

**Group 1 Friday 10/27/23 7:00am – 8:15am**

**701 What's Your Type – Nautilus® Strength with Aimee Nicotera  
Workshop: GE, PT**

The SAID Principle states, human physiology adapts to the specific demands placed on it. There are various types of strength-training with each requiring a specific approach to exercise. This interactive workshop will describe the various types of strength training including Agile, Maximum, Relative and Starting while addressing the physiology of how each is distinctly different from the other. Learn how to apply the different types of strength to allow your clients achieve a wide variety of goals.

**702 Schwinn® Cycling: R.I.S.E. & #RideRight with Jenn Hogg  
Workshop: CY**

Results = Intensity + Science + Execution. Want your riders to get results? It's all about intensity and staying true to the science of authentic cycling executed in a masterful class design that follows this simple set of rules. When you ride right, you always get results.

**703 Boats, Bands, and Battle Ropes™ with SGT Ken®  
Workshop: GE, PT**

Boats, Bands and Battle Ropes: The Rowing and Resistance Training Trilogy™ with SGT Ken® is an extraordinary exercise program that combines the WaterRower, Strength Bands, and Battle Ropes. Come experience rowing and resistance training in a super circuit that will test your strength and charge your spirit like never before! #WaterRowerFitness

**704 Integrated Strength: The Ultimate Total Body Workout with Lauren George  
Workshop: GE, PT, S**

Group fitness students love a total-body workout, which can be a lofty and sometimes overwhelming goal to achieve in 50 minutes. In this session, you will learn how to do just that. Utilize your core and lower- and upper body simultaneously, all while moving dynamically to the beat. You will walk away with the tools to build classes that have your students feeling and experiencing the most efficient workout of their week.

**705 Corrective Exercise for Chronic Shoulder and Neck Issues with Dr. Evan Osar  
Workshop: GE, PT, S**

Many individuals experience limited shoulder range of motion which impacts both activities of daily living and exercise. Loss of shoulder stability is also a common cause of rotator cuff impingement and chronic neck tightness. During this session, the health and fitness professional will discover how the shoulder functions and why common posture and movement issues lead to problems. Additionally, they'll learn how to easily assess and choose the most effective corrective exercises for improving stability and mobility. Finally, they'll leave understand how to integrate the shoulder into functional exercise while improving posture and movement.

**Learning Objectives**

After attending this session, participants will be able to:

- describe the anatomy and function of the shoulder muscles while demonstrating their impact upon posture and movement
- demonstrate how to assess for common suboptimal strategies that lead to the forward shoulder issues and common issues including the impingement syndrome and neck tightness
- utilize the most effective corrective exercise strategy to improve shoulder stability and mobility
- Integrate a more effective strategy into the fundamental movement pushing and pulling patterns necessary for improved strength

**706 Rise and Grind Pilates with Alicia Jerome  
Workshop: GE, MB**

READY FOR THE GRIND! Start your day off on the right foot with this early morning Pilates Mat workout using light weights. A perfect mix of using light weight to effectively work all muscles while performing Pilates Mat exercises.

**707 How To Find And Enroll New Clients Using Social Media with Brandi Clark  
Lecture: AQ, GE, MB, PT, S**

Whether in person or online you must know how to use social media to find new clients and fill your classes and programs. In this session you will see how easy it is to find, connect with and convert new clients and participants using social media WITHOUT salesy tactics and and gross cold DM's.

**708 Turbulence Training with Aqua-Ohm with Irene PluimMentz  
Workshop: AQ**

Let's create some turbulence to spice up your water aerobics, boot camp, warm water, rehab, and personal training sessions. Explore how the Aqua-Ohm can add resistance to arms and legs and challenge the core. This equipment, part of the Liquid Gym Toolkit, effortlessly adjusts for size and resistance level.

**Group 2 Friday 10/27/23 8:30 am – 9:45 am**

**709 Smart "Hands Off" Partner Play with Aimee Nicotera  
Workshop: GE, PT**

Adding accountability and cognitive strategies to a training session adds another level of challenge for the mind and body. This session provides the perfect mix of brain training, total body conditioning, accountability, and fun without the invasive element! Leave with 20+ partner drills to use tomorrow!

**710 Schwinn® Cycling: Let the Beat Drop – Mastering Cycling Musicality with Abbie Appel  
Workshop: CY**

You don't need smoke and mirrors or unnecessary distractions when you master cycling musicality. Discover how to capture and captivate your riders by tapping into the emotion and hidden beats of a well curated playlist. Learn how to create a magical, memorable rides with incredible musicality that drive performance for real results.

