



ECA/THRIVE!

**2009 Fitness and
Wellness Conference**

November 12 – 15, 2009

Miami Beach, FL

ECA/THRIVE! Is not just another fitness event. This program was designed to meet all of your professional needs and then some. Experience first hand a life-affirming event – We are a community and this event offers us a chance to celebrate each other, new ideas and growth. Join us and “Let the Sun Shine In”!

EARN CONTINUING EDUCATION CREDITS

- **You can earn up to 2.5 cec’s from organizations such as ACE, ACSM, AEA, AFAA, ECITS, NASM, NFPT, NSCA, SPINNING® and STOTT PILATES®**
- **Each certifying agency determines which sessions qualify for credits.**

Register early and save!

Deadline for reservations is: November 01, 2009.

On site reservation will carry an additional \$50.00 fee (subject to availability).

HELP US HELP YOU!

BEFORE you register, try our Program Concierge. ECA office staff can help you choose the very best sessions for “you”. Whether you are a novice or veteran instructor or this is your first ECA event or 20th, we can help you sort out if a session will fit your needs. Are you looking for more information about a presenter or session description; looking for advanced choreography; something for Monday morning; making a career move; adding on a new type of class to teach; trying to pick up more clients; starting a new business on your own; trying yoga for the first time; looking for inspiration or advice? Take advantage of our expertise and insight. Call our offices BEFORE you register – 516-432-6877 and ask for help. OR e-mail our own C.E.O. and event programmer, Carol Scott at carol@ecaworldfitness.com with your comments or questions.

“Carol, I just wanted to let you know that the classes you helped me choose for the convention were great! I got so much out of them.”
Connie, from NYSC.

ECA/THRIVE! 2009 Fitness and Wellness Conference

**November 12 – 15, 2009 • Deauville Beach Resort
6701 Collins Avenue, Miami Beach, FL**

SPECIAL EVENTS

WELCOME PARTY!

Thursday 7:30pm – on

Come join us for some fun and socializing! Meet and greet fellow attendees and meet up with old friends. Network, socialize, and enjoy a little “live” interaction with your fellow like-minded travelers within our fitness community! Great way to begin your conference experience!

DRUMS ALIVE®

Benefit Class with Carrie Ekins, Rob Glick & Carol Murphy
Friday 6:30–7:30pm

Drums Alive® is the most unique fitness/wellness program extravaganza to hit the market in years! It is unique and different from every other workout you've tried before. It captures the essence of movement and rhythm and combines it with fun and delivers real fitness results! The choreography is designed to burn fat, improve physical and mental fitness and above all, be fun! Drums Alive® is full of powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving. Drums Alive® will combine traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire body, mind and spirit! Drums Alive® is also a powerful tool for stress reduction and mental balance.

FREE w/ Conference attendance ...Suggested Donation \$10 – Recipient Organization:
Environmental Defense Fund

KRANKING® Super Saturday

with Jim Karanas, M.S.
Saturday 4–7pm

If you belong to the international-fitness community you are aware of the philosophy and passion of Johnny G, the world-renowned visionary who revolutionized the industry and changed millions of people's lives worldwide. Johnny's Super Saturdays are legendary. These workouts are where Johnny demonstrates the magic that makes everyone understand why he is able to inspire so many people around the world. You are invited to a life-changing experience orchestrated by the maestro. A training time after all the day's sessions are over that will lift your spirit as it carries you into the night. Come and experience the physical, mental and spiritual practices of the man that brought passion, genius and the unexpected to fitness training.

Fee: \$99

THRIVE/thriv/vi to grow vigorously:

flourish: to prosper: to progress toward or realize a goal

PRE CONFERENCE PROGRAMMING

BodyART™ Training

with Robert Steinbacher
Tuesday, November 10th & Wednesday,
November 11th
9am-5pm

In BodyART™ Training, the human being as a functional unit has top priority. BodyART™ combines training positions and classical breathing techniques into a synergy of physical training and mental relaxation. The ultimate aim of BodyART™ training is to ensure the correct function of the entire human body through functional strength and stabilization training of the human motion system. In contrast to classical power training for the singular muscle, the human body as whole has priority. All exercises and positions train various muscles of the body at once. Many positions in BodyART™ call for an accelerated balance technique, so attention is directed to the center of the body. The benefit is that the awareness of the trainee concentrates on his/her own body and is not distracted by the surroundings. As a result, oxygen supply to the brain and muscles is increased which allows the body to relax while training. This intensive two day training will include theory, practice, technique, alignment, BodyART™ philosophy, master classes and intensive training and education to give you a deeper understanding, knowledge and practice. A must for anyone who wants to further his/her physical training and learn new techniques and methodologies for greater overall results in strength, flexibility, balance, control, and mindfulness. Fee: \$300

STOTT PILATES® Essential & Intermediate Reformer on the V2 Max Plus™ Reformer

with Sally Belanger
Wednesday, November 11th
8:30-12:30pm

Part I

STOTT PILATES® Essential Reformer on the V2 Max Plus™ Reformer

Explore how altering the angle of resistance can facilitate and expand the existing Reformer repertoire. In this workshop, participants will learn a series of Essential-level exercises using the V2 Max Plus™ Reformer's adjustable pulley system and extensor straps. Using the height-adjustable pulleys on the unit's vertical frame, learn how the angle of resistance can be changed to help fire the appropriate muscles and achieve increased range of motion in tri-planar movements. Ideal for instructors from beginner to expert and for clients at any fitness level.

Part II

STOTT PILATES® Intermediate Reformer on the V2 Max Plus™ Reformer*

This interactive workshop explores the advantage of variable angles of resistance to facilitate and expand the existing STOTT PILATES® Intermediate Reformer repertoire. Designed for participants already familiar with performing and teaching these exercises, this workshop will delve into the possibilities afforded by the V2 Max Plus™ Reformer's adjustable pulley system and extensor straps. Discover how to challenge core strength and stability while achieving increased range of motion in exercise modifications and new variations designed to develop balance, proprioceptively stimulate the neuromuscular system, and provide support. Emphasis will be on the goals of the exercises, biomechanics and alignment – as well as cueing and correcting for safety and effectiveness.

Fee \$160
CECs: .4 STOTT PILATES®

STOTT PILATES® Pilates with Props, Level 1 & 2

with Matthew Comer
Wednesday, November 11th
1-5pm

Need to add some interest to your mat work routine? This innovative and upbeat mat-based workshop features exercises that increase in intensity and challenge. Beginning with those from the Level 1 workout, you'll learn how to incorporate the Flex-Band® exerciser, Fitness Circle® resistance ring and Toning Balls™ to develop classes that will challenge and stimulate you and your clients alike. First level exercises will serve to develop core strength and stability while those in the second level will focus more on strength and agility. These workouts will give you tons of new material to inspire every client no matter what their fitness level.

Fee \$160
CECs: .4 STOTT PILATES®

Athletic Training for Personal Trainers

with Juan Carlos Santana
Wednesday, November 11th
9am-4pm

Everyone is an athlete in their own right; after all, we all use the body to accomplish everything we do in life. In this exciting course, JC will teach you how he spiced up his personal training methods using athletic modalities and protocols. You will learn how to train seniors with agility ladders, how to train the youth with hurdles, and how to incorporate metabolic protocols for your weight loss clients. If you train athletes – then, of course, this course is a slam dunk! Come and spend a day with JC and his IHP staff and see what athletic style training is all about!
Fee: \$179

Drums Alive® Instructor Training “Specialty Certificate”

with Carrie Ekins & Carol Murphy
Wednesday, November 11th
9am-5pm

Drums Alive® Instructor Training “Specialty Certificate” is a one day training that is designed to provide the instructor with a basic knowledge and practical application of the Drums Alive® program. Explore the realm of this exciting new group exercise program and learn the methodology, terminology, and correct techniques as well as therapeutic applications. This all day training will explore sound and movement therapy using drumming and music. Learn locomotor skills to drum your way to a distinctive class design!

Pre-Requisite: CPR
Fee: \$179
CECs: .8 ACE 5.75 AFAA

ISCA Kick Box Round II

with Thomas the Promise
Wednesday, November 11th
9am-5pm

Experience this advanced training program designed for seasoned and certified professionals. Learn how kickboxing incorporates the sport-specific techniques of boxing and martial arts to condition both the aerobic and anaerobic systems of the body. Learn the importance of the kinetic chain, and how it will increase your balance, core strength and functionality. This program will offer professionals safe and effective techniques that are bio-mechanically correct, balanced in application and effective for fitness results without injury.

Kick Box Round II incorporates the basic and advanced boxing skills for punching, footwork, mitts, thai pads, the heavy bag, the kicking shield and the jump rope. It also incorporates physical fitness components along with martial arts integration to provide a scientifically designed system which provides the proper work and active rest intervals to optimize physical conditioning. Upon completion of this certification, you'll be able to easily and effectively use the components and combinations that you've learned.

Prerequisites: It is recommended that you have a base knowledge of kickboxing and/or personal training and have at least 1 year of kick box fitness teaching experience. CPR is also required to obtain your certificate
Fee: \$199 includes hand wraps and manual

SPINNING® Instructor Orientation

with Jeff Krabiel and Elizabeth Hoffmann
Wednesday, November 11th
8am-5:30pm

Become one of the world's most sought-after fitness instructors—a certified Spinning® Instructor. This 9-hour orientation is your first step. Topics include bike setup, the five core movements, three hand positions, choosing music, creating a 40-minute Spinning journey, safety considerations, teaching techniques, Spinning philosophy, heart rate training and a three-phase instructor training program. After completing this orientation, you will be qualified to teach the Spinning program at any official Spinning center throughout the world. Certification will be awarded after completing the self-paced instructor training program and successfully passing the assessment. Please bring a heart rate monitor, water bottle, energy food, towel, clothes for two rides, bike shorts, stiff-soled shoes and a pen or pencil. There will be a lunch break.
Fee: \$325 (plus shipping and handling for course materials)
CECs: 8.0 AFAA

Registration fee includes the Spinning Instructor Manual, a one-year SPIN membership and a certificate of completion. A certified instructor card will be issued upon successful completion of the assessment.

To register by phone call 800.847.SPIN (7746) or 310.823.7008. To register online visit www.spinning.com.

SPINNING®: ONE WORLD – A Global Spinning Experience

with Joshua Taylor

Wednesday, November 11th

6:30-8:30pm

This is an invitation... a calling to be part of something... something epic... something that has changed lives... something that has become a worldwide phenomenon... something that we from all cultures, can come together and share in. It is time... time to come together in a global experience that transcends all expectations... "ONE WORLD." "One World" is a ride to celebrate the global Spinning community's energy, passion, feeling, and philosophy. It will be a vast and rare Spinning experience with the vibes, music, drums, and emotions from many lands and many cultures! Join Josh Taylor in this very unique and special event. It will be magical! Come and ride a journey around the world!

"Nothing great in this world has been accomplished without passion." – George Hegel

Fee: \$59.95

(15% discount for current SPIN members)

CECs: 2 STAR points

To register by phone call 800.847.SPIN(7746) or 310.823.7008. To register online visit www.spinning.com.

Kranking® Trainer Certification

with Jim Karanas

Thursday, November 12th

9am-3pm

The one-day Kranking® Trainer Certification will demonstrate how Kranking revolutionizes exercise by using the arms, shoulders and torso muscles while providing incredible cardiovascular training, cross training for the lower body, functional training and postural balance for the upper body, core strengthening and alternative strength training for individuals that do not like to lift weights.

Learn the biomechanics and physiological benefits of the industry's greatest new training system and Johnny G's NEW Heart-Rate "Method": Cardiovascular training has been about putting energy out. This is important but it is only part of the equation. Recovery is the cornerstone of Johnny's new method and has never been the main focus of any cardiovascular training system until

now. Johnny has devised games, drills and strategies that train you to increase the capacity of your heart to hold more energy. Through heart-rate meditation; taught in every session, you broadcast a message of vitality to your whole body, as well as improve your endurance and performance.

Learn about Kranking®'s uses for Special Populations and Adaptive-Fitness Training: For 54 million Americans with a disability, fitness centers are not a welcoming environment. For 170 million individuals who now belong to a "special population" there are few options for cardiovascular exercise if you are unable to utilize your lower body. Thanks to Johnny G, the opportunities are not only boundless but they are cool, fun, and "have a soul." This part of the day represents the "heart and soul" of Kranking®. No limitations. No one gets left out.
Fee: \$179

HYDROFIT H2O Tool Box

with Craig Stuart

Thursday, November 12th

8am-12pm

Expand your aquatic tool box and make the most of your time and budget in this action packed 4 X 4 session. Craig combines one hour of strength training, one hour of cardio moves, one hour of core technique and one hour of flexibility training designed to quench your thirst for fresh ideas and new content. Come prepared to make waves and learn!

Fee: \$99

CECs: 4.0 AEA

POST CONFERENCE PROGRAMMING

Body Bars and Beyond

with Sherry Catlin & Lisa Wheeler
Sunday, November 15th
3pm-7pm

Utilizing a total body integrated training approach with the Body Bar, Body Bar Flex and Body Bar Strength Bands become proficient at designing dynamic training exercises, drills and workouts for both one-on-one and group exercise. You will build on foundational skills and training techniques by incorporating balance, coordination, strength, endurance, flexibility, and speed in innovative and challenging ways.

Over 100 different exercises using the Body Bar, Body Bar Flex and Body Bar Strength Bands tools for both core and total body training and a clear method for exercise development, sequencing and progression for maximal results.

The skills to develop and design a variety of programs and formats using the Body Bar alone or with other functional training tools with modifications for beginning, intermediate and advanced students.
Fee: \$99
CECs: .4 ACE . 4.0 AFAA

Bender Training Foundations

with Leslee Bender
Sunday, November 15th
3pm-7pm

The Bender Method of Training Foundations is the ground level course for both personal trainers and group fitness who want to become critical thinking instructors. Too many students are getting injured in core training due to lack of body awareness or previous injuries or poor exercise choices. Most students are not aware that in most core exercises they are only utilizing their hip flexors which become short and tight and lead to back pain. This dynamic course will lead you in the right direction of standing supine and seated core training like you have never experienced before learn the 'correct' way to address your deep core muscles learn the difference between the local, global and skeletal muscles and how they actually fire learn what to look for in your client's posture to transform the way in which they move learn how to utilize scales to determine your clients imbalances learn amazing partner exercises that you have never seen before
Fee: \$99.00 includes a ball
CECs: .4 ACE



FEATURE PRESENTATIONS BY TOPIC

For full session descriptions see
SESSIONS BY TIME listing

FITNESS & PROFESSIONAL DEVELOPMENT

Fitness MVP – Lisa Wheeler
Elevate – Moving From Good to Great – Petra Kolber
How to Build and Execute A Great Brand – Benjamin Black
What Makes You Tick – Benjamin Black
Your Guide To Start A Successful Personal Training Business – Bill Sonnemaker

PROGRAM DESIGN

Planning Off Season Strength Training for the Triathlete – JC Santana
Watch-em Move – JC Santana
CHEK INSTITUTE Chek Approach to Balance Training – Mark Stone
CHEK INSTITUTE Controversy and Current Concepts of Pulling – Mark Stone
CHEK INSTITUTE Functional Anatomy to Improve Function – Mark Stone
CHEK INSTITUTE Flatten Abs Forever – Dan Hellman
CHEK INSTITUTE You Can't Fire A Cannon From A Canoe I – Dan Hellman
CHEK INSTITUTE You Can't Fire A Cannon From A Canoe II – Dan Hellman
New Science of the Living Body – Sue Hitzmann
NeuroCore™ Treatment Workshop – Sue Hitzmann
M.E.L.T. Method – Sue Hitzmann
Exercise Progressions For the Group Ex and Personal Trainer – Mike Boyle
Power Development For the Group Ex and Personal Trainer – Mike Boyle
Proper Warm-Up Preparation – Mike Boyle
Advanced Cardiovascular Training Principles – Douglas Brooks
Poss-ABILITIES – Debra Orringer
Postural Assessment & Corrective Exercises – Edwin Ryan

STEP & DANCE CHOREOGRAPHY

Resist-A-Ball on the Step – Abbie Appel
Step & Drum – Carrie Ekins
Breakin Step – Robert Steinbacher
QuickStep – Patrick Goudeau
Step Fusion – Tom Sharp
All Star Step – Rob Glick
The Sweet Step – Petra Kolber
Step Up & Shake It – Manny Velazquez

Euro Step Euphoria – Joelle Menard
Step Up 2 Get Down – Clay Grant
Step 911 – Geoff Bagshaw
D-I-Y Step – Geoff Bagshaw
Hi/Low Fix – Geoff Bagshaw
Cardio Chorus – Petra Kolber
Tropical Energy – Bianca Diaz
Jazz Meets House – Robert Steinbacher
In The House – Tony Stone
Video Dance – Tony Stone
Dance Party – Patrick Goudeau
Groovalicious Sexy Dance – Misty Tripoli
Dance Workout – Tony Stone
Hawaiian Hula & Tahitian Dance – Anna Carbonell
Masala Bhangra – Sarina Jain

