

WEEKEND ONE

SATURDAY 12/5/20

KEYNOTE

8:00 AM - 8:45 AM PST

10:00 AM - 10:45 AM CST

11:00 AM - 11:45 AM EST

How to Thrive and Build Reliance in the Fitness Industry with Doris Thews

What does it take to build a strong foundation & endure long term as a Fitness Professional? One word... Reputation. Learn the tips and tools to develop, evolve and sustain a solid brand image and build R.E.L.I.A.N.C.E in today's competitive "New Normal" Fitness landscape.

Group 1: Saturday 12/05/20

9:00 AM - 10:30 PST

11:00 AM - 12:30 PM CST

12:00 PM - 1:30 PM EST

301 Schwinn® Cycling: Set the Stage - Planning the Perfect Ride Every Time with Robert Sherman

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.

302 Quick HIIT: The Short Circuit Programming Solutions with Michael Piercy

Workshop: GE, PT

In this session, we'll uncover some truths about what clients want from their workouts and learn to create an amazing client experience. Leave with a workable system and templates so you can successfully integrate and coach 10, 20, and 30-minute circuits. Also, get the secrets on how to program for measurable results and market your services.

303 CARDIO YOGA™: YOGA FOCUS with Stacey Lei Krauss

Workshop: GE, MB

CARDIO YOGA™ is a sweat-drenched, mind-altering movement experience that allows you to reach a euphoric endorphin high! Infused with scientific "Power Posturing" and based in rhythmic flow, you can expect a barefoot, signature-series designed to tone, strengthen and lengthen your body. Plan for an emotional voyage... engineered for you to break through your emotional obstacles while reaching for your highest aspirations. This is an exercise solution for the yogi who needs to incorporate more cardio into her wellness routine.

Pilates Powered Barre with Abbie Appel

304 Workshop: GE, MB

Charge up your Barre workout with Pilates principles, alignment and repertoire. With the connection between Pilates and Barre, learn how to blend movements together for a super-charged, core powered class. Improve muscular endurance, stability and mobility all to fun, energetic, beat driven music. Walk away with a total body program that accommodates all fitness levels.

305 One more time! One More time! The Finale with Tricia Murphy Madden & Alex McLean

Workshop: GE, MB

Description coming soon.

306 FAI®: How to Launch or Jumpstart your business in 2021! 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.

307 Teaching from the Heart with Rob Glick

Lecture: GE, MB, PT, S

We have spent years focusing on the content, not the connections we create in class. We spend a lot of time training to understand the class itself, whether it's Kickboxing, Conditioning, indoor cycle, or whatever; however, the difference in packed classes that people won't miss and just another class is built on relationships. In this interactive session, we will focus on finding our voice and the courage to be authentically ourselves. We will reconnect with our joy so we can help others find theirs, which is a critical step in health and wellness. We will learn ways to have the courage to teach with a level of vulnerability that empowers others as well as yourself.

308 Training the Active Aging Core with Leslee Bender

Workshop: GE, MB, S

In this session you will discover the science behind authentic core training and preventing back and neck injuries for your active aging client. Supine exercises such as crunches not only create pain but are not affective. Experience how to use a small ball, planes of motion, and body positions to give you the tools and techniques that will keep your clients dramatically stronger and aligned for life

309 Acquapole® Tone with Indigo Aquatics

Workshop: AQ

Not your typical water workout class! Experience aquatic fitness like never before with an Acquapole® class. Allowing maximum freedom in the water with over 150 possible movements, Acquapole® will take your water workout to the next level with high intensity ab, upper and lower body training. Get ready to tone, burn fat and have a blast.

Group 2: Saturday 12/05/20

12:00 PM - 1:30 PM PST

2:00 PM - 3:30 PM CST

3:00 PM - 4:30 PM EST

310 Schwinn® Cycling: Pedal N Pulse WITH Mindy Mylrea

Workshop: CY

Schwinn Indoor Cycling meets Barre in a fusion program 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.

311 Keys to a Powerful Virtual Training Experience with Michael Piercy

Workshop: GE, PT

As professionals we are all looking for ways that we can provide tangible value for our clients and athletes in these uncertain times. Learn how to provide valuable programming and amazing experiences in every virtual workout you deliver. This session focuses how to implement techniques and strategies that will ensure a memorable experience thru this exciting format. Grab some key tips to help you create a fun and inclusive environment for your clientele during these unprecedented times.

312 Yoga Theming with Rob Glick

Workshop: GE, MB, S

The most heart-opening and emotional classes happen when the teacher touches a thread in the students through the messaging. In this yoga session, we will focus on how to build great classes around a theme and, most importantly, how to deliver the theme, so it never feels heavy-handed.

313 Getting to the Core of your Barre Classes with Cat DeHaven

Workshop: GE, MB

The benefits of a strong core include spinal support, good posture & agile, fluid movement. Experience & explore in this workshop, the essentials necessary to enhance core activation with progressions that preserve spinal integrity while gaining maximum control. Experience variations with the Bender Ball that lay the foundation to counterbalance faulty modern movement patterns, progressively build intensity while releasing pressure and strain to the hip flexors, neck and back. The result: Optimum core crushing strength, and the much-needed functional support necessary for one's physical structure.

314 Zumba® with Joy Smith

Workshop: GE (WILL NOT BE RECORDED)

Zumba® is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class

315 Social Media in a Covid World with Colleen Freese

Lecture: AQ, GE, MB, PT, S

As an instructor for any format or program, you have to shine whether that's in your social media approach to marketing or the experience you provide during that class. Learn how to grab attention in your class marketing posts and materials and entice consumers to try your classes out. Once you have them, now you must upskill yourself in presentation between camera angles, technical approach and communication style. Lastly, learn how do you stay engaged after and bring them back to your classes whether in person or live. This workshop is jam packed with ideas, tips and tricks. Join a social media superstar for this incredible workshop.

316 Soul Happy Through Reinventing with Jacquese Silvas

Lecture: AQ, GE, MB, PT, S

Get unstuck! Learn some of the ingredients that will catapult you into discovering your next career steps. Gain more freedom, direction and fulfillment with tools that may pull you outside of your comfort zone into a place where your talents, strengths and passions influence opportunities. It can be a game changer to realizing a dream.

317 FAI®: Functional Fitness Assessment for Mature Clients with Dr. Dan Ritchie

Workshop: GE, PT, S

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

318 Acquapole® Aqua Boxing with Indigo Aquatics

Workshop: AQ

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water!

Group 3: Saturday 12/05/20

1:45 PM - 3:15 PM PST

3:45 PM - 5:15 PM CST

4:45 PM - 6:15 PM EST

319 Schwinn® Cycling: A D.J. Saved My Life - The Secret to Savvy Playlists with Abbie Appel

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. You're going to want a backstage pass to this show! Become your own DJ and the savior of savvy playlists.

