



## Conference Descriptions \* October 21-22, 2022

AQ: Aqua CY: Cycling GE: Group Exercise MB: Mind Body PT: Personal Training S: Seniors

### Group 1: Friday 10/21/22 7:00 am - 8:30 am

#### 701 Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Alex McLean

##### Workshop: CY

K.I.S.S. the class design blues away! Learn how to create thoughtful, physiologically sound classes that provide RESULTS! We simplify the process to save you time while setting riders up for success. Unlock the secret of the Schwinn Coach's Pyramid and set the stage for powerful performances! Whether you're a seasoned pro or rookie of the year, this workshop will change your mindset on class design.

#### 702 Reimagine Your Strength Program with Lamarr Smith

##### Workshop: GE, PT

Join Lamarr to learn simple concepts to reimagine your strength programs. You will walk away with the ability to get more out of your program with less equipment and less time.

#### 703 Core Movements with Kia Williams

##### Workshop: GE, MB, PT

Experience the best of "Core Moments" brought to you by the author of the newly published fitness book, Functional Core for Women: Targeted Training for Glutes and Abs, that's all about the best and most effective exercises for abdominal and glute activation, sculpting, strengthening, isolation, and enhancement. Leave this session with a fresh catalog of exercises and moves that will deliver optimal core benefits and tap into philosophical "core moments" of the social influence on fitness. An added gift to you! Attend this session for free access to exclusive online video exercises that accompany the upcoming book release.

##### Workshop Objectives:

- Explore a newly minted catalog of core specific, abdominal and gluteal muscle exercises.
- Learn how to best cue for proper core stabilization in a group fitness setting.
- Exercise inclusion cueing that encourages healthy body image and self-acceptance.
- Gain a better understanding of accurate and credible scientific research on exercising abs and glutes for fitness gains.

#### 704 Pilates and Fitness: Synergy within Modalities with Adia Callahan

##### Workshop: GE, MB, PT

Regardless of the modality, the foundation of movement is the same: breathing, mobility/stability, and control. We will utilize Pilates exercises that incorporate fitness exercises and emphasize fitness exercises that incorporate Pilates for strength and power.

#### 705 FAI@: How to Launch or Jumpstart Your Business in 2022! with Dr. Dan Ritchie

##### Lecture: AQ, GE, MB, PT, S

In this business focused session, we will focus on simply strategies to launch a brand new business from scratch to 50 clients in 30 days or less. Or if you are an existing business how to jumpstart your business with new clients fast. We will explore, no-cost, low-cost, and some simple strategies to get new clients quickly and effectively. Learn how to better position yourself in your marketplace and know your ideal customer better and what they need to hear from you to respond.

#### 706 The Aquatic Anomaly with Andrea Velazquez

##### Lecture: AQ, GE, MB, PT, S

Understand the intrinsic and physical nature of Water and its impact in our lives, not just in the pool environment. Broaden perception of water and its benefits (holistic, physical). Gain knowledge of the properties of water in comparison to land / gravity. Broaden perception of aquatic fitness and how it can be applied to everyday life, work environment. Understand differences and uses of various types of aquatic equipment.

#### 707 AquaFITcation Power of OM with Jenni Lynn Patterson-La'Cour

##### Workshop: AQ

AquaFITcation teaches the aquatic fitness professional how to build a curriculum for your Aquatic Fitness class when inspired by land-based fitness. This workshop will review the difference between Gravity Resisted training in contrast to buoyancy & drag. Group work will then take popular land fitness videos and as a team aquafy the workout for content to use in their own classes.

### Group 2: Friday 10/21/22 8:45 am - 10:15 am

#### 708 Schwinn® Cycling: Pedal N Pulse with Mindy Mylrea

##### Workshop: CY

Schwinn Indoor Cycling meets Barre in a fusion program that has been taking the country by storm. Amazing cardio combos on the bike flow into elongating, strength-based barre training on the floor using the bikes as barres. Finally, barre students work in the cardio and die-hard cyclists get the flexibility and elongation training their bodies crave.

