

Friday, April 4

TIME BLOCK A 7:30–8:00am

100 Inspirational Welcome Fred Hoffman, MEd

Set your conference in motion with 2007 IDEA Fitness Instructor of the Year, Fred Hoffman, as he shares experiences from his remarkable career inspiring thousands of people around the world. Known for his down-to-earth candor and fun, energizing presentation style, Fred will share experiences of a 25-year journey that has taken him to almost 50 countries on six continents.

TIME BLOCK B 8:15–10:05am

110 Keiser® Cycling: M3 Geared Up ws Suzette O'Byrne

This action-packed module will utilize numerous training techniques taken directly from the road. In this module, you will ride away with a stronger understanding of cycling elements such as time trailing, drafting and pedal stroke, and how to apply them in the classroom. This will connect indoor cycling to the work of outdoor cycling, bringing your experience to a whole new level.

111 Step—The Rhythm is Gonna Get You! ws PREMIERE Rob Glick

One of the hottest trends in step is to add rhythm. In this workshop, we will focus on just how simple and fun adding rhythm can be.

112 BOSU® Ballast™ Ball Core Challenge ws BOSU® Keli Roberts

Using new stability ball training techniques on the BOSU Ballast Ball will add fresh elements to abdominal and back training. You will learn many new core exercises that effectively challenge every muscle in your power center while simultaneously improving overall movement capabilities. If you think you've seen it all with regard to stability ball core training, think again!

Repeated as session 202.

113 Boogie Remix 2008 ws Juliane Arney

Here's a new formula to make you sweat while shakin' it without regret. Treat your members to what just might be the fastest hour in the gym. Simple steps. High energy. Hot new songs. Variety. We won't just dance... we'll BOOGIE! Don't miss your chance to take home new routines and teaching tips from the latest version of this cardio dance extravaganza!

114 Ringtime Boxing ws Katalin Rodriguez-Ogren

This interval class will feature the proper use of boxing mitts. We will cover safety tips, training drills and workout formats that are suitable for all. If you love punching, then prepare to be addicted to hitting the mitts like a pro! You will learn how to safeguard against hand and shoulder injuries and experience the traditional training of a boxer. Note: You are invited to bring your own gloves and mitts if you own them, otherwise equipment will be provided.

115 Back in Action: Helping Clients With Back Pain ws PREMIERE

Michelle Schwahn, PT

Back pain and injury impairs the function of your core muscles and therefore the function of your entire body. We will discuss how this occurs and learn exercises to realign, lengthen and strengthen the muscles that contribute to a healthy back.

116 STOTT PILATES® STOTT PILATES® Power Paced Fitness Circle ws Melissa LePage

This exciting, fast-paced workout uses the Fitness Circle in innovative ways to add variety and challenge to your group classes or your personal training programs. Learn fun, yet demanding programming designed to complement mat work and motivate clients. Cues and corrections for safety and effectiveness are also covered.

117 The Inflammation Cascade—Are You Causing It? L PREMIERE Charlie Hoolihan

This session will help personal trainers and group exercise instructors understand the roles that high-intensity exercise, poor sleep patterns, convenient nutrition and emotional stress play in compromising the immune system through increased inflammation.

118 Your Image, Your Success L PREMIERE Nicki Anderson

Every good business person knows that to attract clients it is necessary to project an image of professionalism and trust. However, your business image isn't just defined by your personal appearance. All aspects of your business, from marketing materials to customer service to accoutrements, reflect who you are. Learn what elements are critical to projecting a successful business image.

119 But I Want It! Budget Management for Program Directors L PREMIERE Shannon Fable

So many toys, so little money! Learn simple tips to determine whether or not you really need that new toy. Then look at a fail-proof evaluation process to ensure you won't end up with buyer's remorse. We'll discuss easy ways to justify the need for new equipment (and training!) with business language that your general manager is sure to understand. This lecture is sure to provide you with the tools to make the best decisions possible!

120 Fitness Anywhere™: TRX® Suspension Training Techniques for Functional Strength and Core Conditioning ws Fraser Quelch

Challenge and create power, strength, balance and mobility while completing an innovative and effective full-body strength training program using only the TRX. This interactive session provides a comprehensive review of the exciting training capabilities of this new fitness tool. Get first-hand knowledge of how a concept so simple can offer enhanced training possibilities and challenge.



KEY

L Lecture

L/D Lecture/Demo
Approximately 75% lecture
and 25% movement

WO Workout No CECs offered

WS Workshop
Primarily movement

PREMIERE New Session Never
Offered Before

InTensive InTensive Session
See page 1 for
more information

*Please bring your own yoga mat—
they will not be provided.*

121 Movement Training for Special Populations *InTensive*

Chuck Wolf, MS

Special Time: 8:15am-12:15pm

Examine how movement patterns are functionally integrated, along with concerns that must be considered when working with special populations. This session will examine functional anatomy, the body's reaction and compensations to movement for various segments of the population, ranging from sedentary to chronic disorders. You will begin to understand functional anatomy and the compensations that may contribute to chronic conditions. Limited to 24 participants. *Additional fee required. See page 16 for more information.*

TIME BLOCK C
10:25am-12:15pm

130 Perfect Class Planning for Indoor Cycling *ws*

Fraser Quelch

This session will teach the participant how to deliver flawless classes every time, with a multi-layered approach to class planning. Learn to integrate performance endurance training techniques with real cycling elements. These are infused with an innovative approach to building a dynamic team environment and a method for music selection that will create the most powerful cycling experience for your participants.