320 MASHUP®: The Personal Training & Group Fitness Sweet Spot with Barbie Brown & Jacquese Silvas

Workshop: GE, PT

Bridging personal training with group fitness ignites sustainability and affects longer-term change. The concept is strategic, distributes your time more effectively, and builds stronger relationships between you and your clients. Skyrocket your success in transforming yourself into group fitness through MASHUP®, a progressive variable-intensity interval training (VIIT) group instruction format.

321 Hipster Yoga Stretch with Doris Thews

Workshop: GE, MB

Hipster Yoga is 60 minutes of non traditional yoga poses and stretches designed to release the hips and offer restorative flexibility for athletes, weekend warriors and anyone who battles tight hips. This session will build you up verses tearing you down so that you can take on activities in life with more flexibility in your hips. This practice is perfect for starting or ending your day with happy hips!

322 Functional Flexibility and Fascia Fitness in an Inflexible World with Leslee Bender

Workshop: GE, MB

In this session you will experience the importance of myofascial work with functional exercises to decrease pain, increase mobility and stability for a better quality of life. Explore the complexity of fascia and why manipulation is crucial for the health of the entire body through these techniques that can be readily used for all levels of students. Combine two forms of manipulation and movement with essential oil for a new modality that you and your students will love. Tools needed Foam roller, essential oil, small ball or pillow

323 HIIT the Ballet with Vicki Hatch Moen & Elizabeth Lenart

Workshop: GE, MB

What happens when HIIT meets ballet? You leave breathless and feeling like a graceful powerhouse! This session will explore the benefits of HIIT and VIIT then showcase opportunities to creatively blend in bursts of HIIT training with ballet-inspired movement, achievable regardless of dance background. You will leave with choreography that you can easily adapt and insert into dance, fitness and Barre classes.

324 Online Workouts - What Works Now with Kelly Coulter

Lecture: A, GE, MB, PT, S

DESCRIPTION : Join me for the ACTION STEPS to creating a business delivering workouts online. We will discuss formats, platforms, and business models. PLUS I will let you in on the top three action items for creating an income online that I learned from coaching hundreds of gym employees into becoming fitness entrepreneurs.

You can expect to learn :

- What formats are working right now, and which formats aren't
- What are the biggest pitfalls when getting an online workout business started
- What are the exact TOP 3 THINGS to take action on in order to get your business up and running fast

325 Fitness Solutions: Diversity, Inclusion, and Equity with Kia Williams

Workshop: AQ, GE, MB, PT, S

Inclusion and Diversity are major factors in the success or detriment of a business, industry, and/or society. Stakeholders at any level of involvement "should" feel like they are welcomed, appreciated, supported, and recognized. However, too many times, people experience poor representation, poor equity, poor access, and poor protection due to lack of inclusion and diversity in services and organizations. We will discuss some issues with inclusion and diversity that plague the fitness industry and how these issues impact people. We will also develop solutions and variations of solutions to help inform ourselves and others and to deliver better fitness services to our consumers. Diversity and Inclusion are critical in the workplace. There is no better time than now to address the concerns and issues that may be affecting employees, consumers, and business potential.

Workshop Objectives:

- Define diversity and inclusion and why these are imperative in the fitness industry
- Identify key components of diversity and inclusive practices for successful employee and consumer engagement and retention
- Explore and identify various solutions for supporting diversity and inclusion in your business practices
- Examine potential goals and challenges with accessibility in group fitness community building.
- Develop effective strategies for proposing in-person and online engagement and consumer loyalty.

326 Naboso® Understanding the Aging Foot & its Effect on Movement with Dr. Emily Splichal

Workshop: GE, MB, PT, S

Every day 10,000 adults turn age 65 and entering one of the fastest growing sectors. With 65 as the new 50, many of these clients are looking to enjoy some of the best days of their lives. However thinning skin, arthritis, neuropathy and fat pad atrophy can all impede their ability to walk, run and enjoy their favorite activities. Join Podiatrist Dr Emily Splichal as she explores the common changes to the foot and how to offset these changes to enhance movement longevity.

327 Liquid Gym Acqua Toner Stretch and Tone with Indigo Aquatics

Workshop: AQ

Experience the awesome resistance exercises with Liquid Gym Acqua Toner Bands and Bar to take your aqua workout into a new realm. Take the power of strength resistance training and the resistance/hydrostatic properties of water to give your workout a whole new release. Increase flexibility, muscle tone and range of motion; improve proprioception and blood circulation.

Group 4: Sunday 12/06/20

9:00 AM - 10:30 PST

11:00 AM - 12:30 PM CST

12:00 PM - 1:30 PM EST

328 Schwinn® Cycling: How to Wow with Alex McLean

Workshop: CY

Learn the secret to creating buzz in the locker room and a wait list for your class! You'll discover how to build class designs that WOW your participants by integrating the latest cycling protocols through Schwinn's proven system. Get ready to have your mind blown.

329 Metabolic Conditioning with 9 Monster Workouts with Len Kravitz

Workshop: GE, PT

Join Len Kravitz for a comprehensive review of the metabolic and physiological processes that drive physical exercise and athletic performance. We have brand new, cutting-edge research (from Len's Lab) on exciting NEW ways to train the body: Time Efficient and Highly Effective. Move over extreme condition and get ready for the NEXT generation of training protocols. Every exercise professional will leave with 9 research-based training programs that your clients will relish with excitement.

330 Ashtanga Vinyasa Flow with Rob Glick

Workshop: GE, MB, PT, S

Enjoy a perfect blend of ashtanga and vinyasa in this wonderful and soulful practice.

331 BOSU® Stability Ball Overhaul with Helen Vanderburg

Workshop: GE, MB, PT

Stability balls have stood the test of time as versatile and effective training tools for overall conditioning. In this workshop, you will renew your love for stability ball training with a complete overhaul of ball exercises. Learn innovative exercises and sequences in three training categories from strength to core and mobility. Add fresh ideas to your ball basics toolbox and experience the unique principles of training with the BOSU® Ballast Ball. If you think you have seen it all, think again!

332 Dance Club with Medora Cesarano

Workshop: GE

The music pulses and the sweat drips as you move to the high intensity beats of Dance Club. All routines and dance combinations are choreographed by Medora and feature a variety of music and genres including the latest top 40 hits, hip hop, funk, old school and new school!

This highly energetic workout is designed for those who love to dance, let loose and have fun! . With creative, easy-to-follow choreography and intricate add-on moves, this class is guaranteed to leave you with a big smile on your face and wanting more!

