



ECA/THRIVE!

2008 Fitness, Sports Training and Wellness Conference

November 13 – 16, 2008
Miami Resort and Spa Hotel
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 -

With something for everyone, ECA/THRIVE combines the BEST of Personal Training, Sports Conditioning, Group Fitness, Mindful programming, Aquatic and Outdoor training like no one else!



EARN CONTINUING EDUCATION CREDITS

- Earn CECs from organizations including; ACE, ACSM, AFAA, ECITS, NASM, NSCA, SPINNING®
- Each certifying agency determines which sessions qualify for credits.

Register early and save!

Deadline for reservations is: November 01, 2008.

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

HELP US HELP YOU!”NEW SERVICE”

We have added a new service we urge you to consider BEFORE you register. Try our new 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.

**THRIVE/thriv/vi to grow vigorously:
flourish: to prosper: to progress toward or realize a goal**

SPECIAL EVENTS

WELCOME Party

Join us as we host a live drumming session and dance party on our opening night

Thursday, November 13th, 7-9pm

Join Michelle Mascari, a long time friend of ECA, along with her team, as they welcome you to Miami...where drums become ALIVE. "Pick Up the Beat" is presented with a live professional DJ and full-drum kit percussionist. This event is an energetic, exciting, and interactive group workout where YOU become the musician. This highly entertaining event incorporates rhythm and movement together using drum sticks and stability balls as the instrument to deliver a great full-body workout while moving and grooving to the beat. You will feel like you are at a South Beach Hotspot. So like any cool club experience, be sure to wear your best workout gear!

Keynote Address with Michael Port

Join us outside on the courtyard in sunny Miami Beach

Saturday, November 15th, 3-5pm

Book Yourself Solid™: All the Clients Your Heart Desires

A special event at this year's conference: A keynote presentation from Michael Port, a former fitness executive turned author of three bestselling books on how to get more clients and build bigger, better businesses. Called a "Marketing Guru" by the Wall Street Journal, Michael will reveal his easy-to-follow roadmap for starting and growing a fitness business that works: 94% of clients who have used the Book Yourself Solid™ system in Michael's live seminars have increased their revenues by over 42% within the first year alone. Even so, it's so much more than an ordinary 'how-to' manual for getting more clients and raising a business profile. Michael will draw you into a journey of self-discovery which leads to a major and necessary shift in thinking about marketing and sales - that if you feel called to share a message - your work - it's because there are people in the world who are meant to receive it. The proven methods Michael teaches have helped thousands of fitness professionals realize their dreams.

Michael Port is the author of three national bestselling books: 1) Book Yourself Solid: The Fastest, Easiest, and Most Reliable System for Getting More Clients Than You Can Handle Even If You Hate Marketing and Selling 2) Beyond Booked Solid: Your Business, Your Life, Your Way--It's All Inside and 3) The Contrarian Effect: Why It Pays (BIG) To Take Typical Sales Advice

and Do The Opposite. As a speaker, Michael has headlined events with business leaders like Tim Ferriss, Seth Godin, Carly Fiorina, and Tony Robbins.

Beach Olympics!

With Gary Scott and Gerard Calvo

Saturday, November 15th, 4-6 pm

Join us for a fun and challenging workout on the beach! Learn how to incorporate programming outside the walls of your facility. Learn from the best in the business! ECA's own Gary Scott and Gerard Calvo (event operations team) will teach you planning, staging, operations and executing a special event. Then participate in our own "Beach Olympics"! You will be assigned a team on site and then it is competition time! Learn how to implement and actually PLAY a variety of games that challenge the individual physically and competitively! PRIZES for the winners!

Pre Conference Workshops

Beyond Booked Solid: Your Business, Your Life, Your Way – It's All Inside with Michael Port

Tuesday, November 11th & Wednesday, November 12th

In this one-of-a-kind, two-day workshop with bestselling business author, and former fitness executive, Michael Port, you will discover how to make more money and work less on the things you dislike, that frustrate you, or that you are simply not good at doing. You will finally be able to turn your one-person operation into a highly successful enterprise that serves many more clients than you ever dreamed possible. You will learn how to leverage what you're good at, so you can afford to focus on what you love in your work and in the rest of your life. After all, it's your business and your life; you can and should run them your way.

Here's a sneak preview of what you're going to learn at the seminar:

- The four criteria necessary to build a business that takes you beyond booked solid: profitability, scalability, excellence, and leverage
- How to reduce the hours you work and make more money
- How to work with people inside and outside your business
- How to find opportunities for earning passive and leveraged revenue
- How to systematize all areas of the business, so the business runs without the business owner (that's you)
- How to cost-effectively delegate virtually all administrative and busy-work to others-

-without necessarily having more employees

- How to balance the demands of work with a rich personal life

For more information and to register go to: www.BeyondBookedSolid.com/ECA_Miami_08

Group Fitness Management Training with Carol Scott

Wednesday, November 12th, 9am-5pm

Group Fitness management involves many different skills and the ability to multi task. Managers are responsible to their senior management, their instructors and their members. They must understand programming, scheduling, recruitment, staffing, training and development. A Group Fitness Manager needs the skills to see new trends, develop new talent and constantly evaluate the success of their program. They must understand and adhere to budgets while providing the highest level of service and member experience. This training program will cover all the components involved in being a successful Group Fitness Manager and provide the necessary tools needed to make your job easier.

Topics include:

- Expectations and job description
- Time management - what to focus on
- Balancing relationships
- Management skills - leadership and coaching skills
- Communication and professionalism
- Recruitment and staffing
- Mentor and evaluation
- Maintaining a cohesive team
- Training and development
- Programming and schedules
- Developing and working within a budget

Once you have completed this program, you will be on your way to being a highly successful, motivated and empowered manager.

CECs: .7 ACE

Fee: \$199 includes manual with sample forms and certificate of completion

STOTT PILATES® Athletic Conditioning on the V2 Max Plus™ Reformer with Jennifer Dahl

**Wednesday, November 12th
8:30am-12:30pm**

Serious athletes - whether professional or amateur - benefit greatly from performance enhancement training. This high-caliber workout is designed for instructors and trainers working with very fit and accomplished athletes. Using the STOTT PILATES V2 Max Plus™ Reformer - featuring the innovation of the retractable

rope system and traveling pulley system on its Vertical Frame along with the ability to multi-task as a Reformer, Mat and Cadillac - this Reformer allows the body to emulate the free, multi-dimensional movement of daily life. Always initiating from the core, you'll learn how this complete body workout retrains muscles that may have become unbalanced and you'll be able to take your clients to a new level of strength and agility.

Learning Objectives:

1. Apply the STOTT PILATES® Five Basic Principles to specific exercises on the V2 Max Plus™
2. Learn specific exercises designed for athletic conditioning
3. Understand how these exercises challenge strength, stability and coordination
4. Learn cues and corrections for safety and effectiveness

CECs: .4 STOTT

Fee: \$140

STOTT PILATES® Essential & Intermediate Pilates on the Edge with Matthew Comer

Wednesday, November 12th, 1-5pm

Bring a new level of excitement to your workout and teach your classes on the Pilates Edge™! This versatile Pilates tool will help you ramp up the intensity level by changing the angle of your routine. Applying the Five Basic Principles of STOTT PILATES®, you'll begin by exploring the Essential level exercises, then progress to a more challenging Intermediate workout. Discover how the Pilates Edge™ can be used in supine, prone and standing variations to take advantage of the foam triangle's increasing height.

Learning objectives:

1. Apply STOTT PILATES principles to exercises on the Pilates Edge™
2. Understand movement essence and exercise goals
3. Learn how to use the Pilates Edge™ for spinal support, torso stabilization, and to add variety and challenge
4. Learn how to challenge clients' strength and endurance safely while maintaining focus on core stability and alignment
5. Discover how to increase exercise intensity and challenge using the increasing angle of the Pilates Edge™

CECs: .4 STOTT

Fee: \$140

JC's Top 40 Exercises; the Who, What, How, and When of Functional Training with Juan Carlos Santana

Wednesday, November 12th, 9am-4pm

JC takes you through the reason and rationale of his assessment model and reveals the top 40 exercises he uses to fix the most common problems occurring in today's fitness facilities. If you are tired of the complicated assessment strategies and exercises, and just want to know what the best exercises are to fix the most common problems, this seminar is for you. Join JC and allow him to clear things up and make things really simple for you.

Fee: \$179

ISCA Kick Box Round II with Thomas Trebotich

Wednesday, November 12th, 9am-5pm

Personal Trainers and Group Fitness
Experience the next step in sports fitness and move ahead of the rest with 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 to train clients, from beginner to world-class athlete, or to design dynamic classes that really pack a punch!

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

South Beach Boot Camp with Lisa Gaylord

Wednesday, November 12th, 7am-10am

Kardio Kombat and Lisa Gaylord Fitness present South Beach Boot Camp. Be the first on your block to roll out the hottest class presented with twenty five never-before-seen signature moves by Nike Elite Athlete, Lisa Gaylord. Turn Martial Arts moves into CORE strength, agility and speed movements. Take elements from triathlon, sprinting, weight training, swimming and cycling outside to combine techniques into bodyweight training. These sophisticated training techniques have been hidden for years because of the unique Martial Arts training environment. Boot Camp is the number one sought after training camp in South Florida.

Fee: \$99

Self Defense for the Fitness Professional with Lisa Gaylord

Wednesday, November 12th, 12pm-3pm

An instructional guide that teaches the most effective postures and maneuvers to identify, prevent and defend against physical attacks. Give your students the practical skills for real-life situations; protective stances, verbal defense, strikes and kicks and learn the use of everyday common objects as weapons. 7th Degree Black Belt Lisa Gaylord, has been teaching for over 30 years to law enforcement, the military and to the public school system. Take your kickboxing classes to a new level and earn more profits as a Self Defense Specialist. This is a Level I required course.

Fee: \$99

SPINNING Instructor Orientation with Scott Schlesinger

Wednesday, November 12th, 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



prosper

lunch break mid-day.

CECs: 0.8 ACE, 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.

Fee: \$325 (plus shipping and handling for course materials)

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 12th, 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

CECs: 2 STAR points Fee: \$75

(15% discount for current SPIN members)

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

Aquatic Hard Core Training with Lawrence Biscontini, MA

Thursday, November 13th, 8am-12pm

Spend the morning with intensive aquatic training joining Lawrence to learn new ways to train both stability and mobility of our clients in aggressive cardio and strength options. Learn new, research-based techniques for training movements, not muscles, emphasizing form over physique. Whether you are training a novice or an elite athlete, you will learn how to make every movement a multi-level movement, with progressions and regressions of difficulty. This is our HARD CORE section of the pre con in the morning.

CECs: .3 ACE, 3 AFAA, 3 AEA

Fee: \$75

Aquatic Peace Core Training with Lawrence Biscontini

Thursday, November 13th, 1-5pm

In the afternoon, we flow into a more mind-body application of core challenge, emphasizing a fusion of mind-body disciplines like yoga, pilates, t'ai chi, and other disciplines, both with and without equipment. Temperature permitting, we will even learn the beginnings of WAT-SU massage, making for a perfect ending to our day and start of the rest of the convention. This is our PEACE CORE section of the precon in the afternoon.

CECs: .3 ACE, 3 AFAA, 3 AEA

Fee: \$75

Take the Aquatic Hard Core or Peace Core Trainings separately or save money and take them both!

"Hard Core, Peace Core" is not your aquatic experience of the 1980's. We've come a long way in learning how to maximize benefits in minimal time, so learn the fusion of research-based practical! Total of 6 CECs when taken together!

"If you want what you've never had, you have to sometimes do what you've never done"--Lawrence

Fee for both Aquatic workshops : Hard Core, Peace Core: \$130

POST CONFERENCE PROGRAMMING

From Good to Great!

Enhancing Your Teaching Skills with Lawrence Biscontini, MA

Sunday, November 16th, 3-6pm

Learn how to move beyond the "safe and effective" parameters of group fitness and personal training instruction to what makes the cream rise to the top. With his Master's Degree in education, Lawrence will give you practical skills and actual practice as you transition from good to great, looking at what "teaching" and "education" really mean. Lawrence will be giving away his top 10 teaching and presenting secrets, sharing lessons from the past thirty years in fitness training and travel. We will address presentation skills, three-dimensional cueing, musicality, and exercise progression/regression design for both instructors and trainers. Whether you teach dance, cycle, yoga, pilates, body sculpt, or train clients, you can learn something new, hone your skills and elevate your teaching abilities.

CECs: ACE .3, AFAA 3

Fee: \$69.

The New Faces of Disordered Eating - How it Affects Our Industry...And What We Can Do About It!
with Heather J. Anderson, MS, R.D & Myrna Brady

Sunday, November 16th, 3:30-7:30pm

No longer is Anorexia and Bulimia Nervosa the only face of disordered eating. In a society obsessed with body image, thinness and quick fixes, disordered relationships with eating and exercise take on new faces every day. This workshop will redefine the way we classify eating disorders through a frank and cutting edge discussion of how body image, obsessive/compulsive behaviors, eating and exercise all intertwine. You will leave with a comprehensive knowledge of the topic and how to handle it in your fitness practice.

Topics will include:

- Defining Eating and Exercise Disorders & Recognizing the Symptoms and Behaviors
- Medical Risks and Side Effects of these Disorders
- Fitness and Training Concerns for Clients in a Group or 1on 1 Environment
- Identifying your Role in the Treatment Team
- Athletes and Disordered Behavior
- How to Safely and Effectively Train & Design Programs These Clients
- Case Studies and Interactive Program Design

Fee: \$99 including manual

Peak Pilates® MVe™ Fitness Chair Instructor Preparation Workshop with Stacey Lei Krauss

Monday November 17th, 8:30am-5pm

Prepare yourself to teach MVe™ Fitness Chair classes. This workshop is open to all fitness professionals including Group Exercise Instructors, Personal Trainers, and Pilates Trainers. Learn the Perfect Ten exercises and three energizing workouts that will help your clients increase flexibility, strength, balance, and coordination. Your workshop fee includes a comprehensive manual with over 66 exercises, a virtual audio training tool, and pre-programmed music CDs.

