Bender

7:00 AM - 8:30 AM

This session will open your eyes to the fascia continuities of your body. Lying on your back and kicking your legs activates only about 6% of the Transverse Abdominus, while the rest is up to your hip flexors. Why perform antiquated training techniques when you can experience your body in all three planes of movement? Many forms of "classical" exercise techniques are injuring students. Utilizing gravity, become an instructor who is ready to experience what your body was meant to do!

ACE: 0.1 AEA: 0.75 AFAA: 1.25 NASM: 0.1 Category: PT, GX

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Saturday, April 30th

Water Pilates / Carol Argo

7:00 AM - 8:30 AM

Lengthen, strengthen and realign your body with Water Pilates. Experience the power of maintaining neutral alignment with corecentered movement. Learn a multitude of variations of movements while standing in shallow water, at the wall, and using the noodle. Water Pilates develops greater body awareness, improves posture and core stability and enhances all forms of activity. **AEA: 1.5 AFAA: 0.75** NASM: 0.1

Category: AQ

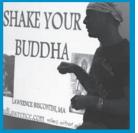
- - OR - -

Get Wet & Shake Your Buddha / Lawrence Biscontini

7:00 AM - 8:30 AM

Join Lawrence for a cardiovascular exercise experience from a mind-body perspective, not only fusing different disciplines, but incorporating them into your traditional grapevines and step-touches in the water. You will playfully integrate stability and mobility, dance with your eyes closed, and entertain your inner child, mindfully.

ACE: 0.1 **AFAA: 0.75 NASM: 0.1**



Buddha Meets the Mermaid: Postures and Progressions / Lawrence Biscontini & June Kahn 8:45 AM - 10:15 AM Join two IDEA Instructors of the Year and best-selling authors June Kahn and Lawrence Biscontini for a fresh combination of yoga and Pilates disciplines. Embarking on a journey with the premise that evolved movement yields an evolved experience, June and Lawrence invite you to a hybrid program capturing

the best of mindful stability and mobility. You will hold postures, move postures and link postures and progressions with refreshing combinations. **AEA: 0.75 AFAA: 0.75** Category: MB, GX ACE: 0.1



Train the Joes like the Pros / Brett Klika

8:45 AM - 10:15 AM

Learn how the NFL superstars' exercise program can be used for all your clients, regardless of age, level or size. Speed, agility, quickness, core strength, power, balance and coordination are all infused into one routine to create an exciting, intense and motivating atmosphere that will surely challenge and inspire the athlete within all of us. This workshop will use the same drills the pros use to improve overall performance and conditioning; from young to old, from weekend warrior to competitive athlete, everyone is looking for the same thing -- results, motivation, accountability and challenges. If you are looking for a fun, up-lifting atmosphere with calorie-shredding exercises, this program will definitely deliver for you. Are you up for the challenge?

NASM: 0.1 ACE: 0.1 **AEA: 0.75** AFAA: 0.75 Category: PT

The Step Balance: Da' Step Code / Manuel Velázquez

8:45 AM - 10:15 AM

Break up the encrypted combinations and break through the creative process to move through basic moves as they evolve. Build a cardio challenge with those old step moves from your glossary and break a sweat as you move through multiple movement planes, intensity levels, rhythm and balance challenges. Embrace 32-count, bilateral combinations over and around the step.

AFAA: 0.75 ACE: 0.1 **AEA: 0.75**

Sink or Swim - Endurance Swimming for Athletes / Connie Lagerhausen

8:45 AM - 10:15 AM

Why swim? How about for general fitness or injury recovery? Or competitive swimming, perhaps a triathlon? Maybe for weight loss, pleasant exercise, maybe a distraction from the daily grind? Or the possibility of beating Torres or out-swimming Phelps? This combination lecture/practical workshop will discuss and demonstrate how overall physical fitness can be improved through lap swimming, exercises and drills. Further, it will identify the difference between endurance swimming classes and Masters Swim Programs. Participants should include instructors with a desire to teach endurance swimming to others, athletes and/or instructors with an interest in organizing endurance swimming classes at their facilities, and those wanting to train in the water themselves!

ACE: 0.1 **AEA: 1.5 AFAA: 0.75** NASM: 0.1 Category: AQ, E

Riding the Musical Elements / Sabrina Fairchild

8:45 AM - 10:15 AM

Music is one of the most important tools in a cycling class, yet there is more to music than the chorus and the verse. This workshop delves deeper into the elements that composers use to deliver the emotional landscape of the music. The lecture will detail the most common elements that may be attached to the class plan and a ride will follow to demonstrate the use of each one.

