


ECA

THRIVE!

2011 Sports Training, Fitness and Wellness Conference



November 10 – 13th, 2011 at the Marriott Harbor Beach Resort and Spa
3030 Holiday Drive, Ft. Lauderdale, FL 33316



Marriott Harbor Beach Resort & Spa Fort Lauderdale

Marriott Harbor Beach Resort & Spa

Reflect and reconnect during a seaside getaway at this Fort Lauderdale beach resort hotel. Highlighted by a pristine oceanfront location and close proximity to the airport, The Harbor Beach Marriott Fort Lauderdale Resort & Spa in South Florida embodies an upscale retreat. Secluded on 16 waterfront acres, guests enjoy an idyllic private beach setting near the area's top attractions.

Our Fort Lauderdale vacation resort's 20,000 sq. ft. spa boasts indigenous treatments and views of sparkling Atlantic waters. Three restaurants and lounges span this luxury resort with modern American seafood. An abundance of recreation, water sports, a tropical lagoon pool, and children's activities make this Fort Lauderdale beach hotel one of a kind.

Make it a family affair!

Kids Surf club amenities include; sports challenges, pool contests, beach fun, imac computers, xbox's, board games, movies, arts and crafts and more! Water Sports: wave runners, parasailing, Hobie catamarans, boogie boards, paddleboards, snorkeling, and more!

ECA Valet parking day rate is \$8.00 on Thursday, Friday and Saturday. ECA Self-parking day rate at the hotel is \$8.00. ECA Self-parking overnight rate at the hotel is \$12.50 (reduced from \$25). All attendees will receive a 10% discount on Spa services.

Earn Continuing Education Credits

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

Register early and save!

Deadline for reservations is: November 1, 2011. On site registration subject to availability. *Help us help you!*

Before you register, try our Program Concierge. ECA office staff can help you choose the very best sessions for "you". Whether you are a novice or veteran instructor or this is your first ECA event or 20th, we can help you sort out if a session will fit your needs. Are you looking for more information about a presenter or session description; looking for advanced choreography; something for Monday morning; making a career move; adding on a new type of class to teach; trying to pick up more clients; starting a new business on your own; trying yoga for the first time; looking for inspiration or advice? Take advantage of our expertise and insight.

Call our offices *before* you register – 516-432-6877 and ask for help. OR e-mail our own CEO and event programmer, Carol Scott at carol@ecaworldfitness.com with your comments or questions.

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

welcome dance party

LaBlast!

with *Dancing with The Star's* own: Louis Van Amstel

Thursday, November 10

6:30 – 7:30pm

Three time world champion and ABC's "Dancing with the Stars" dancer and choreographer, Louis Van Amstel, leads you through various ballroom dance genres combining exhilarating body movements and creative routines to burn fat and blast away calories. No experience and no partner necessary. Free with conference registration.

ZUMBA® Fitness party!

with Armando Salcedo and Heidy Torres

Friday, November 11

5:30 – 7:00pm

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!

Free with conference registration.

\$35 for master class only.

Drum's Alive Latin Beats

with Carrie Ekins

Saturday, November 12

5:30 – 7:00pm

Latin Beats is a "Rockin" spicy hot workout designed to push the boundaries, to let go and be wild! Pulsating rhythms, powerful drumming and Latin inspired movements are all blended together to create a passionate, fun and high-energy workout. It's a workout for the entire body, mind and spirit!

Free with conference registration.

pre-conference workshops

BodyART™ Training with Robert Steinbacher

Tuesday, November 8th and
Wednesday, November 9th
9:00am– 5:00pm both days
In BodyART™ Training, the human
being as a functional unit has top
priority. BodyART™ combines
training positions and classical
breathing techniques into a synergy
of physical training and mental
relaxation. The ultimate aim of
BodyART™ training is to ensure the
correct function of the entire human
body through functional strength
and stabilization training of the
human motion system. In contrast
to classical power training for the
singular muscle, the human body as
whole has priority. All exercises and
positions train various muscles of
the body at once. Many positions in
BodyART™ call for an accelerated
balance technique, so attention is
directed to the center of the body.
The benefit is that the awareness of
the trainee concentrates on his/her
own body and is not distracted by
the surroundings. As a result, oxygen
supply to the brain and muscles is
increased which allows the body to
relax while training. This intensive
two-day training will include theory,
practice, technique, alignment,
BodyART philosophy, master classes
and intensive training and education
to give you a deeper understanding,
knowledge and practice. A must for
anyone who wants to further his/
her physical training and learn new
techniques and methodologies for
greater overall results in strength,
flexibility, balance, control, and
mindfulness.
Fee: \$300

SPINNING® Instructor Orientation with Angie Scott and Scott Schlesinger

Wednesday, November 9th
8:00am – 5:30pm
Become one of the world's most
sought-after fitness instructors—a
certified Spinning® Instructor. This
9-hour orientation is your first

**ECA/THRIVE is not just another fitness event! Experience first hand a life-affirming event –
We are a community and this event offers us a chance to celebrate each other, new ideas and growth.
Join us and "Let the Sun Shine In!"**

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: 8.0 AFAA, 8 ACE
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 with Josh Taylor

Wednesday, November 9th
6:30pm – 8:30pm
With strength, power and intensity
comes great FORCE. Join Master
Instructor Josh Taylor for an
experience influenced by the forces
all around us and within us. Be
transformed by an extreme energy in
motion. An unforgettable adventure
awaits. This is the Spinning event you
definitely don't want to miss.
CECs: 2 STAR points
Fee: \$59.95 (15% discount for
current SPIN members) To register by
phone call 800.847.SPIN (7746) or
310.823.7008. To register online visit
www.spinning.com.