CECs: ACE .5, Peak Pilates 8

Fee: \$199.95

Feature Presentations by Topic – for full session descriptions see “sessions by time” listing

FITNESS & PROFESSIONAL DEVELOPMENT

Winning Strategies in Personal Training

– Juan Carlos Santana

The What-Who-How-and When of a Web Site - Juan Carlos Santana

Running the Show– Lawrence Biscontini

50 Surefire Tips To Grow Your Business

– Nicki Anderson

Creating Demand for Your Personal

Training Services – Nicki Anderson

Creating the Buzz for You & Your Team

– Michelle Mascari

It's All in the Cue – Myrna Brady &

Heather Anderson

The 3 S's: Secrets for Successful Staffing

– Shannon Fable

Your Bliss: How to Find It and Follow It

– Benjamin Black

What Makes You Tick – Benjamin Black

PROGRAM DESIGN

Training the Four Pillars of Human

Movement – Juan Carlos Santana

Can you Feel What I See – Robert Sherman

Transformational Posture Through

Corrective Exercise – Leslee Bender

CHEK INSTITUTE: Understanding

Posture & Postural Assessment

– Dan Hellman

CHEK INSTITUTE: The Essence of

Periodization – Mark Stone

CHEK INSTITUTE: Critical Program

Design Strategies – Mark Stone

Functional Anatomy and Biomechanics

– Katharine McLarty

A Joint-by-Joint Approach to Warm-Up &

Training – Mike Boyle

Training the Endurance Athlete

– Mike Boyle

Power Development for the Adult Golfer

– Mike Boyle

STEP & DANCE CHOREOGRAPHY

1, 2 Step - Petra Kolber

Breaking Down Rhythmic Changes

– Rob Glick

Step Made Simple – Rob Glick

Not Your Momma's Step - Patrick Goudeau

Breakin Step – Robert Steinbacher

Vital Step – Jessica Exposito

Step Sensation – Jessica Exposito

i.Step – Geoff Bagshaw

Step Urban Groove – Geoff Bagshaw

S.T.E.P. – Abbie Appel

Step Athletica – Paul Katami

Cardio Crazy – Mindy Mylrea

Mobility & Stability Dim Sum – Lawrence

Biscontini

Ready to Move – Rob Glick
 Aerovital Dance – Jessica Exposito
 Boot Camp Boogie – Petra Kolber
 Move and Groove – Petra Kolber
 Last Minute Dance – Shaun Thompson
 Party Express – Shaun Thompson
 Jazz Meets House – Robert Steinbacher
 Clay's Groove House – Clay Grant
 Dance Workout – Tony Stone
 Video Dance – Tony Stone
 In the House– Tony Stone
 Tribal Funk – Misty Tripoli
 Body Groove – Misty Tripoli
 Masala Bhangra – Sarina Jain
 Hawaiian Hula & Tahitian Dance – Anna Carbonell
 Zumba! Back to the Future
 – Beto Perez & the Zumba Team
 Zumba! Ditch the Workout, Join the Party
 – Beto Perez & the Zumba Team

RESISTANCE TRAINING AND CONDITIONING & CARDIOVASCULAR TRAINING

Body Bar Behind Bars – Clay Grant
 Body Bar Even More XXX Hard Core
 – Sherry Catlin
 Body Bar Industrial Strength – Sherry
 Catlin & Clay Grant
 Body Bar Seriously Strong – Sherry Catlin
 Body Bar Grace Under Pressure
 – Clay Grant
 BOSU® Ballast® Ball Core Challenge
 – Shannon Fable
 BOSU® Complete Body Sculpt
 – Rob Glick
 BOSU® Skills and Drills – Rob Glick
 BOSU® Block Party
 – Fable, Glick, Krauss & Mylrea
 BOSU® Cardio Express – Shannon Fable
 BOSU® Mind/Body Training
 – Stacey Lei Krauss
 All About Legs – Mindy Mylrea
 Medicine Ball Madness – Mindy Mylrea
 Power Ball – Paul Katami
 More ABC – Patrick Goudeau
 Hard Work Conditioning
 – Patrick Goudeau
 Core Control: One Side At a Time
 – Abbie Appel
 Purposefit™ – Lawrence Biscontini
 Mobility & Stability Dim Sum – Lawrence
 Biscontini
 CHEK INSTITUTE: Scientific Rotational
 Training – Mark Stone
 CHEK INSTITUTE: Scientific Shoulder
 Training – Dan Hellman
 willPower and grace – Stacey Lei Krauss
 TheBigGame! – Lacey Stone
 Step Athletica – Paul Katami
 Kick Your Boot-ie Camp – Abbie Appel
 Boot Camp Boogie – Petra Kolber
 Cardio Crazy – Mindy Mylrea

Jump Rope Techniques
 – Thomas Trebotich
 coMMotion – Marcelo Ehrhardt
 eLements – Marcelo Ehrhardt
 Six Weeks to Love Running – Julie Sieben
 LEKI Nordic Walking: Gym to Go
 – Suzanne Nottingham
 LEKI Nordic Walk Now!
 – Suzanne Nottingham
 Beach Olympics!
 – Gary Scott & Gerard Calvo

YOGA & PILATES

STOTT PILATES® Programming on the
 V2 Max Plus™ Reformer, Workshop 1
 – Matthew Comer
 STOTT PILATES® Golf Conditioning on
 the V2 Max Plus™ – Jennifer Dahl
 STOTT PILATES® PreNatal Pilates on the
 V2 Max Plus™ – Jennifer Dahl
 STOTT PILATES® Prenatal Pilates on the
 Edge – Jennifer Dahl
 STOTT PILATES® Golf Conditioning on
 the Reformer – Matthew Comer
 STOTT PILATES® Athletic Conditioning
 on the Edge
 STOTT PILATES® Intense Sculpting
 Challenge – Jennifer Dahl
 STOTT PILATES® Intensifying Essential
 Matwork – Matthew Comer
 MVe™ Fitness Reformer for Everybody
 – Sonia Rodriguez
 MVe™ Fitness Chair for Everybody
 – Stacey Lei Krauss
 MVe™ Perfect Pair: Chair & Reformer
 Combo – Sonia Rodriguez
 Peak Pilates®: MVe™ Reformer Energize
 Workout – Sonia Rodriguez
 MVe™ Fitness Chair Flex & Flow Workout
 – Stacey Lei Krauss
 MVe™ Fitness Chair Latin Dance Fusion
 – Sonia Rodriguez
 Peak Pilates®: Circle of Power
 – Sonia Rodriguez
 Peak Pilates®: Reformer on the Mat
 – Sonia Rodriguez
 50/50 Pilates Class – Bianca Diaz
 Functional Mat Training and Today's
 Society – Leslee Bender
 Bender Ball Core Training – Leslee Bender
 Pilates, Planks, Push Ups and More
 – Bianca Diaz
 The Standing Pilates Exercises
 – Fritzke/Voogt
 Mat Fusion – Fritzke/Voogt
 TRIADBALL Excel 2008 – Fritzke/Voogt
 Pilates Precision Meets Power Yoga Flow
 – Connie Borho
 Body of Knowledge – Renee Diamond
 Yoga for Athletes – Connie Borho
 Chakra Power Yoga Flow – Connie Borho
 Ageless Yoga – Robert Sherman
 Blackberry Yoga – Benjamin Black

Mistykayl Yoga – Misty Tripoli
Yodates® – Brandi Woodard
Embodying Flow in Astanga Yoga
– Brandi Woodard
Yoga and Meditation for Stress Relief
– Wendy O’Lenic
Yoga for Injury Prevention
– Wendy O’Lenic
Partner Yoga – Wendy O’Lenic
Colorized Yoga – Christina Leon
Chakra Intensive Yoga Sequence
– Christina Leon
Yoga & Sound Meditation – Dalien
Music Yoga Flow – Anna Carbonell
Yin Yoga – Anna Carbonell

MINDFUL, FUSION and FLEXIBILITY PROGRAMMING

BodyART Strength – Robert Steinbacher
BodyART Stretch – Robert Steinbacher
BOSU® Mind Body Training – Stacey Lei Krauss
Purposefit™ – Lawrence Biscontini
Body Groove 101 – Misty Tripoli
Dance of the Mind & Body – Dalien
Your Bliss: How to Find It and Follow It
– Benjamin Black
What Makes You Tick – Benjamin Black
The “Bannister Method”
– Gail Bannister Munn
Stretch Science – Thomas Trebotich
Body of Knowledge – Renee Diamond
Transformational Posture Through
Corrective Exercises – Leslee Bender
Core Energy Flow – DeVito/Halfpapp
Core Fusion – DeVito/Halfpapp

MARTIAL ARTS

Alpha Female Training – Lisa Gaylord
Safe ‘n Sexy – Lisa Gaylord
Kick Box Round II – Thomas Trebotich
Jump Rope Techniques – Thomas Trebotich

NUTRITION

Nutrient Timing – The Future of Peak
Performance – Len Kravitz
Strategies To Enhance Fat Metabolism
– Len Kravitz
No Bones About It – Scott Josephson
Natural Nutrition – Preventing Allergies
– Teri Gentes
Eating for Everyday Living – Teri Gentes
Nutrition and Exercise for the Aging
Population – Ginger Schirmer
Diabesity – Ginger Schirmer
Childhood Obesity – Ginger Schirmer

SPECIAL POPULATIONS

Fitness for Kids 2008 – Mindy Mylrea
The Law of Attracting the Inactive
Population – Nicki Anderson
Nutrition and Exercise for the Aging

Population – Ginger Schirmer
LEKI Nordic Walking for Active Older
Adults – Suzanne Nottingham
LEKI injury Prevention for Nordic Walkers
– Suzanne Nottingham
The Female Training Advantage
– Len Kravitz
Women, Weights, Results – Scott Josephson
Body Of Knowledge – Renee Diamond
Specialize Your Exercise – Myrna Brady &
Heather Anderson

AQUATIC FITNESS

Wet Weekend Warriors
– Katharine McLarty
Pilates Wet Level 1 – Katharine McLarty
H2O Training From the (pool) Bottom Up
– Katharine McLarty
Choreography Currents – Melissa Layne
Aqua Ball – Melissa Layne
Choreographed Noodles
– Marietta Mehanni
Hydrofabulous – Marietta Mehanni
Liquid Rhythms – Marietta Mehanni
Defy Gravity Dim Sum
– Lawrence Biscontini
Aqua Cycle – Lawrence Biscontini
Aquatic Shakti – Lawrence Biscontini
Aqua Latin Fiesta – Manuel Velazquez
Aqua Core Training – Manuel Velazquez
Hydro–Zen – Manuel Velazquez

SPINNING®

SPINNING® Jump–in 2 Da Drum
– Scott Schlesinger
SPINNING® Technical Training
– Josh Taylor
SPINNING® Rise of the Phoenix
– Scott Schlesinger
SPINNING® 212: The Extra Degree
– Josh Taylor
SPINNING® Reaction Ride – Josh Taylor
SPINNING® Rock n Rollin Hills
– Scott Schlesinger
SPINNING® Everest Ride – Josh Taylor
SPINNING® Afterburner Intervals
– Scott Schlesinger
SPINNING® In the Mix Part 1
– Taylor/Schlesinger
SPINNING® In the Mix Part 2
– Taylor/Schlesinger
SPINNING® Silence – Josh Taylor
SPINNING® Energy Zone Sampler
– Scott Schlesinger
SPINNING® “Chilled Out” – Josh Taylor
SPINNING® The DJ Ride
– Taylor/Schlesinger
SPINNING® Formula One – Josh Taylor
SPINNING® Fire N Ice
– Taylor/Schlesinger

KRANKING® (Premiere Event)

Johnny G the creator of Spinning® and global fitness manufacturing company, Matrix Fitness, will be presenting, Kranking® and the krankcycle® at ECA Miami. Three days of training, education and Inspiration.

- Upper body rotational exercise.
- The krankcycle competes with nothing yet compliments everything.
- Kranking is a blend between passion and obsession!
- The perfect cross training tool.
- Education representatives are needed for International presenting opportunities.
- The krankcycle can be used by the personal trainer, on the cardio floor with special populations and in any group exercise class.

Look on line to register for specific sessions or on site at the event!

I'm not going to insult you, by breakin' it down Calvin Wiley

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.

Find the right sessions for you and your goals! Use our session selection concierges! Call (516) 432-6877 or e-mail (carol@ecaworldfitness.com) at the ECA office. We offer first hand knowledge and explanation and can help guide you when making your session selections so that you can get the most from your convention experience!

To assist you further, we have also 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

grow



SESSION DESCRIPTIONS BY TIME

THURSDAY 11-12:30PM

Winning Strategies in Personal Training: Feel Like a Missionary, Earn Like a Mercenary (L)

Juan Carlos Santana

This workshop is based on JC's NEW best selling DVD, JC's Winning Strategies for Personal Trainers. In this workshop, JC will teach you the philosophy that has made IHP the MECCA of functional training, his floor plan layout, and how he uses that layout to work with the most common populations seeking fitness-related services. IF you want to know how to make \$500,000 per year out of 1500 square feet, with four trainers working 20 hours each, then you can't miss this workshop. JC will show you how to create a 1500 square foot profit monster in under 4 months! SO, whether you won a big gym and want to create a 1500 square foot functional training performance center, or you want to break off and start your own functional training studio, this workshop is a must.

The 3 S's: Secrets for Successful Staffing (L)

Shannon Fable

As a Group Fitness Manager, one of the most time consuming tasks is hiring, training and maintaining a staff. This workshop was designed to help you make this process easier and less time consuming. Begin by taking the time to develop a strategic interviewing process that puts emphasis on the efficient screening of new hires BEFORE you waste your time! Receive tips on what to look for when hiring new instructors, methods for integrating new hires into your current staff, and setting baseline credentials that all new hires should have in order to keep your program on the cutting edge. If finding instructors is your issue, learn ways to begin an internship program turning great members into awesome instructors.

THURSDAY 12-1:15PM

TheBigGAME (ws)

Lacey Stone

For those intent on finding their inner athlete, TheBigGAME! doesn't mess around. It focuses on interval training while incorporating cardio and strength moves that work the whole body. Straight to the point, TheBigGAME! moves through each drill twice and ends the gauntlet with a three-minute cardio blast that combines everything into a high-energy sequence. Each drill has two/three levels of difficulty, so everyone can find a fit, and there's more

than enough camaraderie to go around. The Results? Participants master the five major skills of a competitive athlete: Agility, Power, Coordination, Strength, and Speed.

Alpha Female Training – WWW (Women with Weapons) (ws)

Lisa Gaylord

This class is a workshop using easy to handle sticks. Based on the Filipino fighting arts using easy to handle wooden sticks as a self-defense tool and as a modern workout modality! Take your kick boxing and Kardio Kombat skills to a new level. Taught by 7th Degree Black Belt Master and international fitness presenter, Lisa Gaylord. No prior skills required.