RESISTANCE TRAINING & CONDITIONING & CARDIOVASCULAR TRAINING

BOSU® Cardio Express – Rob Glick
BOSU® Total Stretch – Rob Glick
BOSU® Core Flow – Mindy Mylrea
BOSU® Athletic Balance – Douglas Brooks
BOSU® Athletic Movement, Strength, & Power – Douglas Brooks
BOSU® Block Party – Douglas Brooks, Rob Glick, Mindy Mylrea
Body Bar Cut to the Core – Sherry Catlin
Body Bar Equilibrium Flex Fusion – Lisa Wheeler
Body Bar Bar-Tending – Lisa Wheeler
Body Bar Bending the Rules and Still Behind Bars – Clay Grant
Body Bar Back at the Bar – Clay Grant
GLIDING Plug N Play – Mindy Mylrea
The Essence of Stability Ball™ Training – JC Santana
Play Ball – Patrick Goudeau
Resist-a-Ball Seamless Strength – Abbie Appel
Resist-a-Ball Complete Core – Abbie Appel
Jump Rope Training – Thomas the Promise
All About Abs – Mindy Mylrea
Core Training w/ Flexi – Bar – Barbara Klein & Carol Murphy
XCO Training – Barbara Klein
Fundamentals of Body Weight Training – Bill Sonnemaker
BodyART™ Strength – Robert Steinbacher
Fun, Fit and Fabulous – Philip Gray
Boot Camp Tool Box – Lisa Gaylord
S.A.F.E.™ Kettlebell Training – Chriss Silverstein/Rick Carranza
IronWorks™ Kettlebell Training – Chriss Silverstein/Rick Carranza

Bender Ball Back Care – Leslee Bender
Bender Ball Build – Leslee Bender
Bender Ball Blends – Lawrence Biscontini
BODYFormula – Marcelo Ehrhardt
Performance – Marcelo Ehrhardt
IntenSati – Patricia Moreno
Drums Alive™ Power Beats – Carrie Ekins

PILATES & YOGA

STOTT PILATES® Introduction to Vertical Frame – Sally Belanger
STOTT PILATES® Jumpboard Int. Training Level I – Sally Belanger
STOTT PILATES® Jumpboard Interval Training Level II – Sally Belanger
STOTT PILATES® Reformer Workout for Men – Sally Belanger
STOTT PILATES® Programming on the V2 Max™ Plus Reformer Workshop I – Matthew Comer
STOTT PILATES® Weight Loss Boost – Sally Belanger
STOTT PILATES® Mini Stability Ball™ Workout – Matthew Comer
STOTT PILATES® Reformer for the Older Adult – Matthew Comer
PEAK PILATES® MVe® Chair Flex & Flow – Clare Dunphy
PEAK PILATES® MVe® Chair Hard Core – Clare Dunphy
PEAK PILATES® Reformer Mat Challenge – Clare Dunphy
PEAK PILATES® Mat w/ Props – Clare Dunphy
Beaming Beam-lates™ – June Kahn
YogaSati – Patricia Moreno
YoDates Technique – Brandi Woodard
Sensual Yoga: Linear2Circular – Brandi Woodard
Blackberry Yoga – Benjamin Black
Yoga Powerhouse – Robert Sherman
Yin Yoga – Anna Carbonell
Music Flow Yoga – Anna Carbonell
Circus Yoga – O’Keefe, O’Keefe and Oppenheimer

MINDFUL, FUSION and FLEXIBILITY PROGRAMMING

BodyART™ Stretch – Robert Steinbacher
BOSU® Stretch – Rob Glick
Sensational Stretching & Flawless Flexibility – Robert Sherman
Fundamentals of Flexibility – Bill Sonnemaker
Budokon® Flow & Flexibility – Cameron Shayne
Energy Fusion Flow – Petra Kolber
Intuitive Teaching – Misty Tripoli
The Bannister Method – Gail Bannister
Beaming™ Foundations – David Mesirov
Beaming™ “SOULFUL-SOLE-FUL” Synergy – Lawrence Biscontini
Secrets of Joint Mobility – Nick Tumminello
Secrets of Myofascial Release – Nick Tumminello

MARTIAL ARTS

Kardio Kombat– Skills & Drills – Lisa Gaylord
WarriorSati – Patricia Moreno
Budokon® Power & Agility – Cameron Shayne
Budokon® Flow & Flexibility – Cameron Shayne
Strike! – Kimberly Spreen
Kick Box Round II – Thomas the Promise
Jump Rope Technique – Thomas the Promise

NUTRITION

Winning At Losing – Scott Josephson
No Bones About It – Scott Josephson
Mastering Metabolism – Scott Josephson
Vegetarian & Athletics – Mark Occhipinti
Whole Food Nutrition and Natural Anti-Aging – Mark Occhipinti
Ask The Specialist: Nutrition & Exercise Q & A – Mark Occhipinti
Precision Supplementation to Maximize Results and Recovery – Mark Occhipinti

SPECIAL POPULATIONS

Training Fundamentals for the Baby Boomer – Evan Osar
Aging Strong – Robert Sherman
Whole Food Nutrition and Natural Anti-Aging – Mark Occhipinti
STOTT PILATES® Reformer Workout for Men – Sally Belanger
Understanding Your Female Clientele – Scott Josephson
Body Image – Misty Tripoli
Fit For Kids 09 – Mindy Mylrea

AQUATIC FITNESS

HYDROFIT Liquid Abs – Craig Stuart
HYDROFIT Deep Cardio Max – Craig Stuart
HYDROFIT Pour It to the Core – Craig Stuart
Total Body Tune Up – Marti Boutin
Dynamic Duo – Marti Boutin
Abs in Motion – Marti Boutin
Ay Caramba! – Manny Velazquez
Fluid Fusion – Manny Velazquez
Aqua Body Moves – Manny Velazquez
Aqua Buddha Camp – Lawrence Biscontini
Get Wet & Shake Your Buddha – Lawrence Biscontini
Swim to Win – Debra Orringer

SPINNING®

SPINNING® Find Your Aerobic Edge – Elizabeth Hoffmann
SPINNING® Bike Fit – Josh Taylor
SPINNING® Peace and Power – Elizabeth Hoffmann
SPINNING® Let’s Jump – Jeff Krabiel
SPINNING® Developing Transitional Brilliance – Jeff Krabiel
SPINNING® Riding Your Breath – Elizabeth Hoffmann

SPINNING® Standing Flats vs. Running with Resistance – Jeff Krabiel
SPINNING® Fearless Climb – Elizabeth Hoffmann
SPINNING® Riding from the Storm II – Josh Taylor
SPINNING® Five Ways to Climb – Jeff Krabiel
SPINNING® Bike Fit – Josh Taylor
SPINNING® The Counting Technique – Jeff Krabiel
SPINNING® Spinning 101 – Josh Taylor
SPINNING® Clear Paths & Direct Words – Jeff Krabiel
SPINNING® Attack! – Josh Taylor
SPINNING® Involve the Students – Jeff Krabiel
SPINNING® Legends – Josh Taylor
SPINNING® Split Symbol Success – Jeff Krabiel

KRANKING®

Power Kranking® – Jim Karanas
Krinking® Next Revolution in Fitness – Jim Karanas
Krinking® Biomechanics & Physiology – Jim Karanas
Krinking® & the Athlete – Jim Karanas

>> A word about our dance, choreography based cardio and step training sessions:

Not all sessions are appropriate for all levels. Some sessions are presented to demonstrate just how far a seasoned master instructor can take a seasoned master class of attendees. Some of us teach to advanced level participants; others do not. Some of us need the most elemental breakdown for our mixed level classes, others teach to uniform, well trained advanced clients.

>> To assist you further, we have coded the dance, choreography based cardio and step training sessions by level and focus. Some sessions are what we term “Monday morning ready”; these sessions will teach methodology, breakdown and modifications. Some sessions are coded “choreography intensive”; these are more complexly choreographed for a more homogenous experienced participant and you will need the skill to be able to modify these sessions on your own for you to bring it home. And finally “Inspirational”; these sessions are for your benefit and delight. They are YOUR workout to challenge YOU and are there to inspire you to reach and excel. They are not meant to be “taken home” and you shouldn’t worry about choreography notes or duplicating this workout exactly, as it is meant to inspire your own creativity. So, there you have it. Call us with questions, we only want to help and give you the best experience possible!

Dance, Step Training and Choreography based Cardio Sessions:
(descriptions feature levels and focus... please see chart below for interpretation)

Levels:

I – beginner (little or no experience—under one year)
II – intermediate (2 -5 years experience)
III – advanced (5 or more years in the subject)

Focus:

I – Monday morning ready
II – choreography intensive – will need modification for you to bring it home
III – inspirational – just for ideas – inspiring and motivating

SESSION DESCRIPTIONS BY TIME

THURSDAY 11-1PM

CHEK INSTITUTE: Controversy and Current Concepts of Pulling Exercises (L)

Mark Stone

One of the C.H.E.K Institute's most popular presentations, this lecture has been fully revised and updated with current research. Pulling exercises such as the low row, lat. pull-down, and bent-over row can cause injury to back, necks and shoulders if not performed correctly, yet frequently there is a lack of technical expertise in administering these exercises. This presentation will clarify the biomechanical, kinesiological, kinematic and neurophysiological foundations behind the technical guidelines for these exercises. Learn why a behind-the-head lat. pull-down places extreme stress on the cervical spine and shoulder. Understand how to assess proper muscle recruitment during rowing exercises. The current trend of scapular fixation during pulling exercises will be critically analyzed and neuromuscular implications presented.

Vegetarian & Athletics (L)

Mark Occhipinti

How eating less like a lion and more like a bear can bring you greater performance and a better quality of life. Research has demonstrated improvements in performance. Recovery of fuel reserves between training sessions has been found to be quicker in a cleaner diet. Healthy diet and exercise decreased disease risks. Potential for better performance, quicker recovery time, better overall health.

THURSDAY 12-1:15PM

Body Bar Cut to the Core (ws)

Sherry Catlin

Using the Body Bar and the Body Bar Flex, learn an all new functional training program designed to improve core muscular strength/endurance, stability, mobility and definition. The program design cycles between innovative drills and exercises that challenge the core muscles through all ranges and planes of motion both moving and stabilizing. The result is greater agility, speed, power, mobility, balance and coordination. Non stop dynamic movement delivers a complete core fitness experience that finally teaches your clients and students

how to "turn it on"!

Resist A Ball-Step on the Ball (ws)

Abbie Appel

This action-packed workout mixes 3 creative, yet easy-to-follow step combinations with strength exercises and drills that integrate the Stability Ball and Step. Utilize two pieces equipment that maximize your space and time to get an efficient and effective workout. Briefly review the benefits and explore the newest research on circuit and interval training. Learn choreography and exercise breakdown methods and discover why this workout is the most beneficial for a multi-level group.

Tropical Energy (ws)

Bianca Diaz

Tropical Energy is full of moves, choreography, and a little bit of hi-low 'cause we can't forget the grapevine. Come to challenge your mind and put your body to work... get ready for a non-traditional cardio class.

Level II, III Focus II, III

BODYformula (ws)

Marcelo Ehrhardt

A journey into body conditioning that relies solely on functional movement as a means to develop endurance and strength- Movement with seamless transitions and without resistance that builds into more advanced movement makes up the first segment of the class. Strength training makes up the second segment of the class with the use of medicine balls and body bars. Learn progression and seamless transitions from the most basic movement to more complex. At the same time, learn to put together mini combinations of strength and endurance exercises that make up the formula to the body beautiful.

Yodates® Technique:

Joyful Dance Fitness (ws)

Brandi Woodard

Yodates® is an integrated, cardiovascular approach to fitness that unites mind, body, and spirit. A true fusion of yoga breathing, dance fitness, core integration, and individual expression, Yodates® technique gets you out of the thinking mind and into the feeling body. Celebrate yourself as you are today by experiencing all the joy your body has to offer you through simple dance

movements to some of the hottest music. No dance experience necessary. Be prepared to have fun, let loose, and sweat your inhibitions away.

Jazzylicious (wo)

Maria-Cathrine Stumbeck

After years of hip hop and jazz dance experience, Maria has created a unique fusion class using a blend of sassy and stylish funk moves, a touch of feminine jazz/ballet while combining it all with new- and old-school hip-hop. The moves are choreographed to hot beats and hip-hop dance music. My classes are designed for everyone in mind whether you are a dancer, performer or just dancing for the fun of it!

SPINNING®: Finding Your Aerobic Edge (ws)

Elizabeth Hoffmann

Discover the wonders, benefits and challenges of working in your aerobic range. In order to establish optimal fitness, you must first explore and establish your aerobic base. We will discuss the importance of this task and how to achieve it, as well as the many benefits of aerobic work. The ride will challenge the participant to find their max aerobic heart rate and then sustain that intensity for an extended period of time. This workshop is a must if you've been looking for strategies to teach a rock solid aerobic-based ride!

THURSDAY 1:30-3PM

Core Training w/ Flexi – Bar (ws)

Barbara Klein and Carol Murphy

More than a million people already train in Europe with this functional miracle bar. Feel the vibration and get your core and your deep spine muscles strong and powerful. Health and fitness can be exciting and the workout is also the solution, against back problems and best of all - you burn plenty of calories!!

Breakin' Step (ws)

Robert Steinbacher

It's Steinbacher's style not only to teach you step but to break it down. Patterns flow like water giving you a seamless way to move around the board. But wait! The moves are so stylized and funky that everyone will be "BREAKIN" out! Come join the retired stepper that only gives it to ECA! Level II, III Focus II, III

Hi/Low Fix (ws)

Geoff Bagshaw

If you are sick of your choreography and looking for some relief, Geoff has got a

good dose of fresh aerobic combinations here for you! This is the prescription that will cure any aerobic rut you might suffer. It's just what the doctor ordered! Level I, II, Focus I, II

STOTT PILATES® Jumpboard Interval Training, Level 1 (ws)

Sally Belanger

Learn to challenge and motivate your clients and classes using innovative and simple jumpboard combinations, separated with intervals of upper and lower body strength and flexibility exercises on the Reformer. This ultimate cardio / strength interval class, challenges your clients core, and total body strength, elevates your heart rate, while focusing on proper jumping technique. This new format keeps your clients and classes on the move.

Secrets of Self Myofascial Release (ws)

Nick Tumminello

Discover the difference between tissue length and tissue quality. Participants will learn how to use the latest and most effective self myofascial release protocols to drastically improve performance, increase flexibility and accelerate recovery time! This hands on workshop will take you way beyond the foam roller and discuss situations in which self myofascial release can actually activate stabilizer muscles, instantly improve strength and explore other situations in which SMR should not be used... this will shock you! This class promises to deliver many new, never before seen concepts and techniques.

"The Bannister Method" – Balance, Strength, Flexibility and Core (ws)

Gail Bannister-Munn

"The Bannister Method" is designed to increase muscular balance, strength, flexibility, core strength, and bring energy into the body. You can maintain your body's capacity to function the way you need to for your particular lifestyle. It consists of a fusion of Yoga; Pilates based core work, active isolated (A-I) stretching, and flexibility. The class is comprised of 5 progressive phases designed to increase strength, core strength, flexibility and balance.

SPINNING®: Bike Fit (ws)

Josh Taylor

Come and be introduced to the all-NEW Bike Fit tool and Spin"–Fit–System designed by Professional Cyclist and Master Instructor, Josh Taylor! Bike Fit is a must know topic for any Spinning instructor. This is an area where you as an instructor can make a huge difference for yourself as well as your

students. To be able to fit someone properly on the bike is essential. Come and learn about the Spin-Fit-System with the all-NEW bike fit tool that makes it all very simple! Optimal positioning on the bike is the foundation to safe and effective riding. You know you need to know this better! So come join Josh in this session that includes an in-depth lecture and hands-on application of the NEW Spin-Fit-System!

THURSDAY 1:30–3:30PM

Planning Off-Season Strength Training for the Triathlete (L)

Juan Carlos Santana

Triathlon training and preparation has become a hot topic over the last 10 years. One of the reasons is because great planning is needed to keep the athletes healthy and performing at their top level. Few sports require the volume of training that Triathlon training does and for this reason the cases of over-use injuries in this sport are amongst the highest in the sports world. JC Santana has worked with professional and recreational endurance athletes for the past 10 years. This presentation will show you how he approaches strength training, training volume, recovery and rehabilitation during the off-season.

Whole Food Nutrition and Natural Anti-Aging (L)

Mark Occhipinti

What are the natural approaches to slow and support a healthy aging process? Are the natural Vitamin E complexes the secret to slowing the aging process? The secrets revealed in this presentation also discuss the vital and yet forgotten use of glandular tissue extracts and the long history of glandular therapy, its safety and therapeutic needs and benefits.

THURSDAY 3:30–4:30PM

Body Bar Flex Fusion 09 (ws)

Lisa Wheeler

Experience this elegant blend of traditional and standing Pilates, yoga, dance as well as core training that will balance your body – strength/flexibility, stability/mobility, power/grace, mind/body. By incorporating the Body Bar Flex into this routine you add a resistance component that increases muscular strength and endurance, core conditioning and posture. Fusion is in fashion and it is fantastic because it works!