AFAA: 0.75 NASM: 0.1 ACE: 0.1 AFA: 0.75 Category: CY

Energy Break & Expo Experience

10:15 AM - 10:45 AM

Dunamic & Therapeutic Yoga for Your Core / Lecann Carey

10:45 AM - 12:15 PM

Learn how to tap into your core by using Planet Yoga Method Key Positioning Skills. Understand the relationship between your feet, belly and throat for accessing and strengthening your core power. Key Positioning Skills offer a way to access innate developmental skills. The Method teaches you how to transfer between simple and complex yoga poses on the mat. It's unique and fun!

NASM: 0.2 ACE: 0.2 AEA: 1 Category: MB, GX

Exercise and Weight Loss: A Look at the Scientific Research / Dr. Jason Karp

10:45 AM - 12:15 PM

While weight loss remains the largest issue for people who exercise at health clubs and hire personal trainers, most fitness professionals are not familiar with the scientific research on this important topic. This presentation critically reviews the scientific research on exercise and weight loss to reveal the most effective weight loss strategies. Attendees will gain a complete understanding of the research so that they can better educate and help their clients.

Category: L, E

Kettlebells for Functional Movement and Conditioning / Daniel Sawaya

10:45 AM - 12:15 PM

This workshop will focus on teaching the proper kettlebell swing and the appropriate progressions in teaching the kettlebell swing. It will focus on how to use the progressions and the swing for teaching functional hip movement, as well as using it as a tool for cardiovascular and strength conditioning. In addition, Daniel will discuss contraindications for using the kettlebell and some basic screening tools.

ACE: 0.2 **NASM: 0.2 AFAA: 1.5 Category: PT**

The Hot Chair / Demetreous Hill

10:45 AM - 12:15 PM

Nurture, cherish and release your power animal! Experience the art of chair dancing with Demetreous. This enticing session leads you through smooth moves built around a chair that are sure to heighten your senses. Join this class for an electric combination of movement, touch, visualization and exercise. ACE: 0.2 AEA: 1 **AFAA: 1.5** NASM: 0.2 Category: GX

Saturday, April 30th

Deep Technique / Craig Stuart

10:45 AM - 12:15 PM

Learn how to harness the power of 360° resistance to build aerobic endurance and muscular strength. This session introduces the Hydro-Fit Method of teaching deep water exercise. Learn movement vocabulary, teaching terminology and class options for developing safe and effective deep water routines.

ACE: 0.2

AFA: 1.5

NASM: 0.2

Category: AQ

Networking Lunch and KeyNote:

12:15 PM - 1:15 PM

Fans, Friends & Flow: Turning Your Class into a Spiritual Experience That Will Keep Them Coming Back for More / Dennis Andres ("Mr. Sedona")

Expo Experience

1:15 PM - 2:15 PM

Progressive Pilates - The 3/4/3 Method / June Kahn

2:15 PM - 4:15 PM

Experience this unique Pilates matwork program that is designed from a progressive perspective. Learn the 3/4/3 Progressive Method that takes you through ten repetitions of each exercise, beginning with three repetitions of the most basic modification, then transitioning to four repetitions of the intermediate approach and finishing with three repetitions of the advanced version. It is a useable and effective method that gives you the ability to adapt your program to all fitness levels while challenging the muscles in a variety of ways. Three times the challenge, three times the fun!

ACE: 0.2 AEA: 1 AFAA: 1.5 NASM: 0.2 Category: MB, GX

Eccentric Exercise: Everything You Want to Know and More! / Dr. Len Kravitz

2:15 PM - 4:15 PM

Join Len for the most comprehensive review ever completed on eccentric exercise. Topics include the history of eccentric exercise, the physiology of eccentric exercise, the sequence of events leading to DOMS, the repeat bout-effect with eccentric exercise, gender differences and age applications, eccentric age and rehabilitation, and the mystery of eccentric exercise and metabolism. In addition, Len will showcase 12 great eccentric exercises using multi-media technology. A must attend for every serious personal trainer.

ACE: 0.2 AEA: 2 AFAA: 2 NASM: 0.2 Category: L

The Anti-Aging Method / Carol Argo

2:15 PM - 4:15 PM

This total body routine is a unique fusion of yoga, tai chi, dance and Pilates. Learn how to seamlessly integrate a variety of styles into one experience. Use this format to create an exceptional session based on your own skills and experience. Movements emphasize mobility, strength, flexibility, stability and agility. The simple dance movements are expressive and personalized. Posture and balance are also addressed in this totally barefoot, relaxed environment. Come and feel more youthful!