Vital Step (ws)

Jessica Exposito

This amazing symmetric step session will teach and motivate you! Discover a variety of creative movements, new combinations and original ideas to use in your classes. If you've ever taught symmetrically or not, join Jessica for this dynamic session.

Level I, II Focus I, II, III

50/50 Pilates Class (ws)

Bianca Diaz

Tired of being on the floor? Make your class more interesting and challenge your students with standing balance moves, coordination and floor strength combinations. Posture, lines, agility, active muscles, energy ...you'll find it all here.

eLements! (ws)

Marcelo Ehrhardt

Four "elements": 1. Mini combinations of functional movement that translates into cardio medicine ball work

2. Authentic 8 count

punching/chambering/striking 3. Fused mini combos of hi/lo aerobics 4.

Abdominals & lower back for a complete 60-minute workout. Intermediate to advanced cardio levels suggested.

Yoga & Sound Meditation: Hips and Root Chakra (ws)

Dalien

Using a synthesis of Iyengar, Vini and Anusara to open the body and the mind, is the preparation for ...sound meditation. Imagine relaxing where the ancient sounds of live gongs, native American flute, singing bowls. And vocal tuning create the deeply soothing and meditative backdrop to support the body, the mind, the nervous system and completely dissolve stress. The asana practice will focus important poses for the hips, low -back and core stability

and development. Utilizing live instruments during final relaxation savasana will allow one to really experience a deep, relaxed place within. Open to all levels, bring a mat!

SPINNING®: Jump-in 2 Da Drum (wo)

Scott Schlesinger

Come experience the jump movement like never before. As the drum beat captivates you, explore different jump tempos and rhythms. This ride promises to be hypnotizing, as well as challenging and invigorating.

THURSDAY 1-3PM

50 Surefire Tips to Grow Your Business (L)

Nicki Anderson

When it comes to healthy business growth, all too often, basic marketing strategies are overlooked. Just as an exercise program can become stale, so too can a business. Staying on top of business through smart marketing can make the difference between a thriving business to a short-lived one. This lecture will provide 50 tips such as; not making promises you can't keep, having a great accountant, cross referring, special events, amazing customer service, great staff, becoming the expert in your community, and so on. This lecture will offer business owners unique marketing ideas designed to take their business to a new level.

Creating the Buzz for You and Your Team (L)

Michelle Mascari

Whether you are a team leader, a group fitness manager, or a group fitness instructor, creating relationships with your students is critical. Learn the necessary tools to connect to your audience. What attracts people to you? How do you mesmerize and build your audience? This lecture will present you with key questions you need to ask of yourself in determining your magic which will help define you as a leader. Start with a simple self-appraisal and end with recognizing yourself and your team through successful relationships. Learn the tools you need to build classroom numbers and connect with a wide assortment of personalities. Learn the right place to schedule the right personalities for ultimate success in relationships. Create the locker room buzz that echoes even outside of the club.

THURSDAY 1:30-3PM

Training the Four Pillars of Human Movement: Logic and Practice of Functional Training (ws)

Juan Carlos Santana

This seminar is based on JC's best selling "Four Pillars of Human Movement," workshop. In this presentation, JC explains the history of functional training, the logic behind this type of training approach, the assessment approach of the Four Pillars of Human Movement, and the protocols he has designed to improve human function. This presentation brings everything together for the personal trainer or coach looking to fully understand the concept and practice of functional training.

Ready to Move (ws)

Rob Glick

Are you ready to MOVE? Moving to incredible music and getting a great workout is where our industry started and for a good reason; it's a blast! Join Rob for tons of fun, sweat and great choreography in this cardio dance session that is sure to give you plenty of ideas for your class.

Level I, II Focus I, II

Kick Your Boot-ie Camp (ws)

Abbie Appel

Discover new ways to freshen up your Boot Camp and strength classes by incorporating the Stability Ball. Learn fun, functional and easy-to-follow individual and interactive partner drills and exercises that will "toughen" up your participants. Provide your class with plenty of new challenges to improve their agility, speed, balance, coordination and power that "kick bootie".

Chakra Power Yoga Flow (ws)

Connie Borho

Explore the duality of energy flow within postures and learn how, by unifying this energy mentally at a center point of energy, or chakra, greater power and stability can be created. Not just a physical workout, not just a lesson in mindfulness; it is a true integration of the two.

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.

SPINNING®: Technical Training (ws)

Josh Taylor

A pure and specific training session (ride) that will focus on better performance in many different ways. Come and ride with Josh in a more technical setting that will help you think about what you are doing during a Spinning class or training session. No fluff, just real tried and true training on the bike. A great session for those that are looking for more cycling specific techniques to be used in the Spinning environment.

THURSDAY 3:30-4:30PM

BOSU® Ballast® Ball Core Challenge (ws)

Shannon Fable

Take core training to the next level using new stability ball training techniques on the BOSU® Ballast® Ball. Add fresh elements to abdominal and back training, and learn many new core exercises that effectively challenge every muscle in your "power center" while simultaneously improving overall movement capabilities. Do you think you've seen it all in regards to stability ball core training? Lift it, shift it, shake it... and think again!

Last Minute Dance (wo)

Shaun Thompson

Shaun T will get you groovin' and movin'! This class will give you "up to date" choreography combinations and when the dance is done, Shaun T will show you some basic steps that you can always refer to when you are called in to sub "last minute"! Level I, II, III Focus II, III

iStep (ws)

Geoff Bagshaw

Geoff shows you how to import moves from your library to create a whole new choreography play list. We'll check out what is hot, then shuffle it up and give you some essential combinations that will be top rated with your participants.

Level I, II Focus I, II, III

Pilates, Planks, Push Ups and More (ws)

Bianca Diaz

Learn transitions to develop strength, flexibility, pilates and balance moves. Learn to combine all-in-one combinations and take advantage of what you know!! Go from a simple table position into a one-

hand one-leg balance position and push up! Be competitive.

The Standing Pilates Exercises (ws)

Michael Fritzke & Ton Voogt

Stand up to the challenge! Joseph Pilates said, "Standing is very important and should be practiced at all times until it is mastered." Experience a complete standing pilates workout, using Joseph Pilates' original standing exercises. In this session, you will experience the pilates method and principles in a completely different plane of movement. We will focus on the execution, cueing and safety of each exercise in order for you to integrate them easily into a client or group class session.

SPINNING®: Rise of the Phoenix (wo)

Scott Schlesinger

The Phoenix has served as a symbol of eternal strength, as well as the ability to overcome setbacks and endure hardships. Soar through the Recovery Energy Zone™ and rise through the ashes into Race Day intensity. This ride will take you on a voyage of reflection and reward you with feelings of triumph.

THURSDAY 3:30-5PM

Can You Feel What I See? Assessment, Assessment, Assessment (L)

Robert Sherman

Communication between a trainer and a client is essential to success in being able to reach the goals in any training setting. Are you hitting the target? Without assessing imbalance and correcting movement patterns a trainer could be missing the mark and spending time training poor movement quality, in essence, wasting the client's time, and money. Frustrated clients are bad for business. This workshop teaches you the training system necessary to make the right exercise selections every time and how to open the lines of communication to give the corrective feedback necessary to stimulate change.

The What-Who-How-and When of a Web Site: The Business Card and Storefront of the Future (L)

Juan Carlos Santana

This lecture will explain why a web site is so important to a personal trainer. JC will show you how to get started and how a web site can eliminate useless phone calls and increase productive leads. More importantly, JC will show you how he turned a pastime into a profit center that makes money while you sleep. If you want to increase your revenue without working more, this lecture is for you.

THURSDAY 5-6:30PM

BOSU® Complete Total Body Sculpt (ws)

Rob Glick

Blast your body from head to toe while strengthening your core and improving your balance! Using the protocol from the BOSU® Complete Workout System, this workshop is designed to show you exercises for every major muscle group that even the most serious client or student will love. Plus you will learn clever, simple ways to progress, regress and adapt each exercise to accommodate even your beginner clients or students. You'll get more exercises than you can carry home, and renew your ability to use the BOSU® Balance Trainer for sculpting the entire body!

Back to the Future!

A Taste of Zumba (wo)

Beto Perez and the Zumba Team

Remember the fun and exciting days of the original Aerobic Dance programs? A Taste of Zumba brings the fun back to fitness by combining high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is a fusion of Latin and International music – dance themes creating a dynamic, exciting, effective fitness system! This session is based on the interval training theory of fitness. Sponsored by ZUMBA.

Level I, II Focus I, II

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.

Colorized Yoga (ws)

Christina Leon

Spectral Journeys Colorized Yoga is the integration of color healing, affirmations and yoga poses to balance and clear chakras (energy centers). The class is physically, emotionally and spiritually energizing. Feel the mind/ body connection on a multi-sensory level.

STOTT PILATES® Golf Conditioning on the V2 Max Plus™ (ws)

Jennifer Dahl

There are few pieces of fitness equipment that will help golfers realize the same off-course training benefits as the STOTT

PILATES® V2 Max Plus™ Reformer. In this workshop, participants will discover how to use the unique features of this groundbreaking unit to perform specially designed reformer-based exercises to raise your client's golf game to a new level. With a better understanding of the conditioning requirements of golfers, these moves will help improve balance and flexibility while enhancing core stability and body awareness. The height adjustable vertical pulley system allows exercises to be performed in sitting, kneeling and even standing positions to create a workout never possible before.

SPINNING®: 212:

The Extra Degree (ws)

Josh Taylor

“At 211 degrees, water is hot. At 212 Degrees, It boils. And with boiling water comes steam. And Steam can power a locomotive.” A ride based on a book by Sam Parker & Mac Anderson. 212∞ is a powerful and simple idea that can and will empower you! Spinning instructors have a chance to touch lives in so many ways. Join Josh as he takes you on a ride that is all about that one extra degree!

FRIDAY 7-9AM

Diabesity - The 21st Century Pandemic (L)

Ginger Schirmer

Learn innovative nutrition and exercise strategies to combat America's growing twin epidemics – diabetes and obesity. This session will give you the information needed to provide your clients with the most current nutrition and exercise plans that has been shown to promote weight loss and maintain blood glucose control.

Creating a Demand for Your Personal Training Services (L)

Nicki Anderson

If a personal trainer/club/studio has the desire to be successful, they have to be clear not only on their unique service/product, but also clear on creating value that is reflected to each and every potential client. Only with VBR (value, benefits and results) will a trainer be able to build a business off the unique qualities that separates their facility or service from the “ho-hum” that other clubs and/or trainers offer. Clients want value for their dollar, they want to be clear on benefits offered and ultimately on the results they will achieve. A clear understanding of VBR must be in place for a business before they can offer it to their clients, but once that happens, they'll find a business that is in demand!

FRIDAY 7:30-9AM

Body Bar Behind Bars (ws)

Clay Grant

With moves like this they ought to lock you up! Experience one tough workout that will kick your butt and put a smile on your face. It's body sculpt meets cirque de soleil. Strong never looked so sexy. Wicked!

Aerovital Dance (wo)

Jessica Exposito

This hi/lo dance master class is composed of a variety of original and creative movements. Enjoy this class with Jessica as we build high-level combinations, utilize changes of rhythm, syncopation and dance movements. Feel the intensity of this cardiovascular exercise class filled with passion and energy.

Level I, II Focus I, II

S.T.E.P. (Smooth Transitions with Extensive Progressions) (ws)

Abbie Appel

Master the techniques of breaking down intermediate to advanced choreography by applying a few simple tricks. Each combination begins with a traditional step movement then smoothly transitions to a creative, fun combination by progressively layering in rhythm and direction. Join Abbie in this original step class and learn to successfully teach any level of choreography to your class.

Level I, II, III Focus I, II

Ageless Yoga (ws)

Robert Sherman

Ageless yoga is a program designed to open and create a stronger sense of wellbeing through a structured, yet attainable movement and breathing practice. The class is set to reach a broad and diverse population of individuals who are looking to find peacefulness, balance and stability in their lives. Those who experience Ageless Yoga will leave feeling an inner sense of bliss and knowledge.

MVe™ Fitness Reformer for Everybody (ws)

Sonia Rodriguez

Be one of the first to experience the newest piece of equipment from Peak Pilates, built to accommodate the needs of any fitness professional: the MVe™ Fitness Reformer. Learn the perfect ten reformer exercises, plus more that you can incorporate into any fitness routine. This workout is designed for every age or fitness level.

PurposeFit™ (ws)

Lawrence Biscontini

As seen on TV, these are 20-minute workout experiences that everyone can do, void of equipment, to maximize results in minimal time. We address strength, flexibility, and cardio for weight loss. This is an empowering session not only for you but also for your clients and classes as you learn about the "brain-body-breath connection" and the 4-part teaching tool of PurposeFit™.

SPINNING®: Reaction Ride (ws)

Josh Taylor

For every action there's a reaction! Come join Josh in this unique Interval Energy Zone ride that is all about reacting. This is an interactive ride for both the student and instructor. Learn to use your mind body connection on the bike all while having fun. It will be intense, so be ready to give your best!

Choreography Currents (ws)

Melissa Layne

Sixteen counts were never so sweet for success! Integrate 16-count blocks of choreography into any water combination for a fresh new twist on an old routine. Mix and match, swap and rearrange....this workshop will show you how to create sizzling combos that will re-energize your next water class.

LEKI Nordic Walking for Active Older Adults (ws)

Suzanne Nottingham

There aren't many fitness tools seniors can use every day to become more fit, to stand taller against gravity, and to off set chronic pain. Nordic Walking poles provide the opportunity to retrain the body for movement efficiency, even at the young age of 70! This session is for instructors and personal trainers who enjoy leading fitness walks, and who desire to provide a new option for clients and students who desire to keep activity a daily part of their lifestyles to enable them to age gracefully.

FRIDAY 9:30-11AM

Body Bar-Even More XXX Hard Core (ws)

Sherry Catlin

Using the Body Bar and the Body Bar Flex, learn an all new functional core training program designed to improve power, core muscular strength/endurance, agility, stability and postural control. Learn innovative drills and exercises that challenge the core muscles through all ranges and planes of motion both moving and stabilizing. The program design cycles between stability training, postural

alignment exercises, strength moves and balance exercises for a complete core fitness experience.