333 Virtual Trainings: How to Create Synergy, Inclusiveness and CommUNITY with Jacquese Silvas

Lecture: AQ, GE, MB, PT, S

Pivot with the changes happening in our world and create energy, individual success, fun, and progress in a virtual class or training setting! Get the tools you need to create a place for people to feel included in a community of healthy living from the comfort of their environment! Think outside of the box with what you can do in a virtual space!

334 Elevate | Motivate | Celebrate: Redefining Group Fitness Success with Doris Thews

Lecture: AQ, GE, MB, PT, S

This session will reveal why Group Fitness is the Secret Weapon. Discover how Group Fitness increases club energy, member traffic and retention. Learn how to reduce membership and staff attrition and add to your bottom line. You will take away skills to builds a motivating culture. Join Doris Thews 35 + year Industry veteran share her experience and knowledge.

335 FAI®: Cognified Fitness for Optimal Aging with Dr. Dan Ritchie

Workshop: GE, PT, S

“Brain training” and cognitive stimulation are becoming mainstream, bringing ripe opportunities for slowing cognitive decline, but also breeding snake-oil solutions. Luckily, emerging evidence is showing promise for cognitively-enhanced physical activity over cognitive stimulation using computerized brain games. Come learn the latest science on how you can “cognify” your exercise movements and programming while practicing fun and innovative strategies to stimulate the brain while you train the body.

336 SAF Aqua Drums Vibes with Indigo Aquatics

Workshop: AQ

Play the drums in the water! Combine unique rhythms and moves using the innovative SAF Aqua Drums Vibes® equipment, enjoy a challenging new way to get yourself fit and have fun in the water.

Group 5: Sunday 12/06/20

12:00 PM - 1:30 PM PST

2:00 PM - 3:30 PM CST

3:00 PM - 4:30 PM EST

337 Schwinn® Cycling: Rhythm Done Right with Helen Vanderburg

Workshop: CY

When the music and coaching are spot on Rhythm Riding can be a magical experience. The RIGHT Rhythm ride doesn't need smoke and mirrors or unnecessary distractions. We will show you how to capture and captivate your riders the RIGHT way and provide your members with a memorable, results based, musically amazing cycling experience.

338 Gentle but Powerful Program Design with Sherri McMillan

Workshop: GE, PT

With the popularity of HIIT, Tabata, CrossFit, and other aggressive workout formats, the general population is getting the message that you have to go hard all the time to see results. As a result, chronic injuries to the knees, back and shoulders are surfacing. This session will review techniques for helping clients achieve life changing results without beating them up and breaking them down. Working smarter and not always harder can provide a workout that is gentler on the body, yet effective and powerful.

339 United We Flow with Rob Glick

Workshop: GE, MB, PT, S

There are several translations to the meaning of the word yoga. Two common thoughts are to unite or yoke the mind-body and spirit. It is also often described as liberation. In this vigorous vinyasa yoga flow format, we will bring those two themes together - the feeling of freedom and togetherness.

340 Barre for Active Aging with Leslee Bender

Workshop: GE, MB

The active aging is the fastest growing population in the country and with that comes orthopedic injuries primarily knees and hips At least 1 out of 5 have experienced a replacement surgery. Even with injuries and restrictions these clients do not have any intention of slowing down doing the things they love therefore knowing how to train with issues is crucial for this clientele. As a group, baby boomers were the wealthiest, most active, and most physically fit generation up to the era in which they arrived, and were amongst the first to grow up genuinely expecting the world to improve with time. They were also the generation that received peak levels of income; they could therefore reap the benefits of abundant levels of food, apparel, retirement programs, and sometimes even "midlife"

341 LaBlast® Fitness: Envision the New Normal with Lexi Bulich

Workshop: GE

Spice up your group fitness program with this blend of ballroom dance and strength training, based on all the dances seen on Dancing with the Stars. Your class will have a "BLAST" dancing to the Quickstep, Lindy Hop, Foxtrot, Waltz, Tango, and more, and you'll love our easy-to-learn pattern-based teaching formula (PATTERNography)!

342 How To Pivot Your Business Toward Innovative Success When The World Is Changing In Crisis with Doris Thews
Lecture: AQ, GE, MB, PT, S

The Fitness industry is no longer immune to the global issues that can capitalize or crush any company's lifespan. Learn tips and tools on how to pivot your business toward innovative success when the world is changing in crisis. Join Doris Thews, a 37 year veteran and CEO of Team Thew Fitness consulting will help you navigate successfully through a national and global crisis.

343 Team Communication to Create Relationships, Longevity and Inspiration with Staci Alden
Lecture: AQ, GE, MB, PT, S

Reaching out to your team can accomplish more than just broadcasting information. Along with identifying strategies to make communication predictable and efficient this session will provide ideas to use communication as a way to encourage relationships and teamwork.

344 FAI®: 10 simple and Low Cost Ways to Market More Effectively with Dr. Dan Ritchie
Lecture: GE, MB, PT, S

Hands on interactive workshop helping you develop several simple low cost marketing strategies to attract more clients. If you want to help more people you need to improve your attraction and client getting skills.

345 Liquid Gym Punch and Pump with Indigo Aquatics
Workshop: AQ

Give your water workout a PUNCH! Experience a truly unique workout to reduce fat, strengthen your core, and tone arms and legs while improving coordination and flexibility. This class is full of jabs, punches and kicks all in the water using Liquid Gym Gloves! Add Liquid Gym Acqua Tone Loops for the extra leg work to energize your whole body with less stress on your joints.

Group 6: Sunday 12/06/20
1:45 PM - 3:15 PM PST
3:45 PM - 5:15 PM CST
4:45 PM -6:15 PM EST

346 Schwinn® Cycling: Rock Steady - Recovery Rides That Drive Results with Keli Roberts
Workshop: CY

In all disciplines recovery & regeneration are key to making performance gains. Learn tried and true techniques for creating a ride that delivers solid work and efficient recoveries for maximal training effect. Discover ways to effectively work these

347 Naboso® Gravity & Human Movement - Friend or Foe? with Dr. Emily Splichal
Workshop: GE, MB, PT

One of the foundational concepts in human movement is that of energy transfer. During human locomotion, the energy transfer of one step into the next is directly related to the foot ground relationship. Join Podiatrist and Human Movement Specialist Dr Emily Splichal as she explores how our relationship with gravity directly impacts the quality and efficiency of our movement patterns. Learn how enhance your relationship with gravity to make it your friend, not your foe.