KettleBell Concepts Total Body KB Blast™ Group Exercise Instructor Training with Paul Katami

Wednesday, November 9th
9:00am – 6:00pm
This 9-hour course is geared

specifically toward the group exercise professional looking to implement kettlebells into a “traditional” group exercise environment. Here’s what you WILL learn:

- You’ll begin learning the sciences of the “why’s” behind the “how’s” and you’ll do it safely and effectively with the science and research needed to back it up.
- You’ll learn some history. You’re entering into a long, long, storied tradition of “Physical Culture.” If you’re a martial artist, you know your style’s lineage. If you’re a yogi, you know your style’s lineage. If you practice Pilates, you know about Joseph Pilates. KBC demands no less from our instructors. 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 how to conduct a basic, choreographed routine (with music) using basic kettlebell lifts for a 30-50 minute group exercise class and you’ll receive some basic choreography to help keep you going.
- 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. “Tell. Show. Do” has its place. But there are other things you should consider!
- You’ll learn how to effectively teach the basic kettlebell lifts for improved skill acquisition and context-dependent functional transfer.

The fee includes a colored, digital pdf of the manual. If you want a hard copy of the manual, the cost is \$19.95.
CECs: .8 ACE 5.75 AFAA Fee: \$279

Pilatesstick®: Foundations Workshop with Connie Borho

Thursday, November 10th
8:00am – 12:00pm

The Pilatesstick is a great new innovative tool that will enable trainers to take their clients to the next level while increasing

their training versatility. The Pilatesstick combines the benefits of Pilates equipment work with a highly portable, easy-to-use, affordable piece of equipment. Learn highly effective exercises that can be incorporated into an affordable group class or on the go!
CECs: Peak (4.0) Fee: \$99

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

Thursday, November 10th
8:00am – 12:00pm

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

ACE's Functional Training & Assessment with Pete McCall

Thursday, November 10th

9:00am – 5:30pm

Functional training continues to grow in popularity as the foundation for fitness and sports conditioning programs. Training to improve posture, movement efficiency and overall muscular performance related to a variety of activities defines functional training. Enhance your knowledge and applied skills with the latest tools and techniques in personal training to stay ahead of the game.

The one-day (8.5-hour) ACE Functional Training workshop teaches the important concepts of functional assessments and training by instructing personal trainers on how to:

- Conduct postural assessments and movement screens
- Design restorative exercise programs
- Instruct primary movement patterns
- Develop effective core-conditioning programs
- Introduce foundational concepts to sports-conditioning built upon functional movement

CECs: .8 ACE Fee: \$175

post-conference workshops

ACE's Integrated Fitness Training™ Model with Pete McCall

Sunday, November 13th

8:00am – 2:00pm

While many personal training workshops generally focus upon physiological assessments, program design and exercise instruction, ACE's Integrated Fitness Training workshop delivers the latest in both assessment and programming, then takes you further to include balance and the core, weight management, communication and the behavioral and emotional components essential to creating an overall client experience to empower long-term change. This workshop, capturing the true art of personal training, also discusses key business strategies for personal trainers. Upon successful completion, you will:

1. Successfully develop rapport with clients through improved communication skills
2. Identify essential psychological and emotional components critical to personal

training success

3. Identify readiness to change behavior and competently screen clients for risks to participation in exercise
4. Understand how and when to conduct the latest physiological assessments relevant to your client's needs and goals.
5. Apply appropriate behavioral change, motivational and adherence strategies to improve the overall exercise experience to facilitate lifestyle change
6. Follow the new ACE IFT model to design and implement a comprehensive exercise program to enhance posture, balance, movement, cardiovascular, resistance, flexibility and sports conditioning
7. Demonstrate and instruct a variety of total body, core, upper and lower-extremity exercises
8. Utilize simple business strategies to plan, market and administer your personal training business

CECs: .6 ACE Fee: \$159

Zumba® Basic Skills Instructor Training with Erick Santana

Sunday, November 13th

9:00am – 6:00pm

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
CECs: 5.5 AFAA .7 ACE
Fee: \$210

Drums Alive® Instructor Training with Carrie Ekins

Sunday, November 13th
1:00pm – 7:00pm
Drums Alive® Instructor Training – Specialty Certificate is a one day training that is designed to provide the instructor with a basic knowledge and practical application of the Drums Alive® program. Explore the realm of this exciting new group exercise program and learn the methodology, terminology, correct techniques as well as therapeutic applications. This all day training will explore sound and movement therapy using drumming and music. Learn locomotor skills to drum your way to a distinctive class design!
CECs: .6 ACE 5.75 AFAA Fee: \$169