131 Fat-Free Step *ws* Fred Hoffman, MEd

This is one workout that you won't find in the supermarket! Treat yourself to a step class that is rich in fun and energy and will burn the fat right off of you! Learn fun and creative combinations that will give your students a pure cardio workout!

132 Off-Center Ball Training *ws PREMIERE*

Jonathan Ross

Take core training with stability balls to the next level. This workshop will introduce you to new concepts in stability ball training that will help you get more from your core workouts and arm you with endless options for new exercises by moving your center of gravity off-center from the ball.

133 Sport Stretch on the Ball *ws*

Carol Murphy

Sport Stretch on the Ball is a can't-miss session with more than 50 stretches for today's popular sports, including golf, tennis, running, basketball and more. You'll learn how to use the ball to develop controlled mobility and dynamic stability.

See how these exercises can fit into many programs and offer your clients and participants a whole new twist in stretching.

134 Hip-Hop Hit List *ws* Juliane Arney

Groove, funk, jam and rock to the Hip-Hop Hit List! This is choreography that will make you look good and is set to music you can get your hands on NOW! You'll pick up teaching techniques and professional tips that are bound to get your classes moving. Kick-start your hip-hop classes and turn up your level of cool!

135 Drums Alive™: Kids Beats *ws*

Carrie Ekins, MA

Every child was born with the ability to move and feel rhythm. This whole-body mind training is designed to improve fitness, reduce stress, activate teamwork and socialization as well as provide the child with cognitive fitness and mental health. Your kids will experience the thrill of powerful drumming, exciting fitness moves and creative expression. Here is a powerful tool that can be integrated into all classrooms and fitness centers.

136 Peak Pilates® Mindful Mat—Pilates Mat for Better Backs *ws*

Zoey Trap, MSc

"You're only as old as your spine."

"Change happens through movement, and movement heals." These are the words of Joseph Pilates. Learn why this belief holds true today and discover how to use the classical system as a framework for developing the 4 S's—strength, stretch, stamina and stability—for spinal restoration. You will learn to find the balance between flow and precision, providing improved circulation so clients will replace faulty movement patterns with healthy ones.

137 Winning at Losing—The TRUTH About Successful Weight Loss! *L*

Len Kravitz, PhD

This lecture is the all-inclusive review on understanding weight management for women and men. Topics include genetics, hormonal concerns, behavioral approaches, dieting, lifestyle management, exercise, maintenance, the most successful strategies and future research directions. Fitness professionals and personal trainers will learn strategies to implement successful weight management programs.

138 Review of Protein Intake for Clients and Athletes *L*

PREMIERE

Tavis Piattoly, MS, RD, LD

There has been controversy regarding the amount of protein intake required for athletic populations. This lecture will discuss protein metabolism, function, absorption/digestion and scientific recommendations for exercising individuals.

139 Trainer Accountability—Are We Prepared to Train Clients Who Are in Pain? *L*

PREMIERE

Greg Roskopf, MA

In an industry where there has been a major shift toward exercise rehabilitation and corrective exercises, many trainers recognize the impact they can have on those who are currently being medically managed. We have to ask ourselves, are we really prepared to work with injured clients? What impact does exercise have on an injured client and how do we know if it is even beneficial? These questions and more will be answered in this special session.

140 Creating Longevity in Fitness *L*

Krista Popowych

Perhaps you are feeling a little burned out or wondering what steps to take next to make a change in your fitness career. Working full-time in the fitness industry can be rewarding. Learn how you can advance within your current organization or use your knowledge to step out of the box and try something new. Create and live your fitness dream!

LUNCH BREAK
12:15-2:30pm

TIME BLOCK D
2:30-4:20pm

150 Keiser® Cycling: M3 Empowerment *ws*

Krista Popowych

Empower yourself and your students with proven instruction and communication skills that take your students beyond a basic indoor cycling class. Knowing what to say and how to say it, plus managing key class components such as format, flow and focus will propel your cycling workouts from good to exceptional. Learn how to reach your highest level as an instructor and more importantly, inspire your students to ride away feeling empowered.

151 The 3 C's of Foot Fitness: Comfort, Care and Change *ws PREMIERE*

Shannon Fable

Are your clients/students as strong as they could be? It's time to take off our shoes and learn the 3 C's of foot fitness. Help them gain a solid foundation by working on the one part of their body that has long been forgotten...the feet! Discover how the foot directly influences every other part of the body. Develop a library of mini-exercise plans as stand-alone 10-15-minute sessions, or segments to tack on to your current classes or training sessions.



152 BOSU® Skills and Drills ws

Jay Blahnik

If you love the BOSU Balance Trainer and want new ideas, this is for you! Learn dozens of exercises, drills, skills and activities that can be done on the BOSU Balance Trainer in a group or personal training setting. Discover how to progress, regress and adapt each exercise to accommodate almost all fitness and skill levels with minimal equipment. Walk away with ideas that can be used next week with clients and in classes.