#### 709 Turn Back Time - Benjamin Button Programming: Nautilus Strength with Sonja Friend-Uhl

##### Workshop: GE, PT



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There actually IS a fountain of youth and we can all access it. The right exercise program can boost the production of hormones that add muscle in addition to enhancing the performance of physiological functions often affected by the aging process. Learn how to apply the variables of exercise program design to help your clients turn back the clock and maintain their youthful appearance and energy levels.

### **710 7 Skills Every Elite Trainer NEEDS to Have with Michael Hughes**

**Workshop: GE, PT**

With so much competition in the fitness space, it can be hard to stand out. After 10+ years and tens of thousands of dollars spent on education, Michael has put together a list of the seven things every elite trainer should know how to do to better serve their clients and turn fitness into a lifelong career. Michael's vision is for you to have a roadmap and understanding of the skills you need to develop to become an elite trainer in the industry! Personal training has long had the reputation of being a hobby job, but by developing these 7 skills, you can turn your passion into a sustainable career.

### **711 5 Reasons to Do Tai Chi AND Offer it to Your Clients with Dianne Bailey**

**Workshop: GE, MB, PT**

While Tai Chi has certainly become more mainstream in recent years, you still may not have actually incorporated it into your programming. Why? Maybe it's the martial arts roots or maybe you think it's too difficult to learn. Maybe you just think you have to become a "master" before you teach it or you've rejected it because of its gentle, slow-moving approach (It can't really be exercise if you aren't sweating, right?). We'd like you to join us for this interactive session to learn some of the science behind why you really should be doing Tai Chi yourself . . . and offering it to your clients.

Objectives:

1. Review research studies behind the benefits of Tai Chi such as balance, reduced stress and improvement in brain functioning
2. Experience Tai Chi by learning some movements from the Yang style
3. Begin to apply the underlying principles of Tai Chi which drive the benefits and understand how these principles can be applied to movement outside of Tai Chi

### **712 If You Build It They Will Come with Tori Lord**

**Lecture: AQ, GE, MB, PT, S**

Having a difficult time hiring quality instructors and just "getting by" with your Group Fitness program since COVID? In this session, we will break down how to recruit talent and rebuild your fitness offerings in the most cost effective and efficient way. Once you build your ROCKSTAR team, your members will have no choice but to be lined up outside your doors to get into your incredible classes!

### **713 Drum Vibes with Andrea Velazquez**

**Workshop: AQ**

Experience functional exercises in 3 planes of motion with special aqua drumsticks and succumb to the sounds of great music. Activate muscles used for basic stability and mobility, upper, lower, core muscles. Increase strength, flexibility, and coordination.

## **FRIDAY PANEL 10/21/22 10:30 am - 11:30 am**

### **714 Take Control of Your Career with Adia Callahan, Ellen de Werd, Tricia Murphy Madden & Lamarr Smith**

**Panel: AQ, GE, MB, PT, S**

We are all trying to find a path forward in this re-designed fitness world. In what is surely to be a lively panel discussion, we will discuss the importance of taking control of your career and all of the opportunities that exist for you now and in the future. Our esteemed panelists will walk you through how to best navigate the industry and find your own way. We will also discuss the importance of knowing your worth and advocating for yourself in the fitness industry. Walk away with confidence to choose the best opportunities for you or create your own, earn more than a fair wage, and leave your impact on the world.

## **Group 3: Friday 10/21/22 12:30 pm - 2:00 pm**

### **715 Schwinn® Cycling: Master Your One - Rule Yourself & Rock Your Room with Mindy Mylrea**

**Workshop: CY**

An extraordinary cycle class is artfully crafted with thoughtful and intentional moments of emotion and excitement delivered with great music and dynamic coaching. Lean into your strengths and the personality of your room to unleash the power of connection. YOU hold the key. Rule yourself and unlock the potential of your room.