Flirty Girl Fitness – The Flirtification with Rebecca Lee

Sunday, November 13th
1:00pm – 7:00pm
You watch MTV and VH1. You love the moves, the music and the magic of this amazing dance style. You've thought about teaching cardio dance but didn't know where to begin. Well, look no further: The Flirty Girl Fitness Booty Beat program is everything you want and more! Created by women for women, Flirty Girl Fitness classes are about providing women of all shapes, sizes and ages with a variety of effective fitness dance classes in a fun, social environment. Our popular, easy to learn dance moves provide the perfect combination of cardio and strength training. Your clients will feel like they're part of a music video rather than in a cardio-crazy, core-chiseling, booty-toning, arm-sculpting workout class. Training Manual and certificate, Foundational Moves DVD, Booty Beat I DVD, Booty I Fun, Flirty & Fired Up! DVD, Booty Beat I Music CD, Flirty key chain, and pink ink pen all included with course.
CECs: .5 ACE 5.0 AFAA Fee: \$169



Erick Santana

Feature presentations by topic. For full session descriptions see “sessions by time” listing

FITNESS & PROFESSIONAL DEVELOPMENT

Enhance Your Teaching & Cueing Skills
Gail Bannister-Munn

Lose Weight, Find Your Self
Sharon Theroux

Posture and Profits
Ken Baldwin

PROGRAM DESIGN

CHEK INSTITUTE: Functional Anatomy to Improve Function
Dan Hellman

CHEK INSTITUTE: Primal Pattern® Movement System
Dan Hellman

Learn to Analyze Posture Through Both Static and Dynamic Assessments
Ken Baldwin

Posture & Body Alignment: Become an Expert in Teaching Resistance Training Exercises
Ken Baldwin