ACE: 0.2 AEA: 1 AFAA: 2 NASM: 0.2 Category: MB, GX

SilverSplash® / MaryBeth Marotto

2:15 PM - 4:15 PM

Participants can individualize their routine with the SilverSplash® kickboard to develop strength, balance and coordination in a format that is safe, fun and effective. No swimming ability is required for participants to get wet, be strong and meet new friends. This workshop includes class format objectives, water safety and risk management recommendations for all skill levels, shallow water movement choreography and effective resistance tool use with the SilverSneakers® kickboard.

ACE: 0.2 AEA: 2 AFAA: 1.5 NASM: 0.2 Category: AQ

Water Warrior: Water Walking/Running IOI / Connie Lagerhausen

2:15 PM - 4:15 PM

Prepare your students and athletes to take their road warrior spirits to the water! This exciting workshop will give you numerous tools and moves that can be incorporated into any water fitness class, or you can create a class just utilizing the principles of water walking/running. This medium can also be used to rehabilitate clients who have suffered a land-based injury by helping minimize further injury and by promoting cardiovascular fitness.

ACE: 0.1 AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AQ

Mastering the Art of Endurance Training through Cycling / Stephanie Kreun

2:15 PM - 4:15 PM

Endurance training challenges the mind and the body. Learn cycling techniques to condition your body and train your mind to maintain a consistent, steady heart rate for an extended period of time. The use of visualization and imagery will be used to assist our students in understanding the strength in endurance training on the bike. Attend this workshop if you desire to inspire and motivate your students to their ultimate goals.

ICE: 0.2 AEA: 1 AFAA: 1.5 NASM: 0.2 Category: CY, E

Buddha Camp: Aggressive Mind/Body / Lawrence Biscontini

4:30 PM - 6:00 PM

If you know Lawrence, you know he's a lover and not a fighter, so "boot camp" isn't in his repertoire. Seen at Equinox clubs, this is his mindful answer to the boot camp craze, with an aggressive fusion of effective and intense series that all flow from yoga to Pilates to tai chi. Most uniquely, the only equipment used is bodyweight, an open mind and an open heart!!

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: MB, GX

The Science of Longevity / Dr. Len Kravitz

4:30 PM - 6:00 PM

In the last decade, the increasing life expectancy of humans has generated intense focus and research on the biological mechanisms of old age and longevity. In this research-driven presentation, the physiology of aging and anti-aging strategies (drugs, antioxidants, exercise, caloric-restriction, etc.) to slow down aging and extend lifespan will be discussed. Join Len Kravitz for this exciting research review on the mechanisms of aging and the inspiring new interventions to extend one's lifespan.

ACE: 0.1 AEA: 1.5 AFAA: 1.5 NASM: 0.1 Category: L

Sport Str∈tch / Carol Murphy

4:30 PM - 6:00 PM

This workshop will cover appropriate stretches specific to many of today's popular sports, including golf, tennis, running, basketball and more. You'll learn how to use the ball to develop controlled mobility and dynamic stability which will help create strong, fluid movement. See how these exercises can fit into many programs and offer participants a whole new twist in stretching. Take home new flexibility moves and understand what other muscles come into play for total body success.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: PT, GX, E

Deep Options / Craig Stuart

4:30 PM - 6:00 PM

Develop your knowledge of vertical core training in the deep water. Examine the biomechanical and musculoskeletal considerations for the safe and appropriate use of hand-held resistive and buoyant equipment. Learn a multitude of safe and effective exercise options for using hand buoys and noodles to enhance muscular strength and endurance.

ACE: 0.1 AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AQ

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Sunday, May Ist



Yoga Dance / Carol Argo

7:00 AM - 8:30 AM

Yoga Dance is an expressive blend of rhythmic, flowing and sensual movement. Enjoy the diversity and creativity in movement by integrating spontaneous freedom within the structure of yoga practice. Connect to the elements of earth, water and fire to enlighten and energize. Experience the serpentine Cobra, undulating Downward Facing Dog and flowing Warrior.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: MB, GX

Ultimate Metabolic and Calorie Burning

Makeover / Dr. Len Kravitz

7:00 AM - 8:30 AM

Applying the newest research on spontaneous physical exercise and metabolism, all participants will learn how to complete a Metabolic Profile for their clients. This engaging lecture will explain the components of metabolism and calorie burning, factors that affect RMR, and the latest biomedical research understandings on metabolism and caloric expenditure. In addition, all participants will learn 15 documented ways to physiologically boost metabolism and calorie burning during activities of daily living and exercise.