### **716 The Ultimate Collaboration: Workouts with Purpose! with Aimee Nicotera**

**Workshop: GE, PT**



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Experience the combination of intelligent, inclusive programming with rebounding innovation and fun for the ultimate fitness experience! Discover what happens when E5 Collective and JumpSport® join forces to bring you a science-based approach to building resilient bodies, improving brain health, and fostering a positive mindset.

### **717 Apple Bottom! with Elizabeth Andrews**

**Workshop: GE, MB, PT**

This class is designed to help you fill those jeans. Let's be honest, aesthetics is still queen. But a strong functional backside gives the queen a run for her money. Learn how to optimize glute function by way of power, load, mobilization and stability drill and exercises...and be prepared to rid your closet of any pants without stretch!

### **718 WARRIOR Strength™ with Ellen de Werd**

**Workshop: GE, MB**

Tired of spending time at home memorizing choreography? Looking for creative metabolic conditioning that you can roll out quickly and change frequently? Are you passionate about lifting heavy and find “moving to the beat of the music” sometimes impedes your ability to increase load? Wish you could incorporate more of a coaching style into some of your sessions? Feel like CORE and MOBILITY should play a bigger role throughout programming? If you nodded even once, this session is for you! Sometimes coming up with new ways to teach cardio and weightlifting feels a bit like reinventing the wheel but WARRIOR Strength™ has a fresh approach to the basics. This format is perfect for group exercise or small group training. It is a great solution for the fitpro who is looking for something simple, effective, and smart.

### **719 Becoming the Go To Personal Trainer in your Area through Community Building with Matt Benvie**

**Workshop: GE, MB, PT, S**

Personal trainers and fitness professionals are leaders and are sought after to help people with their health. With that trust and platform comes great responsibility. Matt will share tips on how to become the go to personal trainer (or gym) in your area through no cost and low cost community building strategies and local business partnerships. Matt will break down his partnership with a local bike race for cancer that has resulted in \$775,000 raised over 3 years through his gyms as well as local business partnerships that have turned into endless leads for new clients.

### **720 Love Your Body through Movement with Dani D. Fitness**

**Lecture, A, GE, MB, PT, S**

Dani D. Body positive fitness brand owner will be discussing her journey to loving her body throughout her healthy lifestyle journey which has ultimately led to her success in every other aspect of her life. Through her journey she will be answering questions on how to truly build confidence, help you understand how to simplify life and stop comparisons in a society that only knows how to compare.

### **721 S'WET™ Boot Camp with Jenni Lynn Patterson-LaCour**

**Workshop: AQ**

Get your students energized with our high-intensity boot camp classes! By combining circuit training with creative exercises and equipment, this course offers new ways to optimize your pool space with some hard-core aquatic training, helping students achieve results they want.

## **Group 4: Friday 10/21/22 2:30 pm - 4:00 pm**

### **722 Schwinn® Cycling: HIIT & Quit it! With Jenn Hogg**

**Workshop: CY**

HIIT is still a hit! Fusion workouts are still in fashion & shorter, efficient workouts are completely on trend. This workshop explores ways to give members everything they want in a 30-minute workout that works! Fast, fresh fitness. Are you ready to HIIT it & QUIT it?

### **723 Welcome to the Jungle (Gym) Optimizing the HIIT Experience with Sonja Friend-Uhl**

**Workshop: GE, PT**

Bring your beast mode! Journey into the many ways you can monkey around with HIIT. Experience multiple modalities. Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client or member success.

### **724 Principal of Progressive Overload powered by Savvier Fitness® with Lauren George**

**Lecture: AQ, GE, MB, PT, S**

Progressive overload is when you gradually increase the weight, frequency, or number of repetitions in your strength training routine to continuously challenge the body and build strength. This is KEY to helping our students see results! In this workshop, we will explore 5 creative ways to build progressive overload into your strength classes. We will break down the science and then break out the dumbbells for a full master class to see these principles in action.