Step Fusion (ws)

Tom Sharp

Step into a class full of fun choreography fused with syncopated moves, rhythmic

changes and flawless transitions, all paired with hot beats and breakdowns that will easily translate to all levels. Stop the confusion and start the Step Fusion. Levels I, II, III Focus II, III

Hawaiian Hula and Tahitian Dance to Celebrate the Goddess Within (wo)

Anna Carbonell

Learn to move your hips gracefully to the melodic sounds of Hawaiian music and “shake” rhythmically to the drumbeats of Tahiti. Learn to move your hands to tell the story behind the Hawaiian lyrics and to express your own sensuality as you dance the 'ʻte'a (traditional dance from Tahiti). Let your breath move the spirit of the goddess within to embrace the beauty of your whole being. Anna will share stories of some of the powerful women in Hawaii from monarchy to mythology and the influential and leading teachers in Tahiti. She will then teach you the basic footwork, hand motions, and “eha” (breath) in order to tell the story and the essence of a song. Level I, II, III Focus I, II, III

Budokon® Power & Agility (ws)

Cameron Shayne

This session combines animal movements, yogic postures and martial arts technology all merged together into one synergistic art form. This workshop is Perfect for yogis, martial artists and athletes at any fitness level who are interested in testing their body awareness and growing their practice.

S.A.F.E.™ Kettlebell Training – Strength, Agility, Flexibility, Endurance (ws)

Chriss Silverstein and Rick Carranza

This session will address these fundamentals while providing trainees with the most comprehensive, diverse and functional kettlebell training available anywhere! As the name implies, the theme of our signature class reinforces attention to detail and safe techniques. Everybody will walk away with new insight and purpose in their kettlebell training.

SPINNING®: Peace and Power (ws)

Elizabeth Hoffmann

This Strength Energy Zone™ ride will explore what we call in Yoga Sthira Suktka: the balance of soft/hard, light/heavy. We need to be powerful and strong, but also need to understand how to find strength in our tranquility. This ride will help you explore that the more we relax when it gets tough, the easier it is. Don't fight resistance, but rather use it to your advantage.

THURSDAY 3:30–5:30PM**STOTT PILATES® Introduction to Vertical Frame Workshop (ws)**

Sally Belanger

In this workshop, participants will learn how to replicate many of Essential-level exercises normally performed on the Cadillac. Using the Vertical Frame on any model of STOTT PILATES Reformers, explore how the roll-down bar, push-thru bar, arm and leg springs can add variety while targeting individual muscle groups and patterns. Participants will discover how a wide range of exercises can be programmed into a full Vertical Frame workout or used as a complement to any Reformer or Matwork routine.

THURSDAY 4–6PM**CHEK INSTITUTE: The Chek Approach to Balance Training (L)**

Mark Stone

Balance training is one of the latest crazes to hit gyms, but are people using it correctly? This lecture will show how posture, reflexes, vision, hearing, and the upper cervical spine all relate to balance. Then we move to the holistic factors! Did you know that food allergies, respiration, hydration, emotions, and visceral health could all negatively affect someone's ability to balance? All of these must be considered by anyone prescribing balance-improving exercises. Learn why balance training is not as easy as simply putting someone on a balance board or foam roller, and why you need to learn the science behind it to make it work for you and your clients.

Training FUNdamentals for the Baby Boomer (L)

Evan Osar

Working with the baby boomer population is one of the most rewarding niches for the fitness professional that understands the FUNdamentals of human function. Discover how improving trunk stability and hip rotation are critical components to improving function and decreasing pain. This session will highlight the key concepts and training FUNdamentals to improving function in the baby boomer client.

THURSDAY 5–6:30PM**The Essence of Stability Ball Training (ws)**

Juan Carlos Santana

This high-energy seminar will explore the comprehensive nature of stability ball training. The attendee will be exposed to flexibility, balance and resistance training on

the stability ball. Progressions covering the entire body will be covered with an emphasis on structural stabilization, strength development and program design.

Step 911 (ws)

Geoff Bagshaw

Are you in a critical situation and looking for a way to resuscitate your step classes? Geoff will provide the help needed to breathe new life into your step combinations with this choreography first aid kit.

IntenSati (ws)

Patricia Moreno

IntenSati is a spiritual cardio sculpt experience. Positive thoughts lead to positive feelings and move you into positive action and that leads to positive results. This high-energy workout puts power phrases into action and you will feel what a difference a thought makes. Dare to think powerfully.

50/50 Pilates More Than Mat Workout (ws)

Bianca Diaz

Make your class more enjoyable and dynamic. Develop combinations on standing Pilates enhancing balance, strength and great alignment, challenge your strength and keep your creativity going. Learn transition that will take you from move A to move Z.

SPINNING®: Let's Jump! (ws)

Jeff Krabiel

The title says it all; a challenging workout that explores and defines the various jumping techniques detailed in the Spinning Instructor Manual. Be prepared for a solid warm-up followed by higher cadence jumps along the flat roads along with strongly-loaded jumps in the hills. Other key performance areas covered in this class include: the counting technique, split symbol design structures, and resistance loading. This ride is a physical challenge that will push your aerobic capacity!

THURSDAY 5–7PM**The Yoga Powerhouse: Breathe, Bandha's and Dristi ws)**

Robert Sherman

The Yoga Powerhouse: Breathe, Bandhas and Dristi is a program centered on the focused teaching of yoga that embodies the spirit, strength and essence of movement and clarity. Yoga practice needs to have a common thread for it to have substance. The yoga tristana is this bond. The understanding of our respiratory and ventilatory systems will be taught, along

with the deep connection of locks or seals that have an affect in life and yoga practice. The all-important concept of focus and concentration will be explored and drills that will reinforce the power that these connections will provide the depth to any Yoga teaching. Students will learn asana, movement science and breathing exercises.

FRIDAY 7-9AM

Watch-em Move: Movement Analysis and Exercise Implementation (L)

Juan Carlos Santana

In a world of a million assessments it is hard to figure out how to assess a client. JC Santana trained his IHP Trainers to look at human movement in a simple but extremely effective way. Now he brings his movement analysis to the fitness industry. The information provided at this presentation will change the way you look at human movement and how you select appropriate progressions to enhance it. If you are confused about assessments – this is a must for you.

Precision Supplementation to Maximize Results and Recovery (L)

Mark Occhipinti

Discussion includes the use of nutrient timing, optimizing macronutrients intake, ratio manipulation and scientifically validated dietary supplements. The right ratio and timing of carbohydrates with added protein or protein alone has been shown to enhance athletic performance, support muscle protein synthesis, allowing for greater glycogen replenishment than carbohydrate alone. Nutritional strategies including specific dietary supplements will be covered in this session.

FRIDAY 7:30-8:30AM

Power Kranking® (wo)

Jim Karanas

Work your upper body like never before in this exciting new class. Thirty minutes on the new Johnny G Krankcycle® gives you a GREAT cardiovascular workout, builds upper-body and core strength, and even provides full-body training through the stabilization required by the legs. Seated and standing movements use all muscles in the torso: arms, shoulders, chest, back and abs. This is a challenging workout! Upper-body training is the way of the future, and POWER Kranking is the way to maximum results.

FRIDAY 7:30-9AM

Peak Pilates®: MVe® Chair Flex and Flow Workout (ws)

Clare Dunphy

Feel successful learning several creative MVe® Chair progressions that you will be able to teach next week! Experience a balance between flow and breath along with precision and strength, as you move seamlessly and mindfully in and out of postures, positions and transitions. The first time through each sequence you learn the moves, the second and third time through you refine the movements, transitions and enjoy the flow. Move from the inside out, during this Pilates fusion workout, designed to improve balance, activate your core and gain a sense of inner control that will be unforgettable. You will reach new heights using the MVe® Chair to provide support and resistance as your body moves through a fluid work out.



FRIDAY 8–9:15AM**Strike! (ws)**

Kimberly Spreen

Challenge yourself with this full-body interval workout that incorporates traditional kickboxing combinations done with optional weighted gloves, controlled weight-bearing movements and athletic drills. This is NOT your typical kickboxing class!

Power Beats I – A Dance and Rhythm Celebration! (ws)

Carrie Ekins

Enter a new dimension of fitness. Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new and unique high-energy dance rhythmical workshop. Drums Alive will combine traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire body, mind and spirit! Drums Alive is also a powerful tool for stress reduction and mental balance. Break the rules, open the door and enter the new dimension of fitness.

WarriorSati (ws)

Patricia Moreno

A warrior training that combines martial arts kicks, blocks, punches and agility moves so you can experience a dance of power and grace. You get what you focus on and this warrior training will teach you how to focus on where you want to go and get there through High intensity training system.

Sensational Stretching and Flawless Flexibility (ws)

Robert Sherman

Learn the reactive, PNF quality of partner yoga and flexibility. This training is beneficial for increasing range of motion, but also allows for gains in balance and muscular control. The connection to touch is deeply rooted in each one of us and opening ourselves up to this can unlock very positive emotions and begin to break down fears. This workshop can shed light on a compassionate and giving future for yourself and those around you.

Music Flow Yoga (ws)

Anna Carbonell

Music Yoga Flow is a vigorous vinyasa practice that is set to great music, including rock, reggae, hip hop, blues and world beats, each flow class offers an inspiring message and a deeply relaxing finish. This workshop is geared for those looking to have a great time in a consistent flow from pose to pose.

SPINNING®: Developing Transitional Brilliance (ws)

Jeff Krabiel

Smooth, even, and clear transitions, is what ultimately make a great class experience for the participants. This workshop is an exploration of transitional techniques and philosophies. We'll discuss their importance and multiple functions within a Spinning class. We'll also take a look at the different types of transitions and the vocabulary that can make them more effective. Following the lecture, we'll do a challenging 45-minute ride that will incorporate a variety of transitional strategies.

Aqua Dynamic Duo (ws)

Marti Boutin

This non-stop cardio/strength workout will leave you with your heart pounding and your muscles saying "wow"! The choreography is designed to take advantage of the equipment to give you a "two for one result."

FRIDAY 9:30–11AM**BOSU® Cardio Express (ws)**

Rob Glick

This action packed workshop will deliver an explosion of cardio drills guaranteed to raise your heart rate and workout fun factor. Innovative movement patterns can be linked for group fitness or used independently for personal training or circuit workouts. Using the BOSU® Balance Trainer, learn unique drills that will challenge your cardio fitness as well as improving your balance, agility, coordination and athletic power.

Patrick's Quickstep (ws)

Patrick Goudeau

You don't need a partner and you're only minutes away from an amazing cardio workout! It's fast, it's fun and it's fresh! Leave it to Patrick to create this get fit, no-nonsense step routine that delivers easy to learn patterns, seamlessly flowing together as only Patrick knows how. Be prepared to "get down" unlike any other step workout you know...just try it, you'll like it!!!

Cardio Chorus (ws)

Petra Kolber

Petra decided it was time to pull from her roots as a dancer and create a non-stop cardio workout that is full of moves from her past; a little showgirl, a little Broadway and a lot of fun. Learn easy to do sequences that focus on form, posture and "teamwork". Practice as an individual and then perform as a team. From chorus to center stage, every participant is a star in this session.

STOTT PILATES® Jumpboard Interval Training Level II (ws)

Sally Belanger

Give your clients and classes something to jump about with this pumped up workout on the Reformer. Increase intensity and challenge coordination and cardiovascular fitness using more complex jumpboard intervals while ensuring safety and proper technique. Incorporate strengthening exercises for upper and lower body as well as the all-important core. Designed for intermediate to advanced level clients or groups, this plyometric workout will deliver all-over fitness while easily motivating and maintaining interest.

Secrets of Joint Mobility (ws)

Nick Tumminello

Discover the difference between muscle flexibility and joint mobility and why your current dynamic flexibility or stretching routine maybe promoting dysfunction. This class will show trainers, coaches and group instructors how to use self-joint mobilization concepts to drastically improve ROM without stretching. You will learn simple ways to successfully evaluate and eliminate common joint limitations of the ankle, hips, thoracic spine and shoulder. Participants will practice hands –on applications that are easy to learn, can be performed in any setting and achieve drastic results in a matter of seconds. This class is unlike any other and promises to deliver some of the most powerful and effective corrective exercise techniques you have ever seen.

Foundational Beaming™ (ws)

David Mesirov

Discover Beaming™, a product-based program focused on the person using it! Learn to harmonize movements with mind-body philosophy on a low grounded, cushioned Balance Beam. Explore Barefoot and Somatosensory training while in motion on the beam. Improve muscle tone, posture and range of motion while heightening balance awareness. This awareness translates directly to the balance challenges faced in life. Realize the impact of the experiential senses as related to the learning process. Gain a comprehensive understanding of how to bring this innovate program home.

SPINNING®: Riding Your Breath (ws)

Elizabeth Hoffmann

In yoga, the marriage of breath and movement is called vinyasa. Using this philosophy, let us explore the ways we can connect our breath and our movements when we are riding the Spinner bike.

Discussion topics will include how we breathe, how it helps us connect to the present moment, and how it makes us more efficient. Space allowing, we will do a mini vinyasa before we ride so we can begin to explore that relationship of breath and movement.

HYDROFIT Liquid Abs (ws)

Craig Stuart

Prepare your students for dynamic stability and improved posture in this versatile and challenging core-conditioning workout. Liquid Abs integrates core stabilization techniques and multi-plane movement patterns to target and challenge the deepest muscle layers in the body. Learn the correct use and placement of buoyancy equipment to provide support, resistance and assistance.

Kick Box Round II (ws)

Thomas the Promise

Kick Box Round II incorporates the basic and advanced boxing skills for punching, footwork, mitts and the jump rope. It also incorporates physical fitness components along with martial arts integration to provide a scientifically designed system which provides the proper work and active rest intervals to optimize physical conditioning.

Improving Balance in the Baby Boomer (L)

Evan Osar

You recognize the importance of balance in the baby boomer clientele. Trunk stability and hip rotation are critical components to improving balance. This session will highlight the key concepts to improving balance in your clientele.

Fitness MVP – Modifications, Variations and Progressions (L)

Lisa Wheeler

In order to reach and teach all the students in our multi-level classes, we MUST understand the importance of modifications, progressions and possible variations for all exercises. In this interactive lecture/workshop, we breakdown and build up common conditioning exercises to ensure success for all participants. In addition, we will review proper and engaging cueing as well as develop a strategy for building creative progressions without leaving the back row behind.

Kranks® - The Next Revolution in Fitness (ws)

Jim Karanas

This workshop will demonstrate how Kranks revolutionizes exercise by using the

arms, shoulders and torso muscles in a way never experienced before while providing incredible cardiovascular training, cross training for the lower body, functional training and postural balance for the upper body, core strengthening and alternative strength training for individuals that do not like to lift weights. This workshop, which serves as your basic orientation for becoming a Kranking instructor, will provide you with the skills to set up students, train individuals and teach group classes with the latest and greatest new training tool from Johnny G – the Kranking®.

FRIDAY 11:30-12:30PM

RAB – Complete Core (ws)

Abbie Appel

Maximize your Core performance by integrating the “latest and greatest” exercises on the Stability Ball. This workshop will focus on training the trunk – abs and back, and include muscles around the hips and shoulders. These innovative movements will improve balance, stability and total core function. Discuss new research and learn simple techniques to enhance your standard Ab routines and corrective strategies to alleviate lower-back pain.

D-I-Y Step (ws)

Geoff Bagshaw

Geoff will equip you with all of the tools required so you can craft memorable, challenging and fun step choreography blocks. Learn how you can ‘do-it-yourself’ with some tricks of the trade that will get you truly professional results.

Jazz Meets House (wo)

Robert Steinbacher

Start with an amazing warm up that will work your body so fluidly that you will be ready to give all you have in this Jazz Meets House class with Robert. Not only will you learn amazing new moves, but you will accomplish them with style and personality. Level II, III Focus II, III

YogaSati (ws)

Patricia Moreno

This dynamic yoga class is done in a non-stop powerful flow to increase focus, grace, strength and power. This grace invoking practice beautifully connects heart, body and mind by adding words and affirmations to poses in order to consciously awaken inner beauty. This yoga practice is uplifting and vigorous.

IronWorks™ Kettlebell Training (ws)

Chriss Silverstein & Rick Carranza

Building off of the fundamentals of S.A.F.E.™ kettlebell training, this class will provide more advanced techniques, movements and progressions. Movements and techniques are “fun” and “cool” but trainees also learn “WHY” we use these techniques. Although this class targets trainees with kettlebell experience, all are welcome to participate. FePro™ Instructors carefully monitor all trainees from beginner to advanced in the same class.

SPINNING®: Standing Flats vs. Running with Resistance (ws)

Jeff Krabiel

These two movements require many similar skills while simultaneously offering unique training opportunities to each rider. During this workout, we’ll explore their similarities as well as their differences with regard to theoretical aerobic demands, cadences, resistance loads, and split-symbol design potentials. This is an intense ride with varying heart rates.

Aqua Total Body Tuneup (ws)

Marti Boutin

A total body tune up is what you’ll get in this combo class that starts with useable choreography to get your cardio workout, strength work for your muscles and a fabulous stretch to finish up. Make sure your students get all components of fitness with Total Body Tune Up!

FRIDAY 11:30-1PM

Peak Pilates®: MVe® Chair Hard Core (ws)

Clare Dunphy

Get the best of both worlds—straight forward strength moves combined with traditional Pilates Chair moves— that when combined give you a total body workout guaranteed to make you sweat. Even if you have never seen the MVe Chair, you will feel the difference that this unique piece of equipment provides and will see the benefits for your clients. It is a functional workout, challenging muscles eccentrically in ways no other apparatus can. Experience a challenging workout from Peak Pilates® that incorporates upper body conditioning using weights with lower body and core conditioning on the MVe Chair that you won’t soon forget.