ACE: 0.1 AEA: 1.5 AFAA: 1.5 NASM: 0.1 Category: L

Boot Camp Complete / Brett Klika

7:00 AM - 8:30 AM

Talk about motivating and exhilarating! This challenging and spirit-filled boot camp combines cardiovascular conditioning, functional sports training and conditioning exercises, plus teamwork drills to maximize strength, power, coordination and conditioning. Boot camp is all about working hard, stepping up to the challenge and getting results. It will leave you feeling emotionally and spiritually uplifted, plus proud of the fact that you completed the challenge. You will leave with over 20 unique exercises and drills, more than ten boot camp chants and many great new ideas regardless of your level.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: PT

Balance and Stability: Fall Prevention for the Senior Population / Deborah Redder

7:00 AM - 8:30 AM

Maximize your opportunities to mainstream a chair with innovative choreography for improving balance and flexibility for group or personal training workouts. The presentation includes anchor, support and stability options with a chair for all skill levels with seated and standing choreography movements, transitions and technique progressions. Fall prevention, joint range of motion and postural alignments are highlighted using the chair as a base for increasing functional abilities. Attendees will take away new choreography that creatively blends activities for daily living with movements that are fun as well as challenging.

ACE: 0.1 AEA: 0.75 AFAA: 1.5 NASM: 0.1 Category: GX

GI Jane and Joe -- Get Wet! / Connie Lagerhausen

7:00 AM - 8:30 AM

Bring out your inner GI Jane or Joe in this 60-minute, bootcamp-style workshop. Improve your cardiovascular conditioning as well as muscular strength and endurance using a land-based athletic approach for water fitness training. Format includes utilizing sports-specific drills, intense cardiovascular work, intervals and plyometrics. What a great way to share the water with your diehard land-based clients.

ACE: 0.1 AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AQ

A 'Hip' Yoga Practice for Athletes / Thecla Chomicz

8:45 AM - 10:45 AM

Many of the forms of exercise we use to improve and maintain cardiovascular fitness are repetitive enough to make people prone to muscular imbalances in and around the pelvic girdle, which can subsequently lead to a whole host of debilitating conditions. Learn to counter the hip muscular imbalances caused by these exercises through yoga. This workshop is designed to give you the tools to build a yoga practice that will strengthen the weak, stretch the tight and bring balance to your center of gravity. The lecture portion of this workshop will include a discussion of the anatomy and kinesiology of the hip, while the practical portion will include practicing basic yoga postures as well as pose modifications for the flexibility impaired.

ACE: 0.2 AEA: 1 AFAA: 1 NASM: 0.2 Category: MB, GX



Herbs and the Immune System / Kathy Gould

8:45 AM - 10:45 AM

During the last six to seven decades, thousands of chemicals have been introduced into the environment. Our whole ecological system has been dramatically altered and we are now seeing an incredible increase in immune system disorders. Join us as we learn how easy it is to support and heal the all-important immune system.

ACE: --- AEA: 2 AFAA: 2 NASM: 0.2 Category: L

TRX® Body Blast / Brandon Wagner

8:45 AM - 10:45 AM

This empowering strength workshop set to music will hit your entire body and switch on your core like nothing you've ever encountered. Starting with a warm-up to get you fired up, the heart of the experience includes demanding exercises for lower and upper body strength and some additional moves that target the core specifically. This dynamic and high energy workshop is characterized by fun and smooth transitions using exercises that can be adapted to challenge every participant.

ACE: 0.2 AEA: 1 AFAA: 1 NASM: 0.2 Category: PT, GX

Cardio Strength Interval / Carol Murphy

8:45 AM - 10:45 AM

Take fitness to a whole new level with this fun and functional ball routine that seamlessly blends exciting cardio moves and proven strength exercises into an action packed total body experience that delivers agility, speed, power, balance and unbelievable core control.

ACE: 0.2 AEA: 1 AFAA: 1 NASM: 0.2 Category: GX

Deep Sports Conditioning / Craig Stuart

8:45 AM - 10:45 AM

Prepare your students (and athletes) for better function and improved performance on land. Deep Sport Training integrates sport-specific conditioning drills with balance and agility training to challenge all the systems in the body. Go beyond basic training techniques to develop the hidden athlete in each of your students.

ACE: 0.2 AEA: 2 AFAA: 1 NASM: 0.2 Category: AQ

Sunday, May Ist

Energy Break & Expo Experience

10:45 AM - II:15 AM

Dosha Yoga / Lawrence Biscontini

II:15 AM - I2:45 PM

The old Indian Ayurvedic practice of balancing one's constitution (called "doshas") through yogic practice helps balance the body and soul. We will learn how to determine your dosha and how to complement this with specific asanas.

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: MB, GX

Women's Health Report / Dr. Len Kravitz

II:15 AM - I2:45 PM

Come learn the latest research on women and cardiovascular disease, hypertension as women age, physical activity and breast cancer, exercise metabolism in women, social relationships and exercise, exercise intensity and metabolic syndrome, ways to improve physical activity in women and more. This is a fabulous new presentation geared totally for exercise professionals wanting to educate their female students and clients on the newest research and health information for females.