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### 725 YogaCore with Kim Gray

Workshop: GE, MB

Core center strength is the key to a successful yoga practice, crucial to the support of the internal organs, and helpful in any fitness program. Delve into the core musculature and explore the relationship between yogic bandhas (or locks) and core activation. Discover the importance of the “lustrous gem” at the solar plexus and the connection to our personal power. Experience a stimulating yoga practice that awakens and inspires while activating all the core muscles - even those you didn’t know about!

### 726 FAI@: Exercise Program Design for the 55+ Client with Dr. Dan Ritchie

Workshop: GE, MB, PT, S

One of the biggest challenges we hear is how to design effective and safe exercise sessions especially with a wide range of fitness levels in clients age 55-75. Learn and workshop several case studies to see how you can design programs for 4 functional levels, so you can train clients more effectively at a wide range of levels, experience and ability.

### 727 Top Foods for a Healthy Gut Microbiome with Bruce & Mindy Mylrea

Lecture: A, CY, GE, MB, PT, S

A healthy gut microbiome is an essential component for long term health. Your microbiome is a complex community of over 100 trillion microorganisms that have a diverse array of health consequences that have just recently been discovered by nutritional scientists.

In this lecture, you will:

1. gain a working knowledge of your intestinal tract
2. learn about the most important foods to consume for a healthy microbiome
3. learn about the thousands of substances that can positively or negatively impact your health

### 728 Liquid Star with Andrea Velazquez

Workshop: AQ

The star is a fun and practical equipment easy to use and adaptable for different kind of population. With this small equipment you can do cardio, strength training, toning, yoga/holistic and functional workout. Increase flexibility, range of motion, improves balance, proprioception, improve blood circulation, core strength and stress free for your joints.

## Group 5: Friday 10/21/22 4:30 pm - 6:00 pm

### 729 Schwinn® Cycling & Intelligent Cycling® present Prime Design 2.0 - Programming like a Pro with Jason Schneider

Workshop: CY

Work that works. Riders want results and Schwinn knows how to get them. When you simplify your class designs, and program like a personal trainer, you work smarter and your riders get stronger. This workshop partners with Intelligent Cycling to show you how to create ride profiles in a way that allows you to track, progress and program like a pro with their turnkey programming software. Get more mileage out of your class designs and show your riders how much stronger they have become. WIN-WIN!

### 730 Bodyweight Workshop with Lamarr Smith

Workshop: GE, PT

Join Lamarr to learn how to use your body as the ultimate piece of equipment. You will walk away with new skills to train your clients or lead your class without the use of any equipment.

### 731 Tabata Bootcamp™ with Mindy Mylrea & Jenn Hall

Workshop: GE, MB, PT

Tabata Bootcamp™ is a sustainable fitness and eating program that truly changes people’s lives by turning traditional fitness protocol on it’s head. As a Tabata Bootcamp™ trainer your mantra will be “more is not better - better is better”. Using current HIIT and Tabata research, metabolic profiling, perfect exercise programming, and daily web interaction you will learn how you can lead this ahead of it’s time body transformation program and generate an amazing income stream owning your own 8-week total body turnaround bootcamp business. Empower your clients with the Take 3 eating method that will change the way they eat forever and learn how to finally fit working out INTO your life. Tabata Bootcamp™ will allow you to create a business for yourself and permanent change in your clients.

### 732 Movement Play with Elizabeth Andrews

Workshop: GE, MB

This “one stop shop” class- with a playful vibe, is designed to challenge stability, mobility, power, strength with a sprinkle of cardio. We were designed to move in many ways, many angles. We will play and train, incorporating this philosophy. Be ready to sync movements together to create a playful flow that may or may not take you off of your mat.

“We do not quit playing because we get old, we get old because we quit playing” G. Bernard Shaw

### 733 How to Run a Challenge in 2022: Increasing Client Results & Engagement with Matt Benvie

Workshop: GE, MB, PT, S



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From presale to the end of your challenge and everything in between, Matt will dissect his 6 week challenge that had 280 sign ups and brought in 75,000 in revenue on the front end with 100,000 on the back end. Matt has been doing 4 challenges per year since 2013 and they are the biggest source of new clients while delivering incredible results. There is nothing like a great challenge to build community and offer extra support to your clients. You'll learn how to sell a challenge without spending time on the phone or sounding like a salesperson, what to offer, how to offer it and how to keep clients accountable.