348 Freedom Flow with Rob Glick
Workshop: GE, MB, PT, S

Practice from the inside out in this exhilarating vinyasa yoga session. You'll learn a fun, creative sequence, then enjoy the freedom of molding and tweaking it to ensure you get the most out of your personal yoga experience. Teachers are learning how to teach this style of yoga in order to foster a sacred space for their students. This method of teaching allows you to meet your students where they are, inspire them, support them and, in many cases, get out of their way. Find freedom on the mat in this powerful vinyasa flow experience. Instructors will learn a staged approach that delivers a wonderful yoga experience every time.

349 CARDIO YOGA™: YOGA FORMAT with Bryanna Harris & Stacey Lei Krauss

Workshop: GE, MB

Yoga students love their practice, but struggle to find cardiovascular formats that speak to yogic lifestyles. The secret is lifting both physical and mindful intensity simultaneously. Learn how to integrate dynamic, powerful bursts with quiet, patient strength of yoga flow utilizing specific cueing to focus and engage the mind throughout.

350 Vibe Fitness® Create a Dance Fitness Experience! with Ally Ponte & Kelly Schur

Workshop: GE

Learn pro-tips to turn your dance fitness class into an unforgettable experience that will keep participants coming back for more! Ally Ponte & Kelly Schur will take you through a non-stop, high-energy, cardio dance party that is as effective as it is FUN! This session is packed with choreography you can use without branded format rules. A creative and flexible alternative uniquely designed for EVERY dance fitness professional!

351 The Small Giant with Sherri McMillan

Lecture: GE, PT, MB, S

Not everyone has the budget of the large fitness chains. Learn grass-roots, creative, cost-effective initiatives for marketing, programming and community relationships that will grow your personal training department while enhancing client retention.

352 ACE® Take Control of Your Career with Shannon Fable

Lecture: AQ, GE, MB, PT, S

We are all trying to find a path forward in this re-designed fitness world. In our time together, we will bypass the usual conversation of diversifying your offerings, thinking outside the four walls of the club, and finding unique opportunities to get people moving. Instead, we will focus our discussion on the importance of knowing your worth and advocating for yourself in the fitness industry. Instead of approaching our careers as a pathway with branches, we will redraw our journey with us firmly in the center where we should have been all along. Walk away with confidence to choose new opportunities or create your own, earn more than a fair wage, and leave your impact on the world.

353 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.

354 Liquid Gym Star workout with Indigo Aquatics

Workshop: AQ

Combine the positive energy of aqua yoga with a cardiovascular workout. Wake up your muscles with strengthening exercises, and end with stretching for maximum flexibility and range of motion. Using the Liquid Starfish equipment for optimum use of drag and resistance to tone upper body muscles.

WEEKEND TWO

SATURDAY 12/12/20

KEYNOTE

8:00 AM - 8:45 AM PST

10:00 AM - 10:45 AM CST

"THE LB METHOD": FASCINATING PARADOXES OF FITNESS

Our global retreat has given us a unique opportunity to look inward and count our most treasured things, which are not things. While he certainly holds NO monopoly on figuring things out, Lawrence will share with you his 6 #CovidConsciousness lessons: 6 easy ways to improve the quality of our lives. Shrink down what all the fitness experts say into 6 words, even though these facts prove paradoxical in our traditional fitness world. Now is the time to embrace

these 6 words as we spread our messages to more humans as fellow philosophers, friends, and followers, Our candid look at both our old and pandemic-influenced industry proves to be, in a word, fascinating!

Group 7: Saturday 12/12/20
9:00 AM - 10:30 PST
11:00 AM - 12:30 PM CST
12:00 PM - 1:30 PM EST

401 Heck of a HIIT with Mindy Mylrea

Workshop: GE, PT

Heck of a HIIT incorporates the science behind HIIT and showcases all forms of HIIT training utilizing toys, timing, and twist of all sorts. Utilizing precise cueing and coaching progressive and regressive teaching methodology Mindy will explain and then execute excellence in HIIT application. No HIIT shone will go unturned in this workshop.

402 Welcome to the Jungle (Gym). Optimizing the HIIT Experience with Pete McCall

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.

403 YogaFit® Healing Trauma with Yoga with Beth Shaw

Workshop: GE, MB

Learn about the ways that trauma impacts the mind and body in order to create an environment in which health-seekers can begin to manage symptoms of chronic stress. With 1 in 5 adults in America struggling with some form of mental illness, the need for integrative treatment is more prevalent than ever. Research has confirmed what fitness professionals know innately: Movement is therapeutic for more than just the physical body. Together we will explore tools that help people address deeply-held stress by balancing the central nervous system for optimal wellness.

404 BOSU® Dimensional Core Training with Helen Vanderburg

Workshop: GE, MB, PT

Advance your core training techniques by taking a global approach as you explore multi-dimensional methods to effectively produce power and improve core function. Examine common mobility and stability imbalances and discover how to correct them by creating movement efficiency through the trunk, hips and shoulder complex. Learn a series of integrated core exercises to mobilize, stabilize, and strengthen the core, giving you greater ability to access the core for optimal function. Dimensional core training delivers results!

405 LaBlast®: Ballroom Fitness Using PATTERNography with Katy Tombaugh

Workshop: GE

LaBlast's easy-to-follow formula of interchangeable patterns (PATTERNography) is changing the way both instructors and participants look at their workout by allowing them to get more involved physically, mentally and emotionally. Why spend time worrying about steps or memorizing long routines when you can be applying that energy to movement, i.e. working harder, smarter and burning more calories?!

406 From Zooming to Booming with the 3 LANGUAGES OF FITNESS: VERBAL, VISUAL, KINESTHETIC with Lawrence Biscontini

Lecture: AQ, GE, MB, PT, S

Lawrence will reveal industry updates to the three ways we convey meaning through communication: auditory, visual, and kinesthetic cues. Let's update our skills from our mouths (including things we don't say in fitness anymore like 'cool down,' and why), our body language, and emotional heart to make meaningful connections that create compelling communities based on all of these types of language expression.

407 Easing into Plant-Strong Eating with Teri Gentes

Lecture: AQ, GE, MB, PT, S

The lean in towards plant-based, whole food eating is one of the fastest growing movements impacting industry everywhere. Science has researched and documented the benefits for disease prevention and reversal yet your clients may fear it means giving up on all they love. Join Teri Gentes, nutrition advisor, chef and functional foodie as she shares:

- How to transition to balanced, whole-food, plant-dominant eating with enjoyment
 - The essential nutrients needed and where to get them
 - A step by step guide to eating well without diet extremes or food exiles and
 - Her hottest tips to preparing delish, nutrient-dense, plant-strong meals
- Leave with exactly what you need to guide your clients to customize a fabulous eating approach for life.