Kranking® Biomechanics and Physiology (ws)

Jim Karanas

Learn the science, biomechanics and physiological benefits of the industry’s greatest new training system – Kranking®. Created by Johnny G, Kranking requires full

engagement of muscles in the arm, shoulder and shoulder girdle. Stabilizers include all musculature in the torso, primarily the abdominals and low back, as well as the rotator cuff muscles to stabilize the shoulder. Electromyography (EMG) studies have been performed to examine the electrical activity of muscles used while Kranking. Results are presented along with oxygen consumption (VO₂), heart rate and blood pressure responses.

FRIDAY 11:30–1:30PM

CHEK INSTITUTE: Functional Anatomy to Improve Function (L)

Mark Stone

A clear understanding of functional anatomy makes a world of difference in your ability to prescribe and develop exercise programs. This lecture goes far beyond the basics of “origin and insertion anatomy,” showing you how the body is a highly unified, integrated cybernetic system, or a system of systems that are all co-dependent. Once you have this foundational knowledge, critical analysis of exercise trends and technologies is made easier, allowing you to think and reason rather than just follow the herd, resulting in superior program design skill and greatly improved results for your clients.

New Science of the Living Body (L)

Sue Hitzmann

If you are a movement educator, personal trainer, yoga instructor or other wellness practitioner, helping your clients stay healthy, active, and pain-free is fundamental. However, there is an increasing number of unhealthy, inactive, and “in pain” people seeking your expertise. Stress levels are on the rise, as are complaints of chronic pain, particularly from aging clientele and athletes. Join neurofascial specialist Sue Hitzmann and explore new, innovative science about pain and aging that will quickly expand what you already know about the human body.

FRIDAY 1–3PM

STOTT PILATES® Programming on the V2 Max Plus™ Reformer*, Workshop 1 (ws)

Matthew Comer

This workshop utilizes the unique features of the STOTT PILATES® V2 Max an all-in-one equipment system that expands programming for group classes and private training. Learn how to transform the machine to explore selected Essential-level exercises on the Mat, Reformer and Cadillac. Discover how to cue, correct and modify for individuals and groups to make the most of

each workout. This workshop is guaranteed to keep you and your clients challenged, motivated and coming back for more.

Beam-lates™ (ws)

June Kahn

Experience traditional Pilates mat work in a nontraditional way using the Beamfit™ Beam, adding the unique balance challenges it provides. These balance challenges enable you to improve precision of movement and awareness while moving and balancing on a six-inch surface. Realize how employing your experiential senses and somatosensory system provides a fresh approach to the pilates method. Walk away with a new appreciation and a variety of ideas that can be implemented immediately, working one on one with clients or in class.

“Beam-lates™” is fresh, it’s new. It’s the logical next step.

FRIDAY 2-3PM

Bar-tending: Body Bar and Bands (ws)

Lisa Wheeler

Take 2 parts Body Bar, 1 part Strength Bands, add drills and games plus a dash of partner/group exercises - Mix it up and serve it up! Put the fun factor back into your classes and training sessions using the classic Body Bar and the innovative Body Bar Strength Band. Lift it, twist it, jump it, press it, pull it – you name it! One of the best ways to keep our participants and clients engaged and achieving their goals is to add variety. Leave this workshop with a multitude of exercises and ideas to keep your students motivated and coming back for a second round.

Step & Drum (ws)

Carrie Ekins

Step & Drum combines the pulsating rhythms of the drums with the powerful movements from step and dance aerobics. Step & Drum is a unique high-energy step, dance and rhythmical experience. It is a dynamic workout for not only step enthusiast but for anyone wanting to experience a new way to combine the positive benefits of rhythm and step aerobics into their existing programs.

Video Dance (Basic and Level 2) (wo)

Tony Stone

This dance class gives you great movement and fresh choreography to some of the latest, greatest and hottest music. This is beyond a doubt one of the stimulating alternatives to working out while doing what is in fact one of the hottest things in movie and television now, dancing! These

are the type of dance moves you would typically see in music videos or movies with both low and high physical intensity. Level I, II, III Focus II, III

Yin Yoga (ws)

Anna Carbonell

Yin Yoga uses long, passive holds to work on the deep, dense connective tissues of the body - the tendons, ligaments and cartilage - which are difficult to energize and open. This deep, passive practice settles you into poses for about 5 minutes, bringing you inward. This practice increases flexibility, especially in the spine and hips and is very restorative and rehabilitative for the joints and muscles. Psychologically, it connects you to your intuitive and creative self. This workshop is appropriate for men and women of all ages, fitness and flexibility levels. Restore balance with this complement to your active practice, sports or other exercise, and your yang-dominant lifestyle. Absolute beginners to yoga are also welcome!

SPINNING®: Fearless Climb (ws)

Elizabeth Hoffmann

"Your fears are not walls, but hurdles. Courage is not the absence of fear, but the conquering of it." - Dan Millman. Find the courage you need to explore your edge and conquer your fears in this Strength Energy Zone™ ride. In order for us to "grow" we need to sit in those uncomfortable moments and surrender to them; this in turn will push you to explore the deeper layers of yourself. We will also discuss metaphors and Spinning language that will enhance your ability to convey specific emotions and ideas.

Ay Caramba!: Aqua (ws)

Manny Velazquez

Take the growing ¡Ay CarAmba! Latin dance fiesta from the ballroom to the beach! Drawing on a fusion of sound aquatic principles and authentic Latin dance, this first installment of the ¡Ay CarAmba! series teaches you how to make Latin accessible for every-body increasing core action: stability and mobility for every ability. Learn with Manuel what your hips really can do! Embrace it!

FRIDAY 2-3:30PM

Ageing Strong (L)

Robert Sherman

Ageing Strong is about understanding where you are today mentally and physically so you can learn to make more balanced choices for exercise, fitness and health. I will teach you to use my internal emotional compass

with its four directional traits and habits describing how we interact and make decisions. Also, I will demonstrate movement assessment techniques to find a clear path to assess how we think and move affects our entire wellbeing. This will give you a road map to follow, which can lead to a more centered life with less overuse, wasted energy and discomfort. This lecture will describe how aging and exercise is not a losing battle and that there is a perfect balance to how we need to train and move at every stage of our lives that is also connected to the global world around us.

Ask The Specialist: Nutrition & Exercise Q & A (L)

Mark Occhipinti

Are there questions that you have that burn in your gut regarding exercise, nutrition and general fitness that never seem to get answered? Do you sit in lectures hoping the presenter will discuss the particular area of your interests or needs? Here is your chance to interact with a nutrition and fitness expert that brings over 30 years of fitness, exercise, and nutrition to the table. This is an interactive session geared to you, no set format. Come with questions, bring your supplement wrappers, vitamins, fitness magazine articles and be ready for straight, no holds barred answers.

Kranks® and the Athlete (ws)

Jim Karanas

Application to a variety of sports is discussed and testimonials provided to demonstrate how the Krankcycle®, created by Johnny G, provides every athlete an advantage by enhancing metabolism and/or providing mechanical benefits that improve ability. For upper-body athletes, Kranks is indoor training that provides cardio and strength benefits for primary muscles. It compliments lower-body athletics by providing the ultimate indoor cross training. Independent crank arms produce functional benefits and core strengthening that bring stability and postural balance while retrograde rotations balance the shoulder girdle and correct protracted shoulders. This must-attend workshop will benefit every athlete's performance.

FRIDAY 4-5:30PM

BOSU® Total Stretch (ws)

Rob Glick

Get stretched, strong and centered in this one of a kind workshop that uses the BOSU® Balance Trainer and BOSU® Ballast® Ball to add new elements of balance, agility and coordination to your flexibility routines.

Learn stretching techniques to help prevent injuries, improve posture and reduce stress levels, as well as proprioceptive and sensory challenges that will produce results for both the body and mind. You will leave this workshop with a variety of routines for optimal stretching, with modifications for beginning through advanced levels. Stretch your body and your mind!

Body Bar – Back at the Bar! (ws)

Clay Grant

We know you love your Body Bar, but if your relationship needs a little excitement, time to get out and learn some new moves! Fresh ideas and new drills will shake your plateau and challenge your approach to total body integrated training. Using the Body Bar for resistance, combine super training sets for strength, endurance, and agility...with the step to take it all to the next level of intensity. Maximal sets of multi-planar and multidisciplinary exercises cover it all. Test your will, your spirit and stubborn persistence in this fun but not for "the faint of heart" challenge!

BodyART Strength (ws)

Robert Steinbacher

In contrast to classical strength training, the focus of BodyART Strength is not directed towards individual muscle groups, but is concentrated on the human body in its' entirety. All exercises and positions are complete body exercises which work (train) several muscles in the body at the same time. Many positions in BodyART require increased balance and balance technique.

NeuroCore™ Treatment Workshop (ws)

Sue Hitzmann

Regardless of age, injured fitness participants are everywhere. People with chronic injuries learn to work through pain by compensating to sustain balance. Learn how to assess a body for neurological instability and how to reconnect to the system that provides us innate stability and whole-body balance. Learn new science about a dual, neurofascial system that provides whole-body grounding, gut support, and spinal stability. This autonomic, NeuroCore system cannot be exercised thorough traditional or functional exercise techniques. Join neurofascial specialist, Sue Hitzmann and learn how to tap into this system and achieve immediate changes in alignment, spinal mobility and stability. MELT Core Treatment techniques can be added to Pilates, yoga, or personal training sessions to reduce the risk of injury and improve core stability.

SPINNING®: Riding from the Storm II (wo)

Josh Taylor

Experience a race day like no other! In this new edition of a classic ride by Josh Taylor, you will be taken to the power and elements of the real road. If you love the challenge of the Race Day Energy Zone™, come and leave the walls of the studio and enter into the storm

FRIDAY 4-6PM

STOTT PILATES® Reformer Workout for Men (ws)

Sally Belanger

Adding these specially designed STOTT PILATES reformer exercises to your client's routine will boost athletic performance and strengthens the core to minimize the risk of injury. Participants will learn how to tackle this total body workout for optimum strength, endurance, agility and conditioning.

Sensual Yoga: Linear2Circular (ws)

Brandi Woodard

To be fluid and sensual one must tap into the unique liquid reservoir that exists in all of us. Building on the belief that "how you do anything is how you do everything," sensual yoga aims to release held linear postures and attitudes into personally satisfying liquid sequences. The intent is to cultivate a practice that is more circular, graceful, and fulfilling. Participants should be familiar with Sun Salutations.

CHEK INSTITUTE:

Flatten Your Abs Forever (L)

Dan Hellman

Everyone dreams of flat abs, but all too often sees little or no result from exercise or dieting – the dreaded paunch remains despite being able to perform hundreds of crunches! This lecture explains all the reasons why your exercise program may not be getting the results it should. Learn the common problems that prevent people from achieving flat abs including ineffective exercise programming, poor nutritional habits, hormonal imbalance, gynecological and gastro-intestinal disorders and much more. Understand important factors to look for when assessing your clients and how multidisciplinary programs can really work to condition and flatten abdominals.

Postural Assessment & Corrective Exercises (L)

Edwin Ryan

This workshop will teach you the scientific rational behind movement assessment and corrective exercises while reviewing some of the contemporary approaches currently in use.

SATURDAY 7-9AM

Exercise Progressions for the Group Ex Instructor or Personal Trainer (L)

Mike Boyle

Learn functional exercise progressions for all the major exercises for strength training classes, boot camps, or personal training sessions.

Body Image – “The Alluring Pursuit of Perfection” (L)

Misty Tripoli

Join Misty Tripoli, International Nike Elite Instructor, recovering bulimic, obsessive compulsive over-eater and exerciser for this open, irreverent and very candid discussion about the alluring and exhausting pursuit of the “perfect body” and how it affects our mind, body and spirit. We will explore easy techniques to help your students, clients and most importantly YOU build an accepting relationship with the reality of your physical body. It all starts with you. Be Inspired!

SATURDAY 7:30-8:30AM

Power Kranking® (wo)

Jim Karanas

Work your upper body like never before in this exciting new class. Thirty minutes on the new Johnny G Krankcycle® gives you a GREAT cardiovascular workout, builds upper-body and core strength, and even provides full-body training through the stabilization required by the legs. Seated and standing movements use all muscles in the torso: arms, shoulders, chest, back and abs. This is a challenging workout! Upper-body training is the way of the future, and POWER Kranking is the way to maximum results.

SATURDAY 7:30-9AM

Peak Pilates® Reformer Mat Challenge (ws)

Clare Dunphy

Bring the reformer exercises to the mat for a dynamic, interesting and highly-effective workout. We'll show you how! Selective exercises from the classical reformer are executed on the floor in sequential order without the assistance of the springs. This experience will teach you the interdependent relationship between the mat and the reformer and where opportunities lie for improving your reformer technique. This class will alter your thinking about both the mat and reformer and provide tools for spicing up your mat classes.

SATURDAY 8-9AM

RAB - Seamless Strength (ws)

Abbie Appel

Experience this one-of-a-kind barefoot workout that integrates fluid strength sequences with the Stability Ball. Discover how sensors in your feet can encourage the entire kinetic chain to work in harmony. Incorporate both traditional and non-traditional strength movements to improve proprioception, kinesthesia and develop core stability. Learn to blend principles from a variety of mind/body formats and utilize the innovative research to effectively train the entire body.

Fun, Fit and Fabulous! (ws)

Philip Gray

Step and sculpt your body through this Fun, Fit and Fabulous cardio session. Philip will take you up and around the step with his easy to follow step choreography adding directional and rhythmic changes for the intermediate stepper. You will chisel and define every inch of your body with this creative sculpting session utilizing body bars, resistance tubing and a beach ball for added cardio.

Masala Bhangra (wo)

Sarina Jain

Masala Bhangra is rooted as an Indian folk dance from Punjab India – celebrating the love for life. Experience the drum beats as they flow and rise in your body through Bhangra and Bollywood dancing. Sarina Jain is the first to introduce Indian dance to the US fitness industry and it has been the new item in fitness. The music and movement is nonstop for one hour making sure you feel the bhangra beats, the sweat, the expressions of letting go and having a blast while working out! Pretend you will be at an Indian wedding; bring your hearts, your minds, energy and your soul – it's time to “Balle Balle!”

Level I, II, III Focus I, II, III

Budokon® Flow & Flexibility (ws)

Cameron Shayne

Budokon® Flow & Flexibility is breaking molds and traditional perceptions of hatha yoga. This dynamic blend of traditional yoga asana and martial arts builds upon the yoga practitioner's base knowledge of traditional hatha yoga while challenging the practitioner to push past conventional ideologies in order to find an authentic expression of movement. If you love power or vinyasa flow yoga and want to see their evolutionary potential, this is the class for you.

Purposefit Bender Ball Blends (ws)

Lawrence Biscontini

Join Lawrence for a non-traditional approach of fusion of mindful disciplines using the hot new Bender Ball, from yoga to Pilates, T'ai Chi, dance therapy conditioning, gyrating disciplines, and other influences. This innovative experience commences with standing movements with the Bender Ball and then includes many unique movement series on the floor in a variety of positions. You will mindfully squeeze, roll, lift, and balance!

SPINNING®: Five Ways to Climb (ws)

Jeff Krabiel

The Spinning program has five position options for riders to utilize when climbing a hill. This workout will explore all five during an intense hill climb simulation. We'll briefly discuss the unique characteristics and varied potentials of each technique before warming-up and embarking on this 50 minute Strength Energy Zone™ workout. Other key performance areas of this class include: resistance loading, cadence building, and the counting technique.

Aqua: Abs in Motion (ws)

Marti Boutin

Move your body, specifically your ABS! This workshop analyzes abdominal muscle movement to create routines that use the abdominals both as stabilizers and primary movers. Experience how the abs can be involved in both isolation and active movements.

SATURDAY 9:15-11:15AM

STOTT PILATES® Reformer for the Older Adult (ws)

Matthew Comer

This workshop will explore the benefits of working on the Reformer for the older adult. Despite decrements associated with aging, the ability to adapt to endurance and strength training is well documented. The Reformer provides widely variable spring tensions to address both upper and lower body as well as core training. Modifications of exercises and considerations for limited mobility and strength issues will be discussed with a view to enhance core stability, increase lean muscle mass, increase range of motion and improve body awareness. Tips for cueing and correcting to help ensure safety and effectiveness will also be included.

Foundational Beaming™ (ws)

David Mesirov

Discover Beaming™, a product-based

program focused on the person using it! Learn to harmonize movements with mind-body philosophy on a low grounded, cushioned Balance Beam. Explore Barefoot and Somatosensory training while in motion on the beam. Improve muscle tone, posture and range of motion while heightening balance awareness. This awareness translates directly to the balance challenges faced in life. Realize the impact of the experiential senses as related to the learning process. Gain a comprehensive understanding of how to bring this innovate program home.

SATURDAY 9:30-11AM

BOSU® Athletic Balance (ws)

Douglas Brooks

Using the BOSU® Balance Trainer and BOSU® Ballast® Ball you will explore the theoretical and the mechanical foundations of dynamic integrated balance under changing conditions of instability and varied movement requirements. Innovative drills, technique cues and coaching commands are designed to help anyone move better by improving proprioception, stability, balance and muscular coordination.