Boot Camp Boogie (ws)

Petra Kolber

Now those are two words you never thought you would see together. Boot camp gets its groove on with Boot Camp Boogie. Join Petra in a non-stop circuit workout that alternates cardio grooves with athletic moves. See how each segment whether it has a dance or athletic feel can all be woven together to create a high intensity workout that is easy to follow, easy to teach and also a kicking good time. Yes the name is a little “camp” but this is one effective workout. Level I, II, III Focus I, II

Cardio Crazy (ws)

Mindy Mylrea

Mindy takes the step, floor, and common fitness gear and turns them into a fitness playground for the cardio crazed. Cardio intensity intervals are combined with cutting edge fitness drills and games to create this breathless bash. Experience cardio in all sorts of wild ways to excite your students and to keep them challenged and coming back for more. Level I, II Focus I, II

Yoga for Injury Prevention (ws)

Wendy O’Lenic

This program will show you how to eliminate potentially harmful poses-such as sitting postures and forward bends, which can compress the vertebrae of the lower spine-and instead emphasizes asanas that build support for the spine by strengthening the abdominal and back muscles. The class's hip-opening poses encourage spinal length, as do postures that stretch the hamstrings and calves. Participants will also learn how to stretch and strengthen the wrists, hips and shoulders for those more challenging postures.

MVe™ Fitness Chair for Everybody (ws)

Stacey Lei Krauss

Learn about the MVe™ Chair, what makes it different from other pieces of fitness equipment and explore the basic exercises performed on it. Designed for every age or fitness level, come and experience this exciting piece of equipment and find out what the buzz is all about. It will change the way you view Pilates and give you an understanding of how it will benefit your students and influence your teaching. You will learn the perfect ten Chair exercises plus more that you can incorporate into any fitness routine.

STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ (ws)

Jennifer Dahl

This innovative workshop will focus on the use of the V2 Max Plus™ Reformers adjustable pulley system and extensor straps to create safe and effective workouts for Moms-to-be. Drawing on the latest medical information and ACOG guidelines, anatomical and physiological changes, risk factors and movement considerations will be discussed with an eye to increasing programming options for this very special population. Appropriate STOTT PILATES® exercise adaptations will be explored using the unique features of the Reformer including the height-adjustable pulleys and completely adjustable settings. Workouts will be concentrated on second trimester concerns, including the client's pre-pregnancy fitness level, health concerns and fitness goals, although considerations for those in first and third trimesters will also be addressed.

SPINNING®: Rock n Rollin' Hills (ws)

Scott Schlesinger

Enjoy a ride that will give you the sensation of rolling through the hills using the music to build the climbs and trigger the descents. Learn how to apply this profile to several of the Spinning Energy Zones.

Choreographed Noodles (ws)

Marietta Mehanni

The noodle/woggle was introduced into aquatic centers in the early 90's with much enthusiasm. We sat on them, played games and used them to keep our participants entertained. Marietta will discuss the relevant skills required when using noodles during an aqua exercise class. Take home a mass of choreographed ideas to create a high-energy workout. This workshop is aimed predominately for the aqua instructor and the intermediate class, however ideas and concepts are easily transferable.

LEKI Gym to Go! Nordic Walking (ws)

Suzanne Nottingham

Outdoor Cross Training™ at it's best! Combine physical fitness, the natural outdoor environment and LEKI Nordic walking poles for the ultimate whole body outdoor fitness experience. This adventurous workshop combines Nordic walking intervals with stability, strength, agility and cardio training. This session is for those who want a good workout, but it is also modifiable for those looking for less impact.

FRIDAY 9:30-11:30AM

Dance of the Mind and the Body: "Going Deeper" (L)

Dalien

This presentation asks the question, "Does the body follow the mind or does the mind follow the body?"

Dalien explores the delicate balance between mind, emotions, and organ function. We all have specific issues related to our emotional and physical makeup. Depending upon the degree of these issues, challenges and adversities, certain strategies can be used to assist in helping us discover a more deep and personal understanding on how to address, create lifestyle change, increase positive attitude and shift things back into a place of balance within. Part experiential, explore various Eastern philosophies as it relates to the links between the emotions and the physical body.

A Joint-by-Joint Approach to Warm-Up and Training (L)

Mike Boyle

Take a completely new look at how to design your training program. The Joint-by-Joint Approach to Warm-up and Training looks at the body on a joint-by-joint basis from the ankle on up. This session will provide you with new information and new ideas on warm-up and strength programs. Based on Mike's Joint-by-Joint Approach to Training articles and DVD.

FRIDAY 11:30-12:30AM

Power Ball (ws)

Paul Katami

Skills, drills and sequences to keep your classes moving non-stop. Learn basic drills, closed-chain choreography, plyometric progressions, and strength building sequences using a weighted medicine ball. Use these new skills for cardio sequences, strength segments, or create a whole class based on Power Ball work. Come ready to sweat, and burn.

Party Express (wo)

Shaun Thompson

Come work it out with Shaun T in this High Energy free moving environment! A dance class without a specific style for those who just like to express and move. Tons of FUN!

Level I, II, III Focus II, III

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

"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.

It's All in the Cue (ws)

Myrna Brady & Heather Anderson

This workshop will give you at least 10 cues you can take back with you for your clients and or classes on Monday morning. In our hands-on workshop we will teach you how to cue basic to complex exercises without sounding like you just came out of an anatomy course. We will work in small groups and one on one and come up with client friendly language that will allow our clients to execute exercises with ease!

Mat Fusion (ws)

Michael Fritzke & Ton Voogt

Joseph Pilates taught for the body in front of him. Each of his protégés was taught a version of the exercise that was the right version for their body. Subsequently they systemized their experiences and therefore, today we have many versions of each Pilates mat exercise. For this workout, Ton and Michael have combined many of these versions to create a flowing class that embraces and encompasses the variations of the Pilates mat exercises. There is no right version of each exercise, just the right version for each person.

SPINNING®: Everest Ride (wo)

Josh Taylor

This is the ride that started it all! Come ride a shortened version of the most talked about Spinning Journey of all time! The Everest Ride has been featured in a book called Ultimate Fitness by Gina Kolata. It also has been talked about in Fitness Magazine and the New York Times, just to name a few. Are you ready for the climb of your life? Join Josh Taylor and take an adventure that is worth every drop of sweat and every breath of air.

Liquid Rhythms (ws)

Marietta Mehanni

How do you successfully choreograph a class? Experience how music can be used as the ultimate motivational tool. Learn how to bring exercise and music together to create an effective workout that you can use over and over again. Get inspired by music that moves you and capture the excitement that keeps members coming back to your class.

FRIDAY 1:30-3:30PM

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.

Law Of Attracting the Inactive Population (L)

Nicki Anderson

Too many trainers assume that personal training will appeal to all populations, but that's not the case. Trainers need to understand the difference between the inactive population versus those who come by exercise naturally. This lecture covers the most common reasons this population shies away from health clubs and exercise. It will also teach trainers how to understand the inactive mindset and how to motivate them to become active and eventually a great referral source. Also covered is the F.A.C.E. system; Fundamental Approach to Client Excellence. In order to provide great service, you have to know and understand your client!

FRIDAY 2-3:30PM

BOSU® Skills and Drills (ws)

Rob Glick

If you love the BOSU® Balance Trainer, and want new ideas...this is the workshop 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.

Clay's Groove House (wo)

Clay Grant

Mi casa es su casa!! In this house, everyone is welcome and the party is on and poppin'!

This dance workout runs the spectrum from Latin grooves to funky moves and everything in between! The choreography is designed and intended for mass consumption. This is a decidedly user-friendly session with an emphasis on cardiovascular. Catch the groove!

Level II, III Focus II, III

Hard Work Conditioning (ws)

Patrick Goudeau

While getting in shape should be fun, it's not always easy. This TOTAL BODY workout is the real deal with no time wasted and no muscle left untouched. Creative, compound exercises designed for maximum results in the shortest amount of time possible. See why it's so EASY to get hooked on Patrick's HARD WORK CONDITIONING...and remember, a little HARD WORK pays off in your end!

Yodates® (ws)

Brandi Woodard

Yodates® is an integrated, cardiovascular approach to fitness that unites mind, body, and spirit which includes attitude, choice, and personal fulfillment. Escape the thinking mind and embrace the feeling body one breath at a time.

MVe™ Perfect Pair: Chair and Reformer Combo Workout (ws)

Sonia Rodriguez

This beginner level complete body workout develops your stamina, strengthens and lengthens your muscles and works your center as it challenges your mind. Learn to work with concentration and control to get the results you're looking for. It's the ideal introduction to the MVe™ Perfect 10 Reformer and Perfect 10 Chair exercises in a 50/50 session. Score a perfect 10 with this workout!

STOTT PILATES® Prenatal Pilates on the Edge (ws)

Jennifer Dahl

Discover the Pilates Edge and bring variety and innovation to your expectant clients' workouts. Take moms-to-be from traditional matwork exercises to creative variations incorporating this versatile tool, which helps alter the angle of your routine. Keeping in mind the latest medical information and ACOG guidelines, anatomical and physiological changes, risk factors and movement considerations will be discussed with an eye to providing a safe and effective workout. Applying the Five Basic Principles of STOTT PILATES® for pregnancy, exercise adaptations for those in the second trimester will be explored utilizing the foam

triangle's increasing height.

SPINNING®: Afterburner Intervals (wo)

Scott Schlesinger

Ride the Interval Energy Zone with more energy than you ever thought possible. In this unique ride, the sound of jet engine afterburners in the music signal and motivate accelerations in work efforts. Experience an interval ride like never before and learn to re-create it for your own classes.

Defy Gravity: Dim Sum (ws)

Lawrence Biscontini

"Dim Sum" is a Chinese word for "little morsels of heaven" in food. Our "dim sum" workshop will explore stability and mobility for all populations, concentrating on progressions (increasing difficulty) and regressions (decreasing). We will explore the factors that affect buoyancy and intensity via a bit of choreography, core training with balance, and agility training. We will use a shallow-water pool to create a mostly deep-water experience!

Kick Box Round II (ws)

Thomas Trebotich

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.

FRIDAY 4-5:30PM

BOSU® Block Party (ws)

Shannon Fable, Rob Glick, Stacey Lei Krauss, & Mindy Mylrea

Learn to develop high-energy athletic workouts using the BOSU® Balance Trainer, med balls and stability balls. Whether you own one or all three pieces of equipment, take home exercise progressions to help improve power torso training, dynamic flexibility, core strength, shoulder stability, proprioceptive skills and hand-eye coordination 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.

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

Step Sensation (ws)

Jessica Exposito

Learn and discover new ideas and possibilities on the step. This asymmetrical and symmetrical step class is full of dance movements, cross phrases and space changes. Discover this dynamic class created with easy to follow methodology and incredible energy and charisma.

Level I, II Focus I, II

Yoga for Athletes (ws)

Connie Borho

Bring the experience of Yoga to the level that athletes can relate to. Athletes want to move, they want power. Also needed is focus, endurance, and strength within their flexibility. Astanga Yoga brings all this and more to the practice. Even iron will bend if you heat it up!

Stretch Science (ws)

Thomas Trebotich

The Power of Stretching system is a multi-joint program designed to improve muscle function by increasing range of motion. This is accomplished by using the Promise rope as a training partner for improving flexibility through the scientifically proven concept of active-assisted stretching. Simply stated, this type of stretching is a series of specific movements that use your muscles to actively bring your body into a series of specific stretch positions.

The Triadball Excel! 2008 (ws)

Michael Fritzke & Ton Voogt

The revolutionary TRIADBALL™ will challenge you to the core! Created specifically for Pilates, the TRIADBALL™ allows you to experience the benefits of expensive pilates studio equipment at a fraction of the cost. The dynamic nature of the TRIADBALL™ will add support or intensify your regular mat exercises and can be customized to support your comfort level and ability. This exciting workout fuses the structure of the traditional mat exercises with the Pilates equipment exercises in a seamless and flowing fashion.

SPINNING® In The Mix Part 1 (ws)

Josh Taylor & Scott Schlesinger

A Spinning instructor is a DJ in one form or another. The music is the road, the

foundation, the emotion, and the temptation. Learning to construct a ride that will put them into the journey is a special craft. From the warming it up and setting the mood, to turning the heat up to the point of no return and giving them the full fury of a musical road. Great Spinning instructors must learn to play the crowd and let the music tell the road. In this workshop you will learn some of the secrets that DJ's use in the big dance clubs to do just that: Give them a journey (Part 1). You will then be treated to a full on live DJ Ride (Part 2)! Come get lost in the "MIX" and leave ready to start a journey of becoming a Spinning DJ.

Aqua Ball (ws)

Melissa Layne

Utilizing inexpensive inflatable balls and 32-count choreography, your class will love the variety and innovative moves in this workout. Experience moves on all three levels of rebounding, neutral and suspended while incorporating the ball. This class is designed for everyone but key for athletes, kids and seniors because of the hand-eye coordination required.

CHEK INSTITUTE: Scientific Rotational Training (L)

Mark Stone

Since no human movement is truly linear, rotational training is essential for successful sports performance, rehabilitation and general conditioning. However, this important exercise component is poorly understood and applied by many professionals. This lecture explains why rotational training is so vital for optimal functioning. You will understand how to assess and improve rotational stabilization through the different segments of the body, how to improve rotational strength and force generation for throwing, plus exercises progressing from isolation to integration.

Natural Nutrition – Preventing and Treating Allergies and Diseases (L)

Teri Gentes

80% of our health challenges are related to diet and lifestyle and the US Surgeon General predicts that 67% of the people we know will die of dietary related diseases. An excess consumption of over-processed foods, allergies such as wheat/peanuts/dairy/eggs/soy and shellfish and depleted immune systems are resulting in a barrage of health issues. Nutrition education is imperative. Learn how to: filter through the confusion, make better choices, enhance your immune system; avoid allergies and dietary related diseases; deter aging and increase vitality. Certified

Nutritionist, Teri shares holistic healing information and fabulous food ideas to inspire and empower.

FRIDAY 6-7:30PM

All About Legs (ws)

Mindy Mylrea

What do you get when you combine the power of the medicine ball, the balance challenge of the stability ball, and the engaging strength benefits of the gliding discs? You get three stand-alone bun and leg blasting routines introducing super strength combos that will challenge even your most diehard front rowers.

Zumba! Ditch the Workout – Join the Party! (wo)

Beto perez and the Zumba Team

Zumba's Cardio Party kicks it up a notch! While incorporating all of the basic rhythms used in A Taste of Zumba, additional rhythms are introduced and more extensive choreography is added. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Sponsored by ZUMBA.

Level I, II, III focus I, II

Body Groove 101 Exploring the Groove (ws)

Misty Tripoli

A Body Groove® experience. Take an adventure into you! Close your eyes, get lost in the music and let your Body Groove®. Learn tools and exercises that will reveal to you the creative genius that is YOU! Everyone has a unique groove. Misty helps you find it!

