

INSIDE COVER PAGE:

ECA/OBOW 2012 NYC Show March 8th – March 11th, 2012 at the Marriott Marquis Hotel, New York, NY

Register early and save!

Deadline for reservations is Monday, February 20th, 2012. On site reservation will carry an additional \$50.00 fee (subject to availability).

EARN CONTINUING EDUCATION CREDITS

* You can earn up to 2.5 cec's from organizations such as ACE, ACSM, AFAA, ECITS, NASM, NFPT, NSCA SPINNING® and STOTT

* Each certifying agency determines which sessions qualify for credits.

START NEXT PAGE HERE:

NYC HIGHLIGHTS: Broadway Shows, Shopping at Barneys, Juniors Cheesecake, Pizza that's better than Italy, MOMA, the MET, Lincoln Center, Soho, LES, Top Chef restaurants, Chelsea nightlife, and Jazz in the Village

OPENING ACT Performances (Pre Conference Workshops) (For CEC info please contact the ECA office)

Kettlebell Concepts Instructor Training: Level 1 Introduction to Kettlebell Lifting with Vincent Metz

Wednesday, March 7th & Thursday, March 8th 9:00am-5:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

This 16-hour course is the first step of many within the KBC curriculum and is geared specifically toward fitness professionals looking to implement kettlebells into a one-on-one environment or small group, semi-private environment. Here's what you'll learn:

- You'll begin learning the sciences of the "why's" behind the "how's" and you'll do so safely and effectively with science and research needed to back it up.
- You'll learn the history. Where did kettlebells come from? Why did they disappear for all these years? Why are they finally coming back now with such a vengeance? Where is the modality heading?
- You'll learn all the basic, foundation kettlebell lifts—and then some!
- You'll learn how to start thinking of kettlebell training from a neurophysiological, biomechanical, kinesiological, and motor learning/control perspective and—more importantly—how this larger thought process can benefit you on a broader scale as a fitness professional.
- You'll learn how to effectively teach the basic kettlebell lifts for improved skill acquisition and context-dependent functional transfer.

This is the tip of the iceberg. With ongoing education, training, practice, time and patience, you'll become fantastic with KB's and (of course!) offer a kick butt 30-45 minute class to your clients! Most importantly, you'll be able to effectively aid your clients in getting to where they need to be. Welcome to the first step.

Fee: \$449

CECs: 1.6 ACE 9.5 AFAA 1.6 NASM

BodyART™ Training with Robert Steinbacher

Thursday, March 8th 9:00am-5:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

In BodyART™ Training, the human being as a functional unit has top priority. BodyART™ combines training positions and classical breathing techniques into a synergy of physical training and mental relaxation. The ultimate aim of BodyART™ training is to ensure the correct function of the entire human body through functional strength and stabilization training of the human motion system. In contrast to classical power training for the singular muscle, the human body as whole has priority. All exercises and positions train various muscles of the body at once. Many positions in BodyART™ call for an accelerated balance technique, so attention is directed to the center of the body. The benefit is that the awareness of the trainee concentrates on his/her own body and is not distracted by the surroundings. As a result, oxygen supply to the brain and muscles is increased which allows the body to relax while training. This intensive training will include theory, practice, technique, alignment, BodyART philosophy, master

classes and intensive training and education to give you a deeper understanding, knowledge and practice. A must for anyone who wants to further his/her physical training and learn new techniques and methodologies for greater overall results in strength, flexibility, balance, control, and mindfulness.

Fee: \$179

CHEK Approach to Functional Core Conditioning with Paul Chek

Thursday, March 8th 9:00am-5:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

All movement emanates from the core, yet most exercise programs do not recognize the importance of this key area. Paul explains why it is important to assess the core to establish a starting point for exercise programming and why the core is so vital to good posture, stabilization of the body and optimal functioning. Learn about the inner and outer units, how spinal stabilization is dependent upon core activation, and how to use this during lifting. Take away an enhanced understanding of the importance of training for a smart core, assessing the core, how to perform core-conditioning exercises properly and where to place core exercises in any training program.

CECs: .7 ACE

Fee: \$199

Yoga Tune Up® Core Integration Immersion: A Total Abdominal Awakening with Jill Miller

Thursday, March 8th 8:00am-12:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

Sustainable core work requires deep embodied knowledge of the mechanics of the abdominal diaphragm. The abdominal diaphragm is more than a masterful muscle in the human body; it is a functional masterpiece. Without cooperation from it, the integrity of every body/mind system goes out of whack. Learn dozens of techniques to challenge every muscle of your core to harmonize and hum with the foundational diaphragm. ABSorb new assessment techniques to help yourself and your students to move through common restrictions/conditions of the core. Take home techniques that directly impact group fitness, Pilates, yoga, personal training, aging populations, veterans and more. Learn approaches to help navigate and support healing in degenerative disc disease, scar tissue, neuromuscular disorders and other chronic conditions as well.

Through embodied anatomy exercises, you will simultaneously deconstruct and build new kinetic chains in your torso; systematically traveling within your "core" to explore the structures that mobilize and stabilize the spine. Using Jill's original Yoga Tune Up® technique, we will traverse the muscular and fascial geography with every last fiber strengthened and stretched-from the superficial rectus abdominals to the deeper psoas. You will be introduced to several core-related breathing techniques to directly experience the spectacular diaphragm and its profound relationship to spinal integrity, digestion, breath, the nervous system, meditation, emotion and higher realms of somatic awakening.

CECs: .3 ACE

Fee: \$89 includes 2 Yoga Tune Up® Therapy Balls

Yoga Tune Up® Therapy Ball Practitioner Certificate with Jill Miller

Thursday, March 8th 1:00pm-5:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

This half-day certificate course empowers you to help clients of any level of fitness to adopt a simple and effective self-care regimen. The Yoga Tune Up® Therapy Balls can be used as an adjunct offering within personal training sessions, stretch, pilates, wellness coaching, yoga, massage therapy, kids or special populations. The balls put the power of self-massage into your clients' own hands. You will learn 6 proven head-to-toe series, approved by pain medicine doctors, Physical Therapists, chiropractors and massage therapists to affect profound change in the rotator cuff, upper back, neck, jaw, hips, lower back, IT Band, calves and feet. Detailed visual guides and a series of audio CD's go home with you so that you are able to easily replicate the specific therapeutic sequences detailed in each section. You will learn to identify bony landmarks, muscular attachments, fascia geography, and specialized ball rolling techniques that penetrate into common high-tension areas. Clients at every level of fitness or disability are ushered into the awareness of their own anatomy that builds their confidence and ability to live better in their bodies, PAIN FREE! These on-the-go balls can be used in a variety of settings; offices, homes, gyms, yoga/pilates studios and are a profitable revenue stream for practitioners, gyms and studios.

YTU Therapy Ball Sequences increase your teaching tool-kit and are a great way to introduce embodied anatomy concepts to your student base and to have fun while educating others. Find out why SELF Magazine, Muscle & Fitness, The Today Show, ABC News and more have featured our special YTU high-grip ball products. It's because they work. EVERY TIME. And learning these sequences just for your own self-preservation will help you to maintain

your own body, preventing injuries and saving you time and money on massage therapists and other costly treatments.

CECs: .4 ACE

Fee: \$149 includes Yoga Tune Up® Therapy Ball Full Body Kit complete with audio and visual guides, training manual and a Yoga Tune Up® Therapy Ball Practitioner Certificate.

LEAD – Professional Reboot with Calvin Wiley & Lorna DeVeaux

Thursday March 8th 9:00am-4:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

We invite you to take your teaching skills to the next level by exploring LEAD, a comprehensive and innovative approach to professional development for the fitness professional. Created to give you all the instruction you need to give your students highly motivating classes. You will learn how to implement add-on/progression and intuitive learning through visual cueing, so you can offer a workout experience that is engaging, enjoyable, energizing, and confidence building. Instructors who complete this training increase their teaching skills, thus producing a more diverse and well rounded professional.

The program will cover the following subjects:

- Working the room
- Turn the beat around
- Trainers Toolbox
- Ramping Up
- Professionalism Rebooted

CEC's: 6.5 AFAA

Fee: \$199

Bodyblade Instructor Training with Jodi Sussner

Thursday, March 8th 8:00am-5:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

Attend a Bodyblade Instructor Training workshop and gain the knowledge and skills you need to lead exciting, results-oriented group ex classes, circuit workouts and personal training sessions. The interactive, 9-hour workshop engages fitness professionals with just the right blend of science and practical application and includes instruction on how to drive the Bodyblade, utilizing different planes of movement, the concept of vibration and inertial resistance, programming for a variety of clients and populations, spotting, cueing, progressing your clients and much more.

CECs: .8 ACE 6 AFAA .8 NASM 2 Peak Pilates®

Fee: \$250 *Includes instructor training manual*

Spinning® Instructor Orientation with Anthony Musemici & Jeff Krabiel

Thursday, March 8th 8:00am-5:30pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

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

CECs: .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® - FORCE: The Ride with Josh Taylor

Thursday, March 8th 6:00pm-8:00pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

With strength, power, and intensity comes great FORCE. Join Master Instructor Josh Taylor for a legendary ECA NYC ride influenced by the forces all around us and within us. Be transformed by an extreme energy in motion with the force of over 100 riders. An unforgettable experience awaits...this is an event you definitely don't want to miss. The visuals and focus will take you to a place only you can explain! This is a ride for anyone who loves Spinning!

2 STAR points

Fee: \$75 (15% discount for SPIN® members)

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

Post Conference Programming

Zumba® Basic Skills Instructor Training with Tanya Beardsley
Sunday, March 11th 9:00am-6:00pm
New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

The Zumba Academy provides many opportunities for fitness and dance instructors to learn how to teach Zumba classes. New students, aspiring to be first-time instructors, are also welcome to begin their teaching journey with the Zumba program.

Anyone interested in becoming a Zumba Instructor must attend a Zumba Instructor Training Workshop, and then must keep their instructor status current through the variety of courses offered by the Zumba Academy. The first step in becoming a Zumba Instructor is to attend Zumba Basic Steps Level 1. This course teaches you the foundation and formula to teach a Zumba class. You will learn the steps to four basic rhythms (merengue, salsa, cumbia, reggaeton). You'll learn how to put these steps together into a song, and how to create your first Zumba class. We'll provide you with all the tools and resources you will need to teach a Zumba class. Prerequisite: None.

Pre-Convention Workshop Fee Includes:

Cardio Party and Live Class DVD

20 Minute Express Workout DVD

4 Basic Rhythms Review DVD

Cardio Party Music CD

The Zumba Instructor's Manual

Zumba Certificate of Completion

AFAA Trainers receive 5.5 CEU's

ACE Trainers receive 0.7 CEC's

FEE: \$210

Tabata BootCamp with Mindy Mylrea

Sunday, March 11th 1:15pm-7:15pm

New York Marriott Marquis Hotel @ 1535 Broadway and 45th Street

Mindy's Tabata Bootcamp program is a sustainable fitness and eating plan that truly changes people's lives. You will learn how you can lead this amazing body transformation program and you can generate an amazing income stream leading your own 8-week total body turnaround program and teach the Take 3 eating method. Tabata Bootcamp will allow you to create a business for yourself and permanent change in your clients.

Includes: 6 workout programming DVDs, 3 eating strategy DVDs, instructor manual, resistance tubing, and a complete turn key program to grow your own Tabata Bootcamp business.

Fee: \$179

Feature Presentations by Topic -

FITNESS & PROFESSIONAL DEVELOPMENT

Building A Following...and Then Some – Stacey Griffith

GFM Solutions for Success – Carol Scott

How to Build and Execute a Great Brand – Ben Black

How to Connect With People – Ben Black

Mind As Muscle – Lawrence Biscontini

Enhance Your Teaching & Cueing Skills – Gail Bannister-Munn

Ask Paul! – Paul Chek

Sustainable Lifestyle Solutions – Pamela Peeters

PROGRAM DESIGN

Outrageous Starts & Finishes – Lawrence Biscontini
Secret Language of Training – Alycea Ungaro
Critical Program Design Strategies – Paul Chek
Exercise! The Magic Bullet – Len Kravitz
Balance Training For Every Client – Paul Chek
Eccentric Exercise: Everything You Want to Know and More! – Len Kravitz
Low Back Considerations: Functional Solutions – Chuck Wolf
Your Guide to Starting A Successful Personal Training Business – Bill Sonnemaker
Using An Integrated Approach to Program Design – Bill Sonnemaker

STEP & DANCE CHOREOGRAPHY

Quadri Steps – Yoav Avidar
Step Warrior – Joelle Menard
3-D Step – Rebecca Small
Step & Dance – Yoav Avidar
The Stepper – Rebecca Small
The Last Step – Petra Kolber
Zumba® Fitness Party – Tanya Beardsley
Dance Delight – Petra Kolber
Cardio Ballet – Yoav Avidar
Pure Dance Aerobics – Yoav Avidar
Creative Low Impact Grooves – Gail Bannister-Munn
Pop Dance Party – Rebecca Small
Club Moves – Patrick Goudeau
Calvinography®: Platinum – Calvin Wiley
Calvinography®: Lyrical Jazz – Calvin Wiley
Sexy GROOVE Dance Party – Misty Tripoli
Video Dance – Tony Stone
In the House – Tony Stone
Dance Workout – Tony Stone
Culture Shock Cardio – Cheyenne Kibblewhite
Culture Shock Choreography – Cheyenne Kibblewhite
NYC Dance – Marvin Foster
Broadway Dance – Lisa Wheeler
NYC Dance Project – Abby Goldenberg
Theatre Dance Workshop – Marvin Foster
Me Against the Music – Shaun Thompson
Meditation In Motion – Misty Tripoli

RESISTANCE TRAINING & CONDITIONING

BOSU® Multiplicity – Jay Blahnik
BOSU® HIIT Training – Mindy Mylrea
BOSU® Strong Feet – Stacey Lei Krauss
BOSU® Crush It – Blahnik/Mylrea
BOSU® Balanced Body – Lawrence Biscontini
TRX® Body Blast – Susane Pata
TRX® Rip™ Training: Foundations – Pete Holman
TRX® Rip™ Training: Sports Performance & Metabolic Conditioning – Pete Holman
TRX® Advanced Concepts in Foundational Movements – Fraser Quelch
TRX® Rip™ Training Workout – Fraser Quelch
TRX® Power Stretch – Abbie Appel
360 Training: Explosive Cardio – Patrick Goudeau
360 Training: Superior Strength – Patrick Goudeau
360 Training: Core Combustion – Abbie Appel
TNT-Trampoline-N-Tubing – Abbie Appel
Jump To It – Krista Popowych
Boot Camp Bounce – Krista Popowych
Beyond the Bounce – Michelle Mascari
Jump & Pump – Resist-A-Ball – Abbie Appel

Triple Action Abs – Resist-A-Ball – Abbie Appel
Bodyblade® Circuit...Work It – Jodi Sussner
Bodyblade® Core Like Never Before – Jodi Sussner
Roll Over – Paul Katami
Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby
Kranking® - Flats & Rolling Hills – Yvonne Juarez & Mike Michels
Krank Fusion – Yvonne Juarez & Mike Michels
POWER Kranking® - Yvonne Juarez & Mike Michels
Krank PT™ - Kranking® and the Personal Trainer – Yvonne Juarez & Mike Michels
Kranking® The Next Revolution in Fitness – Mike Michels
Spri Sponsored SGT. Ken's Boot Camp – Ken Weichert
Tabata Boot Camp Teaser – Mindy Mylrea
Booty Camp – Mindy Mylrea
Spri Sponsored SGT. Ken's Circuit Training – Ken Weichert
Equinox Speed Demons – Lisa Wheeler and Team Equinox
Obstacle Course – Patrick Goudeau
Extreme Calorie Burn – Patrick Goudeau
Training Camp – Shaun Thompson
Core Connection – Mindy Mylrea
Equinox Blockbuster Body – Dale/Sherman/Scott
Power Trip – Paul Katami
BYOB – Lisa Wheeler
Temple: Timing Enhanced Movement, Producing Layered Exercises – Lawrence Biscontini
Stand Up Straight! Understanding Posture – Paul Chek
Rotational Training For Performance – Paul Chek

