

**Group 1: Friday 4/29/22 7:00 am - 8:30 am**

**301 Schwinn® Cycling: Work Not Twerk - Results with Rhythm with Helen Vanderburg**

**Workshop: CY**

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

**302 Welcome to the Jungle - StairMaster® HIIT with Doris Thews**

**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.

**303 Pilates Mat Exercises To Enhance Your Movement Experiences with Staci Alden**

**Workshop: GE, MB, PT**

This session will focus on the ins and outs of teaching 6 foundational Pilates Mat exercises that will set your sessions apart and help your clients and participants leave your movement experience feeling their deeper core muscles, without doing a single "crunch".

**304 Alignment, The Missing Link For Optimal Client and Student Results with Leslee Bender**

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

In this session begin to understand the impacts of essential alignment for your group training classes. All environments require great posture and alignment to prevent injuries and gain results. Join industry icon Leslee Bender for a session that will improve your very next class or client experience.

**305 Sensory-Based Balance Training with Dr. Emily Splichal**

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

The seemingly simple task of balancing on one leg or walking across the room is actually a complex, integrated, multi-sensory experience with stimulation coming from the eyes, ears, joints, and plantar foot.

Join Dr Emily to experience sensory stacked exercises that will improve body perception, balance and movement in all clients. Explore the concept of sensory stacking, multisensory integration and sensory conflict training.

**306 FAI®: Exercise Program Design for the 55+ Client with 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.

**307 4 Keys to ACCELERATING Your Online Fitness Business with Rodney Morris**

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

Launching or relaunching your independent fitness business can be stressful and overwhelming. Learn where to start, what to watch out for, and how to accelerate the creation of a business plan that works!

**308 Acquapole® 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.

**Group 2: Friday 4/29/22 8:45 am - 10:15 am**

**309 Schwinn® Cycling: Polishing Diamonds - How to Create a Successful Cycling Mentoring Program with Doris Thews**

**Workshop: CY**

The foundation of a great cycling program is your talent and like diamonds, talented instructors need to be polished to bring out their full luster. In this session Schwinn will share comprehensive evaluation tools, tried & true teach-back techniques and "user-friendly" feedback forums that will help you get more from your staff and more butts in seats. Build it and they will come!!!

**310 Your Brain on HIIT - Bonus Benefits of High Intensity Training - StairMaster® with Janelle Veteri**

**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.

**311 Happy Hour At The Barre with Tricia Murphy Madden & Lauren George**

**Workshop: GE, MB**

Why so serious? Barre class was always intended to be fun, much like any good happy hour. In this Barre Above workshop learn creative new ways for creating happy vibes via your content, your music and your communication style.

**312 WARRIOR Strength™ with Ellen de Werd**

**Workshop: GE, MB**

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

**313 FAI®: How to Launch or Jumpstart your business in 2022! with Dr. Dan Ritchie**

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

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

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.

**314 Top Foods for a Healthy Gut Microbiome with Bruce & Mindy Mylrea**

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

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

In this lecture, you will:

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

**315 S'WET™ Boot Camp with Katy Coffey**

**Workshop:** AQ

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

**FRIDAY PANEL 4/29/22 10:30 am - 11:30 am**

**316 Collaboration over Competition with Staci Alden, Adia Callahan, Rebecca Garity Pinto, Jason Schneider & Doris Thews**  
**Panel:** AQ, GE, MB, PT, S

A competitive mindset is a petri dish for detrimental thoughts of comparison and scarcity. A collaborative mindset yields supportive thoughts and actions as well as an abundance mindset, understanding that just one person or business cannot be EVERYTHING for EVERYONE. Explore the following:

- Prominent attributes of a collaborative individual or business
- How to strategically collaborate with other professionals
- Advice/resources for professionals trying to build their own networks

**317 Schwinn Cycling®: Master Your One - Rule Yourself & Rock Your Room with Helen Vanderburg**

**Workshop:** CY

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

**318 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.

**319 Best Buns and Leg Exercises on the Planet with Mindy Mylrea**

**Workshop:** GE, PT

Using the practice, perfect, perform principle for exceptional movement execution this workshop uncovers the best that progressive strength training has to offer for the buns and legs. Explore the science, structure and sizzle of elevating your strength game by allowing your students to progress through an exercise to explore their untapped potential. This session will show you how to teach every exercise for maximum success for every student.