**711 Pro Athlete Core Conditioning with Dane Robinson  
Workshop: GE, PT**

Take core training for your clients to a PRO level in this performance-based core training workout. As a former professional football player, Dane will help you utilize range of motion, stability, and power core training principles from the world of professional athletics!

**712 All About the Ankle with Dr. Emily Splichal  
Workshop: GE, PT, S**

From dorsiflexion to plantarflexion, the ankle joint dictates how we load and transfer energy when we walk, run or jump. Join functional podiatrist Dr. Emily as she explores the ankle joint complex and some of the most common compensation patterns observed in the client. In this dynamic session, you'll learn how to assess, mobilize and improve ankle joint function.

**713 Resistance Band Total Body Band with Gail Bannister-Munn  
Workshop: GE, PT**

This is a Full body strength workout using resistance bands! Resistance bands can strengthen your muscles as effectively as more traditional weights. This workout will target your entire body--upper, lower and core and helps to rehab muscle injuries. This workout is great if you are looking to tone and build strength without the use of heavy equipment. We use resistance looped bands, and small bands.

**714 How To Live To 120 with Bruce & Mindy Mylrea  
Lecture: AQ, GE, MB, PT, S**

Incredible advances have been made in the world of genetic research in just the last five years. Scientists are uncovering remarkable proteins in our bodies that have the ability to maintain and repair our DNA to keep us young and healthy for well over a century. This lecture reveals the latest epigenetic research and the simple steps we can all take to improve and lengthen our health and lifespans based on solid evidence.

**715 Smart Circuits with Katy Coffey****Workshop: AQ**

Regardless of the type of equipment or size of your class, circuit training can effectively give your students a total body workout. Learn three different ways to structure your classes with a variety of equipment that is available at your pool. This is an ideal workshop for pools who purchased a small handful of specialty equipment. This workshop may be customized to host sites' equipment.

**PANEL DISCUSSION: Friday 10/27/23 10:15 am – 11:15am****716 Less Bustle, More Hustle with Jamie Nicholls, Brandi Clark, Laura Monk, Michael Pipitone & Joey Stabile**

Calling all fitness professionals and leaders wanting to do more and provide more for your clients and team but feel you need more time to keep it all straight. As we strive to meet client expectations, we must recognize the tools we have at our fingertips to help us stay connected with our clients without an endless amount of extra work. This panel will help you identify tools, build systems and strategies and use technology to make the most of your time while serving the needs and expectations of your clients.

**Group 3 Friday 10/27/23 12:00 pm – 1:15 pm****717 HIIT High Five by StairMaster® with Abbie Appel****Workshop: GE, PT**

Wow your students with this efficient, total-body, one-of-a-kind workout! Cross-train with 5 elements of fitness and motor training. Experience cardio, muscular strength, muscular endurance, SAQ (speed, agility and quickness) and balance... all essential to a well-balanced program. Learn sure-fire techniques to replicate this workout and help your student reach their goals in a fun, group environment.

**718 Schwinn Cycling®: Leader of the Pack with Jenn Hogg****Workshop: CY**

How do you separate yourself as a cycling instructor? Lean into your strengths and the personality of your room to unleash the power of connection. Stay ahead of the competition and solidify your place on the podium. Dare to lead.

**719 Minimal Equipment, Maximal Impact! with Aimee Nicotera****Workshop: GE, PT**

Give your clients what they need and what they want! Discover how the E5 Collective® formula uses minimal equipment to help your clients build a resilient body and improve confidence. Experience programming designed to improve movement strength, cardiovascular fitness, cognitive function and mobility.

**720 WARRIOR Rhythm™ | Secrets to Successful Students with Ellen de Werd****Workshop: GE, MB, PT**

Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing. Want to create an environment in your classes where students feel successful? Learn how to create a safe space for students that struggle to get up and down off the floor quickly, don't know the fancy names of yoga poses, or perhaps lack confidence and motivation. Expect a lively, interactive group conversation following a WARRIOR Rhythm workout that will inspire you to take your group fitness instruction to the next level.