YOGA & PILATES

The Wings of the Secret Bird – Kelly Morris
The Next Level: Yoga As a System of Energy Medicine – Beryl Bender Birch
Yoga For Athletes – Beryl Bender Birch
Breakti Flow – Anya Porter
Breakti – Anya Porter
Devotion In Motion – Alanna Kaivalya
Myths of the Asanas – Alanna Kaivalya
Power Yoga For Sports: Hamstring & Hips – Gwen Lawrence
Yoga Tune Up® Get Coregeous® - Jill Miller
Yoga Tune Up® Refine Your Spine – Jill Miller
Yoga Tune Up® Myofascial Self-Care – Jill Miller
PNF With a Twist – Jill Miller
Take Yoga From Participation to Presentation – Robert Sherman
The Warrior Series – Leslie Kaminoff
Fitness and the Breathing Body – Leslie Kaminoff
Increase Your Flexibility – Gwen Lawrence
Peak Pilates®: Reformer Synergy – Kathryn Coyle
Peak Pilates®: MVe® Chair-Let's Do This! –
Peak Pilates®: Reformer Rhythms – Kathryn Coyle
Peak Pilates®: Reformer Variations – Kathryn Coyle
Peak Pilates®: The Hot Seat - MVe® Chair Dancing – Stacey Lei Krauss
Peak Pilates®: Inner Strength – Kathryn Coyle
Peak Pilates® Pilatesstick® : Serious Strength – Kathryn Coyle
STOTT PILATES® Foam Roller Challenge – Laureen DuBeau
STOTT PILATES® Ultimate Body Sculpting – Laureen DuBeau
STOTT PILATES® Matwork Strength & Mobility – Laureen DuBeau
Importance of Release – Mary Bowen
Teaching to Type – Mary Bowen
Age Defying Pilates – Christine Romani-Ruby
Low Back Pain - Christine Romani-Ruby
Pilates for Kids - Christine Romani-Ruby
Get Aligned – Pilates on the Real Alignment Mat – Alycea Ungaro
Flow Evolved Choreography Pilates – Michael King
Soft Foam Roller – Michael King

The Right Fit – Michael King

MINDFUL, FUSION and FLEXIBILITY PROGRAMMING

BodyART™ Deep Work – Robert Steinbacher
BodyART™ Strength – Robert Steinbacher
BodyART™ Stretch – Robert Steinbacher
Finding Your GROOVE With Meditation – Misty Tripoli
willPower infusion®: there's magic in the details – Stacey Lei Krauss
willPower ATHLETIX®: trust your feet – Stacey Lei Krauss
willPower & grace – Stacey Lei Krauss
Core Fusion...The Original Barre/Core Class – Elisabeth Halfpapp & Fred DeVito
Booty Barre™ Plus – Tracey Mallett
Physique 57 – Alicia Weihl
There's No Place Like Foam – Lawrence Biscontini
Metabolic Resistance Training – Brynn Jinnett
Refine Method - Long & Lean – Brynn Jinnett
Liquidity – Petra Kolber
Full Body Fusion Training For Optimal Health Sponsored by CoreFitnessRoller® - Darya Bronston
Dancers Are Athletes Too! Sponsored by CoreFitnessRoller® - Darya Bronston

MARTIAL ARTS

Bodystrikes by Powerstrike – Ilaria Montagnani
Atletica by Powerstrike – Ilaria Montagnani
Zen Combat – Violet Zaki
Jomurai – Violet Zaki
Body Box Bootcamp – Joelle Menard
Street Kata Level 1 – Bishop Garland
Street Kata Level 2 – Bishop Garland

NUTRITION

Exercise & Weight Loss – Jason Karp
The Great Debate: Resting Metabolism – Jason Karp
Do It In the Raw...Eating That Is – Scott Josephson
Feed Me I'm Yours – Scott Josephson
Mastering Metabolism – Scott Josephson
Ultimate Metabolic Calorie Makeover – Len Kravitz

SPECIAL POPULATIONS

Exercise and the Female: What's Estrogen Got To Do With It - Jason Karp
Pilates for Kids - Christine Romani-Ruby
What to Know When a Pregnant Mom Takes Your Class – Ilene Bergelson

SPINNING®

SPINNING® "300" – Josh Taylor
SPINNING® The 5-Step Sprint – Jeff Krabiel
SPINNING® "Pedal to the Metal" – Josh Taylor
SPINNING® Survivor: New York – Anthony Musemici
SPINNING® Creative Climbs – Jeff Krabiel
SPINNING® Loops and Ladders – Anthony Musemici
SPINNING® Some Like It Hot – Anthony Musemici
SPINNING® Let's Jump – Jeff Krabiel
SPINNING® "Animal" Ride – Josh Taylor
SPINNING® The Power of One – Anthony Musemici
SPINNING® The Building Split – Jeff Krabiel
SPINNING® Drill It! – Josh Taylor
SPINNING® Standing Flats vs. Running – Jeff Krabiel
SPINNING® The LT Factor – Anthony Musemici
SPINNING® NYC Streets – Josh Taylor
SPINNING® Count On It – Jeff Krabiel
SPINNING® Energy Zone™ Sampler – Anthony Musemici

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

Levels:

I - beginner (little or no experience-under one year)

II - intermediate (2 -5 years experience)

III - advanced (5 or more years in the subject)

Focus:

I - Monday morning ready

II - choreography intensive - will need modification for you to bring it home

III - inspirational - just for ideas - inspiring and motivating

SESSION DESCRIPTIONS BY TIME:

THURSDAY 5:30-6:30PM

BYOB: Bring Your Own Body (ws)

Lisa Wheeler

Leave all your fitness equipment behind and show up with the most important tool of all – your body! Our students and clients don't always have time to make it to the gym or have space at home for large machines so why not offer a simplified yet challenging workout that can be done anywhere, anytime by anyone. Learn a series of body weight exercises, with progressions and regressions, that hit all major muscles groups and that work the body in an integrated way to help build usable strength and aid in weight management. Lisa bases this program on her continued studies with famed "Flow Coach" Scott Sonnon.

Increase Your Flexibility: Long Deep Restorative Holds, Function and Form (ws)

Gwen Lawrence

Join Gwen and learn the Power Yoga for Sports technique to significantly increase your flexibility. You will learn form and function for at least 5 deep holds that every athlete would benefit from. Learn the method Gwen uses post game with her pro teams. The formula for success and Power Yoga for Sports is strength + flexibility = power on the field of play.

Bodyblade®: Circuit...Work it! (ws)

Jodi Sussner

Functional training at its best with a guaranteed formula for success! Train every movement, every muscle group and receive instant feedback. Learn a "Fun"ctional format that trains your body from the center out using vibration and rapid contractions with the Bodyblade. Suitable for small or large group exercise as well as one-on-one training. This is a circuit that really works it!

STREET KATA L1 (Tribal Reflex Style) (ws)

Bishop Garland

Control, fluidity, and massive style bring unparalleled energy to these stylized fight sequences, "katas". Driven by deep tribal musicality and mixed martial arts techniques, there are no boundaries in the ways of innovative progression. This is an evolution to kickboxing. Welcome to martial movement! Level I

THURSDAY 6:45-7:45PM

Zumba® Fitness Party (wo)

Tanya Beardsley

Exciting Latin & International dance moves, new choreography techniques, and a non-stop, get-down-and-dance, calorie burning, high-energy workout! The Zumba Cardio Party is the hit workout at ALL the top fitness conventions worldwide! This high-intensity workout will challenge your muscles and mind like never before. So let's get the Party started!

Level I, II Focus I, II

Jump and Pump - Resist-A-Ball (ws)

Abbie Appel

This high-intensity circuit style workout combines the cardio benefit of jumping rope, muscular endurance benefits of strength training with tubing and functional benefits of core stabilization training with the Resist-A-Ball to create a total-body training experience. Learn new movements and sequences that will keep your circuit workouts and bootcamp training fresh, fun and challenging.

Peak Pilates®: Pilatesstick®: Serious Strength (ws)

Kathryn Coyle

What do you get when you mix resistance training with a new Pilates product? A great new fitness fusion addition to your programming that offers your students a chance to work resistance in a whole new way! Experience the versatility of challenges, angles and body positions that this workout provides. Remember – keeping your clients workout fun and varied is a great way to help them ‘stick with it!’

THURSDAY 6:45-8:15PM

Low Back Considerations: Functional Solutions (L)

Chuck Wolf

Explore the impact of the feet, hips, and thoracic spine on low back biomechanics. Attendees will develop functional strategies to improve conditions such as sacroiliac dysfunction, low back pain, spinal fusion, scoliosis, spinal stenosis, and the chain reaction upon spinal movements. Learn a regressive to progressive approach to improve functional strength and return to play for clients with back pain.

FRIDAY 7:30-8:45AM

Spri Sponsored SGT. Ken's Boot Camp (ws)

Ken Weichert

SGT Ken's Boot Camp™ utilizes safe and highly effective physical training techniques practiced by elite U.S. military forces. Complete with SPRI® tubing drills, calisthenics and cadence calls, you'll burn over 1,000 calories in 75 minutes!

Equinox TelaSculpt™ (ws)

Lashaun Dale and Lisa Wheeler

Tela is Latin for "web" and this is a total body workout utilizing the power of the myofascial network and offering a physical manifestation of anatomy in motion. Using an innovative tension band and a medicine ball, you will experience resistance in all planes of motion to functionally strengthen and stretch your body to move better and look better than ever. With this modern approach to movement science you will leave this session with a clearer understanding of your own body and improved movement capabilities as well as how to share it with your students and clients.

Dance Delight (wo)

Petra Kolber

You know that feeling when the music and the movement collide in perfect harmony. It's sheer delight. This session reminds us of what fitness should be about, the joy of moving and the delight in the dance. The focus of this workshop is about building super simple yet creative dance choreography that anyone can do and everyone feels successful at. Working from a solid base of movement that is familiar to our participants allows us to explore more creative options that adds the wow factor and removes the overwhelmed.

Level I, II Focus I

SPINNING® "300" (wo)

Josh Taylor

Inspired by the movie 300, this extreme ride will put you in a titanic clash against the clock! This is a ride that will both inspire and push you to focus on the battle at hand. You will face a ferocious 300 seconds time and time again with an ancient Spartan mindset. So prepare for glory, and come ride with all your best!

Cardio Ballet (ws)

Yoav Avidar

In the dance world it is generally believed that the classical Ballet is the base of all dance formats; it gives technical foundation and offers a wide variety of moves. Join Yoav's Ballet Company in which every one feels like a ballerina and learn how to combine the classical Ballet repertoire into your Dance Aerobics classes. Instead of pointed shoes we'll wear a big smile and hit the dance floor in a grand jette!

Level I, II Focus I,II

Peak Pilates®: Reformer Synergy (ws)

Kathryn Coyle

Synergy is the combined action of two or more things to create an effect greater than the sum of the individual parts'. This session is a synergistic fusion of Pilates and fitness with mindful movement where all the parts work together to expand into something new and wonderful. Examine how to make more out of your reformer classes using mindbody tools to enhance the experience for your students.

360 Training: Core Combustion (ws)

Abbie Appel

It is time to heat things up with 360 Training: Core Combustion. Utilizing the Step360 Pro, you'll learn progressive movement patterns that go from foundation-to-performance and are designed to fire the core and create awareness unlike anything you've experienced before. Everything we do is based on how the core is activated during movement, so it's essential to train those muscles that stabilize the pelvis and spine. You'll leave with hot drills and a new understanding and appreciation for what it truly means to "fire" the core.

The Booty Barre™ Plus (ws)

Tracey Mallett

The Booty Barre™ Plus is the original Booty Barre™ experience, which alternates deep muscle-toning movements along with intervals of fat-blasting cardio techniques. Set to an upbeat music selection, The Booty Barre™ will get your heart pumping with a combination of dance, pilates, yoga and cardio moves at the ballet barre.

Metabolic Resistance Training (ws)

Brynn Jinnett

Most people associate the word "cardio" with the equipment in the cardio room at the gym. Yet, cardio does not have to be repetitive or lengthy! "Strength" exercises if performed with sufficient speed and intensity can also train the heart just like traditional cardio, burn calories *and* build muscle, an advantage not offered by the treadmill. At Refine Method we call this type of training Metabolic Resistance Training (MRT). In this workshop, you will learn how to program a fun-filled MRT workout that will leave your clients gasping and try out one yourself!

FRIDAY 7:30-9AM

Yoga Tune Up® Get Coregeous®: Redefine Your Abdominals From Inside Out (ws)

Jill Miller

The Respiratory Diaphragm is a governing muscle of core stability, agility and neurological balance. Any core practice that does not account for the function and physiology of this muscle is under-serving the performance-based body. Through embodied anatomy exercises, learn to analyze the strength, flexibility and range of motion of this muscle in yourself and your clients. You will simultaneously deconstruct and build new kinetic chains in your torso and relate them to a bigger picture of conscious breathing, spinal integrity, digestion, emotion and newfound realms of somatic awakening.

STOTT PILATES® Foam Roller Challenge, Level 2 (ws)

Laureen DuBeau

Learn to add further challenge to any Foam Roller routine with this energizing workshop. Using the roller's unstable nature and reducing the base of support increases the challenge to strength and balance and motivate clients and classes alike. Learn to create programs with added intensity and variety while maintaining safety and cueing effectively.

CECs: .2 STOTT PILATES®

Flexibility Highways in Motion (L)

Chuck Wolf

Joints and soft tissue inherently possess a mobility and stability quality. When a joint or soft tissue has had prolonged immobility, the proprioceptors become desensitized. Stretching a joint or soft tissue only captures mobility but not necessarily stability. In fact, if the soft tissues cannot control the increased range of motion, the client may be set up for increased risk of injury. Flexibility Highways has examined the 6 integrated chain relationships that are dependent upon the partnership of adjacent muscle groups to attain optimal function and performance. Flexibility Highways in Motion matches movement pattern progressions that enhance the proprioceptors of the soft tissue to maintain strength within each of the 6 Flexibility Highways and enrich movement performance.

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

Bill Sonnemaker

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

FRIDAY 9-10:15AM

Obstacle Course (ws)

Patrick Goudeau

This interval training routine is one BIG playground that blends strength and cardio circuits in a learn-to-use-what-you've-got body weight workout! Loaded with functional exercises designed to give you the ultimate challenge; the drills and stations will push you to believe in yourself. Whether you're working alone or with a partner, this is one tough workout and as a result, your body will become stronger and leaner. Run, jump, squat, push....you name it, we'll probably do it!

Core Connection (ws)

Mindy Mylrea

The core is the powerhouse of the body and we should attack the core from every angle and in every way. This workshop is jam packed with critical cutting edge core research as well as three amazing abdominal and back routines using every twist and turn in the book. Mindy will show you how one rep done right is better than 10 done wrong. You will learn the best core exercises on the planet!

Bodystrikes by Powerstrike (ws)

Ilaria Montagnani

Bodystrikes is the ultimate leg workout. This intense cardiovascular workout is designed to shape lean and muscular legs, glutes and core with no equipment required. All exercises are based on martial arts kicks, ballet movements, squats, lunges and high intensity lower body drills that burn hundreds of calories and are guaranteed to improve balance, flexibility, stamina and lower body strength. Power and resistance are derived solely from each individual's bodyweight, strength and endurance from the 4 specific routines designed to target and challenge different parts of the leg and abdominal area. This workout is for anyone looking for a new fitness challenge of intense cardiovascular demand that creates strong, lean and shapely legs.

SPINNING® The 5-Step Sprint (ws)

Jeff Krabiel

Sprints on both flats and hills are by far the most challenging of all Spinning movements. They require strong resistance loads, maximized physical efforts, and appropriate recovery periods. We'll cover a simple five step plan for the creation of proper sprint segments. We'll break down each step and introduce strategies for communicating them effectively to the students. We'll also engage in an intense ride that will allow you to sample and blend each step.

Pop Dance Party (wo)

Rebecca Small

Including dances from all of your favorite pop hits, this inspirational session will have "All the Single Ladies" dancing just like Beyonce, and perhaps some of the men too! Each song has its own unique routine that is easy to follow, a blast to perform and ready for you to teach to your students tomorrow. You'll be twisting, grindin', bumpin', and groovin', so release your inner John Travolta and meet us on the dance floor.