Recovery, the Forgotten Training Variable
Pete McCall

Small Group Athletic Training
Pete McCall

F.F.I.T. Fusion Fitness of Intention Training
Leslee Bender

Strong Healthy Back
Leslee Bender

STEP & DANCE CHOREOGRAPHY

S.T.E.P. For Every Person
Gail Bannister-Munn

Cirque Du Step
Lawrence Biscontin

BoxStep
Joelle Menard

Step Dance Sensation
Jessica Exposito

Step Evolution
Petra Kolber

Soul Steppin’
Harold Sanco

AeroBoButt
Joelle Menard

Flirty Girl
Mindy Mylres

Latin Zone
Jessica Exposito

Ay Caramba!
Manny Velazquez

Taste of Zumba®
Erick Santana

Zumba® Fitness Party
Erick Santana

Creative Cardio Dance
Jackie Henderson

Motown Moves
Harold Sanco

LaBlast
Louis Van Amstel

If You Can Move It, You Can Groove It
Misty Tripoli

Glee Goes Group
Petra Kolber

1, 2, 3, and 4
Jennifer Galardi

RESISTANCE TRAINING & CONDITIONING & CARDIOVASCULAR TRAINING

BOSU® Pilates 3D
Shannon Fable

BOSU® Amped!
Jay Blahnik

BOSU® Plyo Progressions
Shannon Fable

BOSU® Athletic High Intensity Cardio
Keli Roberts

BOSU® Playground Challenge
Jay Blahnik & Shannon Fable

BOSU® Xplode
Keli Roberts

Introductory Kettlebells For General Fitness
Steve Cotter

Kettlebell Full Body Blast
Steve Cotter

Classical Kettlebells For Advanced Fitness
Steve Cotter

Kettlebells Iron Body: Power
Paul Katami

Kettlebell Kombos For Group Fitness
Paul Katami

Kettlebell Basic Training for Group Fitness
Keli Roberts

TRX® Body Blast
Abbie Appel

TRX® Circuit Training
Abbie Appel

*Advanced Concepts in
Bodyweight Training:
Suspension Training*
Bill Sonnemaker

*Suspension Training:
Integrated Approach to
Metabolic Training*
Bill Sonnemaker

*Power & Grace: TRX®
for Dancers*
Jackie Henderson

*JumpSport High Intensity
Trampoline Training*
Krista Popowych

TNT Trampoline-N-Tubing
Abbie Appel

JumpSport Total Body
Krista Popowych

JumpSport Cardio
Michelle Mascari

Med Ball Moves
Petra Kolber

Powerball
Patrick Goudeau

Hard Ball
Paul Katami

*Resist-A-Ball Cardio
Strength Interval*
Maria Sollon-Scally

*CHEK INSTITUTE: Primal
Pattern® Movement System*
Dan Hellman

*CHEK INSTITUTE: Big Bang
Exercises*
Dan Hellman

Best of Boot Camp
Mindy Mylrea

*The Warrior 2:
Body Boot Camp*
Joelle Menard

Fat to Fit Fast
Patrick Goudeau

Armed & Dangerous
Abbie Appel

Lean Body Burn
Partick Goudeau

Equinox Rockstar Skinny
Philip Gray

Equinox Blockbuster Body
Lisa Wheeler & Lashaun
Dale

HIIT Training
Mindy Mylrea

Core Power
Mindy Mylrea

*Advanced Concepts in
Core Training*
Bill Sonnemaker

PT 24/7™
Billy Blanks®

BodyART™ Strength
Robert Steinbacher

BodyART™ Deep Work
Robert Steinbacher

Equinox ViPR Wars
Lisa Wheeler & Geoff
Bagshaw

The Full Enchilada
Krista Popowych

*Street KAMP: In the
Sandbox*
Bishop Garland

ISCA Jump Rope
Bishop Garland

PILATES & YOGA

*Functional Pilates Choreog-
raphy*
Michael Fritzke & Ton
Voogt

Joseph Pilates by the Book
Michael Fritzke & Ton
Voogt

Reformer on the Mat
Michael Fritzke & Ton
Voogt

*Pilatesstick® Moving
Strength*
Connie Borho

*Peak Pilates®: Pilatesstick:
Pilates Without Limitations*
Connie Borho

*Bodyblade®: Core Like
Never Before*
Jodi Sussner

Bodyblade®: Power 10
Jodi Sussner

*Peak Pilates®: Reformer
Prop It Up*
Connie Borho

*Peak Pilates®: Reformer
Progression/
Regression Strategies*
Connie Borho

*Peak Pilates® Maximum
Mat: Pilates Power*
Connie Borho

*Peak Pilates®:
Circle of Power*
Connie Borho

*Peak Pilates®: MVe® Total
Balance & Control*
Connie Borho

*Peak Pilates®: MVe®
Creative Chair Combos*
Connie Borho

*Iliotibial Band & It's
Relationship in the
Lumbar-Pelvic-Hip Complex*
Christine Romani-Ruby

*Standing Tall: Improving
Posture With Pilates*
Christine Romani-Ruby

Pilates & the Foam Roller
Christine Romani-Ruby

TRI-Plane Pilates
Leslee Bender

*Core Fusion® Plus
Lean + Toned*
Fred DeVito & Elisabeth
Halfpapp

Core Fusion® Cardio
Fred DeVito & Elisabeth
Halfpapp

*Yoga Tune Up®
Abdominal Overhaul*

Jill Miller
Yoga Tune Up®: Kneehab
Jill Miller

Yoga Tune Up® Conscious Condition
Jill Miller

*Yoga Tune Up® Therapy Balls: Myofascial
Self-Care*
Jill Miller

Yoga Target Series: The Lense on the Hips
Robert Sherman

*Yoga Target Series:
The Lense on Shoulders*
Robert Sherman

Equinox Pure Yoga
Lashaun Dale

*Yoga For Flexibility
and Balance*
Stacie Dooreck

*Teaching Modifications So All Can Do
Yoga*
Stacie Dooreck

MINDFUL, FUSION and FLEXIBILITY PROGRAMMING

BodyART™ Stretch
Robert Steinbacher

Full-Body Flexibility
Jay Blahnik

20-20-20- Mindy Body
Lawrence Biscontini

Ballet Body
Jennifer Galardi

Equinox Thread
Robert Sherman

TRX® Power Stretch
Abbie Appel

Meditation In Motion
Misty Tripoli

Finding Your Groove With Meditation
Misty Tripoli

Core Fusion® Plus Lean + Toned

Fred DeVito & Elisabeth Halfpapp

Core Fusion® Cardio
Fred DeVito & Elisabeth Halfpapp

MARTIAL ARTS

ISCA Kickboxing
Bishop Garland

Kardio Kombat RELOADED!
Lisa Gaylord

MMA Boot Camp
Lisa Gaylord

NUTRITION

*Meat or Wheat?
Animal vs. Plant Food*
Scott Josephson

Do It in the Raw: Eating That Is
Scott Josephson

*Women, Metabolism &
the Hormone Highway*
Scott Josephson

*Ultimate Metabolism &
Calorie Burning Makeover*
Len Kravitz

Lose Weight, Find Your Self
Sharon Theroux

SPECIAL POPULATIONS

The Female Training Advantages
Len Kravitz

The Science of Longevity
Len Kravitz

Training Overweight Clients
Mike Boyle

Training the Baby Boomer
Mike Boyle

Zumba® Gold
Joy Prouty



AQUATIC FITNESS

AEA: Pool Muscle Mixers
Mark Grevelding

AEA: Aqua Boot Camp
Marti Peters

AEA: Aquatic Endings
Mark Grevelding

AEA: Aquatic I.T.–Pyramid
Mark Grevelding

AEA: Aqua Balls, Bands & Bars
Marti Peters

AEA: Turbo Abs
Marti Peters

AEA: Pool Kickboxing Classics
Mark Grevelding

Aqua 20-20-20
Lawrence Biscontini

Aqua Mind-Body Adventure
Lawrence Biscontini

Aqua Dance
Carrie Ekins

Aquatic Hard Core & Peace Core
Lawrence Biscontini

Aqua Fun 4 Kids & Youth
Carrie Ekins

Aqua Hip and Funk
Manny Velazquez

Hydro Zen
Manny Velazquez

SPINNING®

SPINNING® Create What You Desire
Angie Scott

SPINNING® Technical Training
Josh Taylor

SPINNING® “300”
Josh Taylor

SPINNING® Lighting the Fire
Angie Scott

SPINNING® Battleground
Scott Schlesinger

SPINNING® 101
Josh Taylor

SPINNING® Let’s Jump!
Angie Scott

SPINNING® Symphonic Strength
Scott Schlesinger

SPINNING® The 5-Step Sprint
Angie Scott

SPINNING® Pedal Stroke and Power
Angie Scott

SPINNING® Master the Ride
Josh Taylor

SPINNING® You Might As Well Win
Josh Taylor

SPINNING® The LT Factor
Angie Scott

SPINNING® Kona
Scott Schlesinger

SPINNING® Loops & Ladders
Angie Scott

SPINNING® Energy Zone™ Journey
Scott Schlesinger

SPINNING® Integrity of the Program
Angie Scott

SPINNING® Creative Climbs
Scott Schlesinger



THURSDAY 11-1PM

CHEK INSTITUTE: Functional Anatomy to Improve Function (L)