Level I, II, III Focus III

Yoga & Meditation for Stress Relief (ws)

Wendy O'Lenic

Meditation for stress relief produces spiritual elucidation (an interpretation that removes obstacles to understanding) emotional inspiration, and sound physical countenance. Its aim is self-realization. It is utilized medicinally as a cherished and revered practice. This Meditation session will promise to inspire the soul and tranquilize the body. Your experience also includes a surrendering release where you are relishing deeper and deeper physical and mental 'openings' for a better understanding of our Mind and Body. You will learn how

to relax and relieve stress using simple yoga postures, mental focus, breathing techniques and the powers of the Nadas/Chakra's.

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.

SPINNING® In The Mix Part 2 (ws)

Josh Taylor & Scott Schlesinger

A Spinning instructor is a DJ in one form or another. The music is the road, the foundation, the emotion, and the temptation. Learning to construct a ride that will put them into the journey is a special craft. From the warming it up and setting the mood, to turning the heat up to the point of no return and giving them the full fury of a musical road. Great Spinning instructors must learn to play the crowd and let the music tell the road. In this workshop you will learn some of the secrets that DJ's use in the big dance clubs to do just that: Give them a journey (Part 1). You will then be treated to a full on live DJ Ride (Part 2)! Come get lost in the "MIX" and leave ready to start a journey of becoming a Spinning DJ.

FRIDAY 6-8PM

Eating for Everyday Living (L)

Teri Gentes

Finally, a practical and essential extended session all about food and how to do it better. Exploding in a plethora of 'easy-to-implement' ideas you can share with your clients, this workshop will wow you with ways to master the fine art of feeding yourself for life, laughter, vitality and longevity. Teri Gentes holistic-naturopathic well-being; educator, gourmet nutritionist and chef, demonstrates how to make great breakfast, lunch, dinner, dessert and snack foods. Learn, see and taste for yourself how easy and tasty healthful eating is with such recipe demos as smoothies, pizzas, quesadillas and wraps, great grain salads, vinaigrettes, vegetarian dinners, desserts and snacks. Learn essential nutritional facts and how to make fabulous healthful foods with recipes to share with your clients.

SATURDAY 7:30-9AM

Body Bar Industrial Strength (ws)

Sherry Catlin & Clay Grant

Take your strength workout to the next level using the Body Bar to increase

challenge, intensity and skill. Classic strength training moves progress into dynamic innovative sequences that increase the heart rate with continuous total body integrated movements that develop greater speed, power, endurance and control. Be ready to train hard in a highly effective and time efficient way. For those who are looking for an extra challenge, useable strength and want to see great changes in their bodies, this workout is outstanding!

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 Focus I, II, III

Step Athletica (ws)

Paul Katami

This super adrenaline rush combines the elements of step choreography, plyometric choreography, and cardio kickboxing. Move seamlessly from blocks of choreography that fuse high-energy movements and martial arts into blocks of plyo training for an intense cardio experience.

Level II, III, Focus I, II

Music Yoga Flow (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.

Peak Pilates®: MVe™ Reformer Energize Workout (ws)

Sonia Rodriguez

Get your energy in motion with the MVe™ Reformer Energize workout. This is the workout for everybody. From the moment the music begins and you start moving on the reformer you can experience the synergy of your body working from its core. Let the springs provide the resistance

and focus on centering your body and mind as you experience a totally new workout.

Bender Ball Core Training (ws)

Leslee Bender

This is a hot program for all types of trainers utilizing the Bender Ball. Learn how to activate the deep core muscles that will lead to selected stabilization. You will learn great new core exercises that can be used either in personal training or group exercise classes.

SPINNING®: Silence (wo)

Josh Taylor

Ride in a state of silence. Pure riding and nothing added to the training. This ride will blow your mind. Can you do it? Come see what this is all about! Something totally different!

Wet Weekend Warriors (ws)

Katharine McLarty

No matter what your sport, train like an Olympian for peak performance! Whether an elite athlete or beginner, this program creates immediate, dramatic improvements in health and fitness in a high intensity, low impact environment. Be stronger, go faster and jump higher!

LEKI Nordic Walk Now! (ws)

Suzanne Nottingham

Combine the outdoors with LEKI Nordic walking poles and you've got the ideal fitness activity! This session is for fitness professionals who enjoy leading fitness walks, and who desire to provide a cutting-edge option to clients who want to lose weight, build endurance, and move healthier, in general. Poles add resistance and activate six pairs of joints compared to just three with regular walking. Learn how hard to go and how easy it is to become addicted to this very healthful fitness activity. Nordic walking is your pure cardio activity. Workouts can be created for any fitness level. Be ready to change your walking workouts forever!

Childhood Obesity (L)

Ginger Schirmer

Childhood obesity is a growing epidemic in America today. Abdominal obesity has increased more than 65% among boys and almost 70% among girls. Abdominal obesity is a strong predictor of risk for cardiovascular disease and type 2 diabetes. Learn innovative strategies for combating childhood obesity based on the most current scientific updates available today.

Your Bliss:

How to Find It and Follow It (L)

Benjamin Black

It is never too late to figure out what you love to do, however that might look, and to create a life built on pursuing your dreams. “Your Bliss: How to Find It and Follow It” is an in-depth workshop designed to help you find (or remember) what your bliss is and get busy living it. We will go through a series of questions to help you find what your “path” or “bliss” really is, and another set of things to do to help you find it and start living it.

SATURDAY 9:30-11AM

More ABC! (ws)

Patrick Goudeau

Amazing Ball Choreography...the cardio ball workout named the “Most Innovative Workout” of 2005 by Health magazine. And if you're not on the ball yet, what are you waiting for? Getting in shape should be FUN and this routine makes it easy. Get ready to bounce and you too will have a ball with this dynamic cardio workout!

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

1, 2 Step (ws)

Petra Kolber

This session will demonstrate that all step choreography can be constructed from one of two base moves. Every segment of the choreography will have three levels for you to choose from so you can pick the variation that your students will enjoy. Use a little or use it all. Build it up or break it down. It is as simple as 1, 2, 3 Step. Level I, II, III Focus I, II

Body of Knowledge (ws)

Renee Diamond

What kind of woman are you? Engage in a dynamic exploration of powerful fluid movement in this body- sculpting format. Embrace the Zen of grit and glamour and learn what truly brings results and happiness.



flourish

MVe™ Fitness Chair Flex and Flow Workout (ws)

Stacey Lei Krauss

Feel successful learning several creative MVe™ Fitness 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.

STOTT PILATES® Golf Conditioning on the Reformer (ws)

Matthew Comer

Help raise your client's golf game to a new level with targeted STOTT PILATES® exercises designed specifically on the reformer. With a better understanding of the conditioning requirements of golfers, these moves will help improve balance and flexibility and condition the entire body. This workshop will discuss the unique benefits of working with Reformer exercises to enhance core stability and body awareness creating a lasting performance boost for any level athlete.

SPINNING®: Energy Zone Sampler (wo)

Scott Schlesinger

Travel through the Spinning Energy Zones in this unique ride that will seamlessly take you through all five Zones while distinguishing one from the other. This is a great session for new as well as experienced instructors who need a refresher or a fresh look at the Spinning Energy Zones.

Aqua Cycle (ws)

Lawrence Biscontini

Want to simulate an interval cycling experience in the pool? "Use your noodle" in this master class and create a cycling class in the hydro environment that will not only move your "cycle" around the pool, but also will incorporate upper-body muscles simultaneously, doing 'jumps,' 'hills,' 'climbs,' 'races,' and 'flats.' For programming ideas to create an aquatic cycle class based on both singles and pairs, this workshop is for you!

Kick Box Round II (ws)

Thomas Trebotich

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.

SATURDAY 9:30-11:30AM

CHEK INSTITUTE: Understanding Posture and Postural Assessments (L)

Dan Hellman

Why is posture such an important issue? How does it affect our clients both in and out of the gym? What can we, as exercise professionals, do to improve our client's posture? Dan will explore the intricacies of posture and assessment by answering these questions and more.

Training the Endurance Athlete (L)

Mike Boyle

Endurance athletes are a huge market in personal training. Runners, tri-athletes, and rowers all love to train. Discover how to talk to an endurance athlete about training and, how to sell them on the process of training. Learn how to design a program that makes sense for the busy endurance athlete.

SATURDAY 11:30-12:30PM

coMMotion! (ws)

Marcelo Ehrhardt

A Marcelo Ehrhardt creation, this class uses circuit training in the round. Partner up and hit calorie burning stations that use BOSU units, step platforms and medicine balls.

Tribal Funk (wo)

Misty Tripoli

A Body Groove® experience. Take it way back! Not long ago our ancestors were dancing with wild abandon to the driving beat of drums. It's our turn now! Invigorate your soul with movement that infuses tribal dance with funky urban grooves. Dance moves that stretch boundaries and infuse cultures. Join Misty on this tribal funky hip-hop journey that will invigorate your body and push you to your funky limits. Be prepared to get busy!

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

Urban Step Groove (ws)

Geoff Bagshaw

Cross-phrasing, rhythm, syncopation...all the latest trends happening in the hottest step classes. If it's going down in the city, you'll find it here!

Level 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 ' _te'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 “cha” (breath) in order to tell the story and the essence of a song.
Level I, II, III Focus I, II, III

MVe™ Fitness Chair Latin Dance Fusion Workout (ws)

Sonia Rodriguez

Get your body moving with this heart pumping workout that fuses traditional Pilates exercises on the MVe™ Fitness Chair, with sizzling Latin dance moves. This unique workout will have you dancing up a sweat while challenging your core in ways you never thought possible.

Core Energy Flow (ws)

Fred DeVito & Elisabeth Halfpapp

This proprietary Exhale class has been created in response to demand for an efficient, energetic, flowing core experience fueled by music to build heat, tone and strengthen the core, increase flexibility, and produce a state of inner calm and relaxation. Designed specifically for students who want BOTH a physically challenging core workout AND a continually flowing movement experience that builds heat and moves energy, Core Energy Flow is not yoga or Core Fusion®, it is truly its own mind body genre.

SPINNING®: “Chilled Out” (ws)

Josh Taylor

Take a "chilled" Spinning journey into a place where the mind slows down and each muscle can release one by one resulting in a feeling of balance and euphoria. Let the soft intensity give you balance and rejuvenation. This is a ride to help heal and recover from all the stress and intensity of training and life. Come float in a hypnotic movement that only the Spinning program can give.

Aqua Latin Fiesta (ws)

Manuel Velazquez

Experience an Aqua efficient cardiovascular Latin-dance oriented workout using the water to build up endurance and muscular strength. Travel to almost every Central, and South American country including the Caribbean and learn how the similarities are more than differences combining some spicy Latin land oriented sequences in the water. Add your own flavor and let's party!!!

Jump Rope Technique (ws)

Thomas Trebotich

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.

SATURDAY 1:30-3PM

Medicine Ball Madness (ws)

Mindy Mylrea

This is truly med ball as you have never experienced it before. Mindy starts you off with a strength and flow warm-up that truly is core and more. You will quickly go cardio crazy with med ball in motion combined with cutting edge cardio combos that are super fun and super challenging. Intensity intervals are next; focusing on both cardio and strength. An amazing creative floor workout completes this package using the ball to engage and activate even the tiniest of muscles. This is a workout not to be missed.

Jazz Meets House (ws)

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

Breaking Down Rhythm Changes (ws)

Rob Glick

One of the hottest trends in step is to add rhythm variations. In this workshop, we will focus on just how simple and fun adding rhythm can be to open the door to even more wonderful choreography.
Level I, II, III Focus I, II

Embodying Flow in the Ashtanga Practice (ws)

Brandi Woodard

Vinyasa means “the art of continuous flow” and to embody flow requires psychic investments of skill, knowledge, and emotions. Practiced this way, Ashtanga yoga becomes a life skill that teaches us the value of developing personal strength while remaining calm, flexible, and fully present in the moment.

Specialize Your Exercise (ws)

Myrna Brady & Heather Anderson

Find out how you can increase your class attendance and client base by marketing your skills to special populations. We will discuss these groups in detail and identify the resources one can explore to become certified/educated on how to train these groups. You will participate in an interactive workshop that will address training these groups. Finally, you will be able to help your managers bottom line as well as your own with the new program ideas you will leave this workshop with.

STOTT PILATES® Athletic Conditioning on the Edge (ws)

Jennifer Dahl

Many athletes, whether professional or amateur, are recognizing the benefits alternative training methods like pilates can provide. Utilizing the Pilates Edge and hand-held toning balls, this high-energy resistance workout strengthens the legs, arms and torso and improves balance and coordination, using powerful tools that add a new dimension to your programming. Always initiating from the core, you'll learn how this complete body workout retrains muscles that may have become unbalanced and be able to take your clients to a new level of strength and agility.

Aquatic Shakti: The Experience (ws)

Lawrence Biscontini

SHAKTI is the Sanskrit word for the energy released throughout the body when one practices particular hatha yogic asanas. This is an aquatic, non-purist mind-body approach at its best: fuse fitness applications of standing and suspended yoga vinyasas, Tai Chi, Feldenkrais, Gyrotonics® and pilates with non-traditional mind-body music. This workshop will allow you to experience different styles of choreographed flow so you can learn to both cue and choreograph your own version of "SHAKTI," creating not a "work-out" but a "work-in." This is appropriate for warm to very-warm water environment.

Six Weeks to Love Running (ws)

Julie Sieben

Take your clients from a “no-K” to a 5-K. Learn the essential ingredients to teach your clients how to run and love it. Breathing, pacing, stride, footwear, injury prevention and progression are all covered. This course is designed for fitness professionals to implement with their students or clients.

Nutrient Timing: The Future of Peak Performance (L)

Len Kravitz

Join Len for this groundbreaking lecture that explains the revolutionary approach to enhance performance, promote recovery and improve muscle integrity through Nutrient Timing. This technologically advanced presentation will explain what nutrient timing is, the energy phase, the anabolic phase, the growth phase, the metabolic physiology, and how to apply this totally new concept in training for endurance exercise and resistance training. For personal trainers and fitness professionals seeking to add a new dimension to their training, this lecture is a must attend.

Power Development for the Adult Golfer (L)

Mike Boyle

Do you train golfers? Golfers will do anything to get better. Looking for a program that can safely develop power for golf? Look no further. Learn how to develop hip and core power that will increase distance and maintain health. See warm-up, mobility, power and strength in an easy to understand and easy to use format. Perfect for the golfer or the golf-conditioning specialist. Mike Boyle takes a complex topic and makes it simple. If you are serious about golf fitness, look no further.