### 734 Becoming a Woman Entrepreneur with Dani D. Fitness

Lecture: A, GE, MB, PT, S

Dani D. Successful brand owner and business owner. Celebrating 5 years of business Dani D. Will be helping to go through things she's learned with starting a business, as well as things that didn't go according to plan and helping you whether you're just getting started or starting over with your journey to becoming an entrepreneur.

### 735 S'WET™ Silver with Jenni Lynn Patterson-LaCour

Workshop: AQ

Expand your techniques using level II, grounded and equipment assisted high-intensity exercises to elevate your elite senior/low level mover aqua enthusiasts. Incorporate everything from cardio intervals, balance work and core teasers that will keep our active aging population coming back for more!

## FRIDAY NIGHT PARTY 10/21/22 7:00 pm

The 3 C's of a Great Class Experience with Lauren George

*Light hors d'oeuvres and a cash bar available.*

## Group 6: Saturday 10/22/22 7:00 am - 8:30 am

736 Schwinn® Cycling & Intelligent Cycling® present Prime Design 2.0 - Programming like a Pro with Jason Schneider

Workshop: CY

Work that works. Riders want results and Schwinn knows how to get them. When you simplify your class designs, and program like a personal trainer, you work smarter and your riders get stronger. This workshop partners with Intelligent Cycling to show you how to create ride profiles in a way that allows you to track, progress and program like a pro with their turnkey programming software. Get more mileage out of your class designs and show your riders how much stronger they have become. WIN-WIN!

### 737 E5 COLLECTIVE® - Loop Band Play with Aimee Nicotera

Workshop: GE, PT

E5 COLLECTIVE® provides a fresh combination of loaded movement training, brain training and HIIT, while also promoting readiness, recovery and a positive mindset. Discover how a simple tool like the loop band is used to challenge all fitness levels and abilities!

### 738 HIIT the Dance Floor Elizabeth Lenart and Lisa Reynolds

Workshop: GE, MB, PT

Who wants to take the 8 count up a notch? Learn to elevate and accelerate your classes by creatively blending bursts of HIIT into your dance, barre and cardio workouts. We'll take you from balletic to athletic at the top of your 5-6-7-8!

### 739 Why Restoration is the New Cardio with Michael Hughes

Workshop: GE, PT

Fitness is a trendy industry, but the problem with trends is that they come and go leaving trainers burnt out trying to hop on the next greatest thing. But what if, instead of following the trends, trainers innovated for the long game. This is exactly what Michael did by blending restoration with performance training. In doing this, we've significantly decreased the injury rate of our clients and kept our average churn rate down to 3% (compared to an industry average of 10%). By incorporating more restorative practices, trainers can keep their injury rates low and their client retention rates high. Michael's vision is for you to increase your client retention through incorporating more sustainable practices into your programming and workouts. We can break the cycle of injury by shifting the mentality away from "no pain, no gain" and always pushing to 100%.

### 740 FAI® Power Training for Older Adults, How to Safely Train for Power and Speed with Dr. Dan Ritchie

Workshop: GE, MB, PT, S

Learn the science and research behind power training and why it is more critical for function than strength alone. Do some hands on power movements at various levels from lower function to high function. Why speed is so critical as we age and what we can do about it in our training sessions.

### 741 Transition to a Plant-Based Diet with Bruce & Mindy Mylrea

Lecture: AQ, GE, MB, PT, S

Plant-based foods have been proven to prevent or reduce the risk of chronic disease. However, making the transition to this type of diet can be an overwhelming obstacle. Armed with the latest research in behavioral change and nutrition, Bruce has jam packed this



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lecture with simple behavioral change strategies and nutritional tips to help your clients overcome their negative dietary habits and transition to a healthier lifestyle.