Level II, Focus I, II

TNT - Trampoline-N-Tubing (ws)

Abbie Appel

This dynamite cardio/strength circuit combines the low-impact cardio benefits of the JumpSport mini-trampoline with muscle-building strength benefits of resistance tubing. By anchoring tubing to the mini-trampoline this compact workout that utilizes little space and time, reveals "bound"less ideas to provide the most effective group program.

Refine Method - Long & Lean: Separating Fitness Fact From Fiction for Females (ws)

Brynn Jinnett

Stretching will lengthen your muscles. Work out like a dancer to look like a dancer. Women are often filled with fitness myths and half-truths that result in inefficient and ineffective exercising. Learn how Refine Method teaches women to think differently and move differently. In this workshop, we tackle common fitness myths and exercises geared towards hitting women's common "trouble zones" intelligently.

FRIDAY 9:30-11AM

Indo-Row®: The Perfect Calorie Burn (ws)

Jay Blahnik & Josh Crosby

Dubbed "the perfect calorie burn," **Indo-Row®** is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, **Indo-Row®** is perfect for group exercise instructors and personal trainers. No experience is necessary.

FRIDAY 9:30-11:30AM

Yoga For Athletes: Hot to Stretch! (ws)

Beryl Bender Birch

Join Beryl Bender Birch, author of three best selling books on yoga and former Wellness Director of the New York Road Runners for 22 years, for the sweaty and powerful practice she made famous, with her best selling book, Power Yoga. Beryl pioneered the introduction of yoga into the world of sports and has taught yoga and meditation to tens of thousands of athletes since 1974. She revolutionized the concept of *stretching* with her “hard and soft” philosophy and taught athletes that yoga wasn’t just about flexibility. By learning to pay attention and focus *simultaneously* on strength work and flexibility, yoga practice could be a serious workout, and so “power” yoga was born. Her philosophy was that you didn’t *stretch* to *warm up* for sports as people used to do, but rather the opposite, you had to be hot and sweating to safely stretch muscles and open tight joints.

The Importance of Release in Pilates Work (ws)

Mary Bowen

Pilates stresses strength and flexibility. Strength requires effort. Flexibility requires release – often neglected in pilates teaching, Mary’s workshop will explore experiencing pilates exercises more fully with release as a part of each exercise. Central will be discovering spinal release.

STOTT PILATES® Ultimate Body Sculpting (ws)

Flex-Band® Level 3

Laureen DuBeau

Learn Intermediate-level exercises that challenge core and peripheral strength, and add variety and multi-dimensional joint movements to the basic Flex-Band exerciser routine. This intense full-body workout emphasizes the upper and lower body working together while maintaining correct alignment and form. Exercises mimic those from the Reformer repertoire featuring the same movement essence and breath and movement patterns. Cues and corrections for safety and effectiveness are also covered.

CECs: .2 STOTT PILATES®

Exercise and the Female: What’s Estrogen Got To Do With It (L)

Jason Karp

The menstrual cycle is the defining physiological characteristic of females. Coupled with the many anatomical, physiological, hormonal, and metabolic differences between males and females, the menstrual cycle and its constant fluctuation of hormones influence many aspects of a woman’s physiology, including oxygen consumption, body temperature, hydration, bone health, and metabolism, many of which influence females’ response to exercise. This exciting presentation delves into the science of a woman, discussing her unique physiology and offering recommendations for training to maximize results.

Critical Program Design Strategies (L)

Paul Chek

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!

FRIDAY 10:30-11:30AM

Spri Sponsored SGT. Ken’s Circuit Training (ws)

Ken Weichert

Used by the National Guard, *SGT Ken’s Circuit Training*™ includes SPRI® tubing, Step360™, medicine ball drills and military calisthenics. You’ll burn over 700 calories in 60-minutes in one of the most challenging fitness circuits ever!

QuadriSteps (ws)

Yoav Avidar

Not 1, not 2, not 3 BUT... 4 steps!!! A true multiple step session challenge. Join Yoav, master of Step, on this exciting journey on, around and between the platforms. In this workshop, we’ll get the basic plan of this unique session and then go on an unforgettable multi level step fantasy!

Level I, II Focus I, II

ATLETICA by Powerstrike (ws)

Ilaria Montagnani

Ilaria's latest fitness concept is designed to create a stronger and leaner body with a series of high intensity interval training exercises. With ATLETICA Ilaria offers her training philosophy: true level of fitness are achieved when work capacity is increased simultaneously in cardiovascular endurance, strength, speed, agility, balance and coordination. All exercises are based on multi-joint compound movements performed with weights or your own body weight for duration of time. All exercises are designed to train as many body parts as possible in a functional pattern rather than isolating each muscle group separately, resulting in a demanding hour of calorie burning and muscle building workout. True effort and sweat for real results.

SPINNING® "Pedal to the Metal" (wo)

Put the pedal to the metal with Josh Taylor, in a ride fueled by guitars, drums, and world class screaming vocals! This is your chance to rock out in the Strength Energy Zone™ to some high-powered heavy metal and have a blast!

Back to Broadway (wo)

Lisa Wheeler

ECA NYC has its home on Broadway. So why not celebrate with an all out Broadway dance extravaganza! This class is full of "can do" choreography based on your favorite shows past and present. So whether you are an absolute beginner or a seasoned hooper, you will feel like you are on center stage. From house lights out to the final curtain call, learn to dance like the Broadway gypsies!

Level II, Focus II, III

TRX® Body Blast (ws)

Susane Pata

This empowering group strength workout set to music will hit your entire body and switch on your core like nothing you've ever encountered. Starting with a warm-up to get you fired up, the heart of the workout includes demanding exercises for lower & upper body strength and some additional moves that target the core specifically. This dynamic and high-energy class is characterized by fun and smooth transitions using exercises that can be adapted to challenge every participant.

FRIDAY 11:45-12:45PM

Creative Low Impact Grooves (ws)

Gail Bannister-Munn

As instructors we have many challenges in trying to meet our membership/customer goals within our aerobic classes. They either want more dance or they want hi/low aerobics and easy to follow choreography to get a good sweat. This class is the "in-between" of both concepts. Easy to follow low impact combinations with fun, easy to follow dance style moves. You will be able to take it back to your members catering to all levels and leaving them all fulfilled.

Level I Focus I

FRIDAY 11:45-1PM

BOSU® Multiplicity (ws)

Jay Blahnik

Get ready to multiply your options, multiply the challenge and multiply the fun! This workshop is designed to teach you dozens of brand-new, interactive athletic drills, skills and challenges using multiple BOSU® Balance Trainers that can be used in personal training, boot camp, circuit training, interval training, sport conditioning and kid's fitness workouts. You will work solo, in partners and in teams, and walk away with an entirely new library of BOSU exercises that can be used straight away.

Step Warrior (ws)

Joelle Menard

This new step workout combines athleticism and graceful choreographed step patterns into one flowing workout. The beauty of layering will allow all participants to achieve even the most complex movement pattern, from the seasoned stepper to the most athletic trainer out there. Break a sweat with its intense plyometric lower body segments that are combined with exercise specific step choreography. This step will be different and challenging in a whole new way!

Level II Focus II

Calvinography®: Platinum (wo)

Calvin Wiley

The ultimate advanced aerobic dance class requiring a seasoned mind, body and soul. Movement vocabulary consisting of, but not limited to, jazz dance, traditional aerobics and theatre. Experience Calvin's unique signature choreography to revitalize and jump-start your motivation and creativity.

Level III Focus III

SPINNING® Survivor: New York (wo)
Anthony Musemici

Can you and your team Outplay, Outlast and Outride? See how to bring excitement and enjoyment to challenging training techniques. This experience ride will utilize Tempo and Interval Training infused with lots of FUN to bring out the Survivor in you!

Sexy GROOVE Dance Party – TheGROOVEMethod® (wo)
Misty Tripoli

Jump outside the box, open your mind and in dive deep into the GROOVE! Join Misty on this explorative sensual movement journey into your funky creative self. Forget choreography – Grooving is simply about putting basic movement to music and then exploring the possibilities. Discover the perfect way to move.... YOUR WAY! No rules, no boundaries.... Come get your sexy on and dance your Groovy, Sexy, Delicious ass off!
Level I, II, III Focus I, II

Peak Pilates®: MVe® Chair – Let's do this! (ws)
Stacey Lei Krauss

Joseph Pilates created a methodology that feels "easy" to some, yet incredibly INTENSE for others. The difference? The body-aware know how to work it. Launch into a workout that will restore, re-align and re-inspire your body from the bottom to the top and front to back. Be prepared for a heart-pumping, finger-tapping, sweat-dripping session that will remind you how brilliant Mr. Pilates was. Please check your ego at the door.

KRANK Fusion™ (ws)
Yvonne Juarez

What do you get when you combine the Johnny G KRANKcycle® by Matrix with an indoor cycle? Johnny G the creator of spinning now brings you KRANK Fusion™, the ultimate full body experience. When you bring the Johnny G KRANKcycle by Matrix into the indoor cycling room and combine an equal number of bikes to an equal number of KRANKcycles, you get a comprehensive full-body workout. It's well balanced, increases strength, improves cardio vascular fitness and incinerates calories. KRANK Fusion will enhance your current programming, as well as bring a whole new audience into your studio.

FRIDAY 11:45-1:15PM

Yoga Tune Up® Refine Your Spine (ws)
Jill Miller

Back pain strikes most people at some point in their lives, including fitness professionals. Correct spinal alignment involves multiple layers of coordinated core activity; from the deep multifidus, psoas and diaphragm, to the more superficial latisimus and rectus abdominals. This workshop identifies spinal "blind spots," and reconditions them with new therapeutic moves. Learn to thoroughly prepare your spine from every conceivable angle. This workshop will give you a "backbone!"

TRX® Rip™ Training: Foundations (ws)
Pete Holman

Learn the foundations of RIP Training and take your sessions to the next level. This high intensity workshop provides a strong introduction to the essence of this exciting new program. The session covers the essential elements of RIP Training and then builds on them, teaching a system for progression and regression. The experience culminates with an intense movement based workout that will provide a great starting point for your clients.

Building A Following...and Then Some (L)
Stacey Griffith

Have you ever wondered how certain instructors sell out classes no matter what time they teach or where? You want to discover what it takes to be the "IT" teacher? Learn what it takes to sell out any time slot of the day, at any gym or private studio. SOUL CYCLE'S Stacey Griffith will share with you her 15 year group exercise secrets which have never before been revealed. You will not want to miss this hour!!! It is 5 lectures in ONE!

Bridging the Gap: The Core (L)
Chuck Wolf

This session will delve into the principles and concepts of the biomechanics of the torso and core and then view the mechanics of the commonly used core exercises. Functional integrated core movement patterns will then be demonstrated and rationale provided of when to use them, how to use them, and why a trainer may want to use the movements as a complement to the traditional exercises.

FRIDAY 1:15-3:15PM

Teaching to Type (ws)

Mary Bowen

Mary will explore the practical application and helpfulness of this understanding of a person's typology to teaching 1-1, to finding the best approach to a client depending upon type, to help in understanding why certain things are so hard for teacher and/or client to understand or perform, and for insight to allow the teacher-client relationship to grow and flourish as an important part of the Pilates experience whether in the teaching of Pilates or in the learning of it.

FRIDAY 1:30-3PM

BOSU® HIIT Extreme (ws)

Mindy Mylrea

Intense, focused, efficient, challenging, rewarding, and jam-packed with action from start to finish. Learn the science of high intensity interval training and its application to both fitness and sport. Take home a variety of short, plug-n-play high intensity interval sequences that are realistic for both high level athletes and mere mortals, and are guaranteed to raise your heart rate, fitness level, calorie expenditure and the FUN factor!

3-D Step (ws)

Rebecca Small

Turn your Step on its end and start flowing from left to right, borrowing Steps from all around you. This session will open your eyes to the possibilities of using 3 different step platforms, in a North South setting. Including everything from the set-up to the required teaching skills, this dynamic Step session will inspire you and amaze you all at the same time.

Level II Focus II, III

Calvinography®: Lyrical Jazz (wo)

Calvin Wiley

A multi-level, non-competitive class designed to improve harmony of movement through an expressive flowing series of combinations integrating Jazz Basics, Broadway Jazz, and Theatre Dance. Choreography that truly builds the mind, body and develop artistic and technical performance. Channel your inner Broadway dancer in this challenging and engaging master class that emphasize syncopation as well as expression, body alignment, and strength. This session is designed for advanced beginner to intermediate to advanced dancers beginning with a standing warm-up that develops the body's proper alignment, flexibility and control. Exercises follow that isolate the different parts of the body and develop increasingly complex coordination of the arms, head and legs. Longer combinations that emphasize expressiveness in lyrical and dynamic Broadway styles are given in the center and across the floor. Reinvent and increase your movement library.

Level II, III Focus II, III

SPINNING® Creative Climbs (ws)

Jeff Krabiel

Strength training is one of the popular profile goals in the Spinning program. Participants love to engage strong resistance and feel the intensity of heavily loaded hill climbs. This workshop will identify, detail, and demonstrate several different strategies for presenting creative climbing activities and games. Following the lecture, we'll put our profile ideas into action during a challenging ride.

Video Dance (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 most stimulating alternatives to working out while doing what is, in fact, one of the hottest things in movie and television now, dancing! These dance moves are what you would see in music videos and movies with both low and high physical intensity.

Level II, III Focus II, III

Krank PT™ - Kranking® and the Personal Trainer (ws)

Yvonne Juarez & Mike Michels

Come experience why the Johnny G KRANKcycle® by Matrix® is quickly becoming one of the most versatile pieces of upper body cardio and strength training equipment in the industry! Personal Trainers can easily incorporate Kranking® into their client programming, helping them to restore upper body balance and symmetry, increase strength and endurance, and effectively manage weight. This session introduces Fitness Professionals to three practical methods of integrating Kranking® into their program design, using Personal Training protocols, small group

training and circuit training. The workout will feature KRANK Circuit™ - a brand new spin on circuit training! See how adding one or two KRANKcycles as upper-body strength or cardio stations complement traditional lower body stations for a full-body blast of calorie burning activity.

The Next Level: Yoga As a System of Energy Medicine (ws)

Beryl Bender Birch

The classical path of *raja yoga* is an ancient and powerful system of energy medicine for body, mind, and spirit. The 8 limbs of yoga offer techniques for transformation and healing that can increase *prana* and awaken the body's energy systems. See yourself as a field of limitless energy and easily tap into your creative powers. Learn techniques to eliminate blocks and traumas deep in the subconscious mind that hinder the realization of your full potential. Working with your system in this way can help you to shift energy patterns and achieve better health and greater vitality. Through this practice you can experience healing transformation, and learn the secret of keeping your heart open to life and love. Classes will include asana practice, breath work, and meditation as well as some discussion.

Drums Alive® Academic Beats (ws)

Carrie Ekins

Learning Through Rhythm and Movement, Academic Beats provides a Brain & Body Workout! Burst of high intensity movement interspersed with periods of recovery cognition exercises create an interval training experience that is fun and engaging. This unique course actively increases each participant's own learning and creative approach to rhythm, movement and cognitive connections. School administrators, health professionals, parents, and teachers will gain essential knowledge and skills to implement Kids Beats activities in math, language arts, social studies, science, and other content areas.

Indo-Row®: The Perfect Calorie Burn (ws)

Jay Blahnik & Josh Crosby

Dubbed "the perfect calorie burn," **Indo-Row®** is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, **Indo-Row®** is perfect for group exercise instructors and personal trainers. No experience is necessary.

TRX® Rip Training: Sports Performance and Metabolic Conditioning

Pete Holman

Originally developed by a world-class martial artist, RIP Training has been effectively used by top athletes in across every major sport. This progressive session builds on TRX RIP Training: Foundations to teach how to layer more advanced footwork patterns, movements speeds and compound exercises to bring peak athletic performance and conditioning. Be prepared to have your mind stretched and your body worked in this ground breaking and athletic workshop.