SATURDAY 3:30-5PM

BOSU® Cardio Express (ws)

Shannon Fable

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.

Core Control: One Side at a Time (ws)

Abbie Appel

Balance is built from the inside out; so learn how to train the core for improved overall balance. This session will show you some traditional and untraditional training using your own bodyweight and tubing. What makes this workshop unique? Each move will be progressed onto one leg for increased strength training, improved balance and impressive core conditioning

Pilates Precision Meets Power Yoga Flow (ws)

Connie Borho

Combine the mind/body/spirit disciplines of yoga and pilates and get the benefits of two workouts in one! Stretch from strength, and flowing movement out of static, isometric postures; link the philosophies of movement of two disciplines to create a focused, challenging, mindful workout that will be sure to leave your students strong, centered and stretched to their limit.

Pilates WET Level 1 (ws)

Katharine McLarty

If you love pilates on land, you've got to try Pilates WET in the pool. Use the multi-dimensional properties of the water to improve strength and balance, while increasing core strength. Discover how the water can replicate the movements of pilates in a vertical plane.

The Female Training Advantages 2008 (L)

Len Kravitz

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. Resistance and aerobic training program designs, specifically for women, are presented. This lecture is a 'must attend' for any fitness professional who trains female clients and for those female fitness enthusiasts who strive to attain the most optimal physiological benefits from their training.

Women, Weights and Results! (L)

Scott Josephson

Outstanding results can be obtained by understanding the body composition and physiology of females. Additionally, various hormone changes occur in-conjunction with a solid weight-training program. Learn and explore the practical link between the physiological and functional needs to create a superb training program for females.

SATURDAY 4-6pm

Beach Olympics! (ws)

Gary Scott & Gerard Calvo

Join us for a fun and challenging workout on the beach! Learn how to incorporate programming outside the walls of your facility. Learn from the best in the business! ECA's own event operations team will teach you planning, staging, operations and executing a special event. Then participate in our own "Beach Olympics"! You will be assigned a team on site and then it is competition time! Learn how to implement and actually PLAY a variety of games that challenge the individual physically and competitively! PRIZES for the winners!

SATURDAY 5:30-7PM

BOSU® Mind/Body Training (ws)

Stacey Lei Krauss

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® Ballast® Ball and BOSU® Balance Trainer. Whether you teach full-length mind/body classes or are simply looking for innovative stretch, core, and dynamic strengthening moves, you will get more ideas than you can carry home. 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.

CHEK INSTITUTE:

Scientific Shoulder Training (ws)

Dan Hellman

Take a trip through the interactive anatomy of the shoulder using the CHEK approach and discover how you can develop preventative, performance and corrective exercise programs better than ever before. As with any part of the body, the shoulder must be considered in conjunction with the rest of the musculo-skeletal structure, plus the organ and hormonal systems. Building upon the foundation of functional anatomy, Dan shows how to assess, not guess before selecting exercises and designing programs that are based on the requirements of your client, not the latest fads.

Partner Yoga (ws)

Wendy O'Lenic

Partnering with someone during your yoga practice will introduce you to so many new ways to expand your mind and body. Doubles yoga is about making contact for Physical, Emotional and Spiritual Growth. Learn the benefits of partner work. All things are interdependent. Touch and

intimacy are basic human needs. Explore the endless possibilities of partnering to enhance the stretch. Fear and pain are two of life's greatest teachers. Develop "trust" with your partner to increase your body's limits. Partnership is based on trust and communication. Breath is life. Fun, laughter and play are life's fountains of youth. Exercise and rest are essential for vibrant health.

CHEK INSTITUTE: The Essence of Periodization: How to Manage Stress Recovery Cycles (L)

Mark Stone

The 21st century presents us with many and varied opportunities for stress management or mismanagement! In this lecture you will learn how your body uses both the autonomic nervous system (ANS) and hormonal system to regulate the effects of physiological stress, and about the intimate links between the ANS, hormonal system, diet, exercise and catabolic/anabolic cycles. You will see how any ANS imbalance produces hormonal and physiological compensations, which in turn affect how you manage your clients, exercise programming and periodization. Learn how to select exercises and design programs that improve ANS function for overall health and well-being, which are prerequisites to long-term sports performance!

Transformational Posture Through Corrective Exercises (L)

Leslee Bender

Understand the purpose of a movement and not just performing one. Each exercise can either be beneficial or detrimental if you are trying to enhance individual postural deviations for better performance. You will learn specific restorative exercises that will lead to neutral alignment of the body that increases neurological functioning. Today's society lives in flexion and back pain is an increasing dilemma. We as trainers have the ability to change our clients posture so no matter what they do they will have better performance. Walk away with amazing simplistic exercises and evaluation techniques that you will be able to utilize immediately.

SUNDAY 8-9:15AM

Body Bar Seriously Strong! (ws)

Sherry Catlin

Dynamic total body integrated strength training at its best! Expand your workout options with new moves, creative sequences and challenging drills that cover all the bases. Strength, endurance, balance, control

and agility...with some surprising twists that will make you say, "I never thought of it that way!" Get a body that's strong, defined and knows how to move with the power and grace of an athlete or dancer. Just grab a bar, get ready to work and we'll not only raise the bar, but the roof as well!

willPower & grace™ (ws)

Stacey Lei Krauss

WillPower is the ability to create change using the power of your mind. Grace is how you land on your feet. willPower & grace™ is the high-energy cardio class that you've been searching for! This workout is a calorie burning, rhythmic mosaic of postures, drills and principles. Leave your shoes at home... this class integrates barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees and hips. In time you will stand taller, walk with greater confidence and move with integrity.

Step Made Simple (ws)

Rob Glick

Do you take the time to create or learn new choreography ideas for your step class only to get frustrated as you spend hours trying to figure out how to actually break them down and teach them? If so, this workshop is for you! You will learn easy methods to be able to teach flawless step classes with fluid, straightforward breakdowns. It's step made simple!

Level I, II Focus I, II

Blackberry Yoga: Ancient Truth Applied to You. Here. Now. (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 schedule, 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.

Peak Pilates®: Circle of Power (ws)

Sonia Rodriguez

Guaranteed to make you sweat! This Power Circle class will move you at a nice pace using the Peak Pilates Power Circle. The focus will be on the rhythm and dynamics of each exercise with special attention to breathing. Additionally, the benefits of incorporating these exercises into your

group classes and personal training will be reviewed. Come prepared for a workout that engages all aspects of your mind while developing body control and precision placement.

Mobility & Stability Dim Sum (ws)

Lawrence Biscontini

“Dim Sum” is Chinese for “little morsels of heaven,” usually regarding food. Get some dim sum ideas for group X and personal training applications that enhance the two fundamental concepts of fitness; mobility and stability-using no equipment and also small apparatus like VersaSteps™ and Myo-Release™ balls. You will expand your exercise toolbox with a plethora of new moves to help people train to be champions of living.

Aqua Core Training (ws)

Manuel Velazquez

Resistance training using core stabilization never was more refreshing! The water is the perfect medium to explore and improve dynamic balance, strength, agility and coordination. We'll take advantage of water properties in this workout using buoyancy and drag without equipment. Learn how to use training intensity, alignment, muscle involvement and muscle integration in this efficient total body workout.

Six Weeks to Love Running (ws)

Julie Sieben

Take your clients from a “no-K” to a 5-K. Learn the essential ingredients to teach your clients how to run and love it. Breathing, pacing, stride, footwear, injury prevention and progression are all covered. This course is designed for fitness professionals to implement with their students or clients.

SUNDAY 8-9:30AM

Nutrition and Exercise for the Aging Population (L)

Ginger Schirmer

Aging is associated with a change in metabolism, nutritional requirements and changes in muscle metabolism. This workshop outlines the latest nutritional concerns for the elderly with current research recommendations for maintaining optimal health. Additionally, learn core training exercises to improve muscle balance, gait, standing balance, proprioception and body biomechanics, all of which are important to maintain as we get older.

CHEK INSTITUTE:

Critical Program Design Strategies (L)

Mark Stone

This holistic dissection of program design will share skills that you are unlikely to learn anywhere else! For example, traditional periodization is broken down to microcycles and mesocycles, but many athletes and exercisers fail to reach their goals because they have yet not mastered circadian cycles! This lecture will provide you with new ways to view and manipulate program variables and show you how to recognize common roadblocks to success in any client. If you are looking for a program design edge or have been in the business for a number of years and are tired of hearing about 8-12 reps with a one-minute rest, this class is for you!

SUNDAY 9:30-11AM

Body Bar: Grace Under Pressure (ws)

Clay Grant

Come and experience this new fusion based mind body strength class that incorporates the Body Bar Flex. We have fused pilates, yoga and different genres of dance. This dynamic combination will allow your body to move with grace and purpose while enhancing and strengthening your core stability.

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

Not Your Momma's Step (ws)

Patrick Goudeau

Step outside the box and stimulate your body and your mind with this incredibly fun and challenging workout. The choreography is EXCITING, it moves and it's definitely going to make you sweat! Whether you master all the layers or choose to stay with the base moves, this routine is one BIG dance party on the step! Patrick's step is refreshing and innovative...definitely NOT YOUR MOMMA'S STEP...that's for sure!
Level II, III Focus II, III

Mistikal Yoga (ws)

Misty Tripoli

A Body Groove® experience. Be transported into the rich world of vinyasa style yoga and heart expanding dance movements. Learn how to navigate compassionately through your body to find and diffuse tension and stress, tap into your inner

rhythm, let go, open up and decompress. Find YOUR way to yoga, connecting mind body and spirit with gorgeous choreography and Misty's positive, signature message interlaced throughout. Leave with an open heart and a rejuvenated spirit.

Peak Pilates®:

Reformer on the Mat (ws)

Sonia Rodriguez

Spice up your mat class by introducing reformer exercises adapted to the mat. Using your own body weight is a double challenge while introducing the exercises with a dyna-band will add assistance. You will learn how to work both with and without the dyna-band for a workout your students will rave about.

STOTT PILATES® Intense Sculpting Challenge (ws)

Flex-Band® Level 4

Jennifer Dahl

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® exerciser and increase exercise intensity in the areas of neuromuscular coordination, balance, strength and flexibility. Cues and corrections for safety and effectiveness are also covered.

SPINNING®: The DJ Ride (wo)

Scott Schlesinger & Josh Taylor

Come experience a live DJ ride and let the music and energy of the room be your dream road. The DJ will be your guide. Feel how rhythm and bass can change your intensity, emotions and connection. "You will be lost in the mix." Spinning is a feeling, right? So come dance on the bike with Joshua Taylor and get a taste of how Josh found Spinning in the dance clubs. Great Spinning Instructors must learn to play the crowd and let the music tell the road. Experience a new and exciting dimension of the Spinning program.

H2O Training from the (Pool) Bottom Up (ws)

Katharine McLarty

Review the properties of water, basic movements and class design for shallow water. By building on the basics and layering from the pool bottom up, your participants will have the freedom to choose their own workout. Set-up of Cardio, Muscle and Flex sets will be reviewed, along with modifications.

LEKI Injury Prevention for Nordic Walkers (ws)

Suzanne Nottingham

In this workshop, you'll dive into the world of Nordic walking skills and movements to identify the safest and most effective techniques to keep students and clients safe and injury-free. In this self-awareness workshop, you will develop an internal understanding of what's required to Nordic efficiently. You will leave with a personal understanding about which techniques are appropriate for your clientele. Experience the relationship between the equipment, the ground surface and your body as they coordinate together to create the ultimate workout experience.

SUNDAY 10-11:30AM

Strategies to Enhance Fat Metabolism (L)

Len Kravitz

Finally, one of the most comprehensive lectures explaining 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, the effect of exercise on fat oxidation, the effect of glycemic index on fat metabolism, effective exercises intensities for fat loss, and strategies to enhance fat metabolism with exercise. A must attend lecture for the fitness professional and personal trainer who truly wishes to UNDERSTAND fat metabolism but did not have courses in biochemistry in college.

Running the Show: Onstage and Backstage (L)

Lawrence Biscontini

Based on Lawrence's brand-new book on service, you will learn refreshed techniques for customer service in the club, personal training, and group exercise environment. Learn from Lawrence in his role of Spa Consultant what the leaders in customer service do around the globe that is readily applicable to whatever is your fitness orientation. This lecture will help you not only gain and train, but also MAINTAIN those key members at your facility.

SUNDAY 11:30-12:30PM

Safe 'n Sexy – Be Strong-Be Fearless-Be Beautiful (ws)

Lisa Gaylord

This is a new approach to Urban Self-Defense Training. Designed by 7th Degree Black Belt Master and International fitness presenter, Lisa Gaylord. All the skills and attitude to be street smart and street safe without countless hours in a karate school!

Move and Groove (ws)

Petra Kolber

Forget about memorizing combinations and remember how it feels to just let go and groove to the music. This workshop focuses on connecting fun moves to fantastic music. The ease of learning increases the member's success level and exercise experience. Low impact and dance based "easy to do" blocks are built and then thrown away. Forget "From the Top" and let's just move.

Level I, II Focus I, II

Fit for Kids 2008 (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. A great workshop for personal trainers, group fitness instructors and parents.

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!

Functional Mat Training for Today's Society and Student 2008 (ws)

Leslee Bender

Most of traditional mat exercises are of flexion. Muscular balance is the key to success and function. How effective are roll-up, roll-overs and more, especially when most students are either kyphotic or lordotic and cannot perform these exercises correctly without over utilizing the psoas which causes more muscular imbalances that lead to low back pain. Learn alternative exercises with the mini ball and gliding that will change the way they move forever.

SPINNING®: Formula One (wo)

Josh Taylor

Ladies and gentlemen, "Start your engines!" A Race Day ride with all the sounds and excitement of the F1 car-racing world! Speed, power, and pushing the limits are what Formula One racing is all about. Come and race a world-class course and go for the big victory! A new twist on the Race Day Energy Zone that is all about big performance. See you on the track!

Hydrofabulous (ws)

Marietta Mehanni

Imagine if your class was workout and a cabaret! a song and dance show that the participants in your class starred in. This class is all about attitude, in the way you teach and the music you select. Marietta will take you on exploration of shallow workouts that are both fun and achievable. Take the opportunity to lead your class on a musical journey that will leave them refreshed, uplifted and smiling.

SUNDAY 1-2:30PM

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.