### 742 Drum Vibes with Andrea Velazquez

Workshop: AQ

Experience functional exercises in 3 planes of motion with special aqua drumsticks and succumb to the sounds of great music. Activate muscles used for basic stability and mobility, upper, lower, core muscles. Increase strength, flexibility, and coordination.

### Group 7: Saturday 10/22/22 8:45 am - 10:15 am

#### 743 Schwinn® Cycling: Dry-Tri: Beast Mode Fusion with Jenn Hogg

Workshop: CY

Fusion workouts are all the rage, and this daring trifecta is designed to push your limits. Let Schwinn show you how to do it right while taking the workout next level. Bring your beast mode to heart pounding cardio modalities with smart muscle conditioning for strong, balanced bodies ready for any challenge. Time to dig deep and throw down like a true warrior.

#### 744 Cardio Coach Movement Assessment Workshop by Star Trac with Sonja Friend-Uhl

Workshop: GE, PT

There are many ways to use cardio equipment including steady state, interval training and variable modality training all with specific benefits and outcomes. Choosing the right modality for each client is a balance of client goals, client abilities and client preferences. The purpose of this workshop is to teach participants how to perform a basic client assessment for a functional movement as it relates specifically to cardio modalities.

#### 745 YogaLean with Beth Shaw

Workshop: GE, MB

Explore the idea of Lean Consciousness, which means listening to the needs of your body so that you feel the difference between optimal health and a life that's unhealthy. Living in Lean Consciousness empowers you to make choices that honor you, transform your body, refresh your mind, and nurture your soul. Ultimately, you become a better, more authentic version of yourself. Experience these concepts in a fitness building and fat-burning YogaFit class with modifications for all fitness levels.

#### 746 FAI®: Balance Training Games and Circuits with Dr. Dan Ritchie

Workshop: GE, MB, PT, S

Balance for our clients over 60 is a critical element to be training. Learn how to incorporate, agility drills, ladder drills, partner games, obstacle courses and more in this fun hands on session.

#### 747 Leveraging Social Media to Grow Your Fitness Business with Lauren George

Lecture: AQ, GE, MB, PT, S

Instagram changes faster than we change our choreography or training plan and what is working for the "social media experts" doesn't always translate to fitness. So how in the world are you supposed to keep up and use Instagram to grow your fitness business? Let me show you! We'll discuss everything from what content actually helps you convert sales to how to batch content like a pro in less time

#### 748 Dude Moves with Chris LaCour

Workshop: AQ

Looking to get men interested in Water Classes? This workshop will help with that! Chris has pulled together the most intense aquatic exercises the guys in his classes love to do. These moves target not only your whole body, but your cardio as well. Come learn what you can incorporate into your water classes or PT sessions.

### SATURDAY PANEL 10/22/22 10:30 am - 11:30 am

#### 749 Leveraging Community within the Fitness Industry with Adia Callahan, Elizabeth Andrews, Alex McLean & Kia Williams

Panel: AQ, GE, MB, PT, S

Join us for a panel with industry leaders to learn how to build community within the health, fitness, and well-being Community. Each leader on this panel has a different perspective and expertise to share about building relationships both inside and outside the fitness industry. Attendees can expect to leave with new ideas and insight into the supportive relationships they can benefit from with the right mindset and communication strategies.

### Group 8: Saturday 10/22/22 12:30 pm - 2:00 pm

#### 750 Schwinn® Cycling: Ride or Die: Killer Vibe to Connect with your Tribe with Jenn Hogg

Workshop: CY

You know when you're with your tribe you will "ride" ANY stage drill with them or "die" trying. Learn techniques for getting into your riders' heads to push them farther than they thought possible. Understand the importance of creating that connection not only to the work but to each other to harness the power of a team. You can be strong alone, but you will be stronger together.