408 Got Older Clients with Shoulder and Neck Issues? Do this! with Dr. Evan Osar

Workshop: GE, MB, S

The forward head and shoulder posture create a host of issues for the older adult population including limited ROM, decreased strength, as well as chronic tension and discomfort. Unfortunately, common strengthening approaches often perpetuate rather than help these issues. During this interactive session, you'll discover the single-most common underlying and underappreciated factor contributing to chronic shoulder and neck issues. You will discover how to utilize 3 simple assessments and a super easy-to-implement strengthening strategy to improve posture as well as shoulder mobility and stability. You'll leave this session understanding how to program corrective exercises, functional exercise progressions as well regressions for clients of all levels.

Learning Objectives

After attending this session, participants will be able to:

- describe the mechanisms that underly the development of the forward shoulder and neck in the active aging population
- demonstrate how to use the most effective assessments and corrective exercises to improve mobility and stability of the shoulder and neck
- apply this knowledge to create an integrated strength training program for clients with shoulder and neck issues

409 Aquatic Plyometrics with Lori Sherlock

Workshop: AQ

Plyometrics provide a foundation to many movements while enhancing fitness, balance, and even joint health. Take your aquatic classes to the next level with aquatic plyometrics! Learn how to integrate plyos into your pool program while understanding what they are, what purpose they serve, and how to effectively coach them in the water. This research-backed workshop will take you through the basics while leading you through the application of this valuable technique.

Group 8: Saturday 12/12/20

12:00 PM - 1:30 PM PST

2:00 PM - 3:30 PM CST

3:00 PM - 4:30 PM EST

410 "Toning" is NOT a Thing - Work is Part of Workout! with Jenn Hogg

Workshop: GE, PT

Survey says, "I want to lose weight and tone up". "Oh, and I want to do it quickly without too much effort or sacrifice". UGH! What's worse, there are workouts on every corner that promises just that! This interactive workshop will review the science and latest research behind the trends (and false promises) vs. tested strategies while providing exercise program design to deliver the results clients want.

411 STRONG Nation™ with Alex McLean

Workshop: GE, PT (WILL NOT BE RECORDED)

Experience the HIIT workout driven by music that helps students reach – and crush – their fitness goals. Cardio and muscle-conditioning routines are synced to original music customized to match every single move. Every squat, every lunge, every burpee is driven by the beat. So instead of counting reps, students can push past their limits, burn more calories, and get results faster.

412 Yoga Flow: Teaching from the Core with Robert Sherman

Workshop: GE, MB

The Yoga Flow State is finding perfect moments in your teaching that transcend any preparation. You get into a rhythm of breath, pose and counter-pose that link into a flow that you never want to end. Learn progressions that move from proximal to distal and build, peak and recover into a perfect yogic journey for body and mind.

413 Pilates on a Roll with Abbie Appel

Workshop: GE, MB

Bring new life to your Pilates and core classes by adding a foam roller. The foam roller, when used skillfully, is a fantastic tool that can challenge our deep core stabilizers. By adding the element of instability, we heighten body awareness and create greater internal focus for all essential Pilates and core movements. Review fundamental principles that enhance all strength and mind-body programs. Leave with a new appreciation for both Pilates and the foam roller.

414 Party On the Step with Elizabeth Andrews

Workshop: GE

Current science is behind the wonderful benefits of movement, to music, while thinking. Increase your brain performance and fitness in this challenging "club like" step session. Creatively using many movement disciplines, as we build on 32 ct. with the choreography, until we reach the finished product. This session is meant to be fun- first. And it is! This class is neural plasticity at it's best! Oh...did I mention the physical challenge?

415 Running A Safe And Protected Fitness Business In The Post COVID Landscape with Joe Fagan

Lecture: AQ, GE, MB, PT, S

This session will discuss what is needed to keep your business protected whether online for face to face. The session will discuss the types of insurance is needed and what questions to ask. We will also dive into waivers, disclaimers, and other tips to keep your business safe.

416 The Physiology of Fat Loss: New Exciting Findings with Len Kravitz

Workshop: AQ, GE, MB, PT, S

Join Len in one of the most comprehensive lecture's ever explaining the detailed physiological and metabolic aspects of fat metabolism, caloric expenditure and fat loss. Participants will learn, from a cellular perspective the newest research on the hormonal regulation of lipolysis during exercise, the effect of exercise on lipolysis, the effect of exercise on fat oxidation, effective exercises intensities for fat loss, and strategies to enhance caloric expenditure with exercise. TEN (yes, 10) groundbreaking exercise programs that maximize caloric expenditure and fat metabolism will be presented. A must attend lecture for the fitness professional and personal trainer who truly wishes to understand and apply the physiology of fat metabolism.

417 YOUR BODY 2.0 - Group Fitness for the 40 Plus with Tricia Murphy Madden & Pete McCall

Workshop: GE

Introducing the PERFECT 40+ workout exercise challenge that can strengthen bodies at ANY age but is designed specifically for the needs of physically active adults over the age of 40. The perfect 40-minute workout to challenge the bodies needs at every age. Strength Conditioning and Cardiovascular training are made easy with this simple format that will have your members finding a new level of consistent workouts.

418 DIY: Senior Independence with Lori Sherlock

Workshop: AQ

Exercise can help maintain mobility, reduce healthcare cost and keep seniors independent. The water is the perfect place to kick-start a senior fitness program that will focus on maintaining or improving an already independent lifestyle. Learn how to introduce, modify and progress function-focused exercises that will safely meet the daily activity needs of seniors!

Group 9: Saturday 12/12/20

1:45 PM - 3:15 PM PST

3:45 PM - 5:15 PM CST

4:45 PM -6:15 PM EST

419 Extreme HIIT Chaos™ Powered by Savvier Fitness® with Mindy Mylrea & Carolyn Erickson

Workshop: GE, MB, PT

Prepare yourself for an extreme calorie burning, muscle stimulating, high intensity experience. Based on the latest research, you'll learn how methodically varying your HIIT workouts (i.e. randomizing exercises, work to rest ratios and intensities) transforms both mind and body in a brand new way. We'll unpack the HIIT science and give you an easy to follow systematic method for stacking HIIT sequences (i.e. how to create controlled chaos) and utilize real-time feedback to keep your students in their optimum training zones.