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 Focus I, II, III

Core Fusion (ws)

Fred DeVito & Elisabeth Halfpapp

Core Fusion is an intensive and transformational mind body experience that allows you to work from the inside out and to consistently improve body tone and energy. Named by New York Magazine as one of the city's best fitness classes, Core Fusion™ fuses the disciplines of core conditioning, Pilates, yoga and orthopedic stretching to produce long, lean muscles, a flexible, youthful body and a sense of peace and relaxation. This workshop includes body shaping, sports conditioning and injury prevention in a highly charged environment with motivating music.

Chakra Intensive Yoga Sequence (ws)

Christina Leon

Plan to hold poses for long periods of time while you open chakras for vitality, energy and release of past issues. This is a complete experience of the mind and body union.

STOTT PILATES® Intensifying Essential Matwork (ws)

Matthew Comer

This interactive workshop teaches participants how to challenge clients with maximum safety and effectiveness by taking STOTT PILATES' Essential Matwork to a higher level of intensity. Participants will learn how to add variety and increase the pace of the workout to improve muscular endurance and core stability, without sacrificing control and quality. Cues and corrections for safety and effectiveness are also covered.

SPINNING®: Fire N Ice (wo)

Scott Schlesinger & Josh Taylor

Take an expedition into a ride fueled by fire (work efforts) and refreshed by ice (recovery efforts). This interval ride is guaranteed to stretch your limits.

Hydro-Zen (ws)

Manuel Velazquez

This is a non-traditional, calorie burning, mind/body aqua class for warmer water. You'll learn techniques to build a unique, challenging, fun fusion aqua class combining strength, flexibility, and exercise progressions, perfect for all fitness levels and facilities.

SUNDAY 1-3PM

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!

Functional Anatomy & Biomechanics (L)

Katharine McLarty

Get ready to flex your muscles! Effective program design starts with a solid foundation of all muscles and their appropriate joint action. You won't forget your muscles or joint actions after this session. This workshop will change how you program your clients.



progress

11:30–12:30pm	Winning Strategies in Personal Training Juan Carlos Santana	The 3 S's: Secrets for Successful Staffing Shannon Fable		
12:00–1:15pm	TheBig Game! Lacey Stone	Alpha Female Training Lisa Gaylord	Vital Step Jessica Exposito	50/50 Pilates Class Bianca Diaz
1:00–3:00pm	50 Sure Fire Tips to Grow Your Business Nicki Anderson	Creating the Buzz for You & Your Team Michelle Mascar		
1:30–3:00pm	Training the Four Pillars of Human Movement Juan Carlos Santana	Ready to Move Rob Glick	Kick Your Boot-ie Camp Abbie Appel	Chakra Power Yoga Flow Connie Borho
3:30–4:30pm	BOSU® Ballast® Ball Core Challenge Shannon Fable	Last Minute Dance Shaun Thompson	iStep Geoff Bagshaw	Pilates, Planks, Push Ups and More Bianca Diaz
3:30–5:00pm	Can You Feel What I See? Robert Sherman	The What, Who, How & When of a Website Juan Carlos Santana		
5:00–6:30pm	BOSU® Complete Body Sculpt Rob Glick	Zumba! Back to the Future Beto Perez & Zumba Team	BodyART Strength Robert Steinbacher	Colorgized Yoga Christina Leon

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eLements Marcelo Ehrhardt	Yoga & Sound Meditation Dalien	SPINNING® Jump-In 2 Da Drum Scott Schlesinge
STOTT PILATES® Programming on the V2 Max Plus™ Matthew Comer	SPINNING® Technical Training Josh Taylor	
The Standing Pilates Exercises Michael Fritzke & Ton Voogt	SPINNING® Rise of the Phoenix Scott Schlesinger	
STOTT PILATES® Golf Cond. on the V2 Max Plus™ Jennifer Dahl	SPINNING® 212: The Extra Degree Josh Taylor	

7:00–9:00am	Diabetesy Ginger Schirmer	Creating Demand for Your PT Services Nicki Anderson		
7:30–9:00am	Body Bar Behind Bars Clay Grant	Aerovital Dance Jessica Exposito	S.T.E.P Abbie Appel	Ageless Yoga Robert Sherman
9:30–11:00am	Body Bar Even More XXX Hard Core Sherry Catlin	Boot Camp Boogie Petra Kolber	Cardio Crazy Mindy Mylrea	Yoga for Injury Prevention Wendy O’Lenic
9:30–11:30am	Dance of the Mind & Body: Going Deeper Dalien	A Joint-by-Joint Approach to Warm-Up & Training Mike Boyle		
11:30–12:30pm	Power Ball Paul Katami	Party Express Shaun Thompson	Breakin’ Step Robert Steinbacher	The “Bannister” Method Gail Bannister-Munn
1:30–3:30pm	No Bones About It Scott Josephson	Law of Attracting the Inactive Population Nicki Anderson		
2:00–3:30pm	BOSU® Skills & Drills Rob Glick	Clay’s Groove House Clay Grant	Hard Work Conditioning Patrick Goudeau	Yodates® Brandi Woodard
4:00–5:30pm	BOSU® Block Party Fable, Glick, Krauss, Mylrea	Step Sensation Jessica Exposito	Yoga for Athletes Connie Borho	Stretch Science Thomas Trebotich
6:00–7:30pm	All About Legs Mindy Mylrea	Zumba! Ditch the Workout Join the Party Beto Perez & Zumba Team	Body Groove 101 Misty Tripoli	Yoga & Meditation for Stress Relief Wendy O’Lenic
6:00–8:00pm	Eating for Everyday Living Teri Gentes			

MVe™ Fitness Reformer for Everybody Sonia Rodriguez	PurposeFit™ Lawrence Biscontini	SPINNING® Reaction Ride Josh Taylor	Choreography Currents Melissa Layne	LEKI Nordic Walking for Active Older Adults Suzanne Nottingham
MVe™ Fitness Chair for Everybody Stacey Lei Krauss	STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ Jennifer Dahl	SPINNING® Rock n Rollin' Hills Scott Schlesinger	Choreographed Noodles Marietta Mehanni	LEKI Gym to Go! Nordic Walking Suzanne Nottingham
It's All in the Cue Myrna Brady & Heather Anderson	Mat Fusion Michael Fritzke & Ton Voogt	SPINNING® Everest Ride Josh Taylor	Liquid Rhythms Marietta Mehanni	
MVe™ Perfect Pair: Chair & Reformer Combo Sonia Rodriguez	STOTT PILATES® Prenatal Pilates on the Edge Jennifer Dahl	SPINNING® Afterburner Intervals Scott Schlesinger	Defy Gravity Dim Sum Lawrence Biscontini	Kick Box Round II Thomas Trebotich
The Triadball Excel! 2008 Michael Fritzke & Ton Voogt	SPINNING® In the Mix Part 1 Josh Taylor & Scott Schlesinger	Aqua Ball Melissa Layne	CHEK INSTITUTE: Scientific Rotational Training Mark Stone	Natural Nutrition Preventing Allergies Teri Gentes
BodyART Stretch Robert Steinbacher	SPINNING® In the Mix Part 2 Josh Taylor & Scott Schlesinger			

7:30–9:00am	Body Bar Industrial Strength Sherry Catlin & Clay Grant	Masala Bhangra Sarina Jain	Step Athletica Paul Katami	Music Flow Yoga Anna Carbonell
9:30–11:00am	More ABC Patrick Goudeau	Dance Workout Tony Stone	1, 2 Step Petra Kolber	Body of Knowledge Renee Diamond
9:30–11:30am	CHEK INSTITUTE: Understanding Posture & Postural Assessments Dan Hellman	Training the Endurance Athlete Mike Boyle		
11:30–12:30am	coMMotion Marcelo Ehrhardt	Tribal Funk Misty Tripoli	Step Urban Groove Geoff Bagshaw	Hawaiian Hula & Tahitian Dance Anna Carbonell
1:30–3:00pm	Medicine Ball Madness Mindy Mylrea	Jazz Meets House Robert Steinbacher	Breaking Down Rhythm Changes Rob Glick	Embodying Flow in Ashtanga Yoga Brandi Woodard
3:00–5:00pm	KEYNOTE ADDRESS Michael Port	3:30–5:00pm	BOSU® Cardio Express Shannon Fable	Core Control One Side at a Time Abbie Appel
4:00–6:00pm	Beach Olympics			
5:30–7:00pm	BOSU® Mind/Body Training Stacey Lei Krauss	CHEK INSTITUTE: Scientific Shoulder Training Dan Hellman	Partner Yoga Wendy O'Lenic	CHEK INSTITUTE: The Essence of Periodization Mark Stone

Peak Pilates®: MVe™ Reformer Energize Workout Sonia Rodriguez	Bender Ball Core Training Leslee Bender	SPINNING® Silence Josh Taylor	Wet Weekend Warriors Katharine McLarty	LEKI Nordic Walk Now! Suzanne Nottingham
			Childhood Obesity Ginger Schirmer	Your Bliss: How to Find It and Follow It Benjamin Black
MVe™ Fitness Chair: Flex & Flow Workout Stacey Lei Krauss	STOTT PILATES® Golf Conditioning on the Reformer Matthew Comer	SPINNING® Energy Zone Sampler Scott Schlesinger	Aqua Cycle Lawrence Biscontini	Kick Box Round II Thomas Trebotich
MVe™ Fitness Chair Latin Dance Fusion Sonia Rodriguez	Core Energy Flow Fred DeVito & Elisabeth Halfpapp	SPINNING® "Chilled Out" Josh Taylor	Aqua Latin Fiesta Manuel Velazquez	Jump Rope Technique Thomas Trebotich
Specialize Your Exercise Myrna Brady & Heather Anderson	STOTT PILATES® Athletic Conditioning on the Edge Jennifer Dahl	Aquatic Shakti Lawrence Biscontini	Six Weeks to Love Running Julie Sieben	Nutrient Timing: The Future of Peak Performance Len Kravitz
				Power Development for the Adult Golfer Mike Boyle
Pilates Precision Meets Power Yoga Flow Connie Borho	Pilates WET Level 1 Katharine McLarty	The Female Training Advantage Len Kravitz	Women, Weights and Results Scott Josephson	
Transformational Posture Through Corrective Exercise Leslee Bender				

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8:00– 9:15am	Body Bar Seriously Strong Sherry Catlin	willPower & grace Stacey Lei Krauss	Step Made Simple Rob Glick	Blackberry Yoga Benjamin Black	Peak Pilates®: Circle of Power Sonia Rodriguez	Mobility & Stability Dim Sum Lawrence Biscontini
					Aqua Core Training Manuel Velazquez	Six Weeks to Love Running Julie Sieben
8:00– 9:30am	Nutrition & Exercise for Aging Population Ginger Schirmer	CHEK INSTITUTE: Critical Program Design Strategies Mark Stone		sun		
9:30– 11:00am	Body Bar Grace Under Pressure Clay Grant	In the House Tony Stone	Not Your Momma's Step Patrick Goudeau	Mistykal Yoga Misty Tripoli	Peak Pilates®: Reformer on the Mat Sonia Rodriguez	STOTT PILATES® Intense Sculpting Challenge Jennifer Dahl
				SPINNING® The DJ Ride Josh Taylor & Scott Schlesinger	H2O Training From the (Pool) Bottom Up Katharine McLarty	LEKI Injury Prevention for Nordic Walkers Suzanne Nottingham
10:00– 11:30am	Strategies to Enhance Fat Metabolism Len Kravitz	Running the Show: Onstage & Backstage Lawrence Biscontini				
11:30– 12:30pm	Safe n Sexy Lisa Gaylord	Move & Groove Petra Kolber	Fit for Kids 2008 Mindy Mylrea	Yin Yoga Anna Carbonell	Functional Mat Training for Today's Society 2008 Leslee Bender	SPINNING® Formula One Josh Taylor
						Hydro- fabulous Marietta Mehanni
1:00– 2:30pm	BodyART Stretch Robert Steinbacher	Masala Bhangra Sarina Jain	Core Fusion Fred DeVito & Elisabeth Halfpapp	Chakra Intensive Yoga Sequence Christina Leon	STOTT PILATES® Intensifying Essential Matwork Matthew Comer	SPINNING® Fire n Ice Josh Taylor & Scott Schlesinger
						Hydro-Zen Manuel Velazquez
1:00- 3:00pm	What Makes You Tick? Benjamin Black	Functional Anatomy & Bio-mechanics Katharine McLarty				

ECA/THRIVE 2008 Fitness, Sports Training and Wellness Conference
Presented by ECA
November 13 – 16, 2008

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.

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

Participant Information – check all that apply:

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

 first name last name

 address

 city state

 zip/postal code country

This is a new address

 home phone business phone

 fax e-mail address

Check all that apply

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

I heard about ECA/THRIVE from (check all that apply) 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.
- Over \$100 in savings 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)
- Discount on Talent agency services (head shots, comp cards, leads for jobs)
- 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.
- An ECA membership certificate and a wallet ID card.

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, 2008.

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

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

	Early Bird (by 09/01/08)	Regular Rate (after 09/02/08)
Full conference member	<input type="checkbox"/> \$279	<input type="checkbox"/> \$309
Full conference non-member	<input type="checkbox"/> \$349	<input type="checkbox"/> \$379

Group rate \$285 (10 or more registrations paid, with session selections completed and sent together in one envelope by September 1).

1 day eca member

thurs. \$99 fri. \$169 sat. \$169 sun \$99

1 day non member

thurs \$139 fri. \$229 sat. \$229 sun \$139

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

Group Fitness Management Training	Wed. Nov 12th	<input type="checkbox"/> \$199
STOTT PILATES® Athletic Cond. On the V2 Max Plus™ Reformer	Wed. Nov 12th	<input type="checkbox"/> \$140
STOTT PILATES® Essential & Intermediate Pilates on the Edge	Wed. Nov 12th	<input type="checkbox"/> \$140
JC's Top 40 Exercises	Wed. Nov 12th	<input type="checkbox"/> \$179
ISCA Kick Box Round II	Wed. Nov 12th	<input type="checkbox"/> \$199
South Beach Boot Camp	Wed. Nov 12th	<input type="checkbox"/> \$99
Self Defense for the Fitness Professional	Wed. Nov 12th	<input type="checkbox"/> \$99
Aquatic Hard Core Training	Thurs. Nov 13th	<input type="checkbox"/> \$75
Aquatic Peace Core Training	Thurs. Nov 13th	<input type="checkbox"/> \$75
Both Aquatic workshops	Thurs. Nov 13th	<input type="checkbox"/> \$130
Teachers Tool Box	Sun. Nov. 16th	<input type="checkbox"/> \$69
The New Faces of Disordered Eating	Sun. Nov. 16th	<input type="checkbox"/> \$99
Peak Pilates® MVe™ Fitness Chair Instructor	Mon. Nov 17th	<input type="checkbox"/> \$199.95

SPINNING® Orientation or Ride.