**721 Hands On Stretching Bannister Method™ with Gail Bannister-Munn****Workshop: GE, MB**

Want to know how to Stretch Your Clients? This workshop will show you how important stretching is, and demonstrate how easy it is to stretch your clients on your table, or on the floor. Learn stretches with clear, step-by-step practical applications to increase your skills

**722 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.

**723 Instructor Vocal Care with Chris LaCour****Lecture: AQ, GE, MB, PT, S**

Have you ever finished your classes with a sore and tired throat? Yelling too much over your music? No microphone to help you out? We know how it feels! In this workshop you will walk away with vocal tips, tricks and techniques to keep your vocal instrument healthy and strong. Learn the research behind the vocal health of fitness professionals and how important this ironically unspoken topic affects our industry and livelihoods.

**724 Wet Barre™: Burn with Katina Brock****Workshop: AQ**

This workshop is inspired by the mat work in a barre class on land. You'll hit the same muscle groups but learn creative adaptations that transition these barre, ballet and body weight exercises to the water with intention and precision. Your core, hips and glutes will feel the burn.

**Group 4 Friday 10/27/23 1:45 pm – 3:00 pm****725 Fountain of Youth: Nautilus® Strength with Sonja Friend-Uhl****Workshop: GE, PT**

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. With proper programming, age IS just a number.

**hwinn® Cycling: Breathy Not Breathless – Base-Building Threshold Training with Abbie Appel****Workshop: CY**

HIIT may be here to stay but there are times to HIIT it and then QUIT it! Building your threshold without going breathless is a powerful way to train. Learn methods for creating more variety with your Aerobic intervals and steady aerobic work through thoughtful programming with science to back it up.

**727 Xtreme Hip Hop Step with Mr.Dee****Workshop: GE**

Xtreme Hip Hop is a step program like no other. It combines Xtreme cardio, the step board, Hip Hop music and lots of swag to provide participants a fresh spin on an old concept. Whether participants are beginners, advanced, young or old, they all want a unique but effect workout regimen. Xtreme Hip Hop will help provide a safe and fun class for people of all demographics.

**728 Barre For Cardio Junkies with Lauren George****Workshop: GE, MB**

There's nothing better than working up a good sweat and a good shake at the same time! As barre continues to evolve, participants are looking for the total package in one class. In this workshop, we will dive into how to add meaningful and fun cardio segments to your barre classes. Whether you are looking to throw in cardio to your traditional barre class or want to offer a whole new cardio barre format, you will walk away with a toolbox full of ideas!

**729 Maximize the Benefits of Breathing Optimally for Life and Fitness with Jenice Mattek****Workshop: GE, MB, PT, S**

From everyday life activities to fitness help your clients experience the benefits of breathing optimally. Stress, posture, sickness, and disease can affect the quality of how we breathe. Learn how efficiently and effectively add breath training to your client sessions and show your clients the benefits to get buy in from them.

Attendees will be able to:

1. Will be able to understand the anatomy of the primary respiratory muscles and the benefits of training it.
2. Will be able to explain and demonstrate to their clients the value of breathing optimally in life and while working out.
3. Will learn how to incorporate optimal breathing into their client and group sessions.

**730 Hipster Yoga with Doris Thews**

**Workshop: GE, MB**

Hipster Yoga is 60 minutes of traditional yoga poses and athletic stretches designed to release the hips and offer restorative flexibility for athletes, weekend warriors and anyone who battles tight hips. This non tradition practice will focus on building your clients up through a self care approach so that they can take on activities in life with more flexibility in their hips. This practice is perfect for starting or ending your day with happy hips!

**731 Tips and Tricks For Sustained Weight Loss with Bruce & Mindy Mylrea**

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

Fad diet crazes continue to flood the internet and bookshelves as the weight of the nation continues to rise to dangerous proportions. It's time to pull the curtain away and see what really works for long term weight loss. Learn the science and evidence behind proven strategies for lifelong weight management and sustained health. Don't fall prey to marketing and money-grubbing hype! Based on the latest research from unsponsored, unbiased obesity scientists, this lecture outlines in simple terms what you and your clients need to know to begin a safe, healthy, manageable weight loss journey that will last a lifetime.

**732 Acquapole® Circuit with Andrea Velazquez**

**Workshop: AQ**

Water warriors...turn up your aquatic programming with innovative equipment! Diversify your aquatic class offerings with Acquapole® boxing bag, Liquid Gym Toner Bar and Loops. Are you ready to give your workout PUNCH and a KICK in the H2O? Then accept the challenge to energize your whole body with Acquapole® Circuit.