Dan Hellman

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

THURSDAY 12-1:15PM

AeroBoButt (wo)

Joelle Menard

Fly to the rhythm of new cardio movements! This workshop incorporates dance, boxing, creative hi/lo, plyo-metrics and lower body exercises all in one flowing combo to the next to create a fantastic workout that will blow your mind!

SPINNING®: Create What You Desire (wo) Angie Scott

Every time you step onto a Spinner bike or an outdoor bike, you hold the opportunity to create a positive, moving experience that can change your mood or attitude. Each training session becomes a lesson that you can learn from and carry with you to your next ride. So turn negative thoughts into positive power and energy and get exactly what you want out of your time on the bike.

AEA: Pool Muscle Mixers (ws)

Mark Grevelding

Take away several rhythmic muscle mixes for the pool featuring both drag and buoyant resisted strength exercises. Learn how to reinvent base moves with changes in balance, body position, arm patterns and tempo. Explore all your options and experience an entirely new outcome in aquatic group strength training.

THURSDAY 12:15-1:15PM

Resist-A-Ball Cardio Strength Interval (ws) Maria Sollon-Scally

If you've always thought ball training was just for strength, think again. Think calorie burning, muscle conditioning routines that give clients and gym members exactly what they seek--a time efficient, heart pumping total body workout that's so much fun they won't call it work. This workshop will show you how to combine easy-to-follow, yet challenging cardio moves and strength exercises in intervals, resulting in weight loss as well as toned abs, arms, hips and thighs.

Bodyblade®: Core Like Never Before™ (ws) Jodi Sussner

Unleash the power of your core! Learn a "Fun" ctional approach to training the core that enhances strength, stability, power reactivity and balance using the original incredible Bodyblade. This rapid contracting, low-level vibration approach to core training will burn the calories and shrink your clients' waistlines like never before!

THURSDAY 1:30-3PM

Equinox Blockbuster Body (ws)

Lisa Wheeler & Lashaun Dale

Train like a star and get in top shape for any Blockbuster adventures. Martial Arts, Cardio Strength, Parkour, targeted resistance and slinky stretches leave you svelte, nimble and quick for any role.

HIIT Training (ws)

Mindy Mylrea

HIIT Training is all the rage. This nonstop powerhouse session will cover current research, programming ideas, and the best HIIT exercises on the planet. Learn motivational cueing and focusing techniques to engage and excite your students. Then go deeper with tabata training, the toughest interval training on the planet. Go where you have never gone before and live to tell the tale. Your training will never be the same again.

Taste of Zumba® (wo)

Erick Santana

A Taste of Zumba brings the fun back to fitness by combining high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their

worries. Zumba is a fusion of Latin and International music – dance themes creating a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be ‘fun and easy to do’ and offers a complete break down of all basic rhythms and movements – demonstrating how each rhythm defines the movement.

Introductory Kettlebells for General Fitness (ws)

Steve Cotter

This course is ideal for anyone interested in learning the foundational principles connected with safe and effective kettlebell training. Steve will cover how Kettlebells can enhance strength, endurance, mobility, structural integrity and more.

SPINNING® Technical Training (ws)

Josh Taylor

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

Peak Pilates®: Reformer Progression/Regression Strategies (ws)

Connie Borho

Learn how to tailor the work for the body, not the body for the work. All clients are not created equal, and every body requires and deserves to be successful. We will learn at least four stages of many reformer exercises, from building block to challenge. Strategies of applying each variation will be discussed and experienced. Be prepared to think outside the box, and bring your most challenging client issues for discussion!

Functional Pilates Choreography – Intermediate (ws)

Michael Fritzke & Ton Voogt

Your intermediate Pilates class is probably the most expansive class.

Practically it covers three skill levels. Clients’ more than Beginner, the pure Intermediate and those transitioning to the Advance level fall within this category. At this level, it is crucial that your choreography is functional, in order for you clients’ to make that transition. In this workshop, you will experience transitions, connections and modifications and build ups that are both functional and fun, yet maintain the spirit of the Pilates method.

AEA: Aqua Boot Camp (ws)

Marti Peters

Kick it up a notch in this fun, high-energy training format. Keep your students working, moving, and training hard. Discover innovative, challenging conditioning exercises to create your own boot camp that will keep your students coming back for more!

Lose Weight, Find Your Self (L)

Sharon Theroux

What if losing weight meant more than just an attractive physical appearance, or a healthier body? What if losing weight meant finding your true self? Learn how overeating can be a defense (albeit an unhealthy one) against painful/uncomfortable emotions. In addition, learn the steps necessary in identifying, accepting, and letting go of those negative emotions that bubble up to the surface, once we stop overeating.