**320 DancePowered Masterclass with Jennifer Cepeda**

**Workshop:** GE

Dance Powered is Jennifer Cepeda's signature class: an adventurous dance fitness class with hip hop vibes, featuring hit music spanning pop, hip hop, world hits & unexpected gems. This Class often explores new movements & ways to express your inner bad ass! This session will start with Dance Fitness, featuring Jennifer's creative, fun and dynamic dance fitness choreography, then end with a segment of build-on choreography for the full DancePowered Experience!

**321 Healing Trauma with Yoga with Kim Gray**

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

Traumatic events are a part of life and no one is immune. Any event which threatens personal safety activates the sympathetic nervous system (SNS), a necessary and important survival response. Sudden horrific experiences, chronic experiences, or seemingly mundane experiences can manifest themselves in the body, creating imbalance and wreaking physical, emotional, and mental havoc when the SNS is unable to turn off. Continuous activation of the SNS rewires the nervous system, and physical changes take place in the brain and endocrine system that make healing more challenging. These changes can result in mood disorders, disease, addiction, self-esteem issues, anxiety, depression, lethargy, hopelessness, and destructive behavior. Healing comes from rebalancing and reversing the impact of the trauma on the brain. According to tradition, yoga is believed to cultivate happiness and reduce suffering with long-term, regular practice. Fortunately, studies are proving what yoga practitioners have known for ages - yoga reduces suffering. Yoga, breathing, and meditation practices can be used as an adjunct to clinical care as a way to cope with the symptoms of trauma. Experience the difference in a trauma-informed practice.

**322 Mastering the Anchor Point with Chris Severs**

**Workshop:** GE, PT, S

There are three fundamental connections to the forces that can be created with any type of resistance through any range of motion with any kind of anchored tool. They are the anchor point(s), the connection to the anchored tool and the users connections to the ground. Understanding the natures of these three ever present

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connections provides the ability to get the most out of any anchored tool.

Objectives:

- 1 / Safety - indoors, outdoors, equipment
- 2 / The Kinetics of the Anchored/Closed Chain - suspension straps, cable machines, bands, land mine, battle ropes, sled, Stick Mobility
- 3 / Different types of anchors - stable vs unstable vs reciprocating, self anchoring
- 4 / Different Vectors - programming for variety and specific needs

**323 Launch, Grow, and Elevate your Brand! with Rodney Morris**  
**Lecture: AQ, GE, MB, PT, S**

Having a brand that stands out and shows the world who you are, quickly and consistently, is a necessary skill set. Successful independent fitness pros need to know what a brand does, and how to build, define, and manifest their own unique brand, piece by piece.

**324 Liquid Star with Andrea Velazquez & Yvette Class**  
**Workshop: AQ**

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

**Group 4: Friday 4/29/22 2:30 pm - 4:00 pm**

**325 Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists with Jason Schneider**

**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.

**326 Purpose NOT Circus - Legit HIIT - StairMaster® with Doris Thews**

**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.

**327 Pilates Principles for Personal Trainers with Staci Alden**

**Workshop: GE, MB, PT**

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

**328 Your Core - Where Science Meets Function with Lelsee Bender**

**Workshop: GE, MB, PT**

In this session you will leave with the essential tools to strengthen the core body utilizing the Bender Ball which was designed to not only prevent injuries but have strategies for all of your student's needs. Crunches and inadequate core training lead to dysfunctions, injuries and or pain. Walk away with a purpose and breakdown of each exercise and the affect it has on the individual body biomechanics and how to deliver them. This is a session not to miss for the latest methods in core training based on the science of movement, planes of motion and fascial lines for a functionally strong pain free body!