153 No More Boring Circuits ws PREMIERE

Rob Glick and Mindy Mylrea

This unique, challenging and creative circuit workshop puts the FUN into functional fitness training and is leaps and bounds above traditional circuit and interval training as we know it. Get the science and loads of useful skills and drills to make your functional training circuits come alive. You will never view circuits the same again.

154 Sassified! ws

Elizabeth Lenart, MEd

Expose your inner diva and strut through this usable dance-based choreography workshop. Sassified is a state of mind, a feeling of self-acceptance, truly dancing as if no one is watching! Let your body move freely...and with confidence!

155 JAMS: Joint Alignment and Muscle Sequencing ws PREMIERE

Charlie Hoolihan

This workshop will teach you how to fully integrate proper joint alignment and muscle sequences into your training programs. Participants will follow lower-body, core and upper-body workouts that include assessments, technique cues, exercises and JAMS circuits for individual and group sessions and for all ability and strength levels.

156 Eight-Step Path™ for Yoga Class Design ws

Juliane Arney

Assemble your fitness-focused yoga class with this easy-to-follow plan that guarantees an engaging yoga experience with logical progressions, consistent flow and plenty of variety. If you love yoga and love to teach group fitness, but hesitate to take on a yoga class of your own (or just feel stale with the sequences you know), come learn the method that will keep the yogis in your class fully satisfied.



157 Chronic Pain and Exercise: Fibromyalgia, Myofascial Pain Syndrome, Chronic Fatigue Syndrome, Arthritis L

Michelle Schwahn, PT

Fibromyalgia, myofascial pain syndrome, chronic fatigue and arthritis are all diagnoses where the client experiences relentless bouts of pain and disability. We will discuss and identify the variables in each diagnosis and how we can develop effective and supportive fitness programs for these clients.

158 Boosting Lifelong Learning and Brain Health L

Terry Eckmann, PhD

Research links lifelong brain health to movement and exercise. See what the literature says about brain health and aging. Review brain anatomy and gain a better understanding of how the brain learns and thrives. Identify the five critical domains to a brain-healthy lifestyle and practice activities that can stimulate brain health while improving learning and memory.

159 The Real Deal—Functional Anatomy L

PREMIERE

Fraser Quelch

Do we really know what our muscles are doing? Emerging research is challenging what we thought we have always known about the way our muscles act in function. This new information has tremendous impact on the strategies trainers should employ as they bring their clients to peak levels of ability and fitness. Learn what your muscles are doing day to day in function and prepare to be surprised at how this might differ from what we have always been taught.

160 Small-Group and Partner Training Makes Big Business Sense, Part I L/D

PREMIERE

Sarah Collins, MS

Is solo training not proving to be as stable for your business? See how small-group and partner training may be the answer. The information shared in this session will provide rationale (and techniques) for working with small groups (2–5 clients). At the same time, trainers will see how they can improve their productivity, client compliance, and yes, increased referrals.

161 Water Class Design L

Bethany Diamond

Finally, a tool to assist you in developing your water fitness classes! Take this class design sheet back to your club and reformat your water fitness classes. Add variety and purpose to the classes you teach with this easy-to-use programming tool. Limited to 24 participants.

TIME BLOCK E 4:45–6:00pm

170 BOSU® Block Party wo BOSU Master Trainer Team



Join members of the BOSU Development Team for a block party workout that will blow your mind. Using the BOSU Balance Trainer and the NEW BOSU Ballast™ Ball, you will get to experience a one-of-a-kind workout that is loaded with drills, skills and over-the-top fun! Don't wait. This special workout is limited to the first 100 people and will definitely sell out. This is the one party that everyone will be talking about! This is a promotional seminar, which requires participants to register.

Saturday, April 5

TIME BLOCK F 7:30–9:20am

200 Keiser® Cycling: M3 Imagine ws

Krista Popowych

Can you imagine cycling across France? What about competing in a cross-country road race or mountain biking through the Rockies? Learn how to effectively utilize visualization and imagery. Let the mind and body experience how visualization and imagery can take you and your students on the ride of their life without ever leaving the classroom.

201 Zensational Step ws Fred Hoffman, MEd

A mind-body STEP class? Why not? Discover a unique and innovative approach to step training using simple choreography set to gentle music constructed in three-quarter time. Original, creative and relaxing, this session is guaranteed to soothe the senses while providing an efficient cardiovascular workout. Come discover this unexpected addition to your group fitness programming. It's truly Zensational!

202 BOSU® Ballast™ Ball Core Challenge ws



Keli Roberts

Using new stability ball training techniques on the BOSU Ballast Ball will add fresh elements to abdominal and back training. You will learn many new core exercises that effectively challenge every muscle in your power center while simultaneously improving overall movement capabilities. If you think you've seen it all with regard to stability ball core training, think again!

Repeated as session 112.