Exercise and Weight Loss: A Look at the Scientific Research (L)

Jason Karp

While weight loss remains the largest issue for people who exercise at health clubs and hire personal trainers, most fitness professionals are not familiar with the scientific research on this important topic, often relying on what's presented by the popular media. This presentation critically reviews the scientific research on exercise and weight loss to reveal the most effective weight loss strategies, including how much, what types, and at what intensities to exercise. Attendees will gain a complete understanding of the research so that they can better educate and help their clients.

Using An Integrated Approach to Program Design (L)

Bill Sonnemaker

This session will provide attendees with a systematic and progressive approach that literally adds thousands of exercises to their exercise library. Attendees will learn to manipulate acute variables within the seven modalities of fitness (Flexibility, Core, Balance, Reactive, SAQ, Resistance, and Cardio-respiratory) to help clients of all levels and abilities achieve their goals.

FRIDAY 3:30-5PM

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 that work (train) several muscles in the body at the same time. Many positions in BodyART require increased balance and balance technique.

SPINNING® Loops and Ladders (ws)

Anthony Musemici

Creating a plan and working that plan makes for a smooth, organized ride. Loops and ladders are two options you can utilize in designing courses for your Spinning classes. Both formats will be examined and then utilized in a ride to demonstrate how to implement these two unique designs.

NYC Dance (wo)

Marvin Foster

This is an open level dance class with influences of Jazz, Funk, Latin and Pop. Traditional dance techniques mixed with new and innovative choreography challenges your mind and body to embrace the movement and bring the New York City flavor!

Level II, III Focus II, III

Physique 57 (ws)

Alicia Weihl

Celebrity-loved and media-praised, Physique 57 is a vigorous and dynamic exercise method designed to rapidly transform your body. During the 57-minute class, you will use your own body weight as resistance to strengthen and lengthen every major muscle group creating lean, toned and supple bodies. This session will lead students through a brisk sequence of exercises that combine cardio, strength training and flexibility. Motivating music accompanies the fun and creative choreography that will challenge your body and keep you mentally engaged. You will leave this session feeling inspired and your imagination sparked.

Get Aligned-Pilates on the Real Alignment Mat (ws)

Alycea Ungaro

Pilates is new again! Join Alycea Ungaro P.T. and Master Pilates instructor in a challenging alignment based workout utilizing the patent pending Real Alignment Mat. Learn how to teach a Pilates Mat workout with simple placement cueing that amplifies the challenge, and intensifies results all while keeping you safe and well aligned. Whether it's classic Push Ups, Squats or signature Pilates choreography, the Alignment Mat and the routines created specifically for it will bring your workouts and your teaching to a new and inspired place where you can deliver a unique and targeted workout.

Krinking® Flats & Rolling Hills (ws)

Mike Michels

Experience how everything you know about climbing hills and powering through the flat roads in the indoor cycling studio is easily adapted for the upper body. You'll be amazed at the affect Krinking® has on upper body strength and endurance, and perhaps even more surprised at just how many calories you'll burn in the process! See for yourself how Krinking on the Johnny G KRANKcycle® by Matrix is quickly becoming the most innovative form of exercise that the Fitness Industry has seen since Johnny G launched his first program, Spinning®.

STOTT PILATES® Matwork Strength & Mobility (ws)

Laureen DuBeau

Comprised of a series of simple movements that challenge overall strength and stability through the core and periphery, this workshop uses only the body's own resistance. Fundamental Pilates principles are added to less traditional moves to focus on strength, alignment and correct biomechanics. Appropriate for increasing strength and mobility, you'll learn how these straightforward sequences can be used to achieve increased functionality and improved performance. Particular attention is paid to balancing mobility and muscular balance in the lower kinetic chain, specifically the knee, hip, ankle and foot.

CECs: .2 STOTT PILATES®

Indo-Row®: The Perfect Calorie Burn (ws)

Jay Blahnik & Josh Crosby

Dubbed "the perfect calorie burn," **Indo-Row®** is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, **Indo-Row®** is perfect for group exercise instructors and personal trainers. No experience is necessary.

Breakti Flow (ws)

Anya Porter

Breakti Flow draws upon the meditation, breath and dynamic flow of vinyasa sequencing, and adds emphasis on rhythmic awareness and repetition of movement for a class that gives practitioners a chance to breathe, sweat, and tap into their innate sense of rhythm. Vinyasa/movement sequences are taught and then repeated with music,

allowing students to learn, integrate and expand upon the movement in both a highly individual and powerfully unified way. In addition to traditional yoga asana, other movement influences include capoeira, street dance forms, and West African dance. Expect to sweat a lot, build strength and flexibility in the entire body, and approach yoga with a new lens and awareness rooted in the freedom and possibility of rhythm.

Group Fitness Management: Solutions For Success (L)

Carol Scott

Learn the secrets for excellence and success. Whether you're a Group Fitness Director or looking to become one, or you are a Group Fitness Instructor and want to take your career to the next level, this lecture is for you! Carol will cover all topics related to succeeding and excelling in Group Fitness. Learn how to thrive in today's marketplace. Set yourself apart from your competition. Learn how to brand your programming...what's hot and what's not, how to incorporate wellness, small group trainings and other specialty programming into your club or studio. Learn how to be an independent in the marketplace or just look like one. Learn how to build a sense of community and belonging and to provide relevance for all your members. You don't want to miss this one!

FRIDAY 3:30-5:30PM

Stand up Straight: Understanding Posture and Postural Assessments (L)

Paul Chek

All exercises should begin and end with good posture, but can you identify what is happening to your client if they don't have good posture? This session will help you identify postural dysfunctions and help you to uncover the root cause of the dysfunction. Learn when to refer out and what techniques you can employ to help bring your clients back to a state of optimal static and dynamic posture.

SATURDAY 7:30-8:30AM

Tabata Boot Camp Teaser (ws)

Mindy Mylrea

When was the last time you saw a complete total body turn around in you or your clients? How many of your students credit you for their fitness and weight loss success? If the answer is not as many as you'd like then you need Tabata Bootcamp. Learn how to implement and execute Mindy's 6 and 30-minute micro burst interval training workouts and find out how you too can become a Tabata bootcamp trainer.

Drums Alive® Street Beats (wo)

Carrie Ekins

Drums Alive® - Street Beats, a new thrilling urbanized dance & drum celebration that delivers excitement, power and energy for a new generation. A fierce workout designed to burn calories, tone the body and stimulate the brain. Street Beats provides a simple hip-hop, b-boying, funkstyles popping, and locking dance and rhythm experience that will supercharge your batteries. Want a new fresh approach to fitness? Street Beats is your answer. It is "user friendly" and easy to learn! Street Beats will add a new dimension of fun to any program and will keep clients coming back for more!

Body Box Bootcamp (ws)

Joelle Menard

This intense nonstop power packed session will combine many martial arts disciplines with intervals of dynamic core movements aided by the intensity of compound multi-planar body weight combination that will have your muscles and core screaming out for more!

SPINNING® Some Like It Hot (wo)

Anthony Musemici

So you like intervals? Tabata Training is an experience of the true "heat" of anaerobic training with work efforts designed to set your legs afire. If you are up to the task, come ride and we'll sweat until the heat is on!

Pure Dance Aerobics (wo)

Yoav Avidar

This session is a choreography booster! A perfect mix of traditional high / low moves and some funky dance tricks. In this workshop we'll review the principles of teaching a perfectly balanced dance aerobics class and the usage of layering as a tool to your students sense of success and fun!

Level I, II Focus I, II

Peak Pilates®: Reformer Rhythms (ws)

Kathryn Coyle

Feel the rhythm, feel the vibe, and feel your body come alive! Explore rhythms on the reformer in a workout that combines creative choreography, optimal sequencing and music to create a seamless and well-balanced flow. This latest workout will challenge all of the Pilates Principles as you work to the rhythm of the drums. Experience choreography that is designed to improve body awareness and artistic movement expression. The rhythm is going to get you!

KRANK Fusion™ (ws)

Mike Michels

What do you get when you combine the Johnny G KRANKcycle® by Matrix with an indoor cycle? Johnny G the creator of spinning now brings you KRANK Fusion™, the ultimate full body experience. When you bring the Johnny G KRANKcycle by Matrix into the indoor cycling room and combine an equal number of bikes to an equal number of KRANKcycles, you get a comprehensive full-body workout. It's well balanced, increases strength, improves cardio vascular fitness and incinerates calories. KRANK Fusion will enhance your current programming, as well as bring a whole new audience into your studio.

Bodyblade® – Core Like Never Before (ws)

Jodi Sussner

Unleash the power of your core using the Bodyblade. This workshop is perfect for participants who want to learn a functional approach to training the core that enhances strength, stability, and balance. This rapid contracting, low-level vibration approach to core training will burn the calories and shrink your client's waistline like never before!

SATURDAY 7:30-8:45AM

Indo-Row®: The Perfect Calorie Burn (ws)

Jay Blahnik & Josh Crosby

Dubbed "the perfect calorie burn," **Indo-Row®** is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, **Indo-Row®** is perfect for group exercise instructors and personal trainers. No experience is necessary.

SATURDAY 7:30-9AM

Yoga Tune Up® Myofascial Self-Care (ws)

Jill Miller

Progress in yoga can be marred by injuries, imbalances and repetitive stresses. Those who teach can also create wear and tear during the daily grind of instructing. For your own self-preservation, help your tissues to recover by learning the power of self-massage. This workshop will increase your embodied anatomical fluency as you learn to traverse multiple layers of muscular geography and their associated connective tissues. These proven sequences affect profound change in hard to reach areas like the rotator cuff, upper back, neck, jaw, hips, lower back, IT Band, calves and feet. This portable sustainable practice will help you to maintain your own body preventing injuries and saving you time and money on massage therapists and other costly treatments.

TRX® Advanced Concepts in Foundational Movements (ws)

Fraser Quelch

This illuminating session delves into the very heart of foundational movements and provides an incredibly insightful look at the intricacies of assessing and coaching them. The session then builds on these principles and teaches participants how to use the TRX® Suspension Trainer™ to modify these fundamental actions to address common dysfunctions and build to peak performance.

Finding Your Groove With Meditation (L)

Misty Tripoli

True health comes from a healthy inner body. Learn creative ways to cultivate a peaceful inner body by exploring simple yet powerful ways to incorporate meditation into your daily life, not just a part of your fitness routine. Having a peaceful harmonious inner body allows the space for nature vibrant health to flourish. Enjoy the peace, power and many benefits of meditation. It easier than you think! Find your GROOVE and create your own definition of meditation for you.

Exercise: The Magic Bullet (L)

Len Kravitz

Join Len Kravitz in an incredible educational journey documenting the physiology, biology and dynamics of the positive effects of exercise. This multi-media presentation will inspire, motivate and captivate. Len will also show 25 fabulous 'think different be different' exercise ideas throughout this presentation. A highlight of this presentation is a

thorough presentation of over 10 evidence-based strategies to help clients/students successfully adhere to their exercise program and the top 10 characteristics of highly effective exercise professionals.

SATURDAY 9-10:15AM

BOSU® Strong Feet Strong Body (ws)

Stacey Lei Krauss

Get strong and centered from the ground up in this one of a kind workshop which uses the BOSU® Balance Trainer to strengthen your feet and ankles. Learn techniques to help improve posture and prevent kinetic chain injuries. Stimulating your feet on the unstable surface provided by the Balance Trainer will enhance proprioceptive awareness and reduce stress levels. You will leave this workshop understanding the benefits of "barefoot training" as well as learning a variety of foot and leg conditioning routines that will transfer to disciplines such as yoga and Pilates. Learn how strong feet will build a strong body!

Training Camp (ws)

Shaun Thompson

Learn the flow of athletic training. Shaun will take you through a workout full of intense training moves to help you run faster, jump higher, and prolong your muscular endurance. This workshop will be hard on the body but informative for the mind.

Zumba® Fitness Party (wo)

Tanya Beardsley

Exciting Latin & International dance moves, new choreography techniques, and a non-stop, get-down-and-dance, calorie burning, high-energy workout! The Zumba Cardio Party is the hit workout at ALL the top fitness conventions worldwide! This high-intensity workout will challenge your muscles and mind like never before. So let's get the Party started!

Level I Focus I, II

SPINNING® Let's Jump (ws)

Jeff Krabiel

This is a workout that explores and defines the various jumping techniques detailed in the Spinning Instructor Manual. Be prepared for higher cadence jumps along the flat roads along with heavily-loaded jumps in the hills. Other key performance areas covered in this class include: the counting technique, split symbol design structures, and resistance loading.

Club Moves (wo)

Patrick Goudeau

This class requires no dance experience! All you need is a desire to move your groove and shake up the dance floor! Incredibly FUN and addicting, this workout will leave you breathless and ready to party like a ROCKSTAR. Simple to follow patterns that repeat themselves, but many will come together to create HOT routines that you never even thought were possible! So check your attitude at the door and let the music and the moves take you to the hottest dance scene in town!

Level II, III Focus II, III

Peak Pilates®: Reformer Variations (ws)

Kathryn Coyle

Variations can spice up any reformer session, keeping students on their toes, while challenging their physical ability and concentration. Add a little salt and pepper to your reformer workouts by learning more about how and why to use variations, and then by getting down to it and picking up new twists on the old classics -- after all, variety is the spice of life.

Krinking® Flats & Rolling Hills (ws)

Yvonne Juarez

Experience how everything you know about climbing hills and powering through the flat roads in the indoor cycling studio is easily adapted for the upper body. You'll be amazed at the affect Krinking® has on upper body strength and endurance, and perhaps even more surprised at just how many calories you'll burn in the process! See for yourself how Krinking on the Johnny G KRANKcycle® by Matrix is quickly becoming the most innovative form of exercise that the Fitness Industry has seen since Johnny G launched his first program, Spinning®.

Katami Kettlebell Core (ws)

Paul Katami

Discover the variety and intensity of core exercises using a Kettlebell. Use dynamic movements that create fluctuating resistance and force absorption. Focus on form and range of motion coupled with innovative and varied exercises leaves you with perfect take aways to add to any class.

Indo-Row®: The Perfect Calorie Burn (ws)

Jay Blahnik & Josh Crosby

Dubbed "the perfect calorie burn," **Indo-Row®** is a one-of-a-kind rowing workout that truly changes the way you think about group exercise. Working in teams, partners and as one crew, get world-class coaching and a transforming, total-body workout that leaves you begging for more. Easy to learn, **Indo-Row®** is perfect for group exercise instructors and personal trainers. No experience is necessary.

SATURDAY 9:30-11AM

TRX® Rip™ Training Workout (ws)

Fraser Quelch

Learn the essentials for TRX® Rip™ Training and then put them into practice in this fast paced, full body and core shredding workout. Be prepared for high metabolic output, outrageous stability and the most fun you've had in a training session this year.

SATURDAY 9:30-11:30AM

The Warrior Series (ws)

Leslie Kaminoff

If you like a strong, flowing, breath-centered yoga practice, but have done more than a few too many down dogs, up dogs and chaturangas, then this is the class for you. Leslie Kaminoff will lead you through a specially designed vinyasa that strongly works the legs, opens the hips, and moves the spine in all possible directions; all without putting any body weight on your hands. The sequence will be taught twice; first with detailed written instructions and alignment cues, and again with an emphasis on flowing continuously with the breath.

The Great Debate-Resting Metabolism: Is It Hot or Not? (L)

Jason Karp

Many fitness professionals tell their clients that strength training adds muscle mass, increasing resting metabolic rate so they can burn more calories all day, which can help them lose weight. While scientific research has documented that metabolic rate is acutely elevated after a workout, resting metabolism is not chronically increased. This presentation reviews the research on the effects of aerobic exercise and strength training on resting metabolic rate to discover the truth about this complex issue. Leave with a deeper understanding of resting metabolism and how to educate your clients on its effects.

Balance Training For Every Client (L)

Paul Chek

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

SATURDAY 10:30-11:30AM

Zen Combat (ws)

Violet Zaki

Created by Black Belt and fitness expert Violet Zaki, 'Zen Combat' is a total body workout using basic martial arts and kickboxing inspired techniques in choreographed routines. It promotes both cardiovascular and strength, while improving balance and agility. These moves are easy to follow, non-contact drills and accommodate all fitness levels. Find your inner warrior!