ACE: 0.1 AEA: 1.5 AFAA: 1.5 NASM: 0.1 Category: L

The Sports Training Revolution / Brett Klika

II:15 AM - 12:45 PM

Athletic performance training has been revolutionized in recent years. This fast-paced athletic workshop introduces how to employ new, cutting- edge strength, speed and flexibility training designed to take your athletes and clients to the next level. You will learn skills and drills to teach athletic performance classes for youth, weekend warriors, everyday clients and professionals - with minimal equipment. From injury prevention to optimizing athletic performance, learn how to challenge and engage your clients and bring out the champions within!

ACE: 0.1 AEA: 0.75 AFAA: 0.75 NASM: 0.1 Category: PT, GX

Aqua Zumba Party / Melinda Mills-Walkey

II:I5 AM - I2:45 PM

We're throwing the ULTIMATE "pool party" and you're invited! This workshop will be continuous Aqua Zumba -- a fusion of hypnotic Latin rhythms and easy-to-follow moves in the water – to end your weekend on a fun and upbeat note!

ACE: --- AEA: 1.5 AFAA: 0.75 NASM: 0.1 Category: AQ

Zumba® Certification - Basic I

Sunday, May 1st, 2011 at FitnessFest Conference & Expo Valley of the Sun JCC

8:00am-8:30am Registration

8:30am-5:30pm Certification

All registrations and payments for this certification are through Zumba Corp. Pre-Registration is recommended! Register online at www.zumba.com or contact Vanessa at vanessa.lupercio@zumbamail.com or 480-223-8470.

(It is highly recommended that attendees have some group teaching experience in fitness or dance)







If in your personal or professional life
you are interested in any or all of the "tri" sports
(Running, Swimming or Cycling) then any of Saturday's
workshops marked with an "E" are for YOU!

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SCHEDULE AT A GLANCE SCHEDULE AT A GLANCE

		PERSONAL TRAINING	MIND/BODY/STRETCH	LECTURES	AQUA	GROUP EXERCISE	CYCLE
► Thurs. Apr. 28 th ▼	2:30 PM - 8:00 PM		YOGASTRETCH for Health & Well Being			YOGASTRETCH for Health & Well Being	
	4:00 PM - 8:00 PM	Healthy Transformatioal Posture	riediti o Well Bellig			Healthy Transformatioal Posture	
	7:00 AM - 8:.30 AM	Buddy Up for Successful Group Training	Planet Yoga: Intro to Dynamic & Therapeutic Yoga		Aqua Hip and Funk OR Power to the Pool	Planet Yoga: Intro to Dynamic & T tic Yoga / Buddy Up for Successf Training / SilverSneakers® Car	herapeu- ul Group dioFit
	8:45 AM - 10:15 AM		B∈aming™	Fitness Writing	Aqua Cardio Mix OR Aqua Yoga Flow	Beaming™ / Fight to Get Fit	
Apr. 29 th	IO:I5 AM - IO:45 AM	Energy Break & Expo Experience			Energy Break & Expo Experience		
	10:45 AM - 12:15 PM	Cut to the Core / TRX® Circuit Training		Intro to Herbal Healing	Water Warrior OR Aqua Zumba	Cut to the Core / TRX® Circuit Training/Last Dance: Disco 70s	
	12:15 PM - 1:15 PM	Lunch on You	r Ошп — Єхро Єхрєг	rience	Lunch or	n Your Oшn ∈xpo ∈x	perience
F.	I:15 PM - 2:45 PM	Plyometric Palooza	Kahn-Coction	Facebook for Fitness	Aqua Rhythms OR Fluid Fusion	Kahn-Coction / Plyometric Palooza	Peddle Stroke Mania
	3:00 PM - 4:30 PM	Stretching Four Ways / S.F.T. Functional Training	Stretching Four Ways		Water Pilates OR Power to the Pool	Stretching Four Ways / S.F.T. Functional Training / Cardio Ball - Rock & Roll	
	7:00 AM - 8:30 AM	Dr. Karp's Run-Fit Boot Camp (E) / The Refined Core	Chakra Yoga		Water Pilates OR Get Wet & Shake Your Buddha	Chakra Yoga / The Refined Core	
	8:45 AM - 10:15 AM	Train the Joes like the Pros	Buddha Meets the Mermaid		Sink or Swim Endurance (E)	Buddha Meets the Mermaid / Step Balance: Da' Step Code	Riding the Musical Elements
ŧ,	IO:I5 AM - IO:45 AM	Energy Bro	eak & Expo Experien	C€	Energ	yy Break & Expo Exper	rience
pr. 30	10:45 AM - 12:15 PM	Kettlebells for Functional Movement	Dynamic & Therapeutic Yoga for Core	Exercise & Weight Loss (E)	Deep Technique	Dynamic & Therapeutic Yoga for Core / The Hot Chair	
at. A	12:15 PM - 1:15 PM	Key Note	& Networking Lunch	h	Key	Note & Networking Lu	ınch
Sat.	I:I5 PM - 2:I5 PM	Ex	po Experience			Expo Experience	
	2:15 PM - 4:15 PM		Progressive Pilates / The Anti-Aging Method	Eccentric Exercise	Silver Splash® OR Water Warrior	Progressive Pilates / The Anti-Aging Method	Mastering the Art of Endurance Cycling (E)
Sun. May Ist	4:30 PM - 6:00 PM	Sport Stretch (E)	Buddha Camp	Science of Longevity	Deep Options	Buddha Camp / Sport Stretch (E)	
	7:00 AM - 8:30 AM	Boot Camp Complete	Yoga Dance	Ult Metabolic & Calorie Burning Makeover	GI Jane & Joe — Get Wet	Yoga Dance / Balance & Stabil- ity Fall Prevention for Seniors	
	8:45 AM - 10:45 AM	TRX® Body Blast	A 'Hip' Yoga Practice	Herbs & the Immune System	Deep Sports Conditioning	A 'Hip' Yoga Practice / TRX® Body Blast / Cardio Strength Interval	
	10:45 AM - 11:15 AM	Energy Bro	eak & Expo Experien	CE	Energ	yy Break & Expo Exper	rience
	II:I5 AM - I2:45 PM	The Sports Training Revolution	Dosha Yoga	Women's Health Report	Aqua Zumba Party	Dosha Yoga / The Sports Training Revolution	
	Fitnesse	est Expo Frid	lau & Saturdau IO a	am - 3 pm	Si	ındau IO am - I pm	