THURSDAY 3:30-4:30PM

S.T.E.P. For Every Person (ws)

Gail Bannister-Munn

Over the years step choreography has changed. It has changed to become so complex or too easy in patterns for our members/clienteles. Our BPM’s are so way out of the box making our classes so intense for the average member who can step. If members of all levels are given the opportunity with the correct break down, patterns and BPM’s they can be successful. There has been no simple and fun choreography for our members. We have turned off our members/clients from step classes. This is why step attendance has dropped off in our facilities. This class

ECA conventions are the most revolutionary and revelatory!
– Ann-Marie Giglio (personal trainer, Roswell, Georgia)

is geared to show you that Step can be Fun, Creative, Challenging for all levels. So let's K.I.S.S so we can fill the studios again for members of all levels!

CHEK INSTITUTE: Primal Pattern® Movement System (ws)

Dan Hellman

Using principles from motor control research, the Primal Pattern® Movement System uses seven basic patterns to condition the entire body. This interactive session will show you how to use these movement patterns (individually and combined) to produce a practically unlimited toolbox of exercises. Not only will you learn how to regress the patterns to make exercises easier for de-conditioned or rehabilitation clients; you'll also learn how to advance the exercises to increase the challenge for more skilled clients or athletes. Come and see just how flexible the system is! It can be used with just bodyweight or with whatever equipment you happen to have. You are only limited by your imagination!

Zumba® Gold (wo)

Joy Prouty

Did you know that the number of Americans over the age of 65 is expected to double to over 70 million by 2040? This population grew up dancing, this population helped create the fitness industry as we know it today, this population still has energy, passion and the need for fun! Zumba Gold is specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba program and bring them to the active older adult, the beginner and special populations. This workout is created to emphasize the basics skills of Zumba movements modified for the senior population.

Kettlebell Iron Body: Power (ws)

Paul Katami

KettleBells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new KettleBells. Build power, and condition your body while learning dynamic new exercises using the KettleBell.

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!

Peak Pilates®: Reformer Prop it Up (ws)

Connie Borho

Get your energy in motion with the MVE Reformer Energize workout. From the moment the music begins and you start moving on the reformer you experience the synergy of your body working from its core. Let the springs provide the resistance and focus on centering your body and mind as you experience a totally new workout.

AEA Aquatic Endings (ws)

Mark Grevelding

Explore your dramatic side and stage a grand finale guaranteed to command an enthusiastic encore. This classic aqua collection features final acts that include abs, noodle work, rhythmic strength, energetic movement, yoga stretching and more. Explore ideas for ending your training program with grace, fluidity, power and passion.

THURSDAY 3:30-5pm

Learn to Analyze Posture Through Static and Dynamic Assessments (L/ws)

Ken Baldwin

The presentation will describe and demonstrate a process to analyze your clients' posture in both static and dynamic positions. Attendees will also learn about key anatomical structures of the upper/lower body and core that can cause musculoskeletal and joint imbalances. Through a detailed posture analysis, attendees will have a better understanding of how to quantify and provide detailed posture images, graphs, and statistics to their clients/patients to produce better short-long term results in correcting posture imbalances and alignment issues. In addition, attendees will have a better understanding of how to select the correct exercise movements for their clients/patients. This lecture/workshop is one of the educational modules required to receive the National Posture Institutes-Certified Posture Specialist™ designation.

THURSDAY 5-6PM

Zumba® Fitness Party (wo)

Erick Santana

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!

TNT-Trampoline-N-Tubing (ws)

Abbie Appel

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

THURSDAY 5-6:30PM

BOSU® Pilates 3D (ws)

Shannon Fable

Are you ready to dimensionalize your Pilates repertoire? The BOSU® Balance Trainer and Ballast Ball are the perfect accessories to bring a wide range of Pilates exercises into the third dimension. In this workshop, you'll experience ways to execute traditional mat and equipment based Pilates exercises, coupled with the Balance Trainer and Ballast Ball. From the most advanced to the least experienced, this workshop will leave you with unlimited ideas as well as dynamic and fresh content to use with a student, client, one-on-one training and in group settings. Come challenge your core and train the whole body!

Core Power (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 Ab and back routines using the medicine ball, the Stability ball, Bender ball, and the Gliding discs. You will learn three ab training routines as well as numerous stand alone add ons.

SPINNING®: Lighting the Fire (ws)

Angie Scott

Are you stuck in a teaching rut? Burned out? Tired of your music? And how about your riders? Can they anticipate your next song, or your next cue? Do they roll their eyes when you say something because they've heard it time and time again? Well, it's time to light some fire underneath you... and your riders. This workshop will give you some great ideas in how you can change things up... have fun again... and keep your riders guessing.

Bodyblade®: Power 10 (ws)

Jodi Sussner

With this fundamental workshop, you will get to experience inertial and vibration training using the most innovative product in the fitness industry today! You will learn the basic techniques and concept behind Bodyblade training and then take part in the Bodyblade Power 10 workout. The ten exercises that make up the Power 10 are the perfect foundation for any Bodyblade training regimen. Because they are all sagittal plane exercises, they are the easiest to master and are extremely versatile—offering a wide variety of modifications and progressions.