All Star Step (ws)

Rob Glick

In this workshop we will take the Step Super Star moves; repeaters, basics, alternating knees to make all-star combinations. If you feel like you have taken your moves as far as possible and done all there is to do on the step with the basics then this is the workshop for you.

Dance Party (wo)

Patrick Goudeau

Dance Party...like it's 2009! No rules, no boundaries, just pure FUN! Dance has its' place in fitness and you'll find it right here at Patrick's DANCE PARTY! This is invitation only, so leave the drama at the door and channel your inner DIVA because you'll need her and all the attitude you have to get inside. Don't miss the party of the year...you know you want it!

Peak Pilates®: Mat with Props (ws)

Clare Dunphy

Do you have faithful mat clients that show up for every class? Once in a while give them a little spice. Learn to use props, Power Circles, foam Rollers and Dynabands within the classical repertoire. Maintain flow while you bring these props in and out of you workout. You will leave this workshop with a well-designed class and the confidence to utilize these props at your desire.

SPINNING®: Bike Fit (ws)

Josh Taylor

Come and be introduced to the all-NEW Bike Fit tool and Spin™-Fit-System designed by Professional Cyclist and Master Instructor Josh Taylor! Bike fit is a must know topic for any Spinning instructor. This is an area where you as an instructor can make a huge difference for yourself as well as your students. To be able to fit someone properly on the bike is essential. Come and learn about the Spin-Fit-System with the all-NEW bike fit tool that makes it all very simple! Optimal positioning on the bike is the foundation to safe and effective riding. You know you need to know this better! So come join Josh in this session that includes an in-depth lecture and hands-on application of the NEW Spin-Fit-System!

HYDROFIT:Deep Cardio MAX (ws)

Craig Stuart

Go beyond basic training techniques and challenge your students to achieve optimal results through interval training. Learn a variety of deep-water training formats and investigate the most effective methods for measuring and monitoring exercise intensity.

Kick Box Round II (ws)

Thomas the Promise

Kick Box Round II incorporates the basic and advanced boxing skills for punching, footwork, mitts and the jump rope. It also incorporates physical fitness components along with martial arts integration to provide a scientifically designed system which provides the proper work and active rest intervals to optimize physical conditioning.

Winning at Losing-Weight Management Made Simple (L)

Scott Josephson

Learn how to integrate realistic protocols and modalities on weight management, exercise, diet and behavioral change into a comprehensive model for intervention. Understand specific guidelines for establishing safe, compassionate, reasonable nutritional practices for clientele.

How to Build and Execute a Great Brand (L)

Benjamin Black

Every day, whether you like it or not, you are either building or destroying your brand with everything you do. A mix of multi-media presentation and interactive discussion with real-world and live examples from participants, this session will help you understand, build, and execute a brand that will drive revenues and stand out from your

competition. This session is for anyone needing to develop or implement a successful brand and business. You'll learn the branding principles from one of the world's leading experts.

Krinking® Biomechanics and Physiology (ws)

Jim Karanas

Learn the science, biomechanics and physiological benefits of the industry's greatest new training system – Krinking®. Created by Johnny G, Krinking requires full engagement of muscles in the arm, shoulder and shoulder girdle. Stabilizers include all musculature in the torso, primarily the abdominals and low back, as well as the rotator cuff muscles to stabilize the shoulder. Electromyography (EMG) studies have been performed to examine the electrical activity of muscles used while Krinking. Results are presented along with oxygen consumption (VO₂), heart rate and blood pressure responses.

SATURDAY 11:30-12:30PM**Body Bar – Bending the Rules and Still Behind Bars! (ws)**

Clay Grant

Moves like this they will lock you up too! Only this time Clay will kick your butt with the Body Bar Flex...Experience one tough workout that will make you sweat and put a smile on your face. Weave together strength, stretch and conditioning sequences that aren't for the faint of heart! You will learn great exercises for your weekend warriors, endurance athletes and boot camp classes. Strong never looked so sexy. Wicked!

Eurostep Euphoria (ws)

Joelle Menard

Follow the choreography explosion that is hitting the world by storm; you've stepped now Euro step! This energizing class promises sizzling moves and cutting edge choreography and smooth transitions to create challenging choreographed movements that flow from the floor to the step! Are you ready to get those endorphins moving?

Dance Workout (wo)

Tony Stone

Combine basic video dance moves, some of the hottest music in the industry and high energy while running short choreographed pieces over and again. Mix that up and you have Tony's brand new dance workout. Level II, III Focus II, III

Progressive Power Yoga (ws)

Kimberly Spreen & Rob Glick

This is a powerful yoga-themed workout designed for the fitness enthusiast who enjoys both a mental and physical challenge. Our movements will be inspired by various forms of traditional yoga. Inversions will be included but are completely optional.

S.A.F.E.™ Kettlebell Training – Strength, Agility, Flexibility, Endurance (ws)

Chriss Silverstein and Rick Carranza

This class will address these fundamentals while providing trainees with the most comprehensive, diverse and functional kettlebell training available anywhere! As the name implies, the theme of our signature class reinforces attention to detail and safe techniques. EveryBody will walk away with new insight and purpose in their kettlebell training.

SPINNING®: The Counting Technique (ws)

Jeff Krabiell

Phase 2 of the Spinning Instructor Manual describes an array of techniques that instructors can utilize to better guide and cue their students. The counting technique is one of the most versatile and effective ways to inform students of upcoming changes to terrain or intensity. During the lecture, we'll define the technique before looking at the various ways in which it can be applied during a Spinning class. During the challenging Interval EZ ride that follows the lecture, we'll experience several counting examples.

Aqua Buddha Camp: Aggressive Mind-Body (ws)

Lawrence Biscontini

If you know Lawrence, you know he's a lover and not a fighter, so "boot camp" isn't in his repertoire. Seen at Equinox clubs, this is his mindful aquatic answer to the aquatic boot-camp craze, with an aggressive fusion of effective and intense series that all flow from Yoga to Pilates to T'ai Chi. Combine the most challenging aquatic adaptations from those disciplines with a unique format philosophy and join the aquatic Buddha Camp craze!

Jump Rope Technique (ws)

Thomas the Promise

This jump rope technique workout will teach safe, fun and effective jump rope techniques, basic to advanced. It will address various fitness levels and populations and teach modifications to allow for safe participation and skill improvement. This workshop will also help the instructor or

personal trainer to select the proper rope for the individual participant. It will allow the group exercise instructor to choose from a variety of class format options and how to teach proper movement and skill progression for the individual.

Kranks® and the Athlete (ws)

Jim Karanas

Application to a variety of sports is discussed and testimonials provided to demonstrate how the Krankcycle®, created by Johnny G, provides every athlete an advantage by enhancing metabolism and/or providing mechanical benefits that improve ability. For upper-body athletes, Kranks is indoor training that provides cardio and strength benefits for primary muscles. It complements lower-body athletics by providing the ultimate indoor crosstraining. Independent crank arms produce functional benefits and core strengthening that bring stability and postural balance while retrograde rotations balance the shoulder girdle and correct protracted shoulders. This must-attend workshop will benefit every athlete's performance.

SATURDAY 11:30-1PM

The M.E.L.T. Method (ws)

Sue Hitzmann

New research has revealed the missing link to pain-free living: a balanced nervous system and healthy connective tissue (aka: The Neurofascial System). This system is responsible for whole-body support, communication, and balance. MELT is the first applicable neurofascial technique designed to rehydrate connective tissue and rebalance the nervous system. These techniques mimic creator Sue Hitzmann's hands-on methods of therapy. Learn to rehydrate and rebalance your neurofascial system on a cellular level to prevent and heal injury, pain, and improve your yoga, Pilates, or exercise practice.

Understanding Your Female Clientele (L)

Scott Josephson

Learn the specifics about "special concerns" of females including; peri-menopausal challenges, gender differences, muscle strength, body composition and other physiological factors that play an enormous role in training. Explore practical and useful information to guide your female clientele about dietary intake, energy expenditure and exercise.

ELEVATE - Moving from Good to Great (L)

Petra Kolber

Imagine always teaching to your fullest potential. Imagine being able to connect and motivate your students on a deeper and more life affirming level. Imagine living your best life, every minute of every hour of every day. Elevate is all about expecting more and reaching higher. Elevate is about connection, communication, motivation and inspiration. This lecture will help you elevate your expectations of yourself and of what life has to offer. It was also focus on how to move your teaching and instructional to go from good to great.

SATURDAY 1:30-3PM**BOSU® Athletic Movement, Strength and Power (ws)**

Douglas Brooks

Balance is the foundation of performance and skilled movement for both sport and daily life, and is highly trainable at all ages. Systemize how you integrate unstable surface training into every aspect of your workouts—from warm up to cool down. New skill progression and regression options will be taught that train the body from head-to-toe. Experience a training session that leaves you knowing how and when to teach integrated balance, strength and power drills for any athlete, from beginner to pro.

Step Up 2 Get Down (ws)

Clay Grant

Fun, intricate combinations with a step, twist and spin to mix things up to the right degree. Step up to the plate and get down with Clay in this fun filled cardiovascular Step Party. Come experience symmetrical, tap free, cross phrased step patterns built from the ground up and ready for take home, Monday morning consumption. Zoom, Zoom!

Intuitive Teaching (Fundamentals of The Groove Method™) (ws)

Misty Tripoli

Take your teaching to the next level. Learn to nurture a deep connection with your intuitive voice. Develop the skills and language that encourage opening the doors of possibilities and potentiality that exist in each moment. Learn how to guide your students on this powerful journey no matter what format you teach.

IronWorks™ Kettlebell Training (ws)

Chriss Silverstein & Rick Carranza

Building off of the fundamentals of S.A.F.E.™

kettlebell training, this class will provide more advanced techniques, movements and progressions. Movements and techniques are “fun” and “cool” but trainees also learn “WHY” we use these techniques. Although this class targets trainees with kettlebell experience, all are welcome to participate. FePro™ Instructors carefully monitor all trainees from beginner to advanced in the same class.

SPINNING®: 101 (ws)

Josh Taylor

In this workshop we will explore the foundation of the Spinning Program - a session where we will break down the core movements and go further into the “whys” behind each of them. Having a practical and simple approach to riding the Spinner bike is part of being a better teacher. Come and join Josh in an “instructor to instructor” format that will give you a better understanding of Spinning.

Fluid Fusion (ws)

Manny Velazquez

Join this effective and dynamic Aquatic Interval training workshop design to challenge and improve all the energy systems in your body. Cardiovascular capacity, functional strength and muscle reactivity hand-by-hand to promote the maximum caloric burning in and out of the pool.

Krinking® - The Next Revolution in Fitness (ws)

Jim Karanas

This workshop will demonstrate how Krinking revolutionizes exercise by using the arms, shoulders and torso muscles in a way never experienced before while providing incredible cardiovascular training, cross training for the lower body, functional training and postural balance for the upper body, core strengthening and alternative strength training for individuals that do not like to lift weights. This workshop, which serves as your basic orientation for becoming a Krinking instructor, will provide you with the skills to set up students, train individuals and teach group classes with the latest and greatest new training tool from Johnny G – the Krankcycle®.

SATURDAY 1:30-3:30PM**STOTT PILATES® V2 Max Plus™ Reformer* Programming for Osteoporosis Management (ws)**

Sally Belanger

Clients with osteoporosis face genuine issues when looking for a suitable exercise

program. In this workshop, learn the causation of osteoporosis and the different forms of the condition. Work directly with the V2 Max Plus Reformer, and discover how this unique all-in-one unit enables you to create effective programs that address the specific needs of this population. Case study work will challenge your understanding of osteoporosis and potential programming solutions for their obstacles will be presented.

Fundamentals of Bodyweight Training-Where Perception Meets Reality (ws/L)

Bill Sonnemaker

Perception: In order to design a resistance training program with any of the following goal(s): increasing lean body mass, improving force production, increasing muscle definition or increasing muscular endurance, my clients must have access to Free Weights, Dumbbells, and Machines. **Reality:** One can actually design a successful resistance training program that fulfills the previously mentioned goals using only bodyweight resistance. This dual format session will explain the benefits, advantages, limiting factors, proper progression, and how to prevent injuries. Immediately following the lecture, participants will participate in a series of bodyweight training exercises.

CHEK INSTITUTE: You Can't Fire a Cannon from a Canoe: Improving Functional Stability (L)

Dan Hellman

Developing and maintaining optimal stability is crucial for everyone, from office workers to professional athletes. To help you understand this essential concept, this lecture explains what is meant by "functional" stability, illustrated with examples of common instabilities and addressing the source of such dysfunction. The differences between dynamic and static stability are discussed, including the role that exercise plays in addressing and conditioning each aspect of stability. The interaction of posture, exercise selection and work or sports environment are important to understand, so that effective exercise programs can be created for injury prevention and optimum performance.

Proper Warm up and Preparation (L)

Mike Boyle

Learn the basics of foam rolling, flexibility, mobility and active warm-ups. This session will give the group exercise instructor, boot camp instructor or personal trainer great ideas for preparing a client to train.

SATURDAY 4-5PM

BodyART® Stretch (ws)

Robert Steinbacher

Are you exhausted, run down and stressed? Take time for yourself and do something positive for you and your body. With this BodyArt® and yoga inspired workout, incorporating elements from many different disciplines, you can recharge your batteries with calm and fluid movements and open your mind to the power within

SATURDAY 4-5:30PM

Gliding Plug and Play (ws)

Mindy Mylrea

Are you ready to work core, legs, glutes, and upper body in a whole new way? Go beyond boring and traditional. We will use only Gliding Discs, med balls, and body weight to transform your tried and true routines into integrated magic. You will learn mini "plug and play" workouts for each muscle group along with routines that target the whole body.

Energy Fusion Flow (ws)

Petra Kolber

This workshop weaves movements inspired from the worlds of yoga and Tai Chi to create a fusion flow that focuses on increasing energy while calming and quieting the mind. Particular attention will be paid to alignment, logical sequencing and safe and sensible transitions.

XCO-Training (ws)

Barbara Klein

Improve endurance, strength and flexibility and burn calories all at the same time. The XCO Training tool has been used for functional training, running and walking in Europe for many years. This powerful, dynamic and stabilizing workout is now here in the US. Gain flexibility without joint damage...feel the rhythm!

Beaming™ "SOULFUL - SOLE-FUL" Synergy (ws)

Lawrence Biscontini

Join Lawrence for a mind-body fusion approach to incorporating traditional floor-based and standing mind-body disciplines into the hot new fitness craze of BEAMING. Using the BEAM, we will address stability and mobility in fitness applications to core training from yoga, Pilates, T'ai Chi, and other inspirations. Learn both group and personal training mindful BEAMING applications!

SPINNING®: Clear Paths and Direct Words (ws)

Jeff Krabiel

A good leader transfers information clearly, efficiently, and directly. Coaching a group of participants in any training format is a challenging activity. As a Spinning instructor, you want to convey your profile to the students in manners in which they can understand and quickly apply as they experience a variety of aerobic intensities. This workshop is an exploration of the various communication methods available to instructors within the class environment. We'll discuss concise phrasing, the importance of reinforcements, proper cues, and establishing understandable objectives. Following the lecture, we'll apply the strategies we've discussed to a challenging 45-minute class.

SATURDAY 4-6PM**CHEK INSTITUTE: You Can't Fire a Cannon From a Canoe: Improving Functional Stability (ws)**

Dan Hellman

This workshop provides practical assessment techniques developed from Functional Stability Part I. Learn assessments and effective exercises that are essential for posture correction and spinal stabilization without the need for expensive equipment, such as the Primal Pattern® assessment. You will see how the body has to be considered as a cybernetic unit of interacting systems, rather than just an isolated core, knee or shoulder. You will understand how these assessments can be used as corrective exercises and how to modify the exercises for common orthopedic concerns.

Your Guide to Starting a Successful Personal Training Business (L)

Bill Sonnemaker

Starting a business can be a tricky and scary venture. If you want to be successful you need to be proactive. This session will provide budding entrepreneurs with vital information that will help them to identify the key elements that are necessary to starting a personal training business. These include everything from establishing a business plan to finding and sustaining a profitable niche. Attendees will leave this session with a step-by-step plan for success. (For new business owners and those who are considering opening their own business.)

What Makes You Tick? (L)

Benjamin Black

What Makes You Tick is an extraordinary workshop designed to take you on a journey

of self-discovery. In fitness, we often focus on the outer self (the body, proper techniques, etc). This session reconnects you with your inner one. This session is literally a live creation of self and collective discovery: part lecture, part journaling and part discussion, depending on what happens! Bring a notebook and pen! You'll want to keep your notes!

SATURDAY 6-7:30PM**All New BOSU® Block Party (wo)**

Douglas Brooks, Rob Glick, & Mindy Mylrea Join the stars of the BOSU® Team for a block party workout that will blow your mind! Learn to develop high-energy athletic workouts using the BOSU® Balance Trainer and BOSU® Ballast® Ball. Whether you own one or both pieces of equipment, take home exercise progressions to help improve balance and agility training, dynamic flexibility, core strength, cardio conditioning, upper and lower body power, and proprioceptive skills common to many sports. This workshop is not only enlightening, but lots of fun, and will provide plenty of new challenges for all athletes, clients and students.