203 Hard Core and More! ws PREMIERE

Carol Murphy

Research has proven that the ball is the most effective tool for training the abdominals. Understand the mechanics behind the exercises that support this research and also why strengthening the back is significant to a strong core. This session will focus on your abdominals, strengthen your back, improve your posture and leave you feeling good and looking great! Workout includes core-focused lower body bonus.

204 Kickboxercise—Combinations That Work! ws Katalin Rodriguez-Ogren

So many fitness instructors have changed the way kickboxing combos should be done in order to accommodate the music. Since a 32-count is not synonymous with the timing of kickboxing moves, it is important to learn how to integrate the phrasing of the music with the interval nature of punches and kicks. Participants will learn how to marry the two, without compromising either, for the creation of smoother cardio-kickboxing classes.

205 Drums Alive™: Golden Beats ws Carrie Ekins, MA

Golden Beats is specially designed for the senior population. The rhythmic patterns used in drumming increases brain wave activity, which in turn improves mental awareness and mood. Drumming and dancing is FUN! Come and learn how to integrate this unique drum and dance celebration into your existing senior program.

206 Peak Pilates® Circle of Power ws Zoey Trap, MS

Guaranteed to make you sweat! Using the Peak Pilates Power Circle, this class will focus on the rhythm and dynamics of each exercise with special attention given to breathing. The benefits of incorporating these exercises into your group classes and personal training will also be reviewed. This workout program engages all aspects of your mind while developing body control and precision placement.

207 Brain-Based Personal Training L Terry Eckmann, PhD

In recent years, there has been some exciting research that tells us more about the brain and how it learns. Discover the six variables of motivation, how to improve your client's retention of information, and the four key components that are critical to providing valuable feedback to your clients. Improve your training skills through the application of brain-based learning techniques to add an essential dimension to your success as a personal trainer.

208 "They Say"...Nutrition Questions Answered L

PREMIERE

Jenna Bell-Wilson, PhD, RD

It is unlikely that you haven't heard a supposed nutrition fact start with, "they say..." It's time to get to the bottom of the "they says" out there. This interactive lecture will present the most common of these, and the truth about them. To add to the fun, bring your own "they says" and we'll figure them out together!

209 A Unique Look at Spinal Stability L

Greg Roskopf, MA

As a trainer, you recognize the significance of abdominal strengthening. However, many clients continue to demonstrate instability in the core or complain of back or SI-joint pain with the most well-designed core training programs. In this class, you will be given tools to assess core stability and we'll look at how imbalances in the hips, legs and feet can contribute to instability in the core. Get a leg up on core stability training.

210 Water 4-1-1 L PREMIERE

Bethany Diamond

News flash! Water is different than land. If you are a water (and land) instructor, you have to understand these differences in order to best serve your clients and students who come to you for water fitness programming. Spend time learning or reviewing these differences. Knowledge is power!

211 Fitness Anywhere™: TRX® Suspension Training for Core Performance ws



Fitness Anywhere

Fraser Quelch

This workshop will provide a focused look at how to use suspension training techniques to build the strongest and most functional core ever. A full progression of movements is provided to suit every client, from the deconditioned to the high performance athlete, along with several fast-paced workouts using the TRX for core performance that will leave you trembling!

212 Your Visual Quest—YOU, A Year From Now! InTensive PREMIERE

PREMIERE

Kate Larsen, PCC

Special Time: 7:30–11:30am

Experience a UNIQUE and powerful way to explore the possibilities for creating and shaping your life and your business. Leave with a clear understanding of your next steps to successfully achieve your goals. Interactive, educational, inspirational! Whether you are looking to grow personally or professionally, this intensive session will challenge you to flex your courage muscles in a safe environment. Limited to 24 participants. *Additional fee required. See page 16 for more information.*

TIME BLOCK G 9:35–11:25am

220 Keiser® Cycling: M3 Power ws

Suzette O'Byrne

This module provides instructors with the tools to control power (the amount of work done in a given amount of time by a cyclist). You will learn how to effectively instruct your students to manipulate power using speed, resistance and intensity. Through these techniques, you and your students will have the ability to power up your ride. *Repeated as session 240.*

221 Cardio Crazy ws

Mindy Mylrea

Come see how you can turn the step and the floor into a fitness playground for the cardio crazed. Cardio intensity intervals are combined with new fitness drills and games to create this breathless bash. Use the step and the floor in all sorts of wild ways to excite your students and to keep them challenged and coming back for more.

222 BOSU® Mind-Body Training ws



Shannon Fable

Yoga, Pilates and tai chi are three of the hottest workout programs on the planet. This workshop shows you how to take these modalities and make them more effective by incorporating the new BOSU Ball™ Ball and BOSU Balance Trainer. Learn how to make tough exercises more accessible and easy exercises more challenging while adding balance, proprioceptive and agility elements to your mind-body workouts.

223 Just a Little B.I.T. ws

Abbie Appel

With a special focus on interval training, this workshop combines user-friendly cardio combinations with intense strength drills on the stability ball. We will discuss interval training concepts and then experience a dynamic workout with multiple layers, allowing you to choose your intensity level. If your goal is to find better ways to challenge and motivate your members, this workshop is for you.