DETAILS

HOW TO REGISTER!

FOUR EASY WAYS TO REGISTER

Phone, Fax, Mail, Online
Phone: 480-461-3888 • Fax: 480-461-0250
waterworks123@msn.com
www.fitnessfest.org

MasterCard, VISA, Discover, Check, PayPal



WHAT TO DO!

Turn your fitness business trip into an extended vacation in luxurious Scottsdale, Arizona. With pristine scenery, championship golfing, local spas, unlimited shopping and other fabulous food, nightlife and day-trips -- you may not want to go home!

Spring brings gorgeous weather to the desert. So enjoy the sunshine, the relaxing climate, sun and blue skies of Scottsdale while you enjoy FitnessFest for your training, certification and education.

See you in Aprill

WHERE TO BE!

FitnessFest Scottsdale 2011 Location: Valley of the Sun Jewish Community Center I2701 N. Scottsdale Rd

Scottsdale, AZ 85254
(480) 483-7121

Jewish Community Center

VALLEY OF THE SUN

WHERE TO STAY!

Hotel arrangements can be made at the Fairfield Inn by Marriott -

13440 N. Scottadale Rd, Scottdale, AZ 85254.

Phone is (480) 483-0042.

Rooms are only \$79 per night for single or double occupancy (two double beds).

Enjoy new 32" flat screen TVs, Direct TV viewing and a complimentary continental breakfast in the morning!

Mention FitnessFest Scottsdale 20II to receive our special pricing

Call by March 25, 2011!





Keep a Copy of Your Schedule -- Choose: Ist Choice, 2nd Choice -- Space is Limited