Step & Dance (ws)

Yoav Avidar

Whether you are a step addict that looks for new excitement in your step sessions or if you love to dance but never thought of trying it on step... This session will reveal the way to combine dance moves into your step routine and still keep your choreography well balanced and symmetrical, broken down and tap free.

Level II Focus I, II

360 Training: Superior Strength (ws)

Patrick Goudeau

To get strong takes intelligent training, determination and a deep, internal focus. 360 Training: Superior Strength is where positive changes in strength are directly related to improved performance of movement. Using the progressive foundation-to-performance approach, combined with the functional training challenge of the Step360 Pro, provides endless training options that build functional strength unlike anything you might have imagined.

SPINNING® "Animal" Ride (wo)

Josh Taylor

Join Josh Taylor... In an epic 1 hour ride where the innate behaviors of the worlds most powerful and graceful animals will be our inner guide and inspiration. Enter into the world of the instinctive animal, feel the primal rhythm, and ride through the eyes of the beasts completely uninhibited. A journey into the wild you don't want to miss!

NYC Dance Project (wo)

Abby Goldenberg

Leave all your inhibitions at the door! Abby's class has the pulse of New York, where dance is provocative, sexy, fun and flashy. This choreographed class will show you how to make your students dare to be truthful, dare to be expressive, and dare to really dance! All new choreography!

Level II, III Focus II, III

Peak Pilates®: The Hot Seat - MVe® Chair Dancing (ws)

Stacey Lei Krauss

Dance and Pilates are fundamentally intertwined. The Einstein Aging Study, summarized in the New England Journal of Medicine, found that dancing prevents dementia, through enhanced proprioception and development of neural connection. Dance is a fundamental form of human expression that likely evolved together with music as a way of generating rhythm. Chair Dancing fuses the focus and discipline of the Pilates Principals with enhanced musicality and stylized performance, resulting in confident, smart bodies. Step outside the box with this fluid, sassy approach to the Pilates Chair method, and get one step closer to performing daily tasks with "spontaneous zest and pleasure."

POWER Kranking® (ws)

Mike Michels

Give your arms a turn with an incredible upper body strength and cardiovascular workout! The Johnny G KRANKcycle by Matrix allows you to tap into the athletic potential of your upper body in ways never before imagined. POWER Kranking® uses the KRANKcycles independent crank arms to recruit the muscles of the arms, shoulders, back, chest, and core in a high intensity workout guaranteed to break any misconceptions about the value of using the upper body as a form of cardio and strength training! Experience why the American Council on Exercise, (ACE) considers Kranking to be a calorie burning exercise on par with most lower body training modalities.

The Booty Barre™ Plus (ws)

Tracey Mallett

The Booty Barre™ Plus is the original Booty Barre™ experience, which alternates deep muscle-toning movements along with intervals of fat-blasting cardio techniques. Set to an upbeat music selection, The Booty Barre™ will get your heart pumping with a combination of dance, pilates, yoga and cardio moves at the ballet barre.

SATURDAY 11:45-1PM

Equinox Blockbuster Body™ (ws)

Lashaun Dale, Robert Sherman and Jeffrey Scott

Train like a star and get in top shape for anytime blockbuster adventures. Martial arts, speed drills, bodyweight training, animal movements, core training and slinky stretches leave you svelte, nimble and totally prepared. No matter what role you're playing. The Blockbuster Body Workout is meant to deliver to all-a great sweaty workout that challenges us to battle and romance our bodies into their hottest shape against all odds. So fingers crossed 2012 is the year of workout surprises and a sleeper hit.

The Stepper (ws)

Rebecca Small

The Stepper knows only one place...the Step Room. The Stepper knows only one class...the Step Class. The Stepper knows where to indulge his/her fantasy...with The 'Step Queen'...advanced Steppers only.

Level III, Focus III

Power Trip (ws)

Paul Katami

Discover your Power Potential: the power of strength, the power of stillness, and the power of flexibility. Using only your body weight and exercise tubing, experience a full body workout that incorporates Short Burst Training (SBT), Isometric stability training, dynamic flexibility, and creative core work. Take away inventive new moves or whole blocks of exercise that are dynamic and exciting.

SPINNING®: The Power of One (wo)

Anthony Musemici

One Movement + One Variable = Endless Challenges. In "Power" we'll explore how the slightest change in the road can take you on a whole new journey. The ONE thing you have to ask yourself - *are you ready for that journey?*

Advanced Kettlebell Training (ws)

Phil Ross

Phil Ross will take you through a series of Kettlebell complexes, chains and ladders based on the Russian Hard Style Kettlebell training. Both dual and single kettlebells will be used.

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

Age Defying Pilates (ws)

Christine Romani-Ruby

Every year after the age of 30 we lose muscle mass. Because of this, our posture changes, our movement patterns change and ultimately our looks change. Pilates offers some of the best moves to combat this aging effect. In this workshop target areas will be defined and defended with research. Then Pilates mat work solutions will be applied. Find out how Pilates can be better than botox!

SATURDAY 11:45-1:15PM

PNF With a Twist (ws)

Jill Miller

Prepare to literally "turn yourself around" in this workshop that focuses on static and dynamic rotations of every joint in the body. Move into the under-contacted joint spaces and free up ranges of motion with body/mind blowing PNF's (proprioceptive neuromuscular facilitated stretching). Tackle trouble spots in the shoulders, hips, spine, forearms, feet and more. Explore your end-range as never before and embody myofascial continuities that bring harmony into all planes of movement.

TRX® Power Stretch (ws)

Abbie Appel

This mind/body and core focused class combines Pilates and Yoga inspired movements and postures on the TRX® with more traditional strength and flexibility exercises. The session seamlessly blends the methodologies into a powerful and smooth class flow that improves body awareness, flexibility and movement patterns and will leave participants feeling up-lifted and empowered!

Sustainable Lifestyle Solutions (L)

Pamela Peeters

This presentation deals with discovering the opportunities of the sustainable lifestyle market with a focus on the fitness world. The adoption of these principles can enhance your reputation and possibly expand your market. The presentation is motivational and the objectives are to empower your attendees. Special attention will be given to the following very important topics, with participation from the audience:

- a) How do you perceive the current sustainable fitness and/or body/mind market and your possibilities in it.
- b) How does the market perceive you, the Fitness Industry.
- c) What are your current programs linked to sustainable lifestyle adoption?
- d) The Eco Hero program for children
- e) Closing talk on perception of opportunities

There's No Place Like Foam: All You Need to Know About the Foam Roller (ws)

Lawrence Biscontini

Learn what a difference to your body a foam roller makes! Working with the 3-foot foam roller, multiple award-winning Master Instructor, Lawrence Biscontini, MA, introduces you to its many uses for both home and gym. In the first

section, Lawrence shows how to use the foam roller for self-massage, called myofascial release. In the second section, Lawrence shows you great core training exercises for the entire body in various positions.

Do It In the Raw...Eating That Is! (L)

Scott Josephson

Sometimes the more you try to find the right foods, the more confused you get! Should I food combine? What about raw, cooked or un-cooked? Eat organic or vegan? What about alkaline foods and the ph scale? What's the deal with sugar? Should I juice? Stop the mystery and get the facts! Obtain solid information about enzymes, living foods, anti-oxidants, disease prevention and what really strengthens your immune system. Learn how to increase energy, strength, endurance, emotional balance and mental clarity. It's time to eat right...naked of course!

SATURDAY 1:30-2:30PM

Jomurai (ws)

Violet Zaki

Jomurai is Violet Zaki's new signature program, an innovative simulated stick fighting workout based on authentic weaponry and traditional fighting techniques used in martial arts. Each participant uses a training stick in blocks and strikes while moving gracefully through choreographed steps and stances called "katas". The moves are executed with an emphasis on beauty, elegance, precision and power.

SATURDAY 1:30-3PM

Extreme Calorie Burn (ws)

Patrick Goudeau

Patrick's latest DVD release picks up where LEAN HOT BODY left off. Interval training is the buzz right now and this hands-on, feel it in your body workout/workshop is all you'll need for some good old-fashioned inspiration! While all moves may not be suitable for you or your students, you will leave with new ideas for compound strength exercises and cardio intervals that can be implemented right away into your existing class formats. The exercises are EXTREME, so be prepared to move and think outside the box.

The Last Step

Petra Kolber

Petra brings you her latest step combos along with some return favorites as she presents her last step session at ECA/NYC. Focusing on logical progressions that build off easy to do foundational movements, Petra demonstrates how to turn basic movements into creative step combos by utilizing the layering teaching methodology. These routines are fun to do, easy to master and are designed to be Monday morning ready.

Level II Focus I, II

SPINNING®: The Building Split (ws)

Jeff Krabiel

Splitting symbols is a common practice in most classes. This workshop will review strategies for building extended split formats that will last an entire ride. Following the lecture, we'll build a class around one steadily building split symbol.

Theatre Dance Workshop (ws)

Marvin Foster

The idea of this workshop is to introduce the participants to different forms of expression through movement. The ultimate goal is to perform set choreography that the participant will learn during the workshop. Several forms of dance will be used including: modern, jazz and theatrical expression. The participants are trained to become disciplined and versatile dancers who have an open vision towards dance. This is a fun experience for all ages and all levels!

Level I, II, III Focus I, II

Flow-Evolved Choreography Pilates (ws)

Michael King

As all elements of our lives continually change we should also change how we challenge what we do. Come explore the possibilities with this workshop of taking the Pilates Principles and variations of the original moves to new choreographic variations. Reaching the ultimate goal of improving people's posture by challenging them off the mat in standing variations.

Jump To It! (ws)

Krista Popowych

Join Krista Popowych, Master Trainer, as she takes you on a trampoline journey that is sure to inspire. Combining jump training education and techniques with creative and fun moves, instructors will learn how to take their classes to the next level. Jump to It in this challenging workout that will not only stimulate the body's synovial fluid, but will get your heart pumping and your creativity flowing.

Kettlebell Kombos for Group Fitness (ws)
Paul Katami

Take your cardio and power kettlebell workout to the next level with integrated and closed chain sequences that will challenge and deliver. Breakdown 8 and 16 step sequences that include split power work, cleans, jerks and standing to floor movements. This class is designed for intermediate/advanced kettlebell participants.

Fitness and the Breathing Body, Breath and Anatomy Workshop (ws)
Leslie Kaminoff

Utilizing a combination of printed material, hands-on exchange, practice and discussion, this workshop will convey a vastly deeper and richer appreciation of the process of respiration and the postural role of the diaphragm in exercise and movement. We will examine why most abdominal strengthening exercises do not accomplish their goals, and may actually be aggravating back pain syndromes. Additional topics covered will be: the mind-body connection to exercise and fitness, the relationship of the emotions to strength and flexibility, and why there is no "right" way to breathe.

The Wings of the Secret Bird (ws)
Kelly Morris

Everybody wants to be happy. Nobody wants to be unhappy. In this regard, we are all the same. But how to attain happiness and avoid pain? It seems like nothing we do ever creates the deep, abiding satisfaction we are searching for. Join Master Teacher Kelly Morris as she shares two time-tested, secret Tibetan Buddhist methods given to her by her holy teachers. If applied, these special methods can bring you what you have always wanted. To be applied both on and off your mat, in the home and in the office, with friends and with strangers. Class includes: short dharma talk, music, and asana.

Full Body Fusion Training for Optimal Health (ws) - Sponsored by CoreFitnessRoller®
Darya Bronston

Put a new twist on functional training and balance movement by integrating proprioception and massage techniques with the CoreFitnessRoller®. This new product helps enhance physical performance, balance, core strength, and body tone, and provides a variety of stretching, self-massage, and muscle trigger point relief movements. The workout energizes and engages the entire core, optimizing full range of motion and functional movement, and outlines a foam-rolling protocol to help trainers promote dynamic core strengthening moves and overall health. Promote the mind-body connection while integrating the myriad layers of circulatory flow, myofascial release, and lymphatic movement in a challenging core-strengthening workout. Programming by ANNOVIUM.

How to Build and Execute a Great Brand (L)
Ben Black

A mix of multi-media presentation and interactive discussion with real-world and live examples from participants, this session will help you understand, build and execute a brand that will drive revenues and stand out from your competition. This workshop is for anyone needing to develop or implement a successful brand and business.

Eccentric Exercise: Everything You Want to Know and More! (L)
Len Kravitz

Join Len for the most comprehensive review ever completed on eccentric exercise. Topics include the history of eccentric exercise, the physiology of eccentric exercise, the sequence of events leading to DOMS, the repeat bout-effect with eccentric exercise, gender differences and age applications, eccentric exercise and rehabilitation, and the mystery of eccentric exercise and metabolism. In addition, Len will showcase 24 great eccentric exercises using multi-media technology and 3 different eccentric training techniques. A must attend for every serious personal trainer.

SATURDAY 3:30-4:30PM

Power Yoga For Sports: Hamstring & Hips (ws)
Gwen Lawrence

Whether you are a soccer player, agile tennis pro, power hitter in baseball, wide receiver or hockey player, hamstrings and hips are critical to the success of your game. Learn Power Yoga For Sports stretches to increase flexibility and tap into your potential power.

SATURDAY 3:30-5PM

BOSU® Crush It (ws)

Jay Blahnik & Mindy Mylrea

BOSU® Crush It is for you, your clients and your athletes, and it will test your strength, weaknesses and your limits! Compete against yourself and rate your athletic skill in the areas of balance, agility, core, cardio and strength. After each measurable challenge, learn drills to improve your athletic ability in that area of fitness. Learn how the challenges and drills can be integrated into goal specific workouts for all fitness levels. Are you ready to take your fitness to the next level?

Triple-Action Abs - Resist-A-Ball (ws)

Abbie Appel

This core-focused workout is divided evenly into three 20-minute segments with three unique focuses. First, use a small-weightless ball to activate the core - learn how to co-contract the deep stabilizers. Next, review extreme bodyweight exercises that apply lever changes and dynamic movement. Lastly, have fun adapting the movements to the Resist-A-Ball to challenge balance and strength.

BodyART™ Deep Work (ws)

Robert Steinbacher

BodyART™ combines positions from yoga and physiotherapy and works on a deep knowledge of alignment, foundation and breathing techniques. During the workout, you will learn about your level of flexibility and strength using breathing techniques through the movement. Spiral dynamic muscle systems offers you unique alignment techniques that will help every student/instructor to build a professional foundation to go deeper and deeper into a position (asana) and into yourself. This class is an invitation for instructors that want to work on teaching techniques in building foundation and methodology.

SPINNING® Drill It! (wo)

Josh Taylor

Come and experience a ride based on pedal stroke drills. The focus will be teaching you to get the most out of every single pedal stroke when you ride. You will walk out of this session with a deeper understanding of your movements on the bike and take it straight to your students.

Culture Shock Cardio (wo)

Cheyenne Kibblewhite

Dance to the hottest hip-hop music in this, workout based, hip-hop dance class. Taught in a user-friendly, cardio format that is designed to embrace all levels of ability and style. You'll leave this class feeling successful and with plenty of material to teach in class.

Level I, II, III Focus I, II

Low Back Pain (ws)

Christine Romani-Ruby

Everyone will have back pain at some point in his or her lifetime. When it is one of your clients or yourself, will you know what to do? This workshop will discuss several types of back pain and help you categorize them. We will discuss red flags of when to refer that client on or when to avoid certain activities. Then we will apply Pilates mat movements for a fitness evaluation and post rehabilitation plan. Leave with a new confidence when your client says: "That hurts my back or I hurt my back".

Beyond the Bounce (ws)

Michelle Mascari

This class is designed for cardiovascular training on a mini trampoline. Any kind of strength, balance and core workout can be integrated into this high intensity training. This class is very easy to teach and fun to do! Great ideas for circuit format classes, group training/personal training and crowd pleasing group fitness! Let the endorphins begin! You will leave this session with a renewed passion for teaching.

Dancers Are Athletes Too! Sponsored by CoreFitnessRoller® (ws)

CoreFitnessRoller® Faculty

The demands on a dancers' body are enormous. Just as athletes need to exhibit power, strength, balance, flexibility and fluidity of movement, dancers must demonstrate the same. In this session we will deliver education that focuses on the link between proprioception and balance, the importance of training in all planes of motion as well as other components of fitness that relate to dance training. Utilizing this all-in-one training tool, the CoreFitnessRoller®, participants will experience a workout like no other...one that incorporates multiplanar training, balance challenges, stretching for improved flexibility and self-myofascial release. Participants will walk away with a new repertoire of movement that is sure to prepare the body for dance and feed the dancer's spirit.