224 Aerobic Phobic No More ws PREMIERE

PREMIERE

Robert Steigle

This session will take the fear out of taking or even teaching high-low classes. Learn how to layer in, or layer out progressions to make every participant feel successful. These combinations will be challenging for all in a non-stop, heart-pumping, purely aerobic session. Turn aerobic fears into aerobic cheers.

225 Circuit Training Partner Challenge ws

Jay Blahnik

Circuit training is one of the best ways to reach and train the largest number of clients and students. This unique workshop explores how to teach circuit classes with your students working as partners to maximize the results and create an atmosphere that is friendly, competitive and positively fun! You will get more ideas than you can carry home to use in your circuit classes or small-group training sessions.

226 STOTT PILATES® STOTT PILATES®

STOTT PILATES®

Matwork for Breast Cancer Rehabilitation ws

Melissa LePage

Many more women will survive breast cancer today than ever before. This workshop will discuss various treatments, including surgeries and reconstruction as well as the exercise requirements for each. You will learn matwork-based exercises focusing on range of motion for the shoulder girdle. We will concentrate on establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances created from the surgeries.

227 The Female Training Advantages L

Len Kravitz, PhD

This original lecture reviews recently published research documenting some unique female training advantages. Gender differences in fat metabolism, muscle fiber changes, muscle strength, muscular endurance, body composition, hormones and other physiological factors are discussed, as well as new information on resistance and aerobic training program designs. If you train female clients, this session is for you.

228 Childhood Obesity—Treatment and Outreach L

PREMIERE

Julian Varella, MS

It is no surprise that childhood obesity is an issue. While public and government agencies are strategizing for a solution, viable treatment and prevention programs at the private health club level may be the solution. This session will discuss appropriate exercise programming for youth and ideas for community outreach.

229 Breaking Away—From Club Trainer to Entrepreneur L

Nicki Anderson

As the fitness industry evolves, more trainers are breaking away from the safety net of being employed and venturing out into the world of entrepreneurship. Making the decision to go out on your own is the easy part! From developing a solid business plan to creating a successful marketing strategy and brand, there is much to learn. If you are ready for the challenge, this workshop will introduce the nuts and bolts of running your own business.

230 Movement Analysis—Under the Microscope! L/D

PREMIERE

Lauren Eirk

Can you see the hidden forces at play during exercise? Uncover the secrets to creating effective exercises by digging into foundational biomechanics. See how force is manipulated using body weight only or with equipment. Establish a new way of thinking when it comes to designing exercise. Also, learn when it is appropriate to challenge the body with external forces and instability equipment. A must for personal trainers and group exercise instructors!

LUNCH BREAK 11:25am–1:10pm

TIME BLOCK H 1:10–3:00pm

240 Keiser® Cycling: M3 Power ws

Krista Popowich

This module provides instructors with the tools to control power (the amount of work done in a given amount of time by a cyclist). You will learn how to effectively instruct your students to manipulate power using speed, resistance and intensity. Through these techniques, you and your students will have the ability to power up your ride. *Repeated as session 220.*

241 Are You Ready to Zumba®? ws

Jessica Thompson and Tony Witt

Experience the world's largest Latin-inspired fitness program! You've heard the buzz about Zumba on television and in magazines, now it's your turn to experience this fusion of Latin and international music, complete with dance themes that create a dynamic, exciting and effective fitness program for your students.

242 More for the Core! ws PREMIERE

PREMIERE

Robert Steigle

There never seems to be enough variations for core training, with people always wanting more. Learn variations in movements that both isolate and integrate the core, both on and off of the BOSU® Balance Trainer. Exercises will focus on either spinal mobility or stability. Rhythm and timing of the movement will also be addressed.

243 S.O.S.—Seniors on Strength ws

Carey Fraley

If you love seniors, you will love this dynamic combination of strength, flexibility and cardiovascular conditioning exercises for the active older adult. Discover simple choreography and basic exercises designed to increase your clients' and/or students' agility, mobility, stability, balance, flexibility and coordination. Seniors can derive enormous benefit from simple, functional, repetitive, easy-to-follow movements and combinations.

244 Boot Camp ws

Brett Klika

Talk about motivating and exhilarating! This dynamic workshop combines cardiovascular conditioning, functional sports training, conditioning exercises and calisthenics using body weight and partners—all while singing traditional military hymns. You'll experience a boot camp protocol using NO equipment, along with all the songs necessary to conduct a great class.

245 Yoga Plus ws **PREMIERE**

Lauren Eirk

One of the hottest new trends in Western yoga is to add resistance to train muscles that are being used in yoga postures. By adding external forces to the already challenging internal resistance created by yoga, you can challenge the body in ways that you have never felt before. Discover more of the science of exercise mechanics and resistance training.

246 ELEVATE—Mindful Movement ws **PREMIERE**

Bethany Diamond

Elevate your instruction and bridge the gap between traditional group fitness and body-mind classes. Learn power-teaching principles and successful strategies for creating mindful movement that can be integrated into any class you teach (or client you train). We'll explore mini-classes ranging from core, strength, sports conditioning, cardio and flexibility, demonstrating elevated teaching techniques. Discover the difference connecting the body and the mind can make in ALL fitness programs!