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### **751 Leaps and Bounds: JumpSport® Athletic Training™ with Sgt. Ken®**

**Workshop: GE, PT**

Leap and Bounds: JumpSport Athletic Training with SGT Ken® is a powerful Variable Intensity Interval Training (VIIT) program with a unique collection of PRO fitness trampoline calisthenics. In teams of four in a fixed circuit, participants will discover how a reactive surface will test their strength and stamina in seconds. #LeapsAndBounds

### **752 Pumped Up Strength® with Lauren George**

**Workshop: GE, MB, PT**

Get ready to pump up the music! Pumped Up Strength takes resistance training to the next level by utilizing combination movement patterns to create a total body strength routine that will rev your metabolism, challenge your body in new ways, and improve your myofascial network. In this workshop, we will explore the benefits of exercising to music and how you can harness that energy to take your classes and your students to the next level!

### **753 WARRIOR Rhythm™ with Ellen de Werd**

**Workshop: GE, MB**

Ever wish you loved yoga? WARRIOR Rhythm™ is the bridge between classic group exercise and traditional yoga. With its rebel vibe, edgy playlists, and unconventionally sweaty flows this format will rock your world! We intertwine mindfulness, yoga, weightlifting and even HIIT training into an extraordinary experience. We are where woo-woo meets WAAHOOOOO!

### **754 FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach with Dr. Dan Ritchie**

**Workshop: GE, MB, PT, S**

Learn the foundation of the Functional Aging Specialist and Group Specialist material. How we train the 6 domains of human function for maximal function and longevity. Look at the research and evidence for what exercise programming works. Explore program design options and various client case studies

### **755 Wellness for Fitness Professionals with Adia Callahan**

**Lecture: AQ, GE, MB, PT, S**

An honest discussion on how as wellness professionals, we can sometimes sacrifice our own well-being while supporting others. We will talk the talk on caring for mental, physical, and emotional wellness through addressing our needs and setting boundaries

### **756 Liquid Gym Tool Kit with Andrea Velazquez**

**Workshop: AQ**

Experience awesome exercises utilizing 5 different “tools” and take your workout into a new realm. Equipment can be combined or used individually to create unique classes. Work on upper, core and lower body with specific movements that can increase coordination, flexibility, balance, stability and strength. REMEMBER YOUR POSTURE and ALIGNMENT. Have Fun!

## **Group 9: Saturday 10/22/22 2:30 pm - 4:00 pm**

### **757 Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Alex McLean**

**Workshop: CY**

Rhythm rides don't need smoke and mirrors or unnecessary distractions. It's time to stop the madness. Discover how to capture and captivate your riders the RIGHT way. Learn how to program a Rhythm Ride to create a magical, memorable workout that gets real results.

### **758 Purpose NOT Circus - Legit HIIT with Abbie Appel**

**Workshop: GE, PT**

You can have too much of a good thing. Over-programming HIIT lends itself to overtraining and potential injury. Learn the benefits of aerobic steady-state and aerobic interval training and how to design workouts that blend the best of both to burn calories and torch fat while reducing the risk of injury.

### **759 Fierce Fusion Fest with Jenn Hall**

**Workshop: GE, MB**

Make the most of your participants' limited time in this session designed to seamlessly fuse the muscular endurance of barre classes with other popular easy-to-follow cardio intensive formats. Learn to add your own personal teaching touch to create a fierce, fun, full-body workout that your participants will adore.

### **760 Healing Trauma with Yoga with Beth Shaw**

**Workshop: GE, MB, PT, S**

Traumatic events are a part of life and no one is immune. Any event which threatens personal safety activates the sympathetic nervous system (SNS), a necessary and important survival response. Sudden horrific experiences, chronic experiences, or seemingly mundane



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experiences can manifest themselves in the body, creating imbalance and wreaking physical, emotional, and mental havoc when the SNS is unable to turn off. Continuous activation of the SNS rewires the nervous system, and physical changes take place in the brain and endocrine system that make healing more challenging. These changes can result in mood disorders, disease, addiction, self-esteem issues, anxiety, depression, lethargy, hopelessness, and destructive behavior. Healing comes from rebalancing and reversing the impact of the trauma on the brain. According to tradition, yoga is believed to cultivate happiness and reduce suffering with long-term, regular practice. Fortunately, studies are proving what yoga practitioners have known for ages - yoga reduces suffering. Yoga, breathing, and meditation practices can be used as an adjunct to clinical care as a way to cope with the symptoms of trauma. Experience the difference in a trauma-informed practice.