**329 Feet, Fascial and Functional Movement with Dr. Emily Splichal**

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

The dynamic control of functional movement is deeply integrated in our foundational control of the ground and gravity. Join Human Movement Specialist Dr. Emily as she explores how our feet, fascia and functional movement are even more integrated than we may think. From fascial tensioning to fascial elasticity, our fascia plays a role in how our feet detect, store and transfer forces during dynamic movement.

**330 Connecting with Resistance with Chris Severs**

**Workshop: GE, PT, S**

There are three fundamental connections to the forces that can be created with any type of resistance through any range of motion with any kind of anchored tool. They are the anchor point(s), the connection to the anchored tool and the users connections to the ground. Understanding the natures of these three ever present connections provides the ability to get the most out of any anchored tool.

Objectives:

- 1/ Grips positions and textures, shapes -pronated, underhand, overhand, abduction, adduction
- 2 / Asymmetric Resistance - bars, handles
- 3 / Waist and Harness Connections - orientations, balance, progressions
- 4 / Serape Connections

**331 The Aquatic Anomaly with Andrea Velazquez**

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

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

**332 AquaFITcation with Katy Coffey**

**Workshop: AQ**

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

**Group 5: Friday 4/29/22 4:30 pm - 6:00 pm**

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**333 Schwinn® Cycling: Dry-Tri: Beast Mode Fusion with Doris Thews**

**Workshop: CY**

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

**334 Strength and Tone with Phil Berry**

**Workshop: GE, PT**

In Strength and Tone we go through a specific warm-up, mobility and a series of strength training exercises to focus on lower body, upper body, or total body depending on the day. You can expect each day to have a focus of not just making you "feel the burn" but actually focusing on compound and isolation exercises to make you stronger than when you showed up." We will go through what we do at Athletic Form, how we tackle the 5 Aspects of Fitness through our classes and how we've grown our community from one not super into gyms into one that works out together, hangs out together and looks forward to coming to class.

**335 Get it from the Ground with Dan McDonogh**

**Workshop: GE, PT**

Little to No equipment? Are you pressed for time and/or space? This body-weight only session based on Foundational Movements will help you learn to leverage your own body-weight to help develop Mobility, Stability & Strength in any environment to help you move and perform better for the long haul!

- 1) Participants will be exposed to Foundational Movement training and best practices around performing & cueing them
- 2) Participants will participate in an exercise library using their own body weight centered around Foundational Movements
- 3) Participants will experience a workout based on Foundational Movements that will build with complexity and intensity.
- 4) Participants will leave with the knowledge & the tools on how to build body-weight and loaded exercises to meet the needs of the people in front of them

**336 Zumba® with Madalene Aponte**

**Workshop: GE**

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.

**337 Fascia + Function with Helen Vanderburg**

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

Specifically designed for exercise professionals this workshop gives you the practical application of the evolving science of fascia. Explore the science behind fascia and how it relates to training. Examine the main fascial kinetic lines in the body and learn specific myofascial release techniques with complementary dynamic stretching exercises to enhance mobility and ultimately

performance. Come away with a functional approach to elevate your recovery and stretching methods.

**338 Ground Forces with Anchored Resistance with Chris Severs**  
**Workshop: GE, PT, S**

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Objectives:

- 1 / Distance is Resistance - suspension vs elastic
- 2 / Footing - shoes, flooring, outdoors
- 3 / Orientation to the Anchor - static, dynamic, foot position
- 4 / Nero stimulation

**339 6 Secrets to Converting Your Network into Clients with Rodney Morris**

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

Building a prospective client list isn't easy. In fact, most fit pros spend years trying to figure out how to grow their client base and get more people to try their services. That's because they waste tons and time and money trying to convert strangers into customers. This session will teach you how to activate your current network (even if it's limited to friends & family) into a growing and paying list of clients.