Temple: Timing Enhanced Movement, Producing Layered Exercises (ws)

Lawrence Biscontini

Experience effective functional total body training techniques using WILL-ful and GRACE-ful strength and flexibility ... stability and mobility... muscle and mind. Carefully selected exercises use the body as a functional, connected kinetic chain creating an adventure with various equipment. You've never trained like this before!

Feed Me – I'm Yours (L)

Scott Josephson

Did you know we eat approximately 50,000,000 calories in our lifetime? If you're an athlete I hope you're hungry because you need a lot more! There's a huge fundamental difference between fitness and an athletic intake. Training like a pro requires eating like one! This lecture will cover several steps for specific nutrient timing, calorie intake, caloric quantities, helping hormones and the role of phytoestrogens, probiotics and antioxidants for the rookie to the pro! Understand how they play a vital role and their contributions to optimal health!

SATURDAY 3:30-5:30PM

Rotational Training For Performance (L)

Paul Chek

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. Dan explains why rotational training is so vital to optimal functioning and show how to assess and improve rotational stabilization through the different segments of the body. Learn how to improve rotational strength and force generation for throwing sports, swinging a golf club, bat or racquet, plus exercises progressing from isolation to integration.

SUNDAY 7:45-9:15AM

willPower infusion®: there's magic in the details (ws)

Stacey Lei Krauss

willPower infusion is a powerful format for the mind-body setting. Based on it's parent program willPower & grace®: the original Foot Fitness cardio program; infusion® is a pre-designed sequence which strengthens the entire body through slow, controlled alignment-based exercises. This 90-minute workout combines precise, functional movement with foot fitness methods and affirming willPower philosophy. Infused with sensory integration offerings to accommodate all methods of learning, infusion® practitioners will feel physically challenged from head to toe, while simultaneously revitalized and inspired.

The Secret Language of Training (L)

A Language Workshop for Pilates Teachers and Fitness Trainers

Alycea Ungaro

Want results for your clients? Forget about the equipment. Your words are your best tools. A single well chosen word can be the difference between a mediocre workout and a great workout. Learn and practice three key strategies you can use immediately to get faster results with your private clients or group classes. Spend less time setting up and explaining and spend far more time actually doing each move. Become the most effective and efficient teacher you can be while progressing your clients as fast as possible. Language is the essential tool of every Pilates teacher and Fitness Trainer. Join Alycea as she leads this language arts class constructed specifically for fitness. Participants will learn effective cueing based upon the rules of grammar to help you set up faster, cue more effectively and execute the best possible sessions and classes.

Mastering Metabolism (L)

Scott Josephson

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

SUNDAY 8-9:15AM

BOSU® Balanced Body (ws)

Lawrence Biscontini

Re-define and explore your body's balance systems using the BOSU® Balance Trainer and a soft-touch weighted ball, and walk away with a whole new perspective on balance. More than just your ability to stand on one leg, balance signifies both the starting and ending point of human movement, and this workshop will show you how to train complementary aspects of balance to improve proprioception, strength and flexibility. You'll also gain some mind/body-based methods for enhancing stability and mobility from simple sitting to gait training. Note: This workshop focuses on barefoot training, however, please bring a pair of shoes or sneakers as well.

Liquidity (ws)

Petra Kolber

Liquidity flows from dance and tai chi based movements into yoga inspired postures. Let your body ebb and flow between circular shapes that warm and energize the body into more linear postures that focus on elongating the muscles. This session shows the many ways we can creatively fuse flexibility training into our classes. Liquidity energizes the body and ripples between several different styles of movements cresting in a full body workout that both energizes and relaxes the body.

SPINNING® Standing Flats vs. Running (wo)

Jeff Krabiel

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

360 Training: Explosive Cardio (ws)

Patrick Goudeau

360 Training: Explosive Cardio is the ultimate training test, filled with creative, high intensity drills that will elevate the heart rate, jumpstart your metabolism and burn maximum calories. This dynamic workout is built upon a progressive training approach that takes you from foundation-to-performance utilizing the science of both aerobic and anaerobic energy systems. Whether the movements are sport specific or just plain fun, you'll learn programming options of linear or circuit class progressions to keep your workouts feeling fresh, intense and explosive!

Soft Foam Roller Workout (ws)

Michael King

For many students it is necessary to prepare the spine before we challenge it with Pilates and Exercise and with this new pre Pilates program, Michael will show you how with breath and stretching you can mobilize the Spine successfully. The soft roller can be used either on a personal training session or in a group class as a preparation or cool down.

Boot Camp Bounce (ws)

Krista Popowych

Are you ready to take it up a notch? Using the JumpSport® Fitness Trampoline and adding a little ingenuity, this no-fuss cardiovascular and strength training session is infused with great boot camp circuit ideas. Whether you are looking for inspiration for your fitness classes or small group personal training sessions, this class will rev up any workout and bounce up your boot camps to a whole new level.

Breakti (ws)

Anya Porter

Breakti brings together the alignment, breath and philosophy of yoga with the dynamic strength building, core work and fun of breakdance. By weaving a yoga foundation together with an emphasis on accessing core, transitions and bearing weight in the hands, we start to inform a deeper understanding of our relationship to the floor and to rhythm, ultimately providing a foundation for the more dynamic movements of breakdance. Find the fun and strength in your yoga practice or simply get more comfortable with inversions and arm balances with this cardiovascular, sweaty and rhythmic workout.

SUNDAY 9:30-11AM

Booty Camp (ws)

Mindy Mylrea

You have heard of Boot Camp but have you ever heard of Booty camp for the bun and legs? Take your below the belt classes to camp with this whole new approach to buns and legs training – circuit style. You will experience the best lower body station ideas on the planet and then you will hook up with a buddy, team, or just survive solo for a lower body challenge that is booty crazy.

Me Against the Music (wo)

Shaun Thompson

Feel the slow groove or R & B sound but the choreography will take you all over the "PACE". You may move fast, you may move slow! Know your musicality because you must not just follow the steps but also follow the sound.

Level I, II Focus II

SPINNING® The LT Factor (ws)

Anthony Musemici

What exactly is Lactate Threshold (LT)? At what heart rate does one enter LT? What does LT feel like? Let's discuss the physiological effects and benefits of training your lactate threshold. Working at your lactate threshold is a challenge when used correctly. Be prepared to challenge yourself in a Spinning Interval Energy Zone™ ride working at or above your lactate threshold. Heart Rate Monitors highly recommended to achieve the full benefit of this ride.

Outrageous Starts and Finishes (ws)

Lawrence Biscontini

Research tells us that the first and last five minutes of any group fitness experience are the sections of class that people most can remember. Treat yourself to a workshop exploring dozens of different ways to achieve safe, effective, and creative warm-ups and transition (formerly called "cool-downs") for a plethora of class types: cardiovascular, strength, and flexibility/mind-body. We will address classroom orientation, music, equipment, specificity, and group dynamics.

The Right Fit (ws)

Michael King

Pilates, just like Yoga, has many variations and adaptations and with each one we can choose the appropriate one for the group we are working with. Pilates was originally designed for dancers and the original work based on their flexibility and movement quality. Michael will look at the modifications, changes and challenges that need to be applied to make the technique work and be effective within the fitness world and the challenges of group exercise classes.

POWER Kranking® (ws)

Yvonne Juarez

Give your arms a turn with an incredible upper body strength and cardiovascular workout! The Johnny G KRANKcycle by Matrix allows you to tap into the athletic potential of your upper body in ways never before imagined. POWER Kranking® uses the KRANKcycles independent crank arms to recruit the muscles of the arms, shoulders, back, chest, and core in a high intensity workout guaranteed to break any misconceptions about the value of using the upper body as a form of cardio and strength training! Experience why the American Council on Exercise, (ACE) considers Kranking to be a calorie burning exercise on par with most lower body training modalities.

Devotion In Motion (ws)

Alanna Kaivalya

Those who love music and yoga know how well the two fit together. This workshop will illustrate why music and chanting can be an integral part of a yoga practice, and why the art of devotion is so cool. The Beatles did it, why can't we? In this class, we'll be exploring some Bhakti yoga through chanting as well as the art of devotion through a fun and uplifting Jivamukti Yoga practice. Come ready to sweat your prayers.

What to Know When a Pregnant Mom Takes Your Class (L)

Ilene Bergelson

This abbreviated version of Ilene's popular workshop, Prenatal Fitness: Training for the Sport of Motherhood, focuses on the group fitness setting. It's interactive, highly informative, and will prepare group fitness instructors to modify whatever class they teach appropriately for prenatal and postpartum members in accordance with current guidelines. Come prepared with portions of your class "choreography" and questions!

STREET KATA L2 (NYC Concrete Jungle Style) (ws)

Bishop Garland

Control, fluidity, and massive style bring unparalleled energy to these stylized fight sequences, "katas". Driven by a world-renowned NYC sound, Concrete Jungle is geared towards those who already have a solid understanding of martial techniques and thrive for more enhanced movement. WELCOME TO THE JUNGLE! Level II.

Ultimate Metabolic and Calorie Burning Makeover (L)

Len Kravitz

Applying the newest research on spontaneous physical exercise and metabolism, all participants will learn how to

complete a Metabolic Profile for their clients. This engaging lecture will explain the components of metabolism and calorie burning, factors that affect RMR, and the latest biomedical research understandings on metabolism and caloric expenditure. In addition, all participants will learn 15 documented ways to physiologically boost metabolism and 7 fabulous calorie-burning workouts.

SUNDAY 11:30-12:30PM

Equinox Speed Demons™ (ws)

Lisa Wheeler and Team Equinox

Set your Speed Demon free!!!! Team Equinox will take you through your paces with unique sports conditioning exercises, sprint drills and techniques and tips that will make you faster and fitter than ever before. Attention to proper mobility, myofascial care and a flexibility program will keep you on the run. This workshop is perfect for existing athletes and runners to be who want to improve their own skills as well as learn how to put together innovative speed driven classes and workouts.

Roll Over (ws)

Paul Katami

Recent studies show that crunches can soon become a thing of the past based on the biomechanics of plank work on unstable surfaces like the stability ball. Roll Over and learn some incredible core, back, and leg exercises on or using a stability ball and/or simply your body weight.

SPINNING® NYC Streets (wo)

Josh Taylor

New York City... A place full of magic and energy like no other! This special ride will take you on a midnight journey through the blazing streets of the Big Apple! You will love every second of this Interval Energy Zone™ ride led by Josh Taylor.

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

Pilates for Kids (ws)

Christine Romani-Ruby

In this workshop explore Pilates mat work options for kids. With sedentary lifestyles and childhood obesity on the rise, our kids need fitness options. In this workshop we will explore the best Pilates mat work options for kids and how to introduce Pilates for kids in your setting. Make it fun, make it effective, and make it profitable.

Krinking® - The Next Revolution in Fitness (ws)

Mike Michels

Discover how fitness innovator Johnny G, founder of Krinking® and creator of Spinning®, once again revolutionizes the way you think about exercise! Krinking® provides a fun and effective cardiovascular and strength-training workout while increasing balance and symmetry in the upper body. Find out how to easily integrate the Johnny G KRANKcycle® by Matrix into your facility: From 1 on 1, or in a circuit to 4 on the floor in small group training with a Personal Trainer, combined with the indoor cycle for the ultimate, calorie-incinerating full-body workout, or Krinking classes using the Johnny G Energy Training System, you'll see how the KRANKcycle has become the most exciting and effective piece of upper-body cardiovascular and strength training equipment in the industry.

SUNDAY 11:30-1PM

Take Yoga From Participation to Presentation (ws)

Robert Sherman

Do you have the tools necessary to teach the next authentic yoga class? If after being a participant in class for many years, take your experience and knowledge to inspire others by becoming a yoga instructor. Teaching yoga is more about sharing your gifts and personal change to motivate others to begin to see more of the benefits of a consistent yoga practice. This workshop will give you the initial tools and formats to teaching and provide options for more education and navigating the teaching process.

willPower ATHLETIX®: trust your feet (ws)

Stacey Lei Krauss

willPower ATHLETIX® is your opportunity to awaken the athlete inside you. Whether you are currently competing or never played a sport, it will challenge and develop you physically and mentally. ATHLETIX® integrates foot fitness with sports specific movement patterns and uses authentic visual and verbal coaching cues and philosophies to motivate, empower and encourage teamwork. ATHLETIX® is the future foundation for injury prevention and continued performance improvement.

Enhance Your Teaching & Cueing Skills (ws/L)

Gail Bannister-Munn

Expand your knowledge and enhance your teaching skills. Group Fitness is Instructor driven and you need to be the best you can be to compete. Fill your classes, and create dynamic workouts that make sense and generate results. This workshop is designed for anyone looking to become a better group exercise instructor and gain valuable teaching experience. You will learn; class format, successful cueing, smooth transitions, effective music utilization AND creative choreography for body sculpting, boot camp and/or aerobic circuit style classes.

This workshop will help you understand how to effectively use music as a tool in a group exercise/personal training setting. It will give you a basic understanding of the structure of music, rhythm, BPMS and how they play an integral role in your fitness classes and programs.

How to Really Connect With People (L)

Ben Black

This workshop builds on Dale Carnegie's classic 1937 book "How to Win Friends and Influence People" and brings it into 2012, with listening and rapport-building skill building and (optional) role-playing mixed in. As a 15-year top tier management consultant and presenter, Benjamin's job is to connect with executives, clients, business people, everyone as part of doing his job. Let him help you discover the simple way to connect and feel fantastic rapport on the spot, with ANYONE.

SUNDAY 1-2:30PM

Core Fusion...The Original Barre/Core Class (ws)

Elisabeth Halfpapp & Fred DeVito

Core Fusion, at Exhale, is not just a class it's an experience...a lifestyle. We redefine the bodies of our students and give a higher lifted butt, long lean thighs and six-pack, wash board abs. The base of Core Fusion is the famous Lotte Berk Method and no one has taught more Lotte Berk Method classes than the creators of Core Fusion, Elisabeth Halfpapp and Fred DeVito. Many other techniques proclaim a Lotte Berk connection, but for 22 years, Elisabeth and Fred WERE the Lotte Berk Method and taught more classes than all the other LBM teachers combined. This experience brings results producing credibility to Core Fusion and the Core Fusion Program. Core Fusion combines principles of the LBM, Yoga, Dance, and Pilates to create a program that shapes the body and clears the mind.

SPINNING® Count On It (ws)

Jeff Krabiel

Creating, introducing, and reinforcing goals during class is one of the most challenging aspects of instructing. This workshop is an exploration into the various ways numbers can assist us in developing interesting short and long range workout goals. The workout portion of this session will demonstrate a wide variety of number-based activities and games.

Meditation In Motion (ws)

Misty Tripoli

Take your yoga off the mat and GROOVE your butt off! Experience this delicious mind body treat. Get creative with your yoga practice and play! Yoga is not about the poses, it is the connection of mind and body... Grooving is a powerful way to add play and creativity to your yoga practice or yoga class.

NYC Dance Project (wo)

Abby Goldenberg

Leave all your inhibitions at the door! Abby's class has the pulse of New York, where dance is provocative, sexy, fun and flashy. This choreographed class will show you how to make your students dare to be truthful, dare to be expressive, and dare to really dance! All new choreography!

Level II, III Focus II, III

Peak Pilates®: Inner Strength (ws)

Kathryn Coyle

Unleash your inner strength and unlock your core power with a fluid dynaband workout. Learn to use the dynaband to mimic the springs on the apparatus and to assist as well as challenge your students. Learn unique ways to utilize the

dynaband while maintaining flow and improving critical connections to enhance your students understanding and awareness. If you are looking for something new for your students - this is it!

SUNDAY 1:15-3:15PM

Myths of the Asanas (ws)

Alanna Kaivalya

The myths of yoga's spiritual tradition have the power to change old patterns of behavior, providing us with enlightened insight that brings us closer to who we really are. All of these myths and more will be explored in this Jivamukti Yoga workshop that will include some lecture, lots of asana, a little chanting and a lot of insight.