### **761 4+1 ways to Incorporate Tai Chi into your Business with Dianne Bailey**

**Workshop: GE, MB, PT**

Tai Chi is not just for classes. Understanding the principles of Tai Chi will actually help increase the effectiveness of your business in ways you might not have considered. This session will help you understand how to bring Tai Chi into your business and open up opportunities for your community.

### **763 B.Y.O.B. (Build Your Own Brand) (Lecture Only) A.J. Meyers**

**Workshop: AQ, GE, MB, PT, S**

This workshop is designed to help instructors understand the importance of identifying and then building their own brand. To achieve this goal, we will do some group exercises and engage in a motivational dialogue to answer the following questions together: What is a brand, and how is it more than just a logo? What can a brand do for a small or start up business? Do I need a brand if I'm not a real business? Do I have a brand already and am I using it right? The second part of the lecture will focus on the latest and greatest tools, methods, platforms and practices to harness the power of your own brand to build up business and attract new clients.

## **Group 10: Saturday 10/22/22 4:30 pm - 6:00 pm**

### **764 Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Abbie Appel**

**Workshop: GE**

Where did you get that song! Schwinn has the secrets to sourcing music for playlists that rock every ride. Learn where to find the tunes and uncover new apps and programs to remix and customize your own tracks. You're going to want a backstage pass to this show! Become your own DJ and the savior of savvy playlists.

### **765 Let Me See You Bounce: JumpSport® AMRAP Challenge™ with Sgt. Ken®**

**Workshop: GE, PT**

Let Me See You Bounce: JumpSport AMRAP Challenge™ with SGT Ken® is a fun team-driven fitness circuit utilizing the PRO fitness trampoline. In teams of four, participants perform a progressive series of multi-directional movements at as many reps as possible (AMRAP) for several competitive intervals to enhance stamina and stabilization. #LetMeSeeYouBounce

### **766 Cardio Dance powered by Savvier Fitness® with Elizabeth Lenart & Lisa Reynolds**

**Workshop: GE, MB**

Step away from your worries and join me on the dance floor for this cardio based, music driven class. We'll sneak in the health benefits while having fun. You'll want to keep the party going long after the class is over.

### **767 Pilates Principles for ALL Fitness Professionals with Adia Callahan**

**Workshop: GE, MB, PT**

This session is designed for both new and experienced Personal Trainers and instructors to refine their understanding of the key principles of Pilates and how they can be applied to EVERY exercise. The information presented in this session will help enhance your overall understanding of, and ability to cue, correct movement.

### **768 The 8 Strands of the Brocade with Dianne Bailey**

**Workshop: GE, MB, PT, S**

Come experience some Qigong with Dianne. Qigong is the grandparent of Tai Chi. This session is completely experiential. You will learn to do the 8 Strands of the Brocade and feel the relaxation it brings.

### **769 Redefining Your Fitness Identity and Intuitive Programming Blueprint with Lamarr Smith**

**Lecture: AQ, GE, MB, PT, S**

Join Lamarr to learn and discuss how holding on to specialized fitness identity can be limiting you and your clients growth.

### **770 AQUA Combat with Andrea Velazquez**

**Workshop: AQ**

Train like a boxer with USA Acquapole's (Indigo Aquatics') exclusive, AQUA COMBAT LIQUID GLOVES! This explosive, high intensity aquatic workout will have you punching, bobbing & weaving and kicking like a pro in the pool! These power packed aqua gloves will



## Conference Descriptions \* October 21-22, 2022

AQ: Aqua CY: Cycling GE: Group Exercise MB: Mind Body PT: Personal Training S: Seniors

help you gain muscular strength, balance, coordination, and endurance through resistance and martial sports training movements. "Float like a butterfly...sting like a bee" with AQUA Combat!