247 Posture Analysis—From Head to Toe L **PREMIERE**

Michelle Schwahn, PT

In order to create effective and specific exercise programs for your clients, you must have the ability to properly identify postural dysfunctions. This course will teach you how to assess your clients from their head to their toes, and identify malalignments and likely causes. The development of these observational skills is key to understanding musculoskeletal imbalances in order to create effective corrective exercise programs for clients and students.

248 Protein, Carbs and Fats—The Real Ergogenic Aids! L **PREMIERE**

Jenna Bell-Wilson, PhD, RD

Active people and athletes alike are searching for the next big thing to give them a performance and fitness edge. Forget the supplements and pills, new research reveals that the basics—protein, carbohydrates and fats—may be the top three performance enhancers at all stages of exercise. Learn about the latest research on the effects each of these macronutrients can have before and during exercise, and for recovery.



249 The Unique and Powerful Coach/Client Relationship L **PREMIERE**

Kate Larsen

Impacting clients' lives is the intent of the work you do day to day. Wellness coaching is an additional service, which helps create and maintain healthier lifestyle habits while expanding clients' views of well-being. We will explore the trends, distinctions, roles, methodology and training involved for clearly determining if coaching is a professional role you would like to play in your career.

250 Bridging the Gap Series: Blending Traditional Exercise With Functional Movement Patterns **InTensive**

Chuck Wolf, MS

Special Time: 1:10–5:10pm

The functional revolution has expanded the mindset of the personal training world. But it has also caused considerable controversy as to the what, how, when and why to use functional training. This series, usually presented in three parts, has been combined into one complete 4-hour InTensive session. Participants will explore the criteria that make a program functional and how to blend traditional exercises with functional movement patterns in order to create a comprehensive training program for all clients. Limited to 24 participants.

Additional fee required. See page 16 for more information.

251 Alliance for a Healthier Generation—How You Can Get Involved L **PREMIERE**

Jordan Parks

Special Time: 1:30–2:30pm

Learn about the collaboration between the Alliance for a Healthier Generation (a partnership between the American Heart Association and the William J. Clinton Foundation) and IDEA Health & Fitness Association. These two powerful organizations have come together to fight childhood obesity. You'll learn about the work that the Alliance is doing in the schools through the Healthy Schools Program and how you can get involved to help kids in your community. This is IDEA's newest Inspire the World to Fitness® initiative and we hope you'll be a part of it!

TIME BLOCK I

3:15–4:45pm

260 Keiser® Cycling: M3 Extend ws

Suzette O'Byrne

Coming off a cycle can leave you feeling hunched over and stunted. In this module, you will experience multi-segmental stretches, inspired by yoga, that will restore functional posture. These stretches allow the participant to feel extended, open and full of ease. Learn to maximize your time in the usually brief period of the class and also how to safely and effectively incorporate the M3 into your stretches.

261 Cardio Dance ws **PREMIERE**

Rob Glick

There is nothing like the feeling of the wind in your hair and the world under your feet, except for the feeling of moving to incredible music and getting a great workout. Join Rob for tons of fun, sweat and great choreography.

262 Exceptional Small-Group and Partner Training for Special Populations, Part II ws **PREMIERE**

Sarah Collins, MS

Learn how this training format can benefit your special population clientele and still remain PERSONAL. Clients present some unique considerations: joint issues, autoimmune disorders and balance concerns. They come to you for specialized attention and guidance. This session will teach you how to incorporate a variety of training methods specific to improving balance, mind-body integration and core strength.

263 Resist-A-Ball® Boot Camp ws

Abbie Appel, Carol Murphy and Robert Steigle

Join the Resist-A-Ball team and get ready to sweat in this all-ball drill class. Learn fun and functional exercises to toughen up your participants with a total-body approach that delivers the ABCs of performance: agility, balance, coordination, speed and power!

264 Fit For Kids 2008 ws

Mindy Mylrea

You want ideas for kids? Or maybe some game ideas for adults? Well, this is the workshop for you! Learn to create fantastic games and drills, and gain 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 a great workshop for all fitness professionals!

265 Core-ography—FORM Meets FUNCTION ws

Fred Hoffman, MEd

Core training for real life! Learn 20 total-body core exercises designed to improve strength, balance, coordination, muscle control and posture. Get a fresh new look at the biomechanics of our daily (and habitual) movement patterns in the standing, sitting and lying positions. Learn to incorporate core FORM for morning-to-night FUNCTION!

266 Peak Pilates® The Art of Teaching Group Classes ws

PREMIERE

Zoey Trap, MSc

Teaching Pilates in a group setting is both an art and a science. Do you feel good about your practical Pilates skills but need improvement with your teaching skills? Receive personal coaching and learn how to improve your group and individual class skills. Discover how students learn and unlock the secrets of clear communication and cuing to ensure that you keep your clients motivated and moving.

267 TOMA—Marketing Magic for Your Small Business L

Nicki Anderson

Quick! Name a dentist, chiropractor or hairstylist in your area. Imagine if your name is the first that comes to mind when someone is seeking a personal trainer. This can be done effectively through a mode of marketing called TOMA—Top of Mind Awareness. This workshop will take you through the steps needed to get your name and your business to the forefront of referrals. Top of Mind means being on top of your business!