**340 Acquapole® Strong Circuit with Andrea Velazquez & Yvette Class**

**Workshop: AQ**

Turn up your aquatic programming with Acquapole® equipment combine with the innovative small equipment! Diversify your aquatic class offerings and utilize flashcards for inspiration.

**FRIDAY NIGHT PARTY 4/29/22 7:00 pm**

**The 3 C's of a Great Class Experience with Tricia Murphy Madden & Lauren George**

**Description coming soon.**

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

**Group 6: Saturday 4/30/22 7:00 am - 8:30 am**

**341 Schwinn® Indoor Cycling: Ride or Die: Killer Vibe to Connect with your Tribe with Janelle Veteri**

**Workshop: CY**

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

**342 Nautilus Strength - Does size REALLY matter? with Jason Schneider**

**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

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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.

**343 Core Off The Floor with Rebecca Garity Pinto & Amanda Scales**

**Workshop:** GE, MB, PT

We need core strength as we go through out our day. What position are we in most often when we need it? Standing. So let's train it that way! Adding core training exercises while on your feet will add more variety and a new challenge to your core and strength training classes. Anti-rotation, rotation and posterior chain exercises will be covered. Its a great addition for clients who are uncomfortable getting down on the floor and for those who work with the active aging population.

**344 50 Unique Core Lovers Exercises with Tricia Murphy Madden & Mindy Mylrea**

**Workshop:** GE, MB, PT

This workshop utilizes all three planes of motion both prone and supine positions, along with small apparatus tools to give you more than 50 unique, core exercises. Walk away with a library of new moves that students will love and feel successfully challenged in your next class or training session

**345 YogaLean with Kim Gray**

**Workshop:** GE, MB

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

**346 Neuro Cross Training - a Theory of Holistic Resistance Training with Chris Severs**

**Workshop:** GE, PT, S

There are three fundamental connections to the forces that can be created with any type of resistance through any range of motion with any kind of anchored tool. They are the anchor point(s), the connection to the anchored tool and the users connections to the ground. Understanding the natures of these three ever present connections provides the ability to get the most out of any anchored tool.

Objectives:

- 1 / Training a Variety of Patterns
- 2 / Training on Your Feet
- 3 / Appropriate Metabolic Dosages
- 4 / Sensory Intentions

**347 Time By Design with Shannon Fable**

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

You've got big plans, but you're struggling to 'find' the time to make it happen amidst everything else vying for your attention. By now, you've realized that wishing for more time doesn't work and you've tried all the tips and tricks for being more efficient to no

avail. What if there was a way, instead, to create the time you need, fill it up with the most important things you need to do, and get your work out into the world without losing yourself in the process or feeling overwhelmed? Learn a simple system guaranteed to do just that whether you're just getting started, looking to turn your side hustle into your main gig, or planning to strike out on your own.

1. Learn the 'formula' for designing time to work on your business, versus in your business.
2. Unpack the three ways you can ensure that deep work sessions get on your calendar.
3. Understand the difference between the types of work that should be done weekly and how to identify which one to do when.

**348 AquaFIIT - Power of Ω with Katy Coffey**

**Workshop:** AQ

The AquaFIIT 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 is sure to give you a full body workout.

**Group 7: Saturday 4/30/22 8:45 am - 10:15 am**

**349 Schwinn® Cycling: F.E.A.R. Face Everything and RIDE with Doris Thews**

**Workshop:** CY

Bring a never-quit conviction and discover your true grit in this workshop where Schwinn takes it to the MAX. Numbers don't lie and Power is a real indicator of intensity. Learn what POWER is, find your true max, and learn coaching techniques to use power to motivate in a variety of different ways. When you marry truth and intensity you unlock your riders' greatest potential.