Time Breakdown	Course	Instructor	
2:30pm – 8:00pm	YOGASTRETCH for Health and Wellbeing	Marotto	Thursday
4:00pm – 8:00pm	Healthy Transformational Posture = A Strong Healthy Back	Bender	04/28/2011
.00	Discretive as Matheda Introduction C. The grant of a Venn	0	
:00am – 8:30am :00am – 8:30am	Planet Yoga Method: Intro to Dynamic & Therapeutic Yoga Buddy Up for Successful Group Training	Carey Klika	_
:00am – 8:30am	SilverSneakers® CardioFit	Kozacek	
7:00am – 8:30am	Aqua Hip and Funk!	Velázquez	
:00am – 8:30am or	Power to the Pool	Marotto	
:45am – 10:15am	Beaming™	Kahn	
:45am – 10:15am	Fitness Writing: Finding Your Inner Hemingway	Karp	
:45am – 10:15am	Fight to Get Fit	Velázquez	
:45am – 10:15am	Agua Cardio Mix	Jaicks	
45am – 10:15am or	Aqua Yoga Flow	Argo	
0:15am – 10:45am	Energy & Expo Break	Aigo	
0:45am - 12:15pm	Cut to the Core	Murphy	
):45am - 12:15pm	Intro to Herbal Healing	Gould	
):45am - 12:15pm	TRX® Circuit Training	Wagner	Friday
:45am - 12:15pm	Last Dance: Disco Flashbacks of the 70s	Hill	04/29/2011
0:45am - 12:15pm	Water Warrior: Water Walking/Running 101	Lagerhausen	
:45am - 12:15pm	Agua Zumba	Mills-Walkey	
::15pm - 1:15pm	Lunch On Your Own & Expo Shopping	Willia Walkey	
:15pm – 2:45pm	Kahn-Coction	Kahn	
:15pm – 2:45pm	Facebook for Fitness	Alsac	
:15pm – 2:45pm	Plyometrics Palooza	Karp	
:15pm – 2:45pm	Aqua-Rhythmics	Marotto	
:15pm – 2:45pm or	Fluid Fusion	Velázquez	
:15pm – 2:45pm	Peddle Stroke Mania	Fairchild	
:00pm – 4:30pm	Stretching Four Ways	Fairchild	
:00pm – 4:30pm	S.F.T. Functional Training (Sagittal, Frontal, Transverse)	Bender	
:00pm – 4:30pm	Cardio Ball – Rock & Roll!	Murphy	
00pm – 4:30pm	Water Pilates	Argo	
00pm – 4:30pm or	Power to the Pool	Marotto	
ории изоории от	1 one to the 1 ooi	Marotto	
00am – 8:30am	Chakra Yoga	Fairchild	
00am – 8:30am	Dr. Karp's Run-Fit Boot Camp	Karp	
0am – 8:30am	The Refined Core	Bender	
00am – 8:30am	Water Pilates	Argo	
00am – 8:30am or	Get Wet & Shake Your Buddha	Biscontini	
15am – 10:15am	Buddha Meets the Mermaid	Biscontini/Kahn	
5am – 10:15am	Train the Joes like the Pros	Klika	
45am – 10:15am	The Step Balance: Da' Step Code	Velázquez	
45am – 10:15am	Sink or Swim: Endurance Swimming for Athletes	Lagerhausen	
45am – 10:15am	Riding the Musical Elements	Fairchild	
:15am – 10:45am	Energy & Expo Break		
0:45am – 12:15pm	Dynamic & Therapeutic Yoga for Your Core	Carey	
0:45am – 12:15pm	Exercise and Weight Loss: A Look at Scientific Research	Karp	
0:45am – 12:15pm	Kettlebells for Functional Movement and Conditioning	Sawaya	
0:45am – 12:15pm	The Hot Chair	Hill	Saturday
0:45am – 12:15pm	Deep Technique	Stuart	04/30/2011
2:15pm - 2:15pm	Key Note Speaker and Networking Lunch + Expo Shoppi		U-13U1ZU11
2:15pm - 4:15pm	Progressive Pilates – The 3/4/3 Method	Kahn	
2:15pm - 4:15pm	Eccentric Exercise: Everything You Want to Know & More!	Kravitz	
2:15pm - 4:15pm	The Anti-Aging Method	Argo	
2:15pm - 4:15pm	Silver Splash®	Marotto	
2:15pm - 4:15pm or	Water Warrior: Water Walking/Running 101	Lagerhausen	
2:15pm - 4:15pm	Mastering the Art of Endurance Training through Cycling	Kreun	
4:30pm – 6:00pm	Buddha Camp: Aggressive Mind/Body	Biscontini	
:30pm – 6:00pm	The Science of Longevity	Kravitz	
1:30pm – 6:00pm	Sport Stretch	Murphy	
:30pm – 6:00pm	Deep Options	Stuart	
:00am - 8:30am	Yoga Dance	Argo	
:00am - 8:30am	Ultimate Metabolic and Calorie Burning Makeover	Kravitz	
:00am - 8:30am	Boot Camp Complete	Klika	
00am - 8:30am	Balance & Stability: Fall Prevention for Senior Population	Redder	
:00am - 8:30am	GI Jane and Joe – Get Wet!	Lagerhausen	
3:45am – 10:45am	A 'Hip' Yoga Practice for Athletes	Chomicz	
			C
3:45am – 10:45am	Herbs and the Immune System	Gould	Sunday
8:45am – 10:45am	TRX® Body Blast	Wagner	05/01/2011
3:45am – 10:45am	Cardio Strength Interval	Murphy	
	Deep Sports Conditioning	Stuart	
	Energy & Expo Break		_
10:45am – 11:15am		Riccontini	
10:45am – 11:15am 11:15am – 12:45pm	Dosha Yoga	Biscontini	
10:45am – 11:15am 11:15am – 12:45pm 11:15am – 12:45pm	Dosha Yoga Women's Health Report	Kravitz	
8:45am – 10:45am 10:45am – 11:15am 11:15am – 12:45pm 11:15am – 12:45pm 11:15am – 12:45pm 11:15am – 12:45pm	Dosha Yoga		