SUNDAY 8-9:15AM

All About Abs (ws)

Mindy Mylrea

The core is the powerhouse of the body and we should attack the core from every angle and in every way. This workshop is jam packed with critical cutting edge core research as well as three amazing abdominal and back routines using the medicine ball, the stability ball, and the gliding discs.

The Sweet Step (ws)

Petra Kolber

In marketing advertisers try to hit the sweet spot. In this session Petra shows you how to hit the sweet spot on the step. The focus will be on creating a class that is creative, fun and most of all hits the sweet spot with members so they keep coming back. The focus will be on creating logical progressions and variations that enable us to attract members with mutli levels of experience into our step classes.

In The House (wo)

Tony Stone

No boundaries, no rules with beats that just make your body move. This is the house dance experience. This is one of the freshest styles to hit the dance industry. Come experience, come enjoy!

Level II, III Focus II, III

Blackberry Yoga (ws)

Benjamin Black

How can we stay connected to the deep truths and mysteries within ourselves when we live in such a fast-paced, technological and outwardly-focused world? Blackberry Yoga is a master class with a spiritual yet realistic approach to the challenge of living from your "center" in a world of over-packed schedules, stress and lives based on modern gadgets like laptops and blackberries. What's the secret? Help yourself reconnect – with your self, with others, while living fully in this modern world. And then help someone else do it.

S.A.F.E.™ Kettlebell Training – Strength, Agility, Flexibility, Endurance (ws)

Chriss Silverstein and Rick Carranza

This class will address these fundamentals while providing trainees with the most comprehensive, diverse and functional kettlebell training available anywhere! As the name implies, the theme of our signature class reinforces attention to detail and safe techniques. EveryBody will walk away with new insight and purpose in their kettlebell training.

SPINNING®: Attack! (wo)

Josh Taylor

This is an intense and interactive ride, where the class itself becomes the challenge. An all-new way to bring the group of students into the ride! Learning to be aware and thinking under intensity is a special craft. Come and be ready to attack and be attacked! This session will give you a chance to show your focus, strength, and ability to the fullest all while having a blast!

Get Wet & Shake Your Buddha (ws)

Lawrence Biscontin

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

SUNDAY 8-9:30AM

No Bones About It! Osteoporosis Programs and Prevention (L)

Scott Josephson

About one in three females are diagnosed with Osteoporosis, which can create numerous complications. Guess what? Men, chronic dieters and some athletes are also at risk! Learn about practical preventive treatments, functional techniques, bone physiology, risk factors and dietary and pharmaceutical supplementation.

Power Development for Personal Trainers and Group Exercise Instructors (L)

Mike Boyle

Power is essential as we age, however, power training can be scary and dangerous. Get some great ideas for power training for your clients in this session.

SUNDAY 8:15-9:15AM

Power Kranking® (wo)

Jim Karanas

Work your upper body like never before in this exciting new class. Thirty minutes on the new Johnny G Krankcycle® gives you a GREAT cardiovascular workout, builds upper-body and core strength, and even provides full-body training through the stabilization required by the legs. Seated and standing movements use all muscles in the torso: arms, shoulders, chest, back and abs. This is a challenging workout! Upper-body training is the way of the future, and POWER Kranking is the way to maximum results.

SUNDAY 9:30-11AM

Play Ball! (ws)

Patrick Goudeau

Don't let the title fool you! While this total body blast is jam-packed with fun, you had better be ready to play and play hard! PLAY BALL is the perfect workout ...all you need is a medicine ball, room to move and a winning attitude. Patrick has put together the perfect blend of sculpting and cardio drills that will TONE and TIGHTEN your entire body.

Step Up and Shake It (ws)

Manny Velazquez

Latin, creative dance moves and drama. Move your step class to another level with cardio-dance moves over and around the bench. Let your body experience how to get sweat with a little twist of rumba and rhythm using steps that you know with a new focus in fun and dance.

Groovalicious Sexy DANCE Party! (wo)

Misty Tripoli

Jump outside the box, open your mind and in dive deep into the GROOVE! Join Misty on this explorative sensual movement journey into your funky creative self. No rules, no boundaries.... Come get your sexy on and dance, dance, dance your Groovy, Sexy, Delicious ass off!

STOTT PILATES® Pilates Weight Loss Boost (ws)

Sally Belanger

Kick your metabolism into high gear with this intensive, energy-boosting mat workout. Take advantage of the body's natural ability to burn fat throughout the day and also help chase away stress while building overall strength and endurance. Select STOTT PILATES® matwork exercises are combined in innovative and powerful sequences that gradually increase in rhythm, pace and intensity to help rev up the body's fat burning capacity.

The Bender Ball Build For Glutes and Legs (ws)

Leslee Bender

By utilizing the Bender Ball you will learn all new exercises that will tone and lift the glutes. You will learn new standing exercises that challenge your balance and ultimately train the deep stabilizing glute muscles. The days of old donkey kicks are gone with new and efficient training for the glutes and hamstrings.

Beam-lates™ (ws)

June Kahn

Experience traditional Pilates mat work in a nontraditional way using the Beamfit™ Beam, adding the unique balance challenges it provides. These balance challenges enable you to improve precision of movement and awareness while moving and balancing on a six-inch surface. Realize how employing your experiential senses and somatosensory system provides a fresh approach to the pilates method. Walk away with a new appreciation and a variety of ideas that can be implemented immediately, working one on one with clients or in class. "Beam-lates™" is fresh, it's new. It's the logical next step.

SPINNING®: Involve the Students (ws)

Jeff Krabiell

Student involvement can be a positive and important key to workout success. Giving the students challenging and engaging activities can raise the energy and overall motivation of the workout. In this workshop, we'll discuss the key elements of student involvement before moving on to structured in-class games and activities. Come to this class ready to get involved and to have fun!

HYDROFIT: Pour It to the Core (ws)

Craig Stuart

Harness the power of liquid resistance and amplify it for maximum results. Use grounded aerobic exercises and high-intensity strength intervals to shape and tone your entire body with an added emphasis on core training. Learn how to challenge the body with more complex movement patterns using progressive resistance to enhance postural stability and improve functional strength.

Kranking® - The Next Revolution in Fitness (ws)

Jim Karanas

This workshop will demonstrate how Kranking revolutionizes exercise by using the arms, shoulders and torso muscles in a way never experienced before while providing incredible cardiovascular training, cross training for the lower body, functional training and postural balance for the upper body, core strengthening and alternative strength training for individuals that do not like to lift weights. This workshop, which serves as your basic orientation for becoming a Kranking instructor, will provide you with the skills to set up students, train individuals and teach group classes with the latest and greatest new training tool from Johnny G – the Krankycle®.

SUNDAY 10-11:30AM

Advanced Cardiovascular Training Principles (L)

Douglas Brooks

Performance oriented cardiovascular training requires a sophisticated manipulation of a myriad of training variables to optimize training for your very fit clients, participants or competitive athletes. Results and injury free training depend on a blend of consistent progression, with a dash of change mixed in, and training at the appropriate frequency, intensity and duration. Learn how to provide a punch to move your CV programs forward for your very fit exerciser.

poss-ABILITIES (L)

Debra Orringer

There are no disabilities, only possibilities. Change the word "adapted" to "modified" and from there the ideas will begin to grow. Everyone has the ABILITY and can experience the benefits of exercise. This lecture will help you define what adapted physical activity is as well as give you ideas for modified exercises to get you started on the path towards empowerment.

SUNDAY 11:15-12:45PM

STOTT PILATES® Mini Stability Ball™ Workout (ws)

Matthew Comer

This energizing workout incorporates the 7-inch Mini Stability Ball™ (formerly known as the Mini Flex-Ball) to create total-body strengthening and conditioning. The exercises will work on improving posture with a major focus on core stability and back mobility while also lengthening and strengthening the surrounding muscles. Keeping in mind the elements of the STOTT PILATES Five Basic Principles, participants will learn how to add variety and fun to traditional matwork routines.

Fundamentals of Flexibility (ws)

Bill Sonnemaker

Just exactly how did Elastic Man become so flexible? Well it certainly wasn't using a single form of stretching. But did he use Static, Active, PNF, or Dynamic stretching? When, where, how and why did he use each one of these forms of stretching? Learn proper and improper stretching techniques, when to use them and how they apply to the various populations you work with. Participants will take part in flexibility programs designed to address common muscular imbalances and improve performance.

register online at ecaworldfitness.com

SUNDAY 11:30-12:30PM

BOSU® Core Flow (ws)

Mindy Mylrea

Add fresh elements to your core training by using innovative exercise sequences and drills to challenge your core musculature like never before. As you explore the unique properties of the BOSU® Balance Trainer and BOSU® Ballast® Ball, you will discover new ways to challenge every muscle in your "power center" while simultaneously improving your overall movement capability. Enhance both variety and effectiveness as you learn to link "chains" of core movement patterns that will give you creative new ways to deliver serious results.

Kardio Kombat: Skills and Drills (ws)

Lisa Gaylord

For the fitness professional that needs to refine and perfect the skills used in current kickboxing classes. Learn new choreography never seen before in earlier versions of Kardio Kombat. As your skills progress follow Lisa on a Black Belts journey to perfection!!

Masala Bhangra (wo)

Sarina Jain

Masala Bhangra is rooted as an Indian folk dance from Punjab India – celebrating the love for life. Experience the drum beats as they flow and rise in your body through Bhangra and Bollywood dancing. Sarina Jain is the first to introduce Indian dance to the US fitness industry and it has been the new item in fitness. The music and movement is nonstop for one hour making sure you feel the bhangra beats, the sweat, the expressions of letting go and having a blast while working out! Pretend you will be at an Indian wedding; bring your hearts, your minds, energy and your soul – it's time to "Balle Balle!"

Level I, II, III Focus I, II, III

IronWorks™ Kettlebell Training (ws)

Chriss Silverstein & Rick Carranza

Building off of the fundamentals of S.A.F.E.™ kettlebell training, this class will provide more advanced techniques, movements and progressions. Movements and techniques are "fun" and "cool" but trainees also learn "WHY" we use these techniques. Although this class targets trainees with kettlebell experience, all are welcome to participate. FePro™ Instructors carefully monitor all trainees from beginner to advanced in the same class.

SPINNING®: Legends (wo)

Josh Taylor

Ride to some of the greatest rock and roll bands of all time! The music will be our road and guide. This will be a legendary experience in the Strength Energy Zone™! Come and ride the Spinner bike like a Rock Star!

Aqua Body Moves (ws)

Manny Velazquez

Never before a cardio dance class in the water was so fun and challenging! Choreography patterns that make your body move effortlessly blend with smooth transitions to make this workout the perfect venue to improve body awareness, coordination, cardiovascular fitness, and overall fitness in a total body dance moves workout in the water. Are you ready to challenge yourself?

Power Kranking® (wo)

Jim Karanas

Work your upper body like never before in this exciting new class. Thirty minutes on the new Johnny G Krankcycle® gives you a GREAT cardiovascular workout, builds upper-body and core strength, and even provides full-body training through the stabilization required by the legs. Seated and standing movements use all muscles in the torso: arms, shoulders, chest, back and abs. This is a challenging workout! Upper-body training is the way of the future, and POWER Kranking is the way to maximum results.

SUNDAY 1-2:30PM

Performance (ws)

Marcelo Ehrhardt

A workout of advanced physical exercises that are split into 4 disciplines. The workout is segmented in two parts, the first thirty minutes focuses on running and agility and the second thirty minutes focuses on sports conditioning, athletic functional training, partner exercises and abdominal and core training.

Fit For Kids 2009 (ws)

Mindy Mylrea

You want ideas for kids - maybe even some game ideas for your adults. Well this is the workshop for you! Mindy is the best at creating fantastic games, drills, and tangible teaching skills for kids programming. Learn 30+ ready-made games for instant application and tried and true terrific teaching techniques for all ages and stages. If you don't teach kids now, you'll want to after this workshop. This is also a great workshop for personal trainers and parents.

Boot Camp: Toolbox (ws)

Lisa Gaylord

A tool box for teachers to learn the secrets to making the most money without any gym equipment...learn why gym owners hate us and clients cant get enough.....South Beach Boot Camp by Lisa Gaylord...see why she gets paid top dollar in an industry FULL of "boot camps"!

The Bender Ball Back Care – Build a Healthy Back (ws)

Leslee Bender

We live in a society of flexion; sitting at computers to driving our cars on a long-term basis. Our lower back muscles become weak and tight ultimately leading to back pain. Learn specific exercises to address specific postural issues. You will learn the differences in postural deviations and how to apply appropriate training techniques to improve your client's posture.

SPINNING®: Split Symbol Success (ws)

Jeff Krabiell

Phase 2 of the Spinning Instructor Manual details the natural progression of profile creation from single movement concentration to flowing multiple symbol formats. This type of class design requires smooth transitions, proper cues, and evenly paced aerobic intensities. We'll begin by discussing the differences between single movement and split symbol profile designs before moving on to specific suggestions for successfully communicating your transitions to the participants. Following the lecture, we'll do a challenging 50-minute split-symbol ride.

Swim to Win (ws)

Debra Orringer

This water session is more than aqua training. It is straight swimming technique training. During this session we will break down training tips, stroke technique and drills, motivation techniques and many other bits of information that are useful for the competitive swimming community. Whether it is for fitness or competition, this session will challenge you. Bring your cap and goggles and get ready to move through the water.

Circus Yoga (ws)

Erin Maile O'Keefe, Kevin O'Keefe and Jennifer Fink Oppenheimer
Circus Yoga will demonstrate how Yoga and play come together in a unique format to build trust and teamwork among all participants. From Juggling to partner acrobatics, Circus Yoga is fun for participants of all ages!

SUNDAY 1-3PM

Mastering Metabolism (L)

Scott Josephson
Metabolism...who doesn't want to increase theirs! It's often a different set of rules for females, and so many key components are overlooked! Want to burn calories more efficiently? A women's metabolic rate is affected by many factors including fuel availability, genetic disposition, dietary intake and hormonal fluctuations to mention a few. This lecture explores the fact from fiction for athletic performance, weight management and exercise after burn. Rev up!

Creating the Buzz for Your Team and Yourself (L)

Michelle Mascari
Creating the buzz in your club for group fitness is very easy to achieve. Whether you are a team leader, such as a group fitness manager, or a group fitness instructor, creating relationships with your students is critical. Through this workshop, you will be provided with the necessary tools to connect to your audience attracting an increasing flow of people to your positive energy. It starts with recognizing yourself and your team through relationships. This stellar service creates the locker room buzz that echoes even outside of the club.

Thursday

11:00–1:00 pm	12:00–1:15 pm	1:30–3:00 pm	1:30–3:30 pm
CHEK INSTITUTE: Controversy & Current Concepts of Pulling Exercises Mark Stone	Body Bar Cut to the CORE (ws) – Sherry Catlin	Core Training w/ Flexi-Bar (ws) – Barbara Klein & Carol Murphy	Planning Off Season Strength Training for Triathlete (L) – Juan Carlos Santana
Vegetarian & Athletics (L) Mark Occhipinti	RAB Step on the Ball (ws) – Abbie Appel	Breakin’ Step (ws) – Robert Steinbacher	Whole Food Nutrition and Natural Anti- Aging (L) – Mark Occhipinti
	Tropical Energy (wo) - Bianca Diaz	Hi/Low Fix (ws) – Geoff Bagshaw	
	BODY Formula (ws) – Marcelo Ehrhardt	STOTT PILATES® Jumpboard Interval Training Level I (ws) – Sally Belanger	
	Yodates Technique (ws) – Brandi Woodard	Secrets of Myofascial Release (ws) – Nick Tumminello	
	SPINNING® Find Your Aerobic Edge (ws) – Elizabeth Hoffmann	The Bannister Method (ws) – Gail Bannister-Munn	
	Jazzylicious (wo) – Maria Stumbeck	SPINNING® Bike Fit (ws) – Josh Taylor	

3:30–4:30 pm	3:30–5:30 pm	4:00–6:00 pm	5:00–6:30 pm	5:00–7:00 pm
Body Bar Equilibrium Flex Fusion 09 ((ws) – Lisa Wheeler	STOTT PILATES® Vertical Frame (ws) – Sally Belanger	CHEK Approach to Balance Training (L) – Mark Stone	The Essence of Stability Ball Training (ws) – Juan Carlos Santana	Yoga Powerhouse (ws) – Robert Sherman
Step Fusion Tom Sharp		Training Fundamentals for the Baby Boomer (L) – Evan Osar	Step 911 (ws) – Geoff Bagshaw	
Hawaiian Hula and Tahitian Dance (ws) – Anna Carbonell			IntenSati (ws) – Patricia Moreno	
Budokon® Power & Agility (ws) – Cameron Shayne			SPINNING® Let's Jump (ws) – Jeff Krabiel	
S.A.F.E.™ Kettlebell Training (ws) – Silverstein/Carranza			50/50 Pilates (ws) Bianca Diaz	
SPINNING® Peace & Power (ws) – Elizabeth Hoffmann				