**350 Basic Movement Assessments for Cardio Modalities by Star Trac with Jason Schneider**

**Workshop:** GE, PT

Performing a movement screen and assessment on a client before you assign their exercise protocol can help understand potential risk factors and offer suggestions on how to improve the mechanics of how someone moves. This not only may help prevent injury, it will most likely enhance their results and overall performance. The four assessments that follow are some of the most common and helpful in identifying potential mobility and stability issues.

**351 HIIT The Ballet with Vicki Hatch-Moen**

**Workshop:** GE, MB

What happens when HIIT meets ballet? You leave breathless and feel 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.

**352 Introduction to Brain. Breath. Barefoot with Dr Emily Splichal**

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

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We build the connection of Brain. Breath. Barefoot. through the belief that life is sensory and that there is an evolutionary tie between brain function, how we breathe and sensory stimulation. Join Functional Podiatrist and Human Movement Specialist Dr Emily Splichal as she explores how she integrates the autonomic nervous system, homeostasis theory and homunculus stimulation with her patients and in her education.

**353 Self Anchored Loop Bands for Personal and Group Training with Chris Severs**

**Workshop:** GE, PT, S

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Objectives:

- 1 / Anchoring, ROM Progressions
- 2 / Isometric Poses
- 3 / Resistance Protocols - drop sets, contrast training, super sets

**354 It's You... No... Really. How To Get Professionally "Unstuck" and Out of Your Own Way! with Rodney Morris**

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

Do you ever feel like you could be doing so much more with your career but aren't making traction? If so, you're not alone. In fact, most independent fitness professionals struggle with shifting their mindset from one of an "employee" to being a "boss." In this workshop, we'll teach you how to identify where you are getting stuck and how to overcome it and get back on track!

**355 Drum Vibes with Andrea Velazquez**

**Workshop:** AQ

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

**SATURDAY PANEL 4/30/22 10:30 am - 11:30 am**

**356 Take Control of Your Career with Shannon Fable, Dan McDonogh, Rodney Morris & Tricia Murphy Madden**

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

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

**Group 8: Saturday 4/30/22 12:30 pm - 2:00 pm**

**357 Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time with Jason Schneider**

**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.

**358 Strength and Tone with Phil Berry**

**Workshop:** GE, PT

In Strength and Tone we go through a specific warm-up, mobility and a series of strength training exercises to focus on lower body, upper body, or total body depending on the day. You can expect each day to have a focus of not just making you "feel the burn" but actually focusing on compound and isolation exercises to make you stronger than when you showed up." We will go through what we do at Athletic Form, how we tackle the 5 Aspects of Fitness through our classes and how we've grown our community from one not super into gyms into one that works out together, hangs out together and looks forward to coming to class.

**359 Move Better: Enhance Strength through Increased Mobility and Activation with Dan McDonogh**

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

Description: In this hands-on, interactive workshop you will learn how to prep and restore with Foam rolling/Percussive devices. Increasing your participants/clients' ability to move better before beginning any activity, class or program is paramount to not only improve their performance, but to ultimately help them move longer!

Format: Workshop

Session outcomes:

- 1) Have a deeper understanding of the importance of a joint-by-joint approach to movement efficiency & injury reduction
- 2) Have a deeper understanding of how mobility & stability can help to improve movement efficiency
- 3) Be proficient in delivering a basic movement efficiency protocol to use with clients/athletes/participants

**360 Tabata Bootcamp™ with Mindy Mylrea**

**Workshop:** GE, PT

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

**361 WARRIOR Rhythm™ with Ellen de Werd**

**Workshop:** GE, MB

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

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

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

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

**363 Building and Sustaining Community Through Strategic Events with Staci Alden**

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

How can we tap into that “these are my people” sensation for our participants and members? There are more ways now than ever to promote and build the community of people we serve and want to attract. In this session, we will get up close and personal about what community really means and how to achieve it both virtually and in real life. We will explore ideas (retreats, workshops, events, etc.) and learn about strategic products, services, and experiences we can offer to help the sense of community thrive.