THURSDAY 5:30-7PM

Posture and Profits (L)

Ken Baldwin

This presentation will teach personal trainers/fitness managers, group exercise instructors and allied health/medical professionals how to establish a posture assessment based-business model for your health/fitness facility that will lead to greater membership retention/personal training client base.

THURSDAY 6:30-7:30PM

LaBlast (wo)

Louie Van Amstel

Three time world champion and ABC's "Dancing with the Stars" dancer and choreographer Louis Van Amstel, leads you through various ballroom dance genres combining exhilarating body movements and creative routines to burn fat and blast away calories. No experience and no partner necessary.

FRIDAY 7:30-9AM

Recovery, the Forgotten Training Variable (L)

Pete McCall

Do you have clients who love to exercise but can't seem to reach their goals or who exercise vigorously everyday yet can't seem to lose any weight? Do you work with recreational athletes who love to train and compete but can't seem to improve their times or performance? The typical mentality is that if a little exercise is good for us, then more must be better, however overtraining is a serious issue with detrimental consequences. Simply increasing volume and intensity of the training stimulus may not be the best way to overcome a plateau; in fact another way to consider overtraining is that the athlete or client is under-recovered. Learn why top sports scientists would rather have their athletes peak at 95% of capacity than enter a competition in an over-trained state. This lecture will help you to identify if your clients suffer from overtraining and provide you with program design strategies to help your clients move towards their goals and avoid the negative consequences of being under-recovered.

FRIDAY 8-9:15AM

Best of Boot Camp (ws)

Mindy Mylrea

When was the last time you called your workout intense, crazy creative, and off the charts? This workshop will help you bring that sensation back to your challenge-hungry crowd. Using the toys found around even the cheapest of gyms, you will learn crazy kick butt choreography. Experience an interval workout that is an explosion for the sweat glands, and go home with more drills, skills and games then you could possibly imagine.

Advanced Concepts in Core Training (ws)

Bill Sonnemaker

The Core can be defined as the Pelvis, Spine, and Scapula along with any Myofascial Tissue(s) that attaches to or crosses these structures. Depending on the functional purpose of these tissues, the fiber types and the roles they play may be vastly different. Using the principles of exercise physiology and functional anatomy, this session clearly demonstrates the importance of using an integrated

approach along with precise acute variables when designing an effective Core training program. The session concludes with a workout that includes exercises from all three levels of training (Stabilization, Strength, and Power).

ISCA Kickboxing (ws)

Bishop Garland

Personal Trainers and Group Fitness Instructors alike will discover the power, excitement, and results that kickboxing has to offer. This high-energy workshop incorporates handwork, footwork, and punch mitts, into a scientifically designed system to optimize physical conditioning while stimulating and invigorating the mind. By incorporating the sports-specific techniques and drills of boxing and martial arts, you'll be able to easily and effectively use the components and combinations that you learn to train clients, from beginner to world-class athlete, or to design dynamic classes that really pack a punch!

JumpSport Total Body (ws)

Krista Popowych

Bounce into this fun, exciting new exercise venue to experience total body fitness for every cell and muscle. You and your clients will love this cutting-edge program, including muscle-sculpting and core-building techniques and high-intensity cardio to burn calories with lower impact and powerful potential! Leave with an extensive array of exercise regimens. This basic program brings exciting new options to Group Exercise, Personal Training, and Physical Therapy.

SPINNING®: Battleground (wo)

Scott Schlesinger

Two warriors collide in nature's biggest proving grounds - the battlefield. Master Instructor Scott Schlesinger will take you through this fun, exciting and truly innovative ride. See you on the battleground!

Peak Pilates®: MVe® Total Balance & Control (ws)

Connie Borho

Experience total balance, control, and power in vertical combinations on the MVe Chair, and in linear combinations on the foam roller. Challenge your concept of how to achieve balance through stability and mobility, on the floor and in the air. Build strength and coordination through

dynamic movement on equipment that will MAKE you stabilize or MAKE you fall!

Joseph Pilates by the Book (ws)

Michael Fritzke & Ton Voogt

This workshop is based on the two books Joseph Pilates wrote, "Your Health" and "Return to Life Through Contrology". You will experience the full mat workout as described by Joseph Pilates in his book. Then we will examine and discuss the differences of the versions described in his books to some of the various versions we teach today. This session will be one for the books!

Equinox Pure Yoga (ws)

Lashaun Dale

The fundamentals of Iyengar-based alignment offered steadily in a spirited classical practice that combines the dynamics of vinyasa, empowered breath and awareness. Together, this synergistic experience unveils your inner power as you experience your one true yogic path.

FRIDAY 9:30-11AM

BOSU® Amped! (ws)

Jay Blahnik

BOSU® Training just got caffeinated! Come experience brand-new exercises, sequences and drills designed to amplify the energy and the results! Full of hard-core training, and hard-core fun, this workshop will leave you with solo, partner and team exercises that can be done with just one BOSU® Balance Trainer per person. You will even learn some new and easy ways to incorporate the BOSU® Ballast Ball (or a stability ball) into your BOSU® workouts. Simple, unique, and full of creativity, this workshop will WORK YOU OUT!