Friday

	7:00–9:00 am	8:00–9:15 am	9:30–11:00 am	9:30–11:00 am
	Watch 'em Move (L) – Juan Carlos Santana	Strike! (ws) – Kimberly Spreen	BOSU® Cardio Express (ws) – Rob Glick	Kick Box Round II – Thomas the Promise
	Precision Supplementation to Maximize Results & Recovery (L) Mark Occhipinti	Drums Alive Power Beats (ws) – Carrie Ekins	Quickstep (ws) – Patrick Goudeau	Improving Balance in the Baby Boomer (L) – Evan Osar
		WarriorSati (ws) – Patricia Moreno	Cardio Chorus (ws) – Petra Kolber	Fitness MVP (L) – Lisa Wheeler
	7:30–8:30 am			
	Power Kranking® (wo) – Jim Karanas	Sensational Stretching & Flawless Flexibility (ws) – Robert Sherman	STOTT PILATES® Jumpboard Interval Training Level II (ws) – Sally Belanger	Kranking® Next Revolution in Fitness (ws) – Jim Karanas
		Music Flow Yoga (ws) – Anna Carbonell	Secrets of Joint Mobility (ws) – Nick Tumminello	
	7:30–9:00 am			
	Peak Pilates®: MVe® Chair Flex & Flow (ws) – Clare Dunphy	SPINNING® Developing Transitional Brilliance (ws) – Jeff Krabiel	Foundational Beaming™ (ws) – David Mesirow	
		Dynamic Duo (ws) – Marti Boutin	SPINNING® Riding Your Breath (ws) – Elizabeth Hoffmann	
			HYDROFIT: Liquid Abs (ws) – Craig Stuart	

11:30–12:30 pm	11:30–1:00 pm	2:00–3:00 pm	2:00–3:30 pm	4:00–5:30 pm
RAB Complete Core (ws) – Abbie Appel	Peak Pilates®: MVe® Chair Hard Core (ws) – Clare Dunphy	Bar-tending: Body Bar & Bands (ws) – Lisa Wheeler	Ageing Strong (L) – Robert Sherman	BOSU® Total Stretch (ws) – Rob Glick
D-I-Y Step (ws) – Geoff Bagshaw	Krinking® Biomechanics & Physiology – Jim Karanas	Step & Drum (ws) – Carrie Ekins	Ask the Specialist: Nutrition & Exercise Q & A (L) Mark Occhipinti	Body Bar-Back at the Bar (ws) – Clay Grant
Jazz Meets House (wo) – Robert Steinbacher		Video Dance (wo) – Tony Stone	Krinking® & the Athlete (ws) – Jim Karanas	BodyArt Strength (ws) – Robert Steinbacher
	11:30–1:30 pm			
YogaSati (ws) – Patricia Moreno	CHEK INSTITUTE: Functional Anatomy to Improve Function (L) – Mark Stone	Yin Yoga (ws) – Anna Carbonell		NeuroCore Treatment Workshop (ws) – Sue Hitzmann
			4:00 – 6:00 pm	
IronWorks™ Kettlebell Training (ws) – Silverstein/Carranza	New Science of the Living Body (L) – Sue Hitzmann	SPINNING® Fearless Climb (ws) – Elizabeth Hoffmann	Sensual Yoga: Linear2 Circular (ws) – Brandi Woodard	SPINNING® Riding From the Storm II (wo) – Josh Taylor
SPINNING® Standing Flats vs. Running w/ Resistance (ws) – Jeff Krabel		Aqua Ay Caramba (ws) – Manny Velazquez	CHEK INSTITUTE: Flatten Your Abs Forever (L) – Dan Hellman	
	1:00–3:00 pm			
Total Body Tune-Up (ws) – Marti Boutin	STOTT PILATES® Programming on the V2 Max Plus™ Reformer Workshop I (ws) – Matthew Comer		Postural Assessment & Corrective Exercises (L) – Edwin Ryan	
				6:30 – 7:30 pm
	Beam-lates™ (ws) – June Kahn		STOTT PILATES® Reformer Workout For Men – Sally Belanger	WELCOME EVENT! – Drums Alive Party Carrie Ekins, Rob Glick & Friends

11:30–1:00 pm	1:30–3:00 pm	1:30–3:30 pm	4:00–5:30 pm	4:00–6:00 pm
The M.E.L.T. Method (ws) – Sue Hitzmann	BOSU® Athletic Movement, Strength & Power (ws) – Douglas Brooks	STOTT PILATES® V2 Max Plus™* Programming for Osteo (ws) – Sally Belanger	Gliding Plug & Play (ws) – Mindy Mylrea	CHEK INSTITUTE: You Can't Fire a Cannon from a Canoe II (ws) – Dan Hellman
Understanding Your Female Clientele (L) – Scott Josephson	Step Up 2 Get Down (ws) – Clay Grant	Fundamentals of Bodyweight Training (ws) – Bill Sonnemaker	Energy Fusion Flow (ws) – Petra Kolber	Your Guide to Starting a Successful PT Business (L) – Bill Sonnemaker
Elevate Moving from Good to Great (L) – Petra Kolber	Intuitive Teaching (ws) – Misty Tripoli	CHEK INSTITUTE: You Can't Fire a Cannon from a Canoe I (L) – Dan Hellman	XCO-Training (ws) – Barbara Klein	What Makes You Tick – Benjamin Black
	IronWorks™ Kettlebell Training (ws) – Silverstein/Carranza	Proper Warm-Up & Preparation (L) – Mike Boyle	Beaming™ "SOULFUL - SOLE-FUL" Synergy (ws) – Lawrence Biscontini	
	SPINNING® 101 (ws) – Josh Taylor		SPINNING® Clear Paths & Direct Words (ws) – Jeff Krabel	BOSU® Block Party (ws) – Brooks/Glick/Mylrea
	Fluid Fusion (ws) – Manny Velazquez	BodyART® Stretch (ws) – Robert Steinbacher		
	Krinking® Next Revolution in Fitness (ws) – Jim Karanas			
		*Reformer Programming for Osteoporosis Management		

6:00 – 7:30 pm

4:00–5:00 pm

Sunday

8:00–9:15 am	8:00–9:30 am	9:30–11:00 am	10:00–11:30 am
All About Abs (ws) – Mindy Mylrea	No Bones About It! (L) – Scott Josephson	HYDROFIT: Pour it to the Core (ws) – Craig Stuart	Advanced Cardiovascular Training Principles (L) – Douglas Brooks
The Sweet Step (ws) – Petra Kolber	Power Development for PT & Group Exercise Instructors (L) – Mike Boyle	Step Up & Shake it (ws) – Manny Velazquez	Poss-ABILITES (L) Debra Orringer
In the House (wo) – Tony Stone		Groovalicious Sexy Dance Party! (wo) – Misty Tripoli	
	8:15–9:15 am		
Blackberry Yoga (ws) – Benjamin Black	Power Kranking® (wo) – Jim Karanas	STOTT PILATES® Weight Loss Boost (ws) – Sally Belanger	
S.A.F.E.™ Kettlebell Training (ws) – Silverstein/Carranza		The Bender Ball Build (ws) – Leslee Bender	
SPINNING® Attack! (wo) – Josh Taylor		Kranking® The Next Revolution in Fitness (ws) – Jim Karanas	
Get Wet & Shake Your Buddha (ws) – Lawrence Biscontini		SPINNING® Involve the Students (ws) – Jeff Krabiel	
		Play Ball (ws) – Patrick Goudea	
		Beam-lates™ (ws) – June Kahn	

11:15–12:45 pm	11:30–12:30 pm	1:00–2:30 pm	1:00–3:00 pm
STOTT PILATES® Mini Stability Ball™ Workout (ws) – Matthew Comer	BOSU® Core Flow (ws) – Mindy Mylrea	Performance (ws) – Marcelo Ehrhardt	Mastering Metabolism (L) – Scott Josephson
Fundamentals of Flexibility (ws) – Bill Sonnemaker	Kardio Kombat Skills & Drills (ws) – Lisa Gaylord	Fit for Kids 09 (ws) – Mindy Mylrea	Creating the Buzz (L) – Michelle Mascari
	Masala Bhangra (wo) – Sarina Jain	Boot Camp Tool Box (ws) – Lisa Gaylord	
	IronWorks™ Kettlebell Training (ws) – Silverstein/Carranza	The Bender Ball Back Care (ws) – Leslee Bender	
	SPINNING® Legends (wo) – Josh Taylor	SPINNING® Split Symbol Success (ws) – Jeff Krabel	
	Aqua Body Moves (ws) – Manny Velazquez	Swim to Win (ws) – Debra Orringer	
	Power Kranking® (wo) – Jim Karanas	Circus Yoga (ws) – O'Keefe, O'Keefe and Oppenheimer	

RESERVATION FORM

ECA/THRIVE 2009 Fitness and Wellness Conference November 12-15, 2009

One form per person. Photocopy for additional registrations.
Please print clearly and fill in completely. Incomplete reservations cannot be processed.
Return form and session selection sheets with full payment.

Mail: ECA, 414 East Beech Street
Long Beach, NY 11561
or fax 516-432-7044.

I am not able to attend, please add me to your mailing list

PARTICIPANT INFORMATION

First Name	Last Name
Street Address	
City	State/Province
ZIP/Postal Code	Country
Is this a new address? <input type="checkbox"/> Yes <input type="checkbox"/> No	Phone
Fax	E-mail

I am personal trainer group exercise instructor coach
 yoga instructor pilates instructor indoor cycling instructor
 other _____

I am certified by ace aea afaa ecit nasm
 nsca spinning stott pma
 other _____

I heard about ECA/THRIVE from
 a friend AFAA ad ACE ad mailing website/internet
 other please specify _____

MEMBERSHIP

Join now and become part of our community! Receive member rates to this show, plus other terrific member benefits all year long. You will receive your complete membership kit in 10-14 days. Membership includes:

- A one-year subscription to the ECA New For Fitness Professionals.
- Member discounts to all ECA events, including this one if you sign up today
- Liability insurance (for members with U.S. addresses only).
- Health insurance, discounted dental plan, and financial planning services
- Access to our Job Placement Service (fitness jobs in your area)
- Free ECA Fitness Professional Directory listing on the ECA website
- 10% discount on fitness equipment from M-F Athletics/Perform Better.
- 25% discount on fitness music tapes through Music Flex.
- (1) One free print classified ad in the ECA News.
- (1) One Free on-line classified ad.

Yes - I want to join/renew my ECA membership and be part of the ECA community.
 \$45 US resident \$55 International resident
(membership is non refundable)

THRIVE REGISTRATION FEES (US funds only)

Final registration deadline is November 1st, 2009.

(All mailed registrations must be postmarked by that date.)

On site registration will be an additional \$50 fee (subject to availability).

Full conference member	<input type="checkbox"/> \$279 Early Bird (by 09/01/09)	<input type="checkbox"/> \$379 Regular Rate
Full conference non-member	<input type="checkbox"/> \$349 Early Bird (by 09/01/09)	<input type="checkbox"/> \$379 Regular Rate
One day eca member	\$99 <input type="checkbox"/> thurs <input type="checkbox"/> sun	\$169 <input type="checkbox"/> fri <input type="checkbox"/> sat
One day non member	\$159 <input type="checkbox"/> thurs <input type="checkbox"/> sun	\$259 <input type="checkbox"/> fri <input type="checkbox"/> sat
Group rate	\$285 <input type="checkbox"/> 10 or more registrations paid*	
Total Registration Fees	\$	

*with sessions selections completed and sent together in one envelope by September 1, 2009.

INFORMED CONSENT AGREEMENT

I agree to hold harmless ECA World Fitness Alliance, the company, its owners, directors, and employees, conference presenters, conference sponsors, and complete staff from any and all liability arising out of this event, including, but not limited to, muscle strains, tears, pulls, broken bones, any and all illnesses or loss of my property. I understand the risk involved with participating in this strenuous event and attest that I am in sound physical condition. I also understand that I may be videotaped and/or photographed during this event and agree to all conditions of reservation including, but not limited to, the cancellation/refund policies. My signature below indicates that I understand and agree to the above terms.

Participant signature _____

date _____

PRE/POST CONFERENCE WORKSHOP FEES check all that apply

<input type="checkbox"/> BodyART™ Training	Nov 10 – 11	\$300
<input type="checkbox"/> STOTT PILATES® Essential & Intermediate Reformer on the V2 Max Plus™ Reformer	Wed. Nov 11	\$160
<input type="checkbox"/> STOTT PILATES® Pilates with Props, Level 1 & 2	Wed. Nov 11	\$160
<input type="checkbox"/> JC’S Athletic Training for Personal Trainers	Wed. Nov 11	\$179
<input type="checkbox"/> Drums Alive® Instructor Training “Specialty Certificate”	Wed. Nov 11	\$179
<input type="checkbox"/> ISCA Kick Box Round II	Wed. Nov 11	\$199
<input type="checkbox"/> Kranking® Trainer Certification	Thurs. Nov 12	\$179
<input type="checkbox"/> HYDROFIT H2O Tool Box	Thurs. Nov 12	\$99
<input type="checkbox"/> Body Bars and Beyond	Sun. Nov. 15	\$99
<input type="checkbox"/> Bender Training Foundations	Sun. Nov. 15	\$99
Total Pre/Post Conference Workshop Fees	\$	

SPINNING® Orientation or Ride

Please call call Spin Fitness to register: 800-847-SPIN

PRE/POST CONFERENCE WORKSHOP CANCELLATION/REFUND POLICY

Cancellations received by ECA in writing via fax or mail with attendee signature by OCT.12th, 2009 will receive a full refund minus a \$100 processing fee. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR CANCELLATIONS RECEIVED AFTER OCT. 12th, 2009. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR NO SHOWS ON SITE. My signature below indicates that I understand and agree to the above terms.

Participant signature _____ date _____

WELCOME EVENT

- YES! I want to attend the Inspirational happening with Drums Alive® Friday 6:30 – 7:30pm
- YES! I want to attend the Kranking Super Saturday event Saturday, 4:00 – 7:00 pm \$99

PAYMENT SUMMARY

ECA Membership	\$	
Pre/Post Convention Workshops	\$	
Event Registration	\$	
Kranking Super Saturday	\$	
Total	\$	(in U.S. dollars)

METHOD OF PAYMENT/PAYMENT AUTHORIZATION

<input type="checkbox"/> Check No.	<input type="checkbox"/> Money Order No.
<input type="checkbox"/> Master Card <input type="checkbox"/> VISA	Credit Card No.
Expiration Date	CVV No.
Name as it appears on card	Card holder signature

CONFERENCE CANCELLATION/REFUND POLICY

All refund requests must be sent in writing to: ECA World Fitness Alliance, 414 East Beech Street Long Beach, NY 11561. Requests postmarked before Oct. 12th, 2009 will receive a refund minus a \$100 processing fee. Requests postmarked after Oct. 12th, 2009 will receive a credit toward a future ECA event for one year minus a \$100 processing fee. *Please note membership is NOT refundable and cannot be included in the refund or credit. Only conference fees apply.* Please note pre/post conference fees are not refundable and cannot be included in the refund or credit. Please see membership and pre/post convention programming for more information about each specific cancellation policy. ECA is not responsible for acts of God, nature, war, terrorism, union or labor disputes. My signature below indicates that I understand and agree to the above terms.

Attendee signature _____ date _____

**I have already paid and
I am just submitting additional information**

- I have already registered by mail
- I have already registered by fax
- I have already registered by internet
- signature requested
- session selections added
- I am adding a pre con workshop

**You will receive an e-mail event
confirmation approximately 1 week
after receipt of registration if you
have registered by mail.**

**On Line registration is immediate and a
confirmation with a reference number
will show immediately upon completion
of your registration.**

**ECA/THRIVE 2009
Fitness and Wellness Conference**

November 12– 15
Deauville Beach Resort
Miami Beach, FL

SESSION SELECTION SHEET

If you are registering by MAIL or FAX, we REQUIRE a 1st, 2nd, and 3rd choice in up to 5 time slots per day. We will confirm up to 15 sessions over the 4-day convention (no more than 5 per day) including up to 3 indoor cycling sessions per day based on availability. ECA cannot confirm sessions that begin and end at the same time - there must be a minimum of 15 minutes between sessions. If there is a special session that is more important than another, please put a star or asterisk next to it. Only fully paid complete registrations will be processed. Incomplete or incorrect submissions may result in delays. Make sure to fill out each form completely and don't forget to sign all authorization, informed consent and cancellation policies. ANY CHANGES TO A CONFIRMED SESSION SELECTION SHEET WILL RESULT IN A CHARGE OF \$25/per change. When in doubt, call the offices before registering.