**Group 5 Friday 10/27/23 3:30 pm – 4:45 pm**

**733 Does Size REALLY Matter? Nautilus® Strength with Sonja Friend-Uhl**

**Workshop: GE, PT**

Why do bodybuilders and powerlifters look so different? The answer lies in the two different types of muscle tissue in our fascia system. Traditional exercise programs focus on the contractile element, however, effective strategies for strengthening the fascia can enhance physical performance while reducing the risk of injury. This workshop will explain these differences and illustrate program design strategies to strengthen the fascia as well as reviewing the science of muscle growth.

**734 Schwinn® Recovery RX with Mindy Mylrea**

**Workshop: CY**

The peaks of training get all the attention – we continue to tweak the ‘work’ to be more challenging and effective, often overlooking the important part our ‘valleys’ play in ‘prescribing’ programs for our riders. Understanding how the fuel you choose, flexibility and strength training you do, and sub-aerobic work you challenge yourself with can enhance performance will help you, and your students, be fitter, faster and healthier. Learn the secrets to dialing in effective recovery strategies both inside and outside the cycling studio. Review the research you need, resources you’ll reference, and rides you’ll relish to give your riders just what the doctor ordered.

**735 Killer Step Choreo with Tricia Murphy Madden**

**Workshop: GE**

Using choreography that syncs together, 32 ct by 32 ct, we will optimize brain performance, while grooving on and off of the step to create some killer moves. This session builds from one side, then the other, and we put it all together for a finale! The DJ crafted playlist is a bonus!

**736 WARRIOR Strength™ | FUN in FUNCTIONal Training 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.

**737 Bulletproof Your Feet with Dr. Emily Splichal**

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

Your Clients' Health Goals - The best client plans are those that are tailored to their current lifestyle. Learn how you can create individualized plans that will practically guarantee their success - without adding to your current workload.

**738 Mini-ball for Max Pilates with Abbie Appel**

**Workshop: GE, MB, PT**

Optimize Pilates and functional movements utilizing a small Pilates Ball. With a focus on core training...abs, back and butt...engage postural muscles for better movements and enhanced aligned. Learn the benefits of using a Pilates ball in your classes and sneak in tricks that add creativity and challenge to help ALL of your clients to move more efficiently.

**739 Own Your Stage: Evolving Your Workouts into Memorable Experiences with Dane Robinson**

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

What if we told you there is a science, system, and ART to the performance of fitness? Dane will walk you through how to capitalize on your unique coach persona, and understand the biochemical journey a member endures. Be ready to create a one-of-a-kind episodic experience that will pack your classes week in and week out!

**740 Noodle Rx with Jenni Lynn Patterson-LaCour**

**Workshop: AQ**

This low-impact workout was created to accommodate students of various heights and fitness levels in a shallow-water class. The first segment focuses on creating class content with grounded moves and the other two segments demonstrate how incorporating a noodle provides creative challenges and reduced impact.

**Group 6 Friday 10/27/23 5:15 pm – 6:30 pm**

**741 Introducing Unconventional Exercises to Your Clients with Tyler Valencia**

**Workshop: GE, PT**

Unconventional exercise tools such as kettlebells, the landmine, steel clubs, Indian clubs and steel maces have been around for ages but have yet to fully integrate into commercial fitness. This workshop will show their versatility, and how to utilize them within the commercial setting. Depending on the space you have available and the equipment present, unconventional exercise tools can create an effective training stimulus. This workshop will showcase popular exercises utilizing a wide variety of equipment at the convention.

**742 Schwinn® Cycling: Prime Design 2.0 – Programming Like a Pro with Jenn Hogg**

**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. K.I.S.S. the class design blues away and learn how to create ride profiles in a way that allows you to track, progress and program like a pro with turnkey programming software from Intelligent Cycling. Get more mileage out of your class designs and show your riders how much stronger they have become. WIN-WIN!

**743 Bootcamp Buckets with Mindy Mylrea**

**Workshop: GE, PT**

Bootcamp training is such a blast to teach but very time consuming to create. What if there was an easy systematic approach to creating crazy creative killer bootcamp classes that your students would love? Now there is. Welcome to Bootcamp Buckets. Learn the system and the strategies for creating smart, safe, and sizzling training sessions every time.

**744 Crunch: So You Think You Can't Dance with Michele Bastos**

**Workshop: GE**

Bring the magic of dancing back with this cardio dance class which combines easy-to-follow moves with a fun choreographic block. This nonstop format will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again! The goal is to dance like nobody is watching or so you think!