Equinox Rockstar Skinny (ws)

Philip Gray

Trim and tone your total body in this fun non-stop conditioning class. Utilizing hand held weights and the body bar, Philip's creative leg combinations will leave your legs sleek and defined.

Flirty Girl Fitness-Fun, Fit and Fabulous (wo)

Mindy Mylrea

Our trendy, easy to learn dance routines provide the perfect combination of cardio, total body strength training and targeted core chiseling moves ^ but the best part is your clients will feel like they're part of a music video rather than in a cardio-intensive, muscle toning fitness class! We'll introduce you to the Flirty Girl Fitness phenomenon and show how to implement this amazing programming in your own fitness and dance facility. The only program created by women for women, the Flirty Girl Fitness program leads to a fabulous feeling of success, both for you and your participants. Come find out how you can be a part of the Flirty Girl Fitness phenomenon sweeping the nation. Level I, II Focus I, II

Kettlebell Full Body Blast (ws)

Steve Cotter

The human body was designed to function as one unit. Steve will show how the kettlebell can deliver a high-intensity full body workout that delivers incredible results in less time!



SPINNING®: 101 (ws)

Josh Taylor

In this workshop we will explore the foundation of the Spinning program by examining the 5 core movements and the purpose behind each of them. Having a practical and simple approach to riding the Spinner bike is part of being a better teacher. Participate in an “instructor to instructor” format that will give you a better understanding of the Spinning program.

Peak Pilates®: MVe® Creative Chair Combos (ws)

Connie Borho

This Peak Pilates® MVe® Chair workshop will make you rethink how you design your chair classes! We will create combinations designed to keep your students moving and grooving! So put on some great music and pump up the volume!

Yoga Tune Up® Abdominal Overhaul (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.

AEA: Aquatic I.T. – Pyramid (ws)

Mark Grevelding

Slice it and dice it for maximal cardio intensity. This fast paced shallow water class showcases instructional techniques (I.T.) for pyramid choreography. Repetition reduction is a gold medal standard of fitness instruction. Whether you teach free style or choreographed, this session will load you up with ideas for transforming simple movement into a gut busting whitewater workout!

Meat or Wheat? Animal vs. Plant Food For Optimal Nutrition (L)

Scott Josephson

Why plant based nutrition?

Sometimes the most elegant solution is the most simple. Why plant-based nutrition? It's more like why not? Why develop heart disease? Cancer? Diabetes? The epidemic of chronic, degenerative disease that is sweeping the western world can not only be stopped, it can be potentially reversed. The power lies in the hands of the consumer, in the choices we make about what to put on our plates. Understand how this plays a vital role and contributions to optimal health!

FRIDAY 11:30-12:30PM

Cirque Du Step (ws)

Lawrence Biscontini

EVOLVE your step class to the next configuration in stepping: CIRCLE STEP. We literally use the classroom/ ballroom space to make a three-ring circus of steps in separate circles and get participants moving clockwise, counterclockwise, outside, and inside! Participants will love the new step configuration and easy-to-follow choreography and unique music inspired from the Cirque du Soleil® shows that will feel like an entire new approach to stepping!

Lean Body Burn! (ws)

Patrick Goudeau

You can want a LEAN BODY all you want; but you'll need to do something in order to get it! This complete workout attacks every inch of your body from head to toe. Intense, compound moves and crazy cardio intervals will give you amazing ideas to supplement your body conditioning formats and leave your students exhilarated! Using a pair of dumbbells only...you will learn how to sequence exercises that will create profound results. Sometimes you can get what you want and PATRICK has the workout to help you get it!

The Warrior 2: Body Boot Camp Challenge (ws)

Joelle Menard

The ultimate boot camp with no equipment is back with more ideas for the person looking for a fresh

Thank YOU for making my first ECA way more educational and inspiring than I could have imagined. It's clear that you put your heart into the Convention and a great heart it must be! – Tamara Jackson

new direction to go in – for classes or one-on-one sessions with your clients. All combinations will develop from slow and controlled multi-jointed movement to dynamic, momentum-based drills and exercises to improve muscular strength and endurance, cardiovascular fitness, power quickness and agility. Train with a partner while performing intense weight exercises! This will be the challenge you are looking for!

High Intensity Trampoline Training (ws) Krista Popowych

Bounce up to this exciting High Intensity cardio-Interval workout that integrates the JumpSport Fitness Trampoline to boost your metabolism, burn fat and have fun at the same time. Interval training is a time-efficient and results-based program that helps us overcome training plateaus and supercharge our workouts. The JumpSport Fitness Trampoline adds the benefits of working on an unstable surface to increase core stability. This structured program will give you a whole new perspective on trampoline and interval training and tons of new ideas on how to take your training up to the next level.

SPINNING®: Let's Jump! (ws)

Angie Scott

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.

Advanced Concepts in Bodyweight Training: Suspension Training (ws)

Bill Sonnemaker

There is a common misperception in the fitness world that clients must have access to free weights, dumbbells and machines in order to experience significant strength training results. Personal trainers recognize that bodyweight training can be a powerful tool in any training arsenal. Suspension training is simply one more tool to add to that arsenal. This session will focus on creating an assortment of training programs that not only enhance overall strength, but also have a profound effect on flexibility, balance