Please call Mad Dogg Athletics to register.800-847-SPIN

Michael Port's Book Yourself Solid

Please visit website listed in pre conference descriptions on pages 3-4

Pre/Post Conference Workshop Cancellation/Refund Policy

Cancellations received by ECA in writing via fax or mail with attendee signature by OCT. 12th, 2008 will receive a full refund minus a \$100 processing fee. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR CANCELLATIONS RECEIVED AFTER OCT. 12th, 2008. 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 _____

KEYNOTE EVENT

An inspirational happening with Michael Port Friday 3-5pm

YES! I want to attend

Payment Summary

ECA membership \$ _____
Pre/Post convention workshops \$ _____
Event registration \$ _____
total \$ _____ (in US dollars)

Method of payment/payment authorization

check# _____ money order # _____ (all payments made payable to ECA World Fitness Alliance)

master card visa# _____ exp date _____ CVV # _____

Printed card holder name _____

Card holder signature _____ date _____

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, 2008 will receive a refund minus a \$100 processing fee. Requests postmarked after Oct. 12th, 2008 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.

X 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 a written event confirmation approximately 3-4 weeks before the event 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 2008 Fitness and Wellness Conference November 13-16th, at the Miami Resort and Spa, Miami Beach, Fl.

ECA/THRIVE 2008 Conference 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

- 11-12:30pm** Winning Strategies in Personal Training – Juan Carlos Santana
 The 3 S's: Secrets for Successful Staffing – Shannon Fable

- 12-1:15pm** TheBigGame! – Lacey Stone
 Alpha Female Training – Lisa Gaylord
 Vital Step – Jessica Exposito
 50/50 Pilates Class – Bianca Diaz
 eLements – Marcelo Ehrhardt
 Yoga & Sound Meditation - Dalien
 SPINNING® Jump-in 2 Da Drum – Scott Schlesinger

- 1-3:00pm** 50 Sure Fire Tips to Grow Your Business – Nicki Anderson
 Creating the Buzz for You & Your Team – Michelle Mascari

- 1:30-3:00pm** Training the Four Pillars of Human Movement – Juan Carlos Santana
 Ready to Move – Rob Glick
 Kick Your Boot-ie Camp – Abbie Appel
 Chakra Power Yoga Flow – Connie Borho
 STOTT PILATES® Programming on the V2 Max Plus™ - Matthew Comer
 SPINNING® Technical Training – Josh Taylor

- 3:30-4:30pm** BOSU® Ballast® Ball Core Challenge – Shannon Fable
 Last Minute Dance – Shaun Thompson
 iStep – Geoff Bagshaw
 Pilates, Planks, Push Ups and More – Bianca Diaz
 The Standing Pilates Exercises – Michael Fritzke & Ton Voogt
 SPINNING® Rise of the Phoenix – Scott Schlesinger

- 3:30-5pm** Can You Feel What I See? – Robert Sherman
 The What, Who, How & When of a Website – Juan Carlos Santana

- 5-6:30pm** BOSU® Complete Body Sculpt – Rob Glick
 Zumba Back to the Future – Beto Perez & Zumba Team
 BodyART Strength – Robert Steinbacher
 Colorized Yoga – Christina Leon
 STOTT PILATES® Golf Conditioning on the V2 Max Plus™ - Jennifer Dahl
 SPINNING® 212: The Extra Degree – Josh Taylor

Friday

- 7-9:00am** Diabetesity – Ginger Schirmer
 Creating Demand for Your PT Services – Nicki Anderson

- 7:30-9:00am** Body Bar Behind Bars – Clay Grant
 Aerovital Dance – Jessica Exposito
 S.T.E.P. – Abbie Appel
 Ageless Yoga – Robert Sherman
 MVe™ Fitness Reformer for Everybody – Sonia Rodriguez
 PurposeFit™ - Lawrence Biscontin
 SPINNING® Reaction Ride – Josh Taylor

- Choreography Currents – Melissa Layne
- Nordic Walking for Active Older Adults – Suzanne Nottingham

- 9:30-11am**
- Body Bar Even More Hard Core – Sherry Catlin
 - Boot Camp Boogie – Petra Kolber
 - Cardio Crazy – Mindy Mylrea
 - Yoga for Injury Prevention – Wendy O’Lenic
 - MVe™ Fitness Chair for Everybody – Stacey Lei Krauss
 - STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ - Jennifer Dahl
 - SPINNING® Rock n Rollin’ Hills – Scott Schlesinger
 - Choreographed Noodles – Marietta Mehanni
 - Gym to Go! Nordic Walking – Suzanne Nottingham

- 9:30-11:30am**
- Dance of the Mind and Body : Going Deeper - Dalien
 - A Joint-by-Joint Approach to Warm-Up & Training – Mike Boyle

- 11:30-12:30pm**
- Power Ball – Paul Katami
 - Party Express – Shaun Thompson
 - Breakin’ Step – Robert Steinbacher
 - The “Bannister” Method – Gail Bannister-Munn
 - It’s All in the Cue – Myrna Brady & Heather Anderson
 - Mat Fusion – Michael Fritzke & Ton Voogt
 - SPINNING® Everest Ride – Josh Taylor
 - Liquid Rhythms – Marietta Mehanni

- 1:30-3:30pm**
- No Bones About It – Scott Josephson
 - Law of Attracting the Inactive Population – Nicki Anderson

- 2-3:30pm**
- BOSU® Skills & Drills – Rob Glick
 - Clay’s Groove House – Clay Grant
 - Hard Work Conditioning – Patrick Goudeau
 - Yodates® - Brandi Woodard
 - MVe™ Perfect Pair: Chair & Reformer Combo – Sonia Rodriguez
 - STOTT PILATES® Prenatal Pilates on the Edge – Jennifer Dahl
 - SPINNING® Afterburner Intervals – Scott Schlesinger
 - Defy Gravity Dim Sum – Lawrence Biscontini
 - Kick Box Round II – Thomas Trebotich

- 4-5:30pm**
- BOSU® Block Party – Fable, Glick, Krauss, Mylrea
 - Video Dance (Basic & Level II) – Tony Stone
 - Step Sensation – Jessica Exposito
 - Yoga for Athletes – Connie Borho
 - Stretch Science – Thomas Trebotich
 - The Triadball Excel! 2008 - Michael Fritzke & Ton Voogt
 - SPINNING® In the Mix Part 1 – Josh Taylor & Scott Schlesinger
 - Aqua Ball – Melissa Layne
 - CHEK INSTITUTE: Scientific Rotational Training – Mark Stone
 - Natural Nutrition Preventing Allergies – Teri Gentes

- 6-7:30pm**
- All About Legs – Mindy Mylrea
 - Zumba! Ditch the Workout-Join the Party – Beto Perez & Zumba Team
 - Body Groove 101 – Misty Tripoli
 - Yoga & Meditation for Stress Relief – Wendy O’Lenic
 - BodyART Stretch – Robert Steinbacher
 - SPINNING® In the Mix Part 2 - Josh Taylor & Scott Schlesinger

- 6-8:00pm**
- Eating for Everyday Living – Teri Gentes

Saturday

- 7:30-9:am**
- Body Bar Industrial Strength – Sherry Catlin & Clay Grant
 - Masala Bhangra – Sarina Jain
 - Step Athletica – Paul Katami
 - Music Flow Yoga – Anna Carbonell
 - Peak Pilates®: MVe™ Reformer Energize Workout – Sonia Rodriguez
 - Bender Ball Core Training – Leslee Bender
 - SPINNING® Silence – Josh Taylor
 - Wet Weekend Warriors – Katharine McLarty

- Nordic Walk Now! – Suzanne Nottingham
- Childhood Obesity – Ginger Schirmer
- Your Bliss: How to Find It and Follow It – Benjamin Black

- 9:30-11am**
- More ABC – Patrick Goudeau
 - Dance Workout – Tony Stone
 - 1, 2 Step – Petra Kolber
 - Body of Knowledge – Renee Diamond
 - MVe™ Fitness Chair: Flex & Flow Workout – Stacey Lei Krauss
 - STOTT PILATES® Golf Conditioning on the Reformer – Matthew Comer
 - SPINNING® Energy Zone Sampler – Scott Schlesinger
 - Aqua Cycle – Lawrence Biscontini
 - Kick Box Round II – Thomas Trebotich

- 9:30-11:30am**
- CHEK INSTITUTE: Understanding Posture & Postural Assessments – Dan Hellman
 - Training the Endurance Athlete – Mike Boyle

- 11:30–12:30pm**
- coMMotion – Marcelo Ehrhardt
 - Tribal Funk – Misty Tripoli
 - Step Urban Groove – Geoff Bagshaw
 - Hawaiian Hula & Tahitian Dance – Anna Carbonell
 - MVe™ Fitness Chair Latin Dance Fusion – Sonia Rodriguez
 - Core Energy Flow – Fred DeVito & Elisabeth Halfpapp
 - SPINNING® “Chilled Out” – Josh Taylor
 - Aqua Latin Fiesta – Manuel Velazquez
 - Jump Rope Technique – Thomas Trebotich

- 1:30–3pm**
- Medicine Ball Madness – Mindy Mylrea
 - Jazz Meets House – Robert Steinbacher
 - Breaking Down Rhythm Changes – Rob Glick
 - Embodying Flow in Ashtanga Yoga – Brandi Woodard
 - Specialize Your Exercise – Myrna Brady & Heather Anderson
 - STOTT PILATES® Athletic Conditioning on the Edge – Jennifer Dahl
 - Aquatic Shakti – Lawrence Biscontini
 - Six Weeks to Love Running – Julie Sieben
 - Nutrient Timing: The Future of Peak Performance – Len Kravitz
 - Power Development for the Adult Golfer – Mike Boyle

- 3-5:00pm**
- KEYNOTE Address with Michael Port

- 3:30-5pm**
- BOSU® Cardio Express – Shannon Fable
 - Core Control One Side at a Time – Abbie Appel
 - Pilates Precision Meets Power Yoga Flow – Connie Borho
 - Pilates WET Level 1 – Katharine McLarty
 - The Female Training Advantage – Len Kravitz
 - Women, Weights and Results – Scott Josephson

- 4-6pm**
- Beach Olympics! – Gary Scott & Gerard Calvo

- 5:30–7pm**
- BOSU® Mind/Body Training – Stacey Lei Krauss
 - CHEK INSTITUTE: Scientific Shoulder Training – Dan Hellman
 - Partner Yoga – Wendy O’Lenic
 - CHEK INSTITUTE: The Essence of Periodization – Mark Stone
 - Transformational Posture Through Corrective Exercise – Leslee Bender

Sunday

- 8-9:15am**
- Body Bar Seriously Strong – Sherry Catlin
 - willPower & grace – Stacey Lei Krauss
 - Step Made Simple – Rob Glick
 - Blackberry Yoga – Benjamin Black
 - Peak Pilates®: Circle of Power – Sonia Rodriguez
 - Mobility & Stability Dim Sum – Lawrence Biscontini
 - Aqua Core Training – Manuel Velazquez
 - Six Weeks to Love Running – Julie Sieben

- 8-9:30am** Nutrition & Exercise for Aging Population – Ginger Schirmer
 CHEK INSTITUTE: Critical Program Design Strategies – Mark Stone
- 9:30-11:00am** Body Bar Grace Under Pressure – Clay Grant
 In the House – Tony Stone
 Not Your Momma’s Step – Patrick Goudeau
 Mistykal Yoga – Misty Tripoli
 Peak Pilates®: Reformer on the Mat – Sonia Rodriguez
 STOTT PILATES® Intense Sculpting Challenge – Jennifer Dahl
 SPINNING® The DJ Ride - Josh Taylor & Scott Schlesinger
 H2O Training From the (Pool) Bottom Up – Katharine McLarty
 Injury Prevention for Nordic Walkers – Suzanne Nottingham
- 10-11:30am** Strategies to Enhance Fat Metabolism – Len Kravitz
 Running the Show: Onstage & Backstage – Lawrence Biscontini
- 11:30-12:30pm** Safe n Sexy – Lisa Gaylord
 Move & Groove – Petra Kolber
 Fit for Kids 2008 – Mindy Mylrea
 Yin Yoga – Anna Carbonell
 Functional Mat Training for Today’s Society 2008 – Leslee Bender
 SPINNING® Formula One – Josh Taylor
 Hydrofabulous – Marietta Mehanni
- 1-2:30pm** BodyART Stretch – Robert Steinbacher
 Masala Bhangra – Sarina Jain
 Core Fusion – Fred DeVito & Elisabeth Halfpapp
 Chakra Intensive Yoga Sequence – Christina Leon
 STOTT PILATES® Intensifying Essential Matwork – Matthew Comer
 SPINNING® Fire N Ice - Josh Taylor & Scott Schlesinger
 Hydro-Zen – Manuel Velazquez
- 1-3pm** What Makes You Tick? – Benjamin Black
 Functional Anatomy & Biomechanics – Katharine McLarty

EVENT INFORMATION

**PRE REGISTRATION Attendee Check in
 Pre Reserved check-in - ALREADY PAID IN FULL**

Thursday, November 13	9:00am - 2pm & 4:30pm - 7:00pm
Friday, November 14	6:00am - 1:00pm
Saturday, November 15	6:30am - 1:00pm
Sunday, November 16	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 13	9:30am - 1:00pm & 5:00pm - 7:00pm
Friday, November 14	6:00am - 12:00pm
Saturday, November 15	6:30am - 1:00pm
Sunday, November 16	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.) and 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.

On-Line

www.ecaworldfitness.com

You can now book "LIVE" on-line (visa/mc ONLY) you can confirm your sessions and receive immediate confirmation. 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 2008 Fitness and Wellness Conference.

Conference Hotel: Miami Beach Resort and Spa Hotel

4833 Collins Avenue

Miami Beach, FL 33140

Reservations: 305-532-3600

www.miamibeachresortandspa.com

or click on the link -

https://reservations.ihotelier.com/crs/g_reservation.cfm?groupID=124432&hotelID=6577

*ECA special room rate: \$170/single or \$179/double + tax

*limited availability - book early!

Trade Show

Shop Til You Drop

Friday, November 14

11:00am – 6:00pm

Saturday, November 15

9:00am – 2:00pm and 5:00 – 7:30pm

Sunday, November 16

9:00am – 3:00pm

Buyers Guide

Support those that support your education!

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