**745 Functional Fitness Assessment for Mature Clients with Dr. Dan Ritchie**

**Workshop: GE, PT, S**

Learn how to conduct effective fitness assessments and evaluations with a wide range of functional levels for clients in their 50s, 60s, 70s and beyond.

**746 LETS RESTORE Bannister Method™ with Gail Bannister-Munn**

**Workshop: GE, MB, PT**

This Yoga class is designed to increase muscular balance, strength, flexibility, core strength, and bringing energy into the body. You will learn how to find your Flexibility within each pose, adding Balance, and Strength. Members will develop inner strength and an understanding of their limitations.

**747 Profitable Pathways: Harnessing Offsite Events and Retreats for Income Generation with Laura Monk**

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

Laura Monk, TeamUp Sales Executive and owner of SoulFish Events explores the benefits of leveraging offsite events and retreats to create an additional revenue stream for your gym or studio. Using her own experience planning and operating foreign yoga retreats, Laura will guide you through the process of successfully utilizing events to engage your audience and generate extra income, and demonstrate how to sell and promote these events using management software.

**748 Liquid Gym Stars with Andrea Velazquez**

**Workshop: AQ**

Experience awesome yoga inspired and drag/resistance exercises with the Liquid Gym Stars equipment. Take your workout into a new realm with a mix of the positive energy of aqua yoga and flow right into strengthening and cardiovascular exercises to tone the upper body. End your session with stretching to bring the mind and body back into balance.

**Group 7 Saturday 10/28/23 7:00 am – 8:15 am**

**749 A Moment in Time – Optimizing HIIT Intervals by StairMaster® with Aimee Nicotera**

**Workshop: GE, PT**

How does the length of an interval affect intensity? Do work intervals always need to be the same duration during a high intensity workout? Discover techniques for optimizing effort. Learn how to tweak time and organize effective work intervals to lend to greater client success.

**750 Schwinn® Cycling: Polishing Diamonds – How to Level up your Cycling Coaching with Doris Thews**

**Workshop: CY**

Total body workouts on the bike? Nope. But there are some proven pairings that deliver on results for bodies that feel great and perform better. Cycle Flow – Cycle Circuit – Cycle Core; these killer combinations check the boxes for functional fitness and satisfy members who are in a time crunch. Give them what they want AND what they need.

**751 Anchors Away: Resistance and Rowing™ with SGT Ken®**

**Workshop: GE, PT**

Anchors Away™ with SGT Ken® is a creative combination of calisthenics and rowing drills designed to deliver an extraordinary experience and rapid response like never before! Anchors Away™ demonstrates how to effectively operate the WaterRower machine as a multi-station home gym while also simulating the dynamics of a rowing boat! #WaterRowerFitness

**752 Crunch: Fat Burning Pilates with Michele Bastos**

**Workshop: GE, MB, PT**

Calorie burning cardio and Pilates based toning combine to maximize your fat burning potential.

**753 Exercise Program Design for the 55+ Client with Dr. Dan Ritchie**

**Workshop: GE, PT, S**

Learn how to design functional based training sessions using the 6 domains of human function model. Learn how to quickly progress and regress workouts based on various levels of clients in front of you. Learn several workout formats and options to design greater flexibility into your programming.

**754 Barre Building Blocks with Tricia Murphy Madden**

**Workshop: GE, MB**

Building the perfect barre workout for your students begins with a strong set-up, intelligent choreography design and variations that progress and challenge your students week after week. Learn the building blocks you need for creating and filling your best barre classes. You'll also learn cuing strategies that simplify the teaching process and how to add or subtract intensity levels without demeaning your participants.

**755 Lengthen to Strengthen: The Muscle, Fascia Connection with Lauren George**

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

**Description coming soon.**

**756 Power of Om with Katy Coffey**

**Workshop: AQ**

AquaFit strength training technique, will debut the Aqua Ω as its key strength training tool. Alternating between cardio, strength, upper and lower body, this one powerful tool will sure to give you a full body workout.

**Group 8 Saturday 10/28/23 8:30 am – 9:45 am**

**757 Breaking the Core with Tyler Valencia**

**Workshop: GE, PT**

This workshop is developed around current research on core training and how fitness professionals can utilize this information. The term 'core' has been dragged through the mud over the years, but it's an important element of a well-balanced training program. Whether you work with athletes, teach group fitness, or train the active aging population, implementing solid core training is a must. In this workshop we will discuss relevant terms and finish with a hands-on breakdown of non-traditional core exercises.