268 Positive Steps to Improved Teamwork L

PREMIERE

Shannon Fable

Group fitness managers are faced with the toughest job in the world ... motivating a group of part-time instructors that may work as few as one hour a week to meet the goals and objectives of the fitness club. Creating a well-functioning TEAM from this group of Individuals (and yes, that's spelled with a CAPITAL I) is extremely challenging. Our time together will be spent exploring strategies for creating and providing incentives for your group that will lead to improved performance both inside and outside the classroom. Discover the difference between feedback and failure, evaluations with meaning, how to create performance action plans, programs for rewarding good behavior and much more! Leave with ideas sure to make your job easier.

269 Strength Training for Triathletes and Runners L

Fraser Quelch

Resistance training is a crucial yet under-trained element for endurance athletes. Develop periodized strength training programs specifically for the demands of triathletes and runners using the most effective exercises. Participants will come away from this interactive lecture with all the tools necessary to create high-impact strength training programs for their endurance athletes.

270 Be a Successful In-Home/Mobile Trainer L

PREMIERE

Ryan Andrews, MA, and Machele Lee

Learn how to create a lucrative business without having to pay rent, studio fees or purchase expensive equipment. Mobile fitness training is being overlooked and underutilized. We'll discuss how the in-home client differs from the gym client, business startup, effective marketing tactics, liability issues and much more.

Sunday, April 6

TIME BLOCK J

8:00–9:50am

300 Keiser® Cycling: M3 Stable ws

Suzette O'Byrne

For many students, the cycling posture can be a challenging position to maintain. As a result, students may experience aches and pains both during and after their ride. In this module, you will learn how to instruct your student to effectively activate their inner core. This assures that compensating muscles do not take over and also helps maximize pedal stroke efficiency.

301 Step—EVOLVED ws

PREMIERE

Rob Glick

This isn't your grandmother's "step" anymore! Teaching movement to music has evolved. By using current techniques, breaking down choreography, creating choreography and having a well thought out, balanced step class is easy. You will find that you don't have to sacrifice cardiovascular intensity for choreography, and most everyone can leave feeling successful!

302 The Sports Training Revolution ws

PREMIERE

Brett Klika

This fast-paced athletic workshop will show you how to employ new, cutting-edge strength, speed and flexibility training designed to challenge athletes and clients. You will learn skills and drills to teach athletic performance classes for youth, weekend warriors, everyday clients and professionals, with minimal equipment. From injury prevention to optimizing athletic performance, learn how to challenge and engage your clients, bringing out the champion within!

303 Strong, Stretched and Centered ws

Carol Murphy

This fusion workout offers the best of the Resist-A-Ball® programs resulting in a flowing rhythmic session that combines strength, dynamic stretch, yoga and Pilates. From warm-up to cool-down you will experience progressive and challenging moves that are clear, concise and easy to deliver in an all new ball workout.

304 Can't Stop the Mama: Prenatal Training for the Active Woman ws

Katalin Rodriguez-Ogren

Review the overwhelming research advocating exercise for the healthy prenatal demographic. Then experience different workout modules that fuse several types of exercise together. Programs cater to an active woman who is experiencing a healthy pregnancy and do not require a conservative and limited maternity. Programs build functional strength, and focus on coordination and the pelvic girdle.



305 Medicine Ball

Madness WS

Keli Roberts

Rev up your conditioning classes with high-intensity medicine ball training. Learn how to combine medicine balls with dumbbells and develop a superset program that really gets results. Learn how to progress each drill safely and effectively with solo and partner exercises. This fun, functional format is appropriate for personal trainers and group exercise instructors.

306 STOTT PILATES®

STOTT PILATES®
merithew corporation

Intense Sculpting Challenge Flex-Band® Level 4

WS

Melissa LePage

Build more challenge and diversity with this Level 4 Flex-Band workshop. You will learn how to challenge core and peripheral strength with the resistance provided by the Flex-Band exercises and increase intensity in the areas of neuromuscular coordination, balance, strength and flexibility. Cues and corrections for safety and effectiveness are also covered.

307 Developing a Top-Notch Personal Training Team

L

Krista Popowych

You know that developing a top-notch training team is one of the most rewarding and often the most challenging role that you face as a program or fitness director. To fully develop a training team that is motivated and successful, you need to provide your trainers with both the tools and the environment to guide their actions and foster their growth. This workshop will provide you with tips and tools on how you can take your trainers to the top and develop a winning program.

308 Strategies to Enhance Fat Metabolism

L PREMIERE

Len Kravitz, PhD

Here is a comprehensive session that explains the detailed physiological and metabolic aspects of fat metabolism. Participants will learn, from a cellular perspective, the major terms of fat metabolism, the hormonal regulation of lipolysis during exercise, the effect of exercise on lipolysis and fat oxidation, the effect of the glycemic index on fat metabolism, recommended intensities for fat loss and strategies to enhance fat metabolism with exercise. A must-attend lecture for ALL fitness professionals who did not take a biochemistry course in school.