420 Your Brain on HIIT - Bonus Benefits of High Intensity Interval Training with Pete McCall

Workshop: GE, PT

You have the burn, and the after burn, but High Intensities also promote brain health in big ways. Understand the science and the age-defying benefits of HIIT training that tends to be overlooked and misunderstood

421 YogaFit® The Language of Yoga with Kim Gray

Workshop: GE, MB

Words can be magical! Language impacts not just what we do but HOW we do what we do. This fact becomes critically important when teaching yoga but could also have impact when working directly with clients who are struggling to create real change in their lives. Using words that offer choice and encourage process-oriented movements as opposed to goal oriented movements changes the entire path that we take to get there. One path is a forgone conclusion and is the path of OLD habits, patterns and reinforcement of pre-programmed implicit movement patterns. That's the "do what I say because I told you to" path of language. Come explore the creative and intuitive path that offers our students choices based on feeling, breathing, and staying in the present moment. This kind of language is the DIFFERENCE maker when determining if a class is one that is healing or not! Discover what kind of language creates this quantum new potential in our lives, and how it impacts the brain as well as the nervous system. This session includes discussion and a language-focused yoga practice.

422 Functional Pilates with Helen Vanderburg

Workshop: GE, MB, PT

Functional Training continues to be a top trend in the fitness industry. Discover how Pilates based techniques can enhance your functional training methods. Built on a solid foundation of science and movement mechanics, you will acquire necessary strategies and techniques to develop functional movement programs for your clients. Explore functional and applied movement principles and assess movement patterns that create conscious movement habits for effective results in everyday life and high performance.

423 Get LIIT on the Dance Floor with Alex McLean

Workshop: GE

Get hyped, get pumped, get LIIT on the dance floor! Though HIIT has dominated the past few years, LIIT or low intensity interval training is making its resurgence on the scene! Be ready to jam not jump, glide not burpee! Groove to the non-stop beat to heat up the dance floor!

424 Virtual Pricing Strategy Demystified with Julian Barnes

Lecture: AQ, GE, MB, PT, S

This session provides a detailed review of the most important variables to consider when developing an effective pricing strategy for your virtual fitness business including (i) positioning in the marketplace; (ii) livestream vs. ondemand; (iii) virtual only & hybrid pricing; and (iv) per class vs unlimited memberships. After this session, you will have a framework that will enable you to identify the optimal pricing strategy that will drive sales & profits for your virtual fitness business.

425 Hacks for Health Promotion, Disease Prevention, and Graceful Aging with Teri Gentes

Lecture: A, GE, MB, PT, S

Now, more than ever staying healthy, lean and fit is on everyone's mind. Rather than default to the latest pop diet, TERI GENTES lifestyle wellness coach and functional foodie walks you through the latest research from revered medical institutions and journals sharing:

- The most important components for health promotion and disease prevention
- Key components for weight loss
- An easy approach to optimal vitality
- Simple pillars that can dramatically lower the risk of chronic illnesses

Teri's thirty plus years in whole-self lifestyle wellness, Gentes launches you into action in this inspiring session dissipating confusion and leaving you with the Top 7 Proven essentials for great health and vitality.

426 Breath: The Secret to Improving Posture, Movement and Performance with Jenice Mattek

Workshop: GE, MB, S

Clients often present with chronic tightness, discomfort, and the inability to perform at the level they need or want. Suboptimal breathing strategies are the most common finding underlying postural alterations, limited ROM, decreased

strength, as well as chronic tension and discomfort. Strengthening approaches that omit breath training will perpetuate rather than help these issues. During this session, you'll discover how breathing directly impacts posture, ROM, and stability. Additionally, you'll discover real-world strategies for seamlessly integrating breathing into your client's warm-ups, strengthening, and cool-down sessions. You will not look at breathing the same after this session.

Learning Objectives

After attending this session, participants will be able to:

- describe how three-dimensional breathing impacts posture, movement, and stability
- demonstrate how to assess for common suboptimal strategies and utilize the most effective strategy to improve three-dimensional breathing
- integrate breathing into a comprehensive training program to improve posture, range of motion, and performance

427 Aquatic HIIT with Lori Sherlock

Workshop: AQ

High intensity interval training is one of the most effective forms of exercise to produce fitness gains across all aspects of fitness. Now, add water! HIIT training in an aquatic environment can allow participants that may not be able to participate in HIIT on land the opportunity to experience and benefit from this course of training. From athletes to older adults and everyone in between, aqua HIIT can improve fitness and function. Learn the how and why behind Aqua HIIT while exploring the differences that the water can make to a HIIT session.

Group 10: Sunday 12/13/20

9:00 AM - 10:30 PST

11:00 AM - 12:30 PM CST

12:00 PM - 1:30 PM EST

428 Purpose NOT Circus - Legit HIIT with Eric Thomson

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.

429 The Best Cueing And Coaching Techniques For Any Group Exercise Class with Tricia Murphy Madden & Angie Yochum

Workshop: GE

Be THAT instructor who everyone is talking about because you're easy-to-follow and highly motivating. We will study effective cueing techniques and coaching strategies that can be applied to all group-fitness formats, even if teaching virtually. We will also touch on 32-count phrasing and the concept of music. So, sharpen your delivery skills and feel your crowd follow you like a rock star!

430 Naboso® BARE (Barefoot Strong) The Workout with Dr. Emily Splichal

Workshop: GE, MB

Created by Podiatrist & Human Movement Specialist, Dr Emily Splichal BARE® is the only workout that combines the benefits of barefoot, balance, bodyweight and body tension training for one intense workout! Bring the science of foot to core sequencing, breath & pelvic floor connections and fascial tensioning to a group setting. Perfect addition to a Pilates program, Senior Fitness, Mind Body line-up or any athletic performance program.

431 Pilates Band-It with Abbie Appel

Workshop: GE, MB

Loop bands are a universal fitness tool used to enhance challenge, heighten awareness and create an overall successful Pilates class. Learn the properties of elastic resistance, lines of pull and precisely where to anchor the loop bands for maximum effectiveness. Discover new ways to use loop bands in a mind-body environment and experience fresh concepts to impact your classes for years to come.

432 Balletone® The Best Low-Impact Cardio Workout On The PLANET with Vicki Hatch Moen

Workshop: GE, MB

What's the difference between Balletone and Barre? Barre is muscular endurance. Balletone is cardio. This two hour workshop will highlight the benefits, similarities and differences of both workouts and then reveal three fun fusions to showcase to your clients in person and on virtual platforms.

433 Legal Essentials for Fitness Studio Owners & Professionals in a Post-COVID World with Cory Sterling **Lecture: AQ, GE, MB, PT, S**

COVID has flipped the world on its head for health & wellness practitioners and studio owners. It's now more important than ever to have the proper legal documents in place to ensure your Fitness business and assets are protected, and your community and clients are safe. Look, we get it. Dealing with the law sucks. But it's super important for your business to be legally protected, especially in these unprecedented times. We are here for you to explain the law in an easy-to-understand fashion... and even make it a FUN process :) Our goal is to keep you safe and secure so you can focus on doing what you love and growing your business.