**758 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.

**759 Block Party Step with Lauren George, Tricia Murphy Madden, Aimee Nicotera & Jamie Nicholls**

**Workshop: GE**

Join us for a workshop that will teach you how to take simple blocks of step choreography and transform them into dance fitness on the step. By providing attendees with the option to layer choreography on base moves, you can accommodate all levels of fitness in one fun, energetic class.

Learning Objectives:

- Learn to layer moves on your base to provide a safe and effective workout for all skill levels
- Make a challenging class seem effortless for attendees with well thought out choreography.
- Experience 4 different teaching styles and get easy take home combos for your Monday morning class.

**760 Syncing the Core & Pelvic Floor with Jenice Mattek**

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

You've learned the core and pelvic floor strength is important to posture, performance, and addressing pain. However, even with a stronger core, many continue to struggle with posture issues, tightness, and pain. In this session, you'll learn why core strength alone will not improve performance or reduce tightness. You'll discover how to identify and implement the best core and pelvic floor exercises for clients of varying levels. Whether you work with clients who struggle with post-surgery issues (Cesarean or hysterectomy) or those who want to feel better and move better in their bodies his interactive workshop will help you identify and implement the best core exercises.

1. Will be able to understand the anatomy of the primary muscles of the core and pelvic floor
2. Will be able to explain and demonstrate to their clients the value of self-assessment for program progress.
3. Will learn how to incorporate core exercises that allow the core and pelvic floor muscles to work together for proper movement and health of the muscles.

**761 Athletic Stretch Yoga with Doris Thews**

**Workshop: GE, MB**

Discover and consider innovative techniques to construct a unique stretching recovery experience for your clients or members. This inclusive 60 minute total body experience will complement all bodies, ages and abilities. This Mind-body approach will tap in to self care, myo-facia release, breath, assisted physical therapy stretches and mediation. This fusion practice will reset the mind and body for recovery to achieve future improved performance and lifestyle .

**762 How To Create Content That Stands Out On Social Media with Brandi Clark**

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

Getting noticed on social media can feel impossible especially when you are in the fitness industry. In this session you will learn how to create content that not only stands out but connects with your ideal clients so they will come running back to your page for more.

**763 Acquapole® Tone with Andrea Velazquez**

**Workshop: AQ**

Acquapole® Fitness involves 20 grips and 150 exercises...and counting! Experience FUNctional exercise movements without burdening the joints. Activate muscles used for basic stability and mobility, upper, lower, and core muscles. Increase strength, flexibility and coordination. An amazing workout.

**PANEL DISCUSSION: Saturday 10/28/23 10:15 am – 11:15am**

**764 Reaching the Unreachable with Jamie Nicholls, Gail Bannister Munn, Dani Dyer, Jenni Lynn Patterson-LaCour & Dane Robinson**

To truly impact more lives, we need to put both feet firmly into our participants' shoes. Behavior change has been a conversation in the health coach, group fitness, fitness business and personal trainer world for some time; the future of our effectiveness will depend on providers learning more about what makes people light up and spread the word about why they love moving with us. This panel will address ways to understand where your participants are coming from, build trust, inspire, and motivate clients for longer.

**Group 9 Saturday 10/28/23 12:00 pm – 1:15 pm**

**765 Cardio Coach: Basic 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.

**766 Schwinn® Indoor Cycling: Tri-Cycle – the Mode Triple Threat with Jenn Hogg**

**Workshop: CY**

Tap into the unique ways your team wants to ride – ONLY with the Z-power console from Schwinn. Whether it's RPM, Max HR or FTP – we've got a ride for everyone. Build it and they will come. Real results, every time, with your ride or die tribe. Let's go.

**767 MoveFit with Dani Dyer, Body Positive Fitness Brand Owner**

**Workshop: GE, PT**

MoveFit is a strong comprehensive athletic dance format meant for every BODY. Workout is fun comprised of lower body and lots of core movements for men and women to get a good sweat while having fun, learning coordination and gaining flexibility as well. Do not have to have previous dance experience.