**364 S’WET™ Challenge with Katy Coffey**

**Workshop:** AQ

No matter what fitness level students are at, you can always teach them to work to their maximum potential! Using various levels and modifications, your students can begin at their own pace but challenge them to take their workouts further than ever expected.

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

**365 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.

**366 “Toning” is NOT a Thing. WORK is Part of Work Out! - Nautilus with Jason Schneider**

**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.

**367 Fierce Fight Club with Rebecca Garity Pinto & Amanda Scales**

**Workshop:** GE

Take on the challenge of this fierce fight and leave feeling victorious. Learn combos you can easily use in your cardio kickboxing class on Monday morning and incorporate the drills in your HIIT and bootcamp classes. Boxing and kick combos will be covered along with combos to strengthen your core and legs. Take on the attitude and heart of a fighter that will have you giving your all until the final bell. Leave sweaty, confident and empowered!

**368 Let The Beat Drop with Lauren George**

**Workshop:** GE, MB

Music is a powerful tool that can set the tone for your class, increase students’ energy, and make a lasting impact on individuals. In this workshop, you will learn three ways to choreograph your workouts to music in a one song per segment format. Learn strategies to help you smoothly and efficiently move your students through the workout in a way that creates flow and leaves every student feeling successful.

**369 YogaCore with Kim Gray**

**Workshop:** GE, MB

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

**370 FAI®: Balance Training Games and Circuits with Dan Ritchie**

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

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

**371 How to Become a 10-Minute Social Media Pro with Rodney Morris**

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

For most fit pros, the idea of creating and executing a digital and social media strategy is overwhelming (if not terrifying). In this interactive workshop, you’ll learn how to structure an effective digital marketing campaign, source imagery, and write associated copy in minutes. Yes, you heard that right... in minutes!

**372 Liquid Gym Tool Kit with Andrea Velazquez & Yvette Class**

**Workshop:** AQ

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

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

**373 Schwinn® Cycling: Breathly Not Breathless - Base-Building Threshold Training with Jason Schneider**

**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

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

with your Aerobic intervals and steady aerobic work through thoughtful programming with science to back it up.

**374 Breaking Barriers Involved with Exercise Selection with Tyler Valencia**

**Workshop: PT**

As fitness professionals, we have all dealt with clients where it's a give-and-take to make sure we provide well-balanced programs. But how do we integrate multi-planar exercises and respond to a client complaining about not feeling the "burn"? What about clients that believe doing lower body exercises will make them bulky? In this hands-on workshop we will tackle the science behind multi-planar movements and a demo of a variety of multi-planar exercises.

**375 Body-camp with Adia Callahan**

**Workshop: GE, PT**

What is one of the best pieces of exercise equipment? The body. Together we will break down how to use our own bodies as the ultimate exercise machine and utilize it from head to toe. This is not a typical bootcamp class. We will be incorporating tempo, creativity, and technique to feel a new bootcamp experience. Believe me, you will still get a workout.

**376 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!

**377 Pelvic Floor & Postural Stability with Dr. Emily Splichal**

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

The pelvic floor is a strong anti-gravity muscle which is deeply integrated with the feet and diaphragm. Join Human Movement Specialist Dr Splichal as she explores the myofascial attachments of the pelvic floor and how to build postural tone to improve posture, balance and gait.

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

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

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

**379 Transition to a Plant-Based Diet with Bruce & Mindy Mylrea**

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

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

nutritional tips to help your clients overcome their negative dietary habits and transition to a healthier lifestyle.

**380 Tabata H2O with Katy Coffey**

**Workshop: AQ**

Total Body Tabata ensures that using only the wall and water, the entire body is conditioned in 45 minutes or less. 20 Seconds on and 10 second total rest.