During this Legal Training, you will learn:

- COVID Reopening 101 - Practical legal tips to implement immediately in your business
- Updating Your Intake Form - Essential information to include
- The importance of a properly drafted waiver of liability (most insurance companies do NOT cover COVID)
- Practicing Online? Outside? What information/docs to have in place
- Your business has changed - learn which agreements & disclaimers must change as well (social media disclaimer, privacy policy, etc.)
- How to protect your assets & avoid negligence at all costs

434 Cannabis Fundamentals with Bruce & Mindy Mylrea **Lecture: AQ, GE, MB, PT, S**

Δ9-THC, CBD, CBG, CBN, THC, THVC, CBA, THCa, what are we to make of the Cannabis explosion? This comprehensive lecture will give you the tools you need to make safe sense of what works, what doesn't, and the science behind all of it. We will dissect the latest research behind CBD, THC, vaping and the rest for both medical applications and recreational use of cannabis and it's derivatives. Don't be fooled by marketing hype and sales tactics. Make sure you understand what is true and what is hype in this crazy new arena.

435 Got Older Clients with Tight Hip Flexors and Weak Glutes? Do These 3 Things! with Dr. Evan Osar **Workshop: GE, MB, S**

You've heard it before - your client's back, hip, or knee problems are coming from tight hip flexors and weak glutes. Yet despite all the hip flexor stretching and glute strengthening, there has been no decrease in the incidence of back, hip, or knee problems. In fact, these problems are on the rise. Unfortunately, common industry approaches often perpetuate rather than help these issues. During this dynamic and interactive session, you'll discover the 3 most common underlying and underappreciated factors contributing to chronic hip flexor tightness and glute weakness. You will discover 3 simple assessments and a 3-part, super easy-to-implement corrective exercise strategy to improve hip mobility and stability. You'll leave this session understanding how to program corrective exercises as well strengthening progressions and regressions for clients of all levels. You'll not look at glute training the same after attending this session.

Learning Objectives

After attending this session, participants will be able to:

- describe the underlying causes of decreased hip mobility and compensated stability;
- demonstrate how to use the most effective assessments and corrective exercises to improve mobility and stability of the hip complex;
- apply this knowledge to create an integrated strength training program for clients with hip mobility and stability issues.

436 How to build a HIIT Class with Lori Sherlock **Workshop: AQ**

We all know that high intensity interval training works, but how do you create a class that will wow your participants while reaping all of the benefits that HIIT has to offer? Learn the anatomy of a HIIT class and how to create HIIT workouts that will keep your classes coming back for more.

2:00 PM - 3:30 PM CST
3:00 PM - 4:30 PM EST

437 ACE® An Outside the Box Approach to Small Group Training with Anthony Wall

Workshop: GE, PT

Group training is one of the most impactful, enjoyable experiences a client can have—and the growth of group-based classes and activities is a testament to that!

In this course led by ACE Director of International Business Development Anthony J. Wall, MS, you will explore the basis for group success and learn what motivates people to participate in group physical activity. Understanding how groups function will give you the foundational knowledge needed for effective small group programming. You'll delve deeper and uncover the 3 Key Pillars of Success to design world-class small group training sessions.

Upon completion, you will be able to:

- Explain the dynamics of a group
- Use group dynamics to cater to the needs and wants of a small group session
- Design a small group training program using the 3 Key Pillars of Success

438 Work Your Why - Your Unique Strength Proposition with Jenn Hogg

Workshop: GE, PT

Think of your favorite gear, nutrition or equipment; you may not realize it, but you probably buy them because they are a certain brand. A strong brand identity connects to users and establishes an immediate value. You ARE your brand and the secret to differentiating yourself is in your WHY. Learn how to translate your why into words, understand the science of neuromarketing to uncover your USP.

439 YogaFit® Don't Worry - Be Happy! With Kim Gray

Workshop: GE, MB

A growing body of research indicates that Yoga may be an effective therapeutic tool in the prevention and treatment of anxiety, depression and other mental health and mood disorders. In this workshop we will discuss and practice how to maintain a healthy nervous system, promote a stronger sense of self-awareness, focus the mind, improve mood, and enhance overall state of wellbeing through postures, breathing techniques, and meditation.

440 Release, Relieve, Restore with Helen Vanderburg

Workshop: GE, MB, PT

Active recovery techniques are becoming the industries top trends. In this workshop, learn self-myofascial release techniques, dynamic mobility and restorative exercises that provide simple and highly effective methods to increase range of motion, decrease tension and restore the body. Learn easy to use exercise sequences for releasing, relieving and restoring the most common areas of discomfort in the body.

441 Dance Club with Medora Cesarano

Workshop: GE

The music pulses and the sweat drips as you move to the high intensity beats of Dance Club. All routines and dance combinations are choreographed by Medora and feature a variety of music and genres including the latest top 40 hits, hip hop, funk, old school and new school!

This highly energetic workout is designed for those who love to dance, let loose and have fun! . With creative, easy-to-follow choreography and intricate add-on moves, this class is guaranteed to leave you with a big smile on your face and wanting more!

442 Vibe Fitness® Teaching Virtually - Lights! Camera! Action! with Ally Ponte & Kelly Schur

Lecture: AQ, GE, MB, PT, S

Learn impactful pro-tips to engage with your virtual audience. From set up to sign off and everything in between. Take your online classes to the next level with camera confidence. If you are teaching virtually, this session is a must!

443 Evidence-based Weight Loss with Bruce & Mindy Mylrea

Lecture: AQ, GE, MB, PT, S

Another year another new.....diet??? Stop the madness! This lecture includes the latest scientific evidence about what really works for long-term weight loss and what is just hype. We will explore both ecological, cohort, and randomized

controlled trial studies that leave no page unturned in the simple book of truth about weight-loss, long term health, and the only scientifically proven ultimate weight loss diet. Don't fall for gimmicks. Learn the TRUTH about diets!

444 Connecting the Core and Pelvic Floor with Jenice Mattek

Workshop: GE, MB, S

Millions of individuals are having 'routine' surgeries of the abdomen and pelvis including C-sections, hysterectomies, GI and gall bladder, and hernias. While often not discussed, chronic tightness and weakness are a common side effect of these minimally invasive surgeries. As a fitness professional, you are often the first person these individuals seek out to return to exercise and address post-surgical tightness and weakness. In this interactive session, you will learn what really happens to the body after surgery, how to identify common post-surgical compensations, and how to safely train these individuals. Additionally, you will discover how to progress and program for individuals who have just been cleared to return to exercise as well as those who have had surgery recently as well as 10, 20, or 30 years ago.