Mind As Muscle (L)

Lawrence Biscontini

In fitness, we've long been developing the newest techniques and trends in isolation and functional training. Join Lawrence in this interactive lecture as we explore at least 10 innovative training techniques for building mental muscle. You will gain an understanding of general brain function during training and during sleep, plus easy techniques for improving both long and short term memory, maximizing alertness, increasing reaction time, and improving overall wellness through mental power!

Ask Paul Chek! (L)

Paul Chek is internationally recognized as a leader for his comprehensive knowledge in the fields of corrective exercise, human development, and holistic health. In this open session, Paul Chek offers individuals the opportunity to access over 27 years of his clinical experience in training, rehab and coaching of amateur to elite athletes from a wide variety of sports. Paul's method is, and always has been, to focus on foundational essentials of individual needs as the most efficient way to cultivate well-being and achieve success in their endeavors. By raising awareness and resolving challenges all athletes face, questions posed will provide a wealth of answers that may be common to your own life or the life of your client or loved one.

SUNDAY 3-4:30PM

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.

SPINING® Energy Zone™ Sampler (ws)

Anthony Musemici

Re-ignite your knowledge of the heart rate training foundation of the Spinning program. Travel through the Spinning Energy Zones™ in a ride that will take you seamlessly through all five zones while distinguishing each zone's unique characteristics. This is a great session for new as well as experienced instructors who need a fresh look at the Spinning Energy Zones™.

Culture Shock Choreography (wo)

Cheyenne Kibblewhite

This high energy, mixed level class is taught in a comprehensive, non-intimidating environment. You can expect the same, success oriented, cardio format as Culture Shock Cardio but with more syncopation in the choreography. Get ready for great hip-hop music, great dancing, and a great time.

Level II, III Focus II

SUNDAY 3:30-5:00PM

willPower & grace® (ws)

Stacey Lei Krauss

willPower is your ability to create change using the power of thought. Grace is how you land on your feet. willPower & grace® is the energetic, cardiovascular solution for all mindful modalities. This class is a cardio fusion of postures, drills and principles. Leave your shoes at the door...this hard-core workout integrates the newest barefoot training methods to help you 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.

Session Grids:

THURSDAY

5:30-6:30pm

BYOB – Lisa Wheeler

Increase Your Flexibility – Gwen Lawrence

Bodyblade®: Circuit...Work It – Jodi Sussner

Street Kata – Bishop Garland

6:45-7:45pm

Zumba Fitness Party – Tanya Beardsley

Jump & Pump-Resist-A-Ball – Abbie Appel

Peak Pilates®: Pilatesstick®: Serious Strength – Kathryn Coyle

6:45-8:15pm

Low Back Considerations: Functional Solutions – Chuck Wolf

FRIDAY

7:30-8:45am

Spri Sponsored SGT. Ken's Boot Camp – Ken Weichert

Equinox Telasculpt – Lisa Wheeler & Lashaun Dale

Dance Delight – Petra Kolber

Spinning® "300" – Josh Taylor

Cardio Ballet – Yoav Avidar

Peak Pilates®: Reformer Synergy – Kathryn Coyle

360 Training: Core Combustion – Abbie Appel

The Booty Barre™ Plus – Tracey Mallett

Metabolic Resistance Training – Brynn Jinnett

7:30-9am

Yoga Tune Up® Get Coregeous® - Jill Miller

STOTT PILATES® Foam Roller Challenge Level 2 – Laureen DuBeau

Flexibility Highways In Motion – Chuck Wolf

Your Guide to Starting A Successful Training Business – Bill Sonnemaker

9-10:15am

Obstacle Course – Patrick Goudeau

Core Connection – Mindy Mylrea

Bodystrikes by Powerstrikes – Ilaria Montagnani

Spinning® The 5-Step Sprint – Jeff Krabel

Pop Dance Party – Rebecca Small

TNT-Trampoline-N-Tubing – Abbie Appel

Refine Method - Long & Lean: Separating Fitness Fact From Fiction for Females – Brynn Jinnett

9:30-11am

STOTT PILATES® Ultimate Body Sculpting - Laureen DuBeau

Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby

9:30-11:30am

Importance of Release – Mary Bowen

Yoga For Athletes – Beryl Bender Birch

Exercise and the Female: What's Estrogen Got To Do With It – Jason Karp

Critical Program Design Strategies – Paul Chek

10:30-11:30am

Spri Sponsored SGT. Ken's Circuit Training – Ken Weichert

Quadri Steps – Yoav Avidar

Atletica by Powerstrike – Ilaria Montagnani

Spinning® "Pedal to the Medal" – Josh Taylor

Broadway Dance – Lisa Wheeler

TRX® Body Blast – Susane Pata

11:45-12:45pm

Creative Low Impact Grooves – Gail Bannister-Munn

11:45-1pm

BOSU® Multiplicity – Jay Blahnik

Step Warrior – Joelle Menard

Calvinography®: Platinum – Calvin Wiley

Spinning®: Survivor New York – Anthony Musemici

Sexy Groove Dance Party – Misty Tripoli

Peak Pilates®: MVe®: Chair-Do It Like This! – Stacey Lei Krauss

Krank Fusion™ - Yvonne Juarez
11:45-1:15pm
Yoga Tune Up® Refine Your Spine – Jill Miller
TRX® Rip™ Training: Foundations – Pete Holman
Building A Following...and The Some – Stacey Griffith
Bridging the Gap: The Core – Chuck Wolf
1:15-3:15pm
Teaching to Type – Mary Bowen
1:30-3pm
BOSU® HIIT Extreme – Mindy Mylrea
3-D Step – Rebecca Small
Calvinography®: Lyrical Jazz
Spinning® Creative Climbs – Jeff Krabiel
Video Dance – Tony Stone
Krank PT™: Kranking® and the Personal Trainer – Yvonne Juarez & Mike Michels
The Next Level: Yoga As a System of Energy Medicine – Beryl Bender Birch
Drums Alive® Academic Beats – Carrie Ekins
Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby
TRX® Rip™ Training: Sports Performance & Metabolic Conditioning
Exercise and Weight Loss – Jason Karp
3:30-5pm
BodyART™ Strength – Robert Steinbacher
Spinning® Loops & Ladders – Anthony Musemici
NYC Dance – Marvin Foster
Physique 57 – Alicia Weihl
Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby
Get Aligned-Pilates on the Real Alignment Mat – Alycea Ungaro
Krinking® Flats & Rolling Hills – Mike Michels
Breakti Flow – Anya Porter
STOTT PILATES® Matwork Strength & Mobility – Laureen DuBeau
GFM Solutions For Success – Carol Scott
3:30-5:30pm
Stand Up Straight! Understanding Posture – Paul Chek

SATURDAY

7:30-8:30am
Tabata Boot Camp Teaser – Mindy Mylrea
Drums Alive® Street Beats – Carrie Ekins
Body Box Bootcamp – Joelle Menard
Spinning® Some Like to Hot – Anthony Musemici
Pure Dance Aerobics – Yoav Avidar
Peak Pilates®: Reformer Rhythms – Kathryn Coyle
Krank Fusion™ - Mike Michels
Bodyblade® Core Like Never Before – Jodi Sussner
7:30-8:45am
Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby
7:30-9am
Yoga Tune Up® Myofascial Self-Care – Jill Miller
TRX® Advanced Concepts in Foundational Movements – Fraser Quelch
Finding Your Groove With Meditation – Misty Tripoli
Exercise: The Magic Bullet – Len Kravitz
9-10:15am
BOSU® Strong Feet Strong Body – Stacey Lei Krauss
Training Camp – Shaun Thompson
Zumba® Fitness Party – Tanya Beardsley
Spinning® Let's Jump – Jeff Krabiel
Club Moves – Patrick Goudeau
Peak Pilates®: Reformer Variations – Kathryn Coyle
Krinking® Flats & Rolling Hills – Yvonne Juarez
Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby
Katami Kettlebell Core – Paul Katami
9:30-11am

TRX® Rip™ Training Workout – Fraser Quelch

9:30-11:30am

The Warrior Series – Leslie Kaminoff

The Great Debate: Resting Metabolism – Jason Karp

Balance Training For Every Client – Paul Chek

10:30-11:30am

Zen Combat – Violet Zaki

Step & Dance – Yoav Avidar

360 Training: Superior Strength – Patrick Goudeau

Spinning® “Animal” Ride – Josh Taylor

NYC Dance Project – Abby Goldenberg

Peak Pilates®: The Hot Seat-MVe® Chair Dancing – Stacey Lei Krauss

Power Kranking® - Mike Michels

Booty Barre™ Plus – Tracey Mallett

11:45-1pm

Equinox Blockbuster Body – Dale/Sherman/Scott

The Stepper – Rebecca Small

Power Trip – Paul Katami

Spinning® The Power of One – Anthony Musemici

In the House – Tony Stone

Age Defying Pilates – Christine Romani-Ruby

Advanced Kettlebell Training – Phil Ross

11:45-1:15pm

Yoga Tune Up® PNF With a Twist – Jill Miller

TRX® Power Stretch – Abbie Appel

There’s No Place Like Foam – Lawrence Biscontini

Do It In the Raw...Eating That Is! – Scott Josephson

Sustainable Lifestyle Solutions – Pamela Peeters

1:30-2:30pm

Jomurai – Violet Zaki

1:30-3pm

Extreme Calorie Burn – Patrick Goudeau

The Last Step – Petra Kolber

Spinning® The Building Split – Jeff Krabiel

Theatre Dance Workshop – Marvin Foster

Flow Evolved Choreography Pilates – Michael King

Jump To It! - Krista Popowych

Kettlebell Kombos for Group Fitness – Paul Katami

The Wings of the Secret Bird – Kelly Morris

Full Body Fusion Training for Optimal Health - Sponsored by CoreFitnessRoller® - Darya Bronston

Fitness and the Breathing Body, Breath and Anatomy Workshop - Leslie Kaminoff

How to Build and Execute A Great Brand – Ben Black

Eccentric Exercise: Everything You Want to Know and More! – Len Kravitz

3:30-4:30pm

Power Yoga for Sports: Hamstrings & Hips – Gwen Lawrence

3:30-5pm

BOSU® Crush It – Jay Blahnik & Mindy Mylrea

Triple Action Abs – Resist-A-Ball – Abbie Appel

BodyART™ Deep Work – Robert Steinbacher

Spinning® Drill It! – Josh Taylor

Culture Shock Cardio – Cheyenne Kibblewhite

Low Back Pain – Christine Romani-Ruby

Beyond the Bounce – Michelle Mascari

Dancers Are Athletes Too! Sponsored by CoreFitnessRoller® - CoreFitnessRoller® Faculty

Temple – Lawrence Biscontini

Feed me I’m Yours – Scott Josephson

3:30-5:30pm

Rotational Training for Performance – Paul Chek

SUNDAY

7:45-9:15am

willPower Infusion®: there’s magic in the details – Stacey Lei Krauss

Secret Language of Training – Alycea Ungaro
 Mastering Metabolism – Scott Josephson
 8-9:15am
 BOSU® Balanced Body – Lawrence Biscontini
 Liquidity – Petra Kolber
 Spinning® Flats vs. Running – Jeff Krabiel
 360 Training: Explosive Cardio – Patrick Goudeau
 Soft Foam Roller – Michael King
 Boot Camp Bounce – Krista Popowych
 Breakti – Anya Porter
 9:30-11am
 Booty Camp – Mindy Mylrea
 Me Against the Music – Shaun Thompson
 Spinning® The LT Factor – Anthony Musemici
 Outrageous Starts & Finishes – Lawrence Biscontini
 The Right Fit – Michael King
 Power Kranking® - Yvonne Juarez
 Devotion In Motion – Alanna Kaivalya
 Street Kata Level 2 – Bishop Garland
 What to Know When A Pregnant Mom Takes Your Class – Ilene Bergelson
 Ultimate Metabolic Calorie Makeover – Len Kravitz
 11:30-12:30pm
 Equinox Speed Demons™ - Lisa Wheeler & Team Equinox
 Roll Over – Paul Katami
 NYC Streets – Josh Taylor
 Dance Workout – Tony Stone
 Pilates for Kids – Christine Romani-Ruby
 Kranking® The Next Revolution in Fitness – Mike Michels
 11:30-1pm
 willPowerATHLETIX®: trust your feet – Stacey Lei Krauss
 How to Connect With People – Ben Black
 Enhance Your Teaching & Cueing Skills – Gail Bannister-Munn
 1-2:30pm
 Core Fusion...The Original Barre/Core Class – Elisabeth Halfpapp & Fred DeVito
 Meditation In Motion – Misty Tripoli
 Spinning® Count On It – Jeff Krabiel
 NYC Dance Project – Abby Goldenberg
 Peak Pilates®: Inner Strength – Kathryn Coyle
 1:15-3:15pm
 Myths of the Asanas – Alanna Kaivalya
 Mind As Muscle – Lawrence Biscontini
 Ask Paul Chek! – Paul Chek
 3-4:30pm
 BodyART™ Stretch – Robert Steinbacher
 Spinning® Energy Zone™ Sampler – Anthony Musemici
 Culture Shock Choreography – Cheyenne Kibblewhite
 3:30-5pm
 willPower & grace – Stacey Lei Krauss

Reservation Form ECA/OBOW 2012 NYC Show March 8th – March 11th

One form per person. Photocopy for additional registrations. Please print clearly and fill in completely. Return form and session selection sheets with full payment. Mail: ECA, 414 East Beech Street Long Beach, NY 11561 or fax 516-432-7044.

Incomplete reservations cannot be processed. (sorry)
 - I am not able to attend, please add me to your mailing list

1. 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/province -----

zip/postal code -----country -----

---- this is a new address ----- this is my current mailing address (send materials here)

home phone-----business phone-----

fax-----* e-mail address (Mandatory)-----

check all that apply:

I am certified by ___ace ___acsm ___afaa ___ecit ___nasm ___nsca ___nspa ___ncsf ___ifpa ___spinning ___stott
_____other

I heard about this show from (check all that apply) ___ a friend ___AFAA ad ___mailing ___website/internet
___other please specify_____

2. 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 offered through the National Health Club Assoc. (for members with U.S. addresses only).
- * Access to Health Insurance and financial planning services
- * Free ECA Fitness Professional Directory listing on the ECA website
- * 10% discount on fitness equipment from M-F Athletics/Perform Better.
- Yes - I want to join/renew my ECA membership and be part of the ECA community.
- \$45 U.S. resident \$55 international resident

3. Show Reservation Fees (U.S. funds only)

Final pre-show reservations deadline is February 20th, 2012. On-site reservations will be an additional \$50 fee (subject to availability).
postmarked date

	total FAN by Jan. 18th, 2012	Jan. 19th – Feb. 20th, 2012
3 day member	<input type="checkbox"/> \$309	<input type="checkbox"/> \$359
3 day non member	<input type="checkbox"/> \$379	<input type="checkbox"/> \$399
1 day ECA member		1 day non member
<input type="checkbox"/> fri. \$259 <input type="checkbox"/> sat. \$259 <input type="checkbox"/> sun. \$229		<input type="checkbox"/> fri. \$289 <input type="checkbox"/> sat. \$289 <input type="checkbox"/> sun. \$259

4. 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.

X participant signature----- date -----

5. Opening Act Performance (pre/post convention workshop) fees (check all that apply) FEE:

<input type="checkbox"/> Kettlebell Concepts Instructor Training	Wed./Thur. Mar. 7 th & 8 th	\$449
<input type="checkbox"/> BodyART™ Training	Thur. Mar. 8 th	\$179
<input type="checkbox"/> CHEK Approach to Core Conditioning	Thur. Mar. 8 th	\$199
<input type="checkbox"/> Yoga Tune Up® Core Integration Immersion	Thur. Mar. 8 th	\$89
<input type="checkbox"/> Yoga Tune Up® Therapy Ball	Thur. Mar. 8 th	\$149
<input type="checkbox"/> LEAD - Professional Reboot	Thur. Mar. 8 th	\$199
<input type="checkbox"/> Bodyblade® Instructor Training	Thur. Mar. 8 th	\$250
<input type="checkbox"/> Tabata BootCamp	Sun. Mar. 11 th	\$179

Please call Mad Dogg Athletics to register for Spinning® Orientation & Ride.....800-847-SPIN

Please call ZUMBA® to register for ZUMBA® Basic Skills Instructor Training.....954-925-3755

6. Pre/Post Conference Workshop Cancellation/Refund Policy

Cancellations received by ECA in writing via fax or mail with attendee signature by Jan. 18th 2012 will receive a full refund minus a \$100 processing fee. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR CANCELLATIONS RECEIVED AFTER Jan. 23rd 2011. 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.