309 Continuum-Based Program Design

L/D PREMIERE

Rodney Corn, MA

We have more toys, tools and trends than we could ever use in our lifetime. There are infinite forms of exercise training, equipment, contradictions between information sources and the science to support it all. Interestingly enough, there is a relatively simple solution to organizing the landslide of information into a usable progressive system to develop programming strategies. This session will discuss a continuum-based organizational strategy for deciphering information and developing client-centered programs.

310 Better Balance for Boomers

L PREMIERE

Evan Osar, DC

As the number of active Baby Boomers increases, there is the likelihood of increased incidences of falls and other injuries. This session focuses on the three keys to developing and improving balance in the Baby Boomer utilizing the "VIP" approach:

Visualization—addressing neurological causes of muscle inhibition

Isometrics—optimizing hip dissociation through isometric contractions

Progressions—integrating appropriate functional movement progressions

311 Female Chain Reaction—Core Conversion Integration

InTensive

Christina Christie, PT, and Rich Colosi, DPT

Special Time: 8:00am–12 Noon

If you work with women in any stage of life, and wish to understand all the biomechanical components from dysfunction to function, you need to learn about the female chain reaction. We will explore the pelvic core neuromuscular (PCN) system, functional mobility techniques for the pelvic girdle/floor muscles and exercise integration utilizing a variety of functional tools. Participants will see how pregnancy influences the PCN system and how incontinence may limit one's ability to exercise. Limited to 24 participants. *Additional fee required. See page 16 for more information.*

TIME BLOCK K

10:05–11:55am

320 Step—From Mystery to Mastery

WS PREMIERE

Robert Steigle

Did you file away last year's combos because you couldn't remember how the presenter broke them down? Learn how to master the techniques of teaching combinations, whether you choreograph them yourself, or you just picked them up from the last conference session. You will be able to bring these moves successfully to your class.

321 Zumba®—The Next Step!

WS

Jessica Thompson and Tony Witt

It's not just about looking great. It's not just about feeling great. It's both! Embrace your talent and take that definitive first step toward becoming a Zumba instructor! You probably never thought you'd be exercising to this type of music!

322 Keep on Rollin'

WS PREMIERE

Carey Fraley

Do your senior students want to stay young and mobile? We'll be rollin', rockin' and moving from here to there while developing strength, flexibility, mobility, balance, agility and coordination. Don't miss this opportunity to tune up your older adult teaching skills—your class will love you for it. Choreography is simple yet fun and challenging. Strength exercises offer options for all.

323 Total-Body Training With Tubing

WS PREMIERE

Abbie Appel

This fresh approach to weight training will help instructors improve basic movements to create fun and exciting variations with tubing. We will review the essentials of strength training with tubing, then lead you through a workout using traditional and nontraditional movements with effective modifications to optimize posture, balance and overall strength.

324 Take the Curl Out!

WS

Bethany Diamond

It's purposeful, it's functional and it is CURL FREE! Take the Curl Out of your core classes. Redefine core to include more than your spinal flexors and extensors. Learn progressions to better serve your entire class and knock the socks off your front row!

325 Vinyasa Yoga Sequencing

WS PREMIERE

Lauren Eirk

It is difficult enough to decide which of the many hundreds of postures to give to our students. Now we have to come up with creative sequences to help our students be successful while practicing them. This workshop will demonstrate the logic involved in several flowing sequences while moving the body in a variety of planes of motion. Using a safe, micro-progression of postures, you will undoubtedly leave with new inspiration for your practice

326 Great Instructors—Born or Made?

L

Fred Hoffman, MEd

To be an educator is a true gift. But is it a natural-born talent or a learned behavior? In truth, it's probably a little bit of both. See how communication, motivation, continuing education and life experience all play key roles in being a successful educator in the ever-changing fitness industry. Explore the principal stages of learning, discover teaching strategies for diverse situations and identify solutions for obstacles that you might encounter.

327 Pick Me, Pick Me

L

Mindy Mylrea

Did you ever wonder how the person you see on TV or in a fitness DVD got where they are? Ever see a new fitness gadget and think to yourself, "hey I thought of that idea," or wish that person was you in front of the camera or the one creating the next fitness craze? Well here is the crash course in helping you to determine what you want, what you need to know, who you need to know, and planning your strategy on how to break into the fitness media business.

328 Stretching and Exercise—The Truth!

L PREMIERE

Rodney Corn, MA

The debate continues about stretching prior to activity. In this lecture, we will sift through the research and uncover some misconceptions and oversights that will help us find the truth. If you have heard enough opinions or even read the multiple meta-analyses on this topic and want to better understand the scientific rationale of why you should or should not do stretching before activities, we invite you to join us.

329 Integrating Personal Training Into the Corporate World

L PREMIERE

Margie Kidd and Bill Sonnemaker, MS

Corporations are struggling with high health care costs and low job satisfaction. There is a demand for personal trainers in the corporate world. Get step-by-step instructions on how to develop a business plan to present to corporations, and show them how you can help them to increase revenues. In addition, you'll learn how to incorporate your personal training business to help meet the needs of these companies.

"The IDEA Fitness Fusion Conference was great. I was so pleased with the wonderful selection of class sessions and presenters."

—JAN MARIE HALL, IDEA Member Since 2005