**768 LIT 101 (Low Impact Training) with Dane Robinson**

**Workshop: GE, PT**

Low impact does NOT mean "low intensity"! If you are working with clients that have injuries, compensations, or new in their fitness journey this is for you. Dane will cover proven strategies of Low Impact Training. Bringing excitement and results to your clients' workouts with joint friendly strength, cardio, & HIIT training methods.

**769 Becoming The Go To Trainer/Gym In Your Area Through Community Engagement with Dr. Dan Ritchie**

**Workshop: GE, PT, S**

A guide to engaging local businesses and organizations to raise money and to gain new clients that fit your core values. . Leave with tips and ideas for all trainers and gym owners to apply to what they do, regardless of business type, studio, in-home, independent trainer

**770 Barre Blueprint with Abbie Appel**

**Workshop: GE, PT, MB**

With so many effective movements in Barre, it's often challenging to sequence the moves for maximum effectiveness. Understand how to put "it" together better and how and when to progress your movements. Learn when to add new moves and where to add those "pulses" for the best results. Discover new ways to program your workouts that make planning classes simple for you and class participants.

**771 BYOB (Build Your Own Brand) with AJ Meyers**

**Lecture: 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.

**772 Aqua Drumming with SAF Aqua Drums Vibes with Andrea Velazquez**

**Workshop: AQ**

SAF AQUA Drums Vibes® is a combination of drum rhythms and completely new equipment. This is a completely new approach to water training! Play drums in the water and every move you make will be effective!

**Group 10 Saturday 10/28/23 1:45 pm – 3:00 pm**

**773 HIIT - Bring on the 4-Letter Words! HIIT & REST for Success with Abbie Appel**

**Workshop: GE, PT**

Yep, Rest & HIIT are a perfect pair and that's no BS. Active rest intervals allow for optimal intensity during the work intervals to produce results without overtraining. Learn how to use the rest interval in your program design to help your clients and classes perform at their best.

**774 Schwinn® Cycling: Cycle Mixology: Curating Killer Playlists with Jenn Hogg**

**Workshop: CY**

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. Become your own mixologist and discover the recipe for savvy playlists.

**775 Xtreme Hip Hop Step with Mr.Dee**

**Workshop: GE**

Xtreme Hip Hop is a step program like no other. It combines Xtreme cardio, the step board, Hip Hop music and lots of swag to provide participants a fresh spin on an old concept. Whether participants are beginners, advanced, young or old, they all want a unique but effect workout regimen. Xtreme Hip Hop will help provide a safe and fun class for people of all demographics.

**776 WARRIOR Combat™ | Keep Fighting with Diva Richards**

**Workshop: GE, MB**

Everyone has struggles. WARRIOR Combat™ inspires instructors and students alike to be resilient. While it has an intense vibe and a high metabolic demand, WARRIOR Combat's primary focus is empowerment. It has an authentic boxing flavor, but prior boxing experience is not required. Learn how all fitness levels can embrace their power with a "Keep Fighting" mindset.

**777 Brain Based Balance Training with Dr. Emily Splichal**

**Workshop: GE, MB**

The seemingly simple task of balancing on one leg or walking across the room is a complex, integrated, multi-sensory experience with stimulation from the eyes, ears, joints and plantar foot. Join Dr. Emily as she explores how to enhance brain activation during balance training by combining sensory stimulation, dual tasking and eye movement exercises.

**778 HIIT the Barre with Tricia Murphy Madden**

**Workshop: GE, MB**

HIIT has officially entered the barre world, so let's talk about why and how we can do it safely. Learn four unique ways to infuse HIIT into your barre classes and three ways to modify it so everyone can HIIT the barre successfully. Walk away with a complete workout format to teach to your next Monday-morning class!

**779 YouTube Centered Digital Marketing with Tyler Valencia**

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

YouTube is the second largest search engine but usually the last tool businesses utilize when implementing a marketing strategy. In this seminar

we will discuss a "YouTube Centered" mentality when marketing your business, and how it can save time and money when it comes to every other social media channel. We will also cover the basics of YouTube before breaking into small groups to come up with our own YouTube content strategy.

**780 Dude Moves with Chris LaCour**

**Workshop: AQ**

Whether you already have males in your classes, or are trying to attract more men; this pool workout will give you moves that are turbo charged with athleticism and masculine energy. Strength, power and wall work combined to draw in a new demographic to your classes and make some serious waves!