Registration Form

Register online, LIVE by phone, fax or mail

шшш.fitnessfest.org - (480) 46I-3888 phone - (480) 46I-0250 fax 663 W. 2nd Ave., Ste. I4 Mesa, AZ 852I0

Address:	City:	State:	Zip:				
Phone:Cell/Work: _	WI	nere do you instruct/train?	?				
Where did you hear about FitnessFest?		Who are you certified with?					
Visa/MC/Discover#		Exp:					
<u>Cancellation Policy</u> : Cancellations MUST be in writing and postmarked by March 15 th , 2011. A \$50 processing fee will be deducted from your refund. No refunds will be granted after March 15 th , although you may send someone in your place. <u>Registration after April 15th, 2011:</u> Add \$20 to total fees when registering after Third Deadline or on-site.							
	First Deadline <u>January 14th, 2011</u>	Second Deadline February 25 th , 2011	Third Deadline April 15th, 2011				
Full Conference (Fri, Sat & Sun; includes Saturday Networking Lunch)	\$239	\$259	\$299				
Two Days of Workshops	199	239	269				
One Day of Workshops	159	189	199				
Single Workshop	49	59	69				
Thursday 04/28/11 Pre-Conferences:							
YOGASTRETCH for Health & Wellbeing	79	85	99				
Healthy Transformational Posture	69	75	89				
Saturday Networking Lunch *incl w/Full Conf Lunch Options:	12	12	12				

This form serves as your official receipt for FitnessFest Scottsdale 2011. Any additional information can be requested from our office at (480) 461-3888 or waterworks123@msn.com.

Special Notes and Discounts:

- Best Value: Full Conference take as many workshops as you can fit into your schedule Fri, Sat & Sun, plus get the Networking Lunch free (a \$12 value). Full Conference does <u>not</u> include pre-conference workshops.
- **Group Rates:** Register five participants <u>together</u> and each person will receive 10% off total fees. **Must register together**.
- AEA members: Deduct \$10 from a one-day, two-day or Full Conference. Please make membership known upon registering.
- Split Payment Available: Pay half Total Due now (plus a \$10 fee) and the other half by March 15th, 2011.

Continuing Education Providers

2) Greek Salad w/ Falafel

4) Tuna Wrap

- AEA: FitnessFest is an approved CEC provider for the Aquatic Exercise Association.
- ACE: FitnessFest is recognized by the American Council on Exercise as a "Continuing Education Specialist".
- AFAA: Selected courses (indicated on registration form) have been approved by the Aerobics and Fitness Association of America for CECs.
- NASM: FitnessFest is a continuing education provider for NASM.



Full Name:

Grilled Salmon Salad
 Veggie Wrap



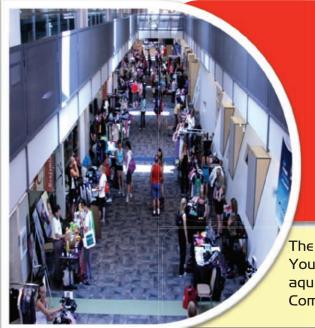


Total Paid:

NASM



DETAILS



Expo Hours: Friday, April 29 10am- 3pm Saturday, April 30 10am — 3pm Sunday, May 1 10am — 1pm

The expo is FREE to attend for all conference participants. You'll find music, DVDs, fitness and yoga clothing, swimwear, aqua equipment, footwear and many more items and services! Come shop with us at the Expo!

Opportunities:

Vendor space available.
Contact us today for more information or visit www.fitnessfest.org

Sponsor/Vendor info.
Call 480.461.3888 and ask for
Angela or email
amt81@aol.com.



FitnessFest 2011 CONFERENCE AND EXPO

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The first 50 to register receive a Free Muscle Mixes CD



Reasons to Attend:

- Earn All Your CECs
- Zumba Certification
- 2010 IDEA Instructor of the Year Carol Murphy
- International Phenomenon Lawrence Biscontini
- 2009 IDEA Instructor of the Year June Kahn
- Dr. Len Kravitz, Leslee Bender, Craig Stuart,
 MaryBeth Marotto and over 15 more
 amazing presenters!

Save the Dates:

Red Rock Reflections 2011 presented by FitnessFest July 29th - 31st Sedona, AZ

FitnessFest Tucson 2011 Conference & Expo October 2011 Tucson, AZ

www.fitnessfest.org