X participant signature -----date -----

7. Payment Summary

ECA membership	\$ _____
Event registration	\$ _____
Pre/post convention workshops	\$ _____
Administrative fee for mailed or faxed registrations	\$10.00
Total	\$ _____ (in u.s. dollars)

method of payment/payment authorization

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

___ master card ___ visa # _____ exp date _____

printed card holder name _____

X card holder signature _____ date _____

9. Show 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 on or before Jan. 18th 2012 will receive a refund minus a \$100 processing fee. Requests postmarked after Jan. 18th, 2012 will receive a credit toward a future ECA event for one year minus a \$100 processing fee. 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 participant signature _____ date _____

10. I have already paid and I am just submitting additional information

--- I have already registered by mail -----I have already registered by fax ----- I have already registered by internet

-----signature requested -----session selections added ----- I am adding a pre con workshop

You will receive an e-mail event confirmation immediately – if you do not receive one approximately 2 weeks after sending your registration, please contact the ECA office.

ECA/OBOW 2012 NYC Show – March 8th – 11th, 2012 at the Marriott Marquis Hotel, New York, NY.

ECA/OBOW 2012 NYC feature presentation selection sheet

if you are mailing or faxing your registratio; We REQUIRE a 1st, 2nd, and 3rd choice in each of your 5 time slots per day. We will confirm up to 15 sessions (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. Only fully paid complete reservations 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 existing registrations will carry a fee of \$25.00.

Feature Presentation Selection sheet

THURSDAY

5:30-6:30pm

BYOB – Lisa Wheeler

Increase Your Flexibility – Gwen Lawrence

Bodyblade®: Circuit... Work It – Jodi Sussner

Street Kata – Bishop Garland

6:45-7:45pm

Zumba Fitness Party – Tanya Beardsley
Jump & Pump-Resist-A-Ball – Abbie Appel
Peak Pilates®: Pilatesstick®: Serious Strength – Kathryn Coyle
6:45-8:15pm
Low Back Considerations: Functional Solutions – Chuck Wolf

FRIDAY

7:30-8:45am

Spri Sponsored SGT. Ken's Boot Camp – Ken Weichert
Equinox Telasculpt – Lisa Wheeler & Lashaun Dale
Dance Delight – Petra Kolber
Spinning® "300" – Josh Taylor
Cardio Ballet – Yoav Avidar

Peak Pilates®: Reformer Synergy – Kathryn Coyle

360 Training: Core Combustion – Abbie Appel

The Booty Barre™ Plus – Tracey Mallett

Metabolic Resistance Training – Brynn Jinnett

7:30-9am

Yoga Tune Up® Get Coregeous® - Jill Miller

STOTT PILATES® Foam Roller Challenge Level 2 – Laureen DuBeau

Flexibility Highways In Motion – Chuck Wolf

Your Guide to Starting A Successful Training Business – Bill Sonnemaker

9-10:15am

Obstacle Course – Patrick Goudeau

Core Connection – Mindy Mylrea

Bodystrikes by Powerstrikes – Ilaria Montagnani

Spinning® The 5-Step Sprint – Jeff Krabel

Pop Dance Party – Rebecca Small

TNT-Trampoline-N-Tubing – Abbie Appel

Refine Method - Long & Lean: Separating Fitness Fact From Fiction for Females – Brynn Jinnett

9:30-11am

STOTT PILATES® Ultimate Body Sculpting - Laureen DuBeau

Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby

9:30-11:30am

Importance of Release – Mary Bowen

Yoga For Athletes – Beryl Bender Birch

Exercise and the Female: What's Estrogen Got To Do With It – Jason Karp

Critical Program Design Strategies – Paul Chek

10:30-11:30am

Spri Sponsored SGT. Ken's Circuit Training – Ken Weichert

Quadri Steps – Yoav Avidar

Atletica by Powerstrike – Ilaria Montagnani

Spinning® "Pedal to the Medal" – Josh Taylor

Broadway Dance – Lisa Wheeler

TRX® Body Blast – Susane Pata

11:45-12:45pm

Creative Low Impact Grooves – Gail Bannister-Munn

11:45-1pm

BOSU® Multiplicity – Jay Blahnik

Step Warrior – Joelle Menard

Calvinography®: Platinum – Calvin Wiley

Spinning®: Survivor New York – Anthony Musemici

Sexy Groove Dance Party – Misty Tripoli

Peak Pilates®: MVe®: Chair-Do It Like This! – Stacey Lei Krauss

Krank Fusion™ - Yvonne Juarez

11:45-1:15pm

Yoga Tune Up® Refine Your Spine – Jill Miller

TRX® Rip™ Training: Foundations – Pete Holman

Building A Following...and The Some – Stacey Griffith

Bridging the Gap: The Core – Chuck Wolf

1:15-3:15pm

Teaching to Type – Mary Bowen

1:30-3pm

BOSU® HIIT Extreme – Mindy Mylrea

3-D Step – Rebecca Small

Calvinography®: Lyrical Jazz

Spinning® Creative Climbs – Jeff Krabiel

Video Dance – Tony Stone

Krank PT™: Kranking® and the Personal Trainer – Yvonne Juarez & Mike Michels

The Next Level: Yoga As a System of Energy Medicine – Beryl Bender Birch

Drums Alive® Academic Beats – Carrie Ekins

Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby

TRX® Rip™ Training: Sports Performance & Metabolic Conditioning

Exercise and Weight Loss – Jason Karp

3:30-5pm

BodyART™ Strength – Robert Steinbacher

Spinning® Loops & Ladders – Anthony Musemici

NYC Dance – Marvin Foster

Physique 57 – Alicia Wehl

Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby

Get Aligned-Pilates on the Real Alignment Mat – Alycea Ungaro

Krinking® Flats & Rolling Hills – Mike Michels

Breakti Flow – Anya Porter

STOTT PILATES® Matwork Strength & Mobility – Laureen DuBeau

GFM Solutions For Success – Carol Scott

3:30-5:30pm

Stand Up Straight! Understanding Posture – Paul Chek

SATURDAY

7:30-8:30am

Tabata Boot Camp Teaser – Mindy Mylrea

Drums Alive® Street Beats – Carrie Ekins

Body Box Bootcamp – Joelle Menard

Spinning® Some Like to Hot – Anthony Musemici

Pure Dance Aerobics – Yoav Avidar

Peak Pilates®: Reformer Rhythms – Kathryn Coyle

Krank Fusion™ - Mike Michels

Bodyblade® Core Like Never Before – Jodi Sussner

7:30-8:45am

Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby

7:30-9am

Yoga Tune Up® Myofascial Self-Care – Jill Miller

TRX® Advanced Concepts in Foundational Movements – Fraser Quelch

Finding Your Groove With Meditation – Misty Tripoli

Exercise: The Magic Bullet – Len Kravitz

9-10:15am

BOSU® Strong Feet Strong Body – Stacey Lei Krauss

Training Camp – Shaun Thompson

Zumba® Fitness Party – Tanya Beardsley

Spinning® Let's Jump – Jeff Krabiel

Club Moves – Patrick Goudeau

Peak Pilates®: Reformer Variations – Kathryn Coyle

Krinking® Flats & Rolling Hills – Yvonne Juarez

Indo-Row®: The Perfect Calorie Burn – Jay Blahnik & Josh Crosby

Katami Kettlebell Core – Paul Katami

9:30-11am

TRX® Rip™ Training Workout – Fraser Quelch

9:30-11:30am

The Warrior Series – Leslie Kaminoff

The Great Debate: Resting Metabolism – Jason Karp

Balance Training For Every Client – Paul Chek

10:30-11:30am

Zen Combat – Violet Zaki

Step & Dance – Yoav Avidar

360 Training: Superior Strength – Patrick Goudeau
Spinning® “Animal” Ride – Josh Taylor
NYC Dance Project – Abby Goldenberg
Peak Pilates®: The Hot Seat-MVe® Chair Dancing – Stacey Lei Krauss
Power Kranking® - Mike Michels
Booty Barre™ Plus – Tracey Mallett
11:45-1pm
Equinox Blockbuster Body – Dale/Sherman/Scott
The Stepper – Rebecca Small
Power Trip – Paul Katami
Spinning® The Power of One – Anthony Musemici
In the House – Tony Stone
Age Defying Pilates – Christine Romani-Ruby
Advanced Kettlebell Training – Phil Ross
11:45-1:15pm
Yoga Tune Up® PNF With a Twist – Jill Miller
TRX® Power Stretch – Abbie Appel
There’s No Place Like Foam – Lawrence Biscontini
Do It In the Raw...Eating That Is! – Scott Josephson
Sustainable Lifestyle Solutions – Pamela Peeters
1:30-2:30pm
Jomurai – Violet Zaki
1:30-3pm
Extreme Calorie Burn – Patrick Goudeau
The Last Step – Petra Kolber
Spinning® The Building Split – Jeff Krabiel
Theatre Dance Workshop – Marvin Foster
Flow Evolved Choreography Pilates – Michael King
Jump To It! - Krista Popowych
Kettlebell Kombos for Group Fitness – Paul Katami
The Wings of the Secret Bird – Kelly Morris
Full Body Fusion Training for Optimal Health - Sponsored by CoreFitnessRoller® - Darya Bronston
Fitness and the Breathing Body, Breath and Anatomy Workshop - Leslie Kaminoff
How to Build and Execute A Great Brand – Ben Black
Eccentric Exercise: Everything You Want to Know and More! – Len Kravitz
3:30-4:30pm
Power Yoga for Sports: Hamstrings & Hips – Gwen Lawrence
3:30-5pm
BOSU® Crush It – Jay Blahnik & Mindy Mylrea
Triple Action Abs – Resist-A-Ball – Abbie Appel
BodyART™ Deep Work – Robert Steinbacher
Spinning® Drill It! – Josh Taylor
Culture Shock Cardio – Cheyenne Kibblewhite
Low Back Pain – Christine Romani-Ruby
Beyond the Bounce – Michelle Mascari
Dancers Are Athletes Too! Sponsored by CoreFitnessRoller® - CoreFitnessRoller® Faculty
Temple – Lawrence Biscontini
Feed me I’m Yours – Scott Josephson
3:30-5:30pm
Rotational Training for Performance – Paul Chek

SUNDAY

7:45-9:15am
willPower Infusion®: there’s magic in the details – Stacey Lei Krauss
Secret Language of Training – Alycea Ungaro
Mastering Metabolism – Scott Josephson
8-9:15am
BOSU® Balanced Body – Lawrence Biscontini
Liquidity – Petra Kolber
Spinning® Flats vs. Running – Jeff Krabiel
360 Training: Explosive Cardio – Patrick Goudeau
Soft Foam Roller – Michael King

Boot Camp Bounce – Krista Popowych
 Breaki – Anya Porter
 9:30-11am
 Booty Camp – Mindy Mylrea
 Me Against the Music – Shaun Thompson
 Spinning® The LT Factor – Anthony Musemici
 Outrageous Starts & Finishes – Lawrence Biscontini
 The Right Fit – Michael King
 Power Kranking® - Yvonne Juarez
 Devotion In Motion – Alanna Kaivalya
 Street Kata Level 2 – Bishop Garland
 What to Know When A Pregnant Mom Takes Your Class – Ilene Bergelson
 Ultimate Metabolic Calorie Makeover – Len Kravitz
 11:30-12:30pm
 Equinox Speed Demons™ - Lisa Wheeler & Team Equinox
 Roll Over – Paul Katami
 NYC Streets – Josh Taylor
 Dance Workout – Tony Stone
 Pilates for Kids – Christine Romani-Ruby
 Kranking® The Next Revolution in Fitness – Mike Michels
 11:30-1pm
 willPowerATHLETIX®: trust your feet – Stacey Lei Krauss
 How to Connect With People – Ben Black
 Enhance Your Teaching & Cueing Skills – Gail Bannister-Munn
 1-2:30pm
 Core Fusion...The Original Barre/Core Class – Elisabeth Halfpapp & Fred DeVito
 Meditation In Motion – Misty Tripoli
 Spinning® Count On It – Jeff Krabiel
 NYC Dance Project – Abby Goldenberg
 Peak Pilates®: Inner Strength – Kathryn Coyle
 1:15-3:15pm
 Myths of the Asanas – Alanna Kaivalya
 Mind As Muscle – Lawrence Biscontini
 Ask Paul Chek! – Paul Chek
 3-4:30pm
 BodyART™ Stretch – Robert Steinbacher
 Spinning® Energy Zone™ Sampler – Anthony Musemici
 Culture Shock Choreography – Cheyenne Kibblewhite
 3:30-5pm
 willPower & grace – Stacey Lei Krauss

EVENT INFORMATION

ADVANCED TICKET SALES

Pre Reserved check-in - ALREADY PAID IN FULL

Thursday	March 8	1:00pm - 7:00pm
Friday	March 9	6:00am - 1:00pm
Saturday	March 10	6:00am - 1:00pm
Sunday	March 11	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.

BOX OFFICE

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	March 8	3:00pm - 7:00pm
Friday	March 9	6:00am - 1:00pm
Saturday	March 10	6:30am - 1:00pm
Sunday	March 11	6:30am - 11:00am

Sending in your Reservation:

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

By Mail: ECA World Fitness Alliance
414 East Beech Street Long Beach, NY 11561

Mail your full payment in U.S. funds (visa, mc, check or m.o.) & reservation forms along with your session selection sheets. There is an additional \$10 administrative fee for all mailed registrations. Please make 1st, 2nd, 3rd choices for sessions.

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! There is an additional \$10 administrative fee for all faxed registrations. Please make 1st, 2nd, 3rd choices for sessions.

On-Line: www.ecaworldfitness.com. You can reserve on-line (visa/mc ONLY) or you can print out, fill in, and mail or fax. Please note that if you reserve on-line, be sure to check the boxes authorizing your consent to our show policies, payment authorization and informed consent. You will receive immediate session and registration confirmation as session selection is LIVE! You do not need to make 1st, 2nd or 3rd choices on line. Please choose only your 1st choice.

Show Headquarters Hotel

Reserve your room now! Call today for a discounted rate at our host hotel. Just mention you are attending the ECA/OBOW 2012 NYC Show

Conference Hotel: Marriott Marquis Hotel
1535 Broadway
New York, NY 10036

Reservations: 1-800-843-4898 or 212-398-1900 or www.marriott.com

*ECA special room rate \$279/single/double

*limited availability - book early!

(Marriott Marquis room rate normally \$499 so please make sure to mention you are an ECA attendee).

Buyers Guide - Your Resource

Core Fitness Roller – 877-515-2673 www.corefitnessroller.com

Booty Barre Inc. – 626-394-3085 www.thebootybarre.com

BOSU® – 800-497-8281 www.bosu.com

Indo-Row - 800-810-6527 www.indorow.com. The Perfect Calorie Burn!

JumpSport - 888-567-58667 www.jumpsport.com

Kettlebell Concepts – 800-876-6090 www.kettlebellconcepts.com

Krinking® – 805-886-1102 www.krankcycle.com

Peak Pilates® - www.peakpilates.com

Perform Better/M-F Athletics – 800-556-7464 www.performbetter.com. Catalogue company specializing in products for training, coordination & rehab.

Savvier Fitness – 800-847-0583 www.savvierfitness.com

SPINNING® - 800-847-SPIN www.spinning.com - Spinning® training, clothing and accessories.

TRX® - 888-878-5348 www.trxtraining.com

ZUMBA® - 954-925-3755. www.zumba.com "5 million class attendees in 75 countries!"

Trade Show - Shop Til You Drop

Fri. March 9 11am-7pm

Sat. March 10 9:30am-5:30pm

Sun March 11 10am-3pm

(add logos of all level one sponsors here: Perform Better, TRX, Spinning)