**Group 11 Saturday 10/28/23 3:30 pm – 4:45 pm**

**781 Level Up Weight Training with Gail Bannister-Munn**

**Workshop: GE, PT**

Looking for a Strength Training class or ideas to up your game with your PT clients that gives you loads of new creative options? This is a strenght base class using (Bands/Dumbbells/Balls, etc) while creating incredible results. This class will teach new creative ideas, how to layer progressions with all clientele. This class will give new instructors, or seasoned instructors who are looking for new ideas. The class designed to help build you with a strong coaching base line in how to coach a great strength class. Create new challenges for your advanced students while keeping your beginner members safe.

**782 Schwinn® Cycling: Dynamic Duos – Proven Cycling Fusion with Doris Thews**

**Workshop: CY**

Total body workouts on the bike? Nope. But there are some proven pairings that deliver on results for bodies the feel great and perform better. Cycle Flow – Cycle Circuit – Cycle Core; these killer combinations check the boxes for functional fitness and satisfy members who are in a time crunch. Give them what they want AND what they need.

**783 Loop Band Play: Powered by E5 Collective® with Aimee Nicotera**

**Workshop: GE, PT**

Give your clients 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 mini loop band can be used to challenge all fitness levels and abilities! Walk away with programming you can use tomorrow!

**784 Barre Fight with Lauren George**

**Workshop: GE, MB**

Barre Fight is the perfect combination of cardio and muscular endurance work! Feel fierce like a boxer and graceful like a ballerina all while burning a ton of calories and working your body from head to toe! In this workshop, we will explore how to put together a knockout Barre Fight class!

**785 The Biggest Opportunity in Fitness History! Training the most affluent clients, who also have the biggest needs and the most free time! Dr. Dan Ritchie**

**Workshop: GE, PT**

The Baby boomers will all be over 60 in 2024! This generation represents the largest generation to ever reach "senior" age with over 10,000 turning 65 every day! There are 72 million Baby Boomers with more fitness needs and demands than the fitness industry can meet! Learn how to reach them, sell to them, train them and create a successful business catering to this audience

**786 Pilates Flow, Stretch, and Centering with Alicia Jerome**

**Workshop: GE, MB**

Pilates Mat flow incorporating dynamic stretches to warm up and cool down the body. Focus will be on the Pilates Principles of Breathing, Concentration, Centering, and Control, as you connect breath with fluid movement leaving feeling uplifting and refreshed.

**787 Crunch: The Evolution and Impact of Group Fitness and the Group Fitness Instructor Role with Michele Bastos**

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

Description coming soon.

**788 Liquid Gym Circuit with Andrea Velazquez & Irene PluimMentz**

**Workshop: AQ**

Turn up your aquatic programming with innovative large and small equipment! Diversify your aquatic class offerings with a combination of Liquid Gloves, Acqua Bar, Acqua Loop and a dash of Aqua-Ohm.

**Group 12 Saturday 10/28/23 5:15 pm – 6:30 pm**

**789 Zumba® STEP INTO HAPPY™ with Maria Browning**

**Workshop: GE**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Heck yes. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Pro-tip: smiling while you sweat burns more calories!

**790 WARRIOR Rhythm™ | Flow State with Becky Conser**

**Workshop: GE, MB**

Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing! Want your class to be more than just a class? Take participants on a journey. Learn the science behind flow and create a "Flow State" every time you put on the mic so members become more connected to you, your format, and one another.

**791 Corrective Exercise for the Psoas and Glutes with Dr. Evan Osar**

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

It is a widespread industry concept that individuals experiencing chronic low back tightness, hip dysfunction, and/or pelvic issues have weak glutes and short hip flexors. This concept is largely based upon industry myth rather than reality. During this session, the fitness professional will discover the most common reason their client's present with low back, hip, and pelvic issues. They'll discover how common industry strategies for strengthening the glutes and stretching the psoas can often contribute to the issues they're designed to address. Additionally, they'll leave with a corrective exercise strategy for effectively lengthening and strengthening the psoas and glutes while improving posture and movement.

**Learning Objectives**

After attending this session, participants will be able to:

- describe the anatomy of the glutes and psoas while demonstrating their impact upon posture and movement
- demonstrate how to assess for common suboptimal strategies that lead to tightness, shortness as well as suboptimal posture and movement
- utilize the most effective strategy for improving hip flexor and gluteal function and integrate these muscles into functional movement patterns

**792 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

**793 Wet Barre™: Booty with Katina Brock**

**Workshop: AQ**

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

**794 Intelligent Class Design with Joey Stabile**

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

Description coming soon.