Thursday

- 11:00–1:00pm**
- CHEK INSTITUTE: Controversy & Current Concepts of Pulling Exercises (L) – Mark Stone
 - Vegetarian & Athletics (L) – Mark Occhipinti
- 12:00–1:15pm**
- Body Bar Cut to the CORE (ws) – Sherry Catlin
 - RAB Step on the Ball (ws) – Abbie Appel
 - Tropical Energy (wo) – Bianca Diaz
 - BODYFormula (ws) – Marcelo Ehrhardt
 - Yodates Technique (ws) – Brandi Woodard
 - BodyFormula – Marcelo Ehrhardt
 - SPINNING® Find Your Aerobic Edge (ws) – Elizabeth Hoffmann
 - Jazzylicious (wo) – Maria Stumbeck
- 1:30–3:00pm**
- Core Training w/ Flexi-Bar (ws) – Barbara Klein & Carol Murphy
 - Breakin' Step (ws) – Robert Steinbacher
 - Hi/Low Fix (ws) – Geoff Bagshaw
 - STOTT PILATES® Jumpboard Interval Training Level I (ws) – Sally Belanger
 - Secrets of Myofascial Release (ws) – Nick Tumminello
 - The Bannister Method (ws) – Gail Bannister-Munn
 - SPINNING® Bike Fit (ws) – Josh Taylor
- 1:30–3:00pm**
- Planning Off Season Strength Training for Triathlete (L) – Juan Carlos Santana
 - Whole Food Nutrition and Natural Anti-Aging (L) – Mark Occhipinti
- 3:30–4:30pm**
- Body Bar Equilibrium Flex Fusion 09 (ws) – Lisa Wheeler
 - Step Fusion – Tom Sharp
 - Hawaiian Hula and Tahitian Dance (ws) – Anna Carbonell
 - Budokon® Power & Agility (ws) – Cameron Shayne
 - S.A.F.E.™ Kettlebell Training (ws) – Silverstein/Carranza
 - SPINNING® Peace & Power (ws) – Elizabeth Hoffmann
- 3:30–5:30pm**
- STOTT PILATES® Vertical Frame (ws) – Sally Belanger
- 4:00–6:00pm**
- CHEK Approach to Balance Training (L) – Mark Stone
 - Training Fundamentals for the Baby Boomer (L) – Evan Osar
- 5:00–6:30pm**
- The Essence of Stability Ball Training (ws) – Juan Carlos Santana
 - Step 911 (ws) – Geoff Bagshaw
 - IntenSati (ws) – Patricia Moreno
 - SPINNING® Let's Jump (ws) – Jeff Krabiel
 - 50/50 Pilates (ws) Bianca Diaz
- 5:00–7:00pm**
- Yoga Powerhouse (ws) – Robert Sherman

Friday

- 7:00–9:00am** Watch 'em Move (L) – Juan Carlos Santana
 Precision Supplementation to Maximize Results and Recovery (L) – Mark Occhipinti
- 7:30–8:30am** Power Kranking® (wo) – Jim Karanas
- 7:30–9:00am** Peak Pilates®: MVE® Chair Flex & Flow (ws) – Clare Dunphy
- 8:00–9:15am** Strike! (ws) – Kimberly Spreen
 Drums Alive Power Beats (ws) – Carrie Ekins
 WarriorSati (ws) – Patricia Moreno
 Sensational Stretching & Flawless Flexibility (ws) – Robert Sherman
 Music Flow Yoga (ws) – Anna Carbonell
 SPINNING® Developing Transitional Brilliance (ws) – Jeff Krabiell
 Dynamic Duo (ws) – Marti Boutin
- 9:30–11:00am** BOSU® Cardio Express (ws) – Rob Glick
 Quickstep (ws) – Patrick Goudeau
 Cardio Chorus (ws) – Petra Kolber
 STOTT PILATES® Jump Interval Training Level II (ws) – Sally Belanger
 Secrets of Joint Mobility (ws) – Nick Tumminello
 Foundational Beaming™ (ws) – David Mesirow
 SPINNING® Riding Your Breath (ws) – Elizabeth Hoffmann
 HYDROFIT: Liquid Abs (ws) – Craig Stuart
 Kick Box Round II – Thomas the Promise
 Improving Balance in the Baby Boomer (L) – Evan Osar
 Fitness MVP (L) – Lisa Wheeler
 Kranking® Next Revolution in Fitness (ws) – Jim Karanas
- 11:30–12:30pm** RAB Complete Core (ws) – Abbie Appel
 D-I-Y Step (ws) – Geoff Bagshaw
 Jazz Meets House (ws) – Robert Steinbacher
 YogaSati (ws) – Patricia Moreno
 IronWorks™ Kettlebell Training (ws) – Silverstein/Carranza
 SPINNING® Standing Flats vs. Running with Resistance (ws) – Jeff Krabiell
 Total Body Tune-Up (ws) – Marti Boutin
- 11:30–1:00pm** Peak Pilates®: MVE® Chair Hard Core (ws) – Clare Dunphy
 Kranking® Biomechanics & Physiology – Jim Karanas
- 11:30–1:30pm** CHEK INSTITUTE: Functional Anatomy to Improve Function (L) – Mark Stone
 New Science of the Living Body (L) – Sue Hitzmann
- 1:00–3:00pm** STOTT PILATES® Program on the V2 Max Plus™ Reformer Workshop I (ws)
– Matthew Comer
 Beam-lates™ (ws) – June Kahn
- 2:00–3:00pm** Bar-tending: Body Bar & Bands (ws) – Lisa Wheeler
 Step & Drum (ws) – Carrie Ekins
 Video Dance (wo) – Tony Stone
 Yin Yoga (ws) – Anna Carbonell
 SPINNING® Fearless Climb (ws) – Elizabeth Hoffmann
 Aqua Ay Caramba (ws) – Manny Velazquez
- 2:00–3:30pm** Aging Strong (L) – Robert Sherman
 Ask the Specialist: Nutrition & Exercise Q & A (L) Mark Occhipinti
 Kranking® & the Athlete (ws) – Jim Karanas
- 4:00–5:30pm** BOSU® Total Stretch (ws) – Rob Glick
 Body Bar-Back at the Bar (ws) – Clay Grant
 BodyART Strength (ws) – Robert Steinbacher
 NeuroCore Treatment Workshop (ws) – Sue Hitzmann
 SPINNING® Riding From the Storm II (ws) – Josh Taylor
- 4:00–6:00pm** Sensual Yoga: Linear2Circular (ws) – Brandi Woodard
 CHEK INSTITUTE: Flatten Your Abs Forever (L) – Dan Hellman

- ☐ Postural Assessment & Corrective Exercises (L) – Edwin Ryan
- ☐ STOTT PILATES® Reformer Workout For Men (ws) – Sally Belanger

6:30–7:30pm ☐ WELCOME EVENT! – Drums Alive Party – Carrie Ekins, Rob Glick & Friends

Saturday

7:00–9:00am ☐ Exercise Progression for the Group Ex. Instructor or PT (L) – Mike Boyle
 ☐ Body Image (L) – Misty Tripoli

7:30–8:30am ☐ Power Kranking® (wo)– Jim Karanas

7:30–9:00am ☐ Peak Pilates®: Reformer Mat-Challenge (ws) – Clare Dunphy

8:00–9:00am ☐ RAB Seamless Strength (ws) – Abbie Appel
 ☐ Fun, Fit and Fabulous (ws) – Philip Gray
 ☐ Masala Bhangra (wo) – Sarina Jain
 ☐ Budokon® Flow & Flexibility (ws) – Cameron Shayne
 ☐ Bender Ball Blends (ws) – Lawrence Biscontini
 ☐ SPINNING® Five Ways to Climb (ws) – Jeff Krabiel
 ☐ Aqua: Abs in Motion (ws) – Marti Boutin

9:15–11:15am ☐ STOTT PILATES® Reformer for the Older Adult (ws) – Matthew Comer
 ☐ Foundational Beaming™ (ws) – David Mesirow

9:30–11am ☐ BOSU® Athletic Balance (ws) – Douglas Brooks
 ☐ All Star Step (ws) – Rob Glick
 ☐ Dance Party (wo) – Patrick Goudeau
 ☐ Peak Pilates®: Mat with Props (ws) – Clare Dunphy
 ☐ SPINNING® Bike Fit (ws) – Josh Taylor
 ☐ HYDROFIT: Deep Cardio Max (ws) – Craig Stuart
 ☐ Kick Box Round II – Thomas the Promise
 ☐ Winning at Losing (L) – Scott Josephson
 ☐ How to Build & Execute a Great Brand (L) – Benjamin Black
 ☐ Kranking® Biomechanics & Physiology (ws) – Jim Karanas

11:30–12:30pm ☐ Body Bar –Bending the Rules and Still Behind Bars! (ws) – Clay Grant
 ☐ Eurostep Euphoria (ws) – Joelle Menard
 ☐ Dance Workout (wo) – Tony Stone
 ☐ Progressive Power Yoga (ws) – Spreen/Glick
 ☐ S.A.F.E.™ Kettlebell Training (ws) – Silverstein/Carranza
 ☐ SPINNING® The Counting Technique (ws) – Jeff Krabiel
 ☐ Aqua Buddha Camp (ws) – Lawrence Biscontini
 ☐ Jump Rope Technique – Thomas the Promise
 ☐ Kranking® and the Athlete (ws) – Jim Karanas

11:30–1:00pm ☐ The M.E.L.T. Method (ws) – Sue Hitzmann
 ☐ Understanding Your Female Clientele (L) – Scott Josephson
 ☐ Elevate Moving from Good to Great (L) – Petra Kolber

1:30–3:00pm ☐ BOSU® Athletic Movement, Strength & Power (ws) – Douglas Brooks
 ☐ Step Up 2 Get Down – Clay Grant
 ☐ Intuitive Teaching (ws) – Misty Tripoli
 ☐ IronWorks™ Kettlebell Training (ws) – Silverstein/Carranza
 ☐ SPINNING® 101 (ws) – Josh Taylor
 ☐ Fluid Fusion (ws) – Manny Velazquez
 ☐ Kranking® Next Revolution in Fitness (ws) – Jim Karanas

1:30–3:30pm ☐ STOTT PILATES® V2 Max Plus™ Reformer Programming for Osteoporosis Management (ws) - Sally Belanger
 ☐ Fundamentals of Bodyweight Training (ws) – Bill Sonnemaker
 ☐ CHEK INSTITUTE: You Can't Fire a Cannon from a Canoe I (L) – Dan Hellman
 ☐ Proper Warm-Up & Preparation (L) – Mike Boyle

4:00–5:00pm ☐ BodyART® Stretch (ws) – Robert Steinbacher

4:00–5:30pm ☐ Gliding Plug & Play (ws) – Mindy Mylrea

- Energy Fusion Flow (ws) – Petra Kolber
- XCO-Training (ws) – Barbara Klein
- Beaming™ "SOULFUL - SOLE-FUL" Synergy (ws) – Lawrence Biscontini
- SPINNING® Clear Paths & Direct Words (ws) – Jeff Krabiel

- 4:00–6:00pm** CHEK INSTITUTE: You Can't Fire a Cannon from a Canoe II (ws) – Dan Hellman
 Your Guide to Starting a Successful PT Business (L) – Bill Sonnemaker
 What Makes You Tick – Benjamin Black

- 6:00–7:30pm** 6-7:30pm
 BOSU® Block Party (ws) – Brooks/Glick/Mylrea

Sunday

- 8:00–9:15am** All About Abs (ws) – Mindy Mylrea
 The Sweet Step (ws) – Petra Kolber
 In the House (ws) – Tony Stone
 Blackberry Yoga (ws) – Benjamin Black
 S.A.F.E.™ Kettlebell Training (ws) – Silverstein/Carranza
 SPINNING® Attack! (ws) – Josh Taylor
 Get Wet & Shake Your Buddha (ws) – Lawrence Biscontini

- 8:00–9:30am** No Bones About It! (L) – Scott Josephson
 Power Development for PT & Group Exercise Instructors (L) – Mike Boyle

- 8:15–9:15am** Power Kranking® (wo) – Jim Karanas

- 9:30–11:00am** Play Ball (ws) – Patrick Goudea
 Step Up & Shake it (ws) –Manny Velazquez
 Groovalicious Sexy Dance Party! (wo) – Misty Tripoli
 STOTT PILATES® Weight Loss Boost (ws) – Sally Belanger
 The Bender Ball Build (ws) – Leslee Bender
 Beam-lates™ (ws) – June Kahn
 SPINNING® Involve the Students (ws) – Jeff Krabiel
 HYDROFIT: Pour it to the Core (ws) – Craig Stuart
 Kranking® The Next Revolution in Fitness (ws) – Jim Karanas

- 10:00–11:30am** Advanced Cardiovascular Training Principles (L) – Douglas Brooks
 Poss-ABILITES (L) Debra Orringer

- 11:15–12:45pm** STOTT PILATES® Mini Stability Ball Workout (ws) – Matthew Comer
 Fundamentals of Flexibility (ws) – Bill Sonnemaker

- 11:30–12:30pm** BOSU® Core Flow (ws) – Mindy Mylrea
 Kardio Kombat Skills & Drills (ws) – Lisa Gaylord
 Masala Bhangra (wo) – Sarina Jain
 IronWorks™ Kettlebell Training (ws) – Silverstein/Carranza
 SPINNING® Legends (wo) – Josh Taylor
 Aqua Body Moves (ws) – Manny Velazquez
 Power Kranking® (wo) – Jim Karanas

- 1:00–2:30pm** Performance (ws) – Marcelo Ehrhardt
 Fit for Kids 09 (ws) – Mindy Mylrea
 Boot Camp Tool Box (ws) – Lisa Gaylord
 The Bender Ball Back Care (ws) – Leslee Bender
 SPINNING® Split Symbol Success (ws) – Jeff Krabiel
 Swim to Win (ws) – Debra Orringer
 Circus Yoga (ws) –O'Keefe, O'Keefe and Oppenheimer

- 1:00–3:00pm** Mastering Metabolism (L) – Scott Josephson
 Creating the Buzz (L) – Michelle Mascari

EVENT INFORMATION

PRE REGISTRATION – Attendee Check in

Pre Reserved check-in - ALREADY PAID IN FULL

Thursday	November 12	9:30am – 2pm and 4:30pm – 7pm
Friday	November 13	6:30am – 1:00pm
Saturday	November 14	6:30am – 1:00pm
Sunday	November 15	6:30am – 11:00am

Plan on arriving at least one hour before your first scheduled session. This will prevent you from being late for your first session. Lines can be long first thing in the morning, schedule your time accordingly. MUST BRING PHOTO I.D. ON SITE

ON SITE REGISTRATION – Paying on site

Cash, MasterCard or Visa ONLY accepted for on site registrations.

WE DO NOT ACCEPT CHECKS, DISCOVER CARD, DINERS CLUB OR AMERICAN EXPRESS! (sorry!)

Thursday	November 12	10:30am – 1:00pm & 5:00pm – 7:00pm
Friday	November 13	7:00am – 1:00pm
Saturday	November 14	7:00am – 1:00pm
Sunday	November 15	7:00am ° 11:00am

Sending in your Reservation:

Please call us with any questions. We are here to help! 1-800-ECA-EXPO

By Mail

ECA World Fitness Alliance

414 East Beech Street Long Beach, NY 11561

Mail your full payment in U.S. funds (visa, mc, check or m.o.) & reservation forms along with your session selection sheets.

By Fax 516-432-7044. Fax your full payment (visa/mc ONLY) (as of now we know of no machine that faxes money, but we can dream can't we?) and reservation forms along with your session selection sheets. ECA cannot be held responsible for incomplete, unreadable faxes or for faxes not received. Do not fax your reservation if you are mailing a check! Call our offices within 2 days of sending to guarantee your fax arrived and is legible. Please make sure to include 1st, 2nd, and 3rd choices for your session selection times. A confirmation will be e-mailed within 1 week of receipt of registration.

On-Line www.ecaworldfitness.com. You can now book "LIVE" on-line (visa/mc ONLY) and receive immediate confirmation of your sessions. If you do not receive an immediate confirmation you have not registered correctly! Try again or call the ECA office for assistance. Please note that if you register on-line, be sure to check the boxes authorizing your consent to our show policies, payment authorization and informed consent. You are only permitted 4 sessions per day if you are attending Thurs.–Sun. or 5 per day if attending Fri.–Sun., and only three spinning sessions per day. You are limited to no more than a total of 15 sessions for the weekend. HOWEVER! Once on site, you can attend as many sessions as you like based on space availability.

Volunteering (on site ECA staff)

ECA seeks hard working, motivated and enthusiastic individuals to join our team and become an integral part of the event. Call our offices or surf our web site for an application! We need you! For each day you work a complete shift – you can attend a day free!

Conference Hotel

Reserve your room now! Call today for a discounted rate at our host hotel. Just mention you are attending the ECA/THRIVE 2009 Fitness and Wellness Conference.

Deauville Beach Resort

6701 Collins Avenue, Miami Beach, FL 33141

Reservations: 305-865-8511 ext. 3800

www.deauvillebeachresort.com to book on-line – password: ECA2009.

- ECA special room rate: \$149/single/double + tax
- limited availability - book early!
- ECA attendees are guaranteed renovated rooms

Alternate Hotel – For those on a budget

Bay Breeze Hotel

6600 Collins Avenue, Miami Beach, FL 33141

Reservations: 305-866-1616

- ECA special room rate: \$99/single/double + tax

Alternate Hotel – Luxury option

Canyon Ranch Miami Beach

6801 Collins Avenue, Miami Beach, FL 33141

- ECA special room rate – \$315/single/double + tax (\$150/extra for triple)
- Call Kristen Bergen or Alexandra Novella to book : 305-514-7403

BUYERS GUIDE

SUPPORT THOSE THAT SUPPORT YOUR EDUCATION!

Beaming	877-808-2326	www.beamfit.com
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TRADE SHOW

SHOP 'TIL YOU DROP

Friday, November 13 11:00–7:30pm

Saturday, November 14 12:00–7:30pm

Sunday, November 15 9:00–3:00pm

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