After attending this session, participants will:

- discover how surgery impacts posture, movement, and muscle function;
- be able to assess and identify exercises to address underlying causes of tightness and weakness in the post-surgical client;
- be able to create a training program that addresses the needs of the post-surgical client.

445 Power to Function with Lori Sherlock

Workshop: AQ

When most people think of the word power in relation to performance what is commonly pictured is a well-tuned athlete with a 2.5 foot vertical jump. Though the importance of power production for an athlete is paramount for many sports, it is just as important for the everyday Joe when performing activities related to daily living. In fact, power is the strongest predictor of fall risk and functional decline. Its level of importance is often overlooked while it's inclusion in fitness is commonly absent. So what exactly is power and how can it be incorporated into training? In this workshop we will explore just that!

Group 12: Sunday 12/13/20

1:45 PM - 3:15 PM PST

3:45 PM - 5:15 PM CST

4:45 PM -6:15 PM EST

446 Nothing but the HIITS with Mindy Mylrea, Tricia Murphy Madden & Lauren George

Workshop: GE, PT

With HIIT still packing in the people, many instructors and trainers are looking for new ways to creatively invigorate their HIIT workouts. Come try three unique workouts from creative and playful to them based HIIT workouts. Take away the perfect format for shaking things up in your next HIIT class.

447 MASHUP® Precision Variable-intensity Interval Training (VIIT) with Jacquese Silvas & Jennifer Taylor

Workshop: GE, PT

Do you necessarily need to spend dedicated time focusing on one kind of workout separately in order to benefit? Imagine if you only had to because you wanted to, not necessarily to gain more benefits. With MASHUP®, you have the potential to get the most bang for your buck in less time with three classes in one. We'll combine a.) MindBody, b.) Agility and Strength, and c.) High-intensity interval training in a seamless, effective workout. Perform researched variable-intensity interval training segments containing each modality and including a 1:3 work to rest ratio between HIIT and active recovery. This workout will challenge you to your limits!

448 Yoga Assists and Assessments (Verbal and Visual Cueing) with Robert Sherman

Workshop: GE, MB

What takes an instructor from good to great is the ability to know how to assess your participants and be able to give them the insight, verbal, visual cueing and knowledge to empower their practice. Learn the specific process to transformation and give immediate feedback to change, grow and develop personal strength from the inside out. Practice and feel the energy of experience and connect as a teacher, learn as a student.

449 Peak Power Pilates with Abbie Appel

Workshop: GE, MB

Power up your Pilates class with 10 intermediate to advanced classical movement variations with modifications and progressions. Review principles and essential alignment and understand the essence of each Pilates movement. Safely increase challenge to accommodate a multi-level Pilates class.

450 B. Hip-Hop with Kia Williams

Workshop: GE

B.R.A.V.E. Hip Hop, more popularly known as “B. Hip ★ Hop.”

B.R.A.V.E. is an acronym for Belong to the Rhythm and Align with your most Valiant and Electric energy.

This is a music-driven, beat-based, low impact, cardiovascular fitness experience. The goal is for participants to let loose, move their body, and tap into their personal BRAVE space. The personal BRAVE space is where we all protect and keep our most authentic and electrifying selves. It is the portal we want to enter during this group fitness class experience, where we feel our most valiant, fierce, radiant, free, strong, and accepted. This dance-inspired, rhythmic group fitness class fuses new and throwbacks of the greatest dance moves from Hip Hop, including popping, locking, breaking, grooving, strutting, voguing, line dancing, and twerking. There is the freedom to bravely incorporate other traditional dance styles and modalities to make for an exhilarating cardio dance experience. Bring your own style, personality, and bravery. Be B.R.A.V.E.! No prior dance experience necessary.

Workshop Objectives:

- Introduce and understand the history of Hip Hop culture, dance, and music
- Learn key components of safety through dynamic movement patterns
- Exercise effective and inclusive cueing language
- Develop an understanding of the application of exercise physiology in group fitness
- Apply the B.R.A.V.E. sequencing structure for a unique dance class experience

451 Getting Started in Online Fitness with Kelly Coulter

Lecture: A, GE, MB, PT, S

The 3 Biggest Mistakes GFI's Make When Setting up an Online Business

Ready to augment or replace the money you make leading workouts in-person by moving online? Before you do, let's talk about the biggest mistakes fitness professionals make when starting an online fitness business so you can avoid them right from the start.

452 Cultivating an Optimal Mindset for Mental, Emotional and Physical Well-Being with Teri Gentes

Lecture: A, GE, MB, PT, S

COVID chaos has added to our surmounting challenges with mental and emotional anguish for people in all walks of life and age. Learning how to cultivate resiliency and sustain sanity is an inside job. Mind-awareness, Mind-setting, Meditation and Energy Medicine continue to demonstrate powerful results to assist in addressing the issues. Join internationally acclaimed wellness coach Teri Gentes, known for inspiring and enabling life changing approaches to people around the world. In this session she shares:

- Effective consciousness practices, exercises and strategies to powerfully impact every aspect of whole-self well-being.

453 Exercise Solutions for Common Knee Problems with Dr. Evan Osar & Robert Linkul

Workshop: GE, MB, S

Knee osteoarthritis is one of the most debilitating musculoskeletal conditions. It can limit an individual's ability to walk, run, and participate in many activities of life and dramatically decreases their likelihood of living a full productive life. Unfortunately, many individuals are not given great options outside of rest, medications, and surgery. Fortunately, as a Fitness Professional, you are in the best position to be a solution for your clients. In this interactive session, you'll discover why so many older adults have knee osteoarthritis. You'll also learn the most effective corrective exercises for improving your client's knee and foot function. Additionally, you'll discover how to properly progress and program strength training for your clients with knee osteoarthritis and joint replacements.

Learning objectives

Participants will discover:

- the most common habits that contribute to the development of knee issues including osteoarthritis and joint replacements;

- why applying the principles - alignment, breathing, and control - provides both short and long-term changes in knee function
- how to perform key assessments - both virtual and in person - to determine their client's range of motion and knee stability;
- how to use the most effective corrective exercises to improve functional outcomes and reduce injuries;
- the most effective resistance training exercises to improve stability, strength, and balance;
- program corrective and resistance exercises into an overall program for improved results.

454 Task Oriented Training with Lori Sherlock

Workshop: AQ

Movement is a result of many systems interacting to achieve a goal or task. Tasks, neurologically speaking, are performed differently than exercises broken down into basic movement patterns and therefore, can require additional training for successful completion. Simply put, you learn what you practice and motor learning is specific to the task. Learn how to use task oriented training to create movement challenges that will improve the quality of life of your participants. From seniors to athletes, this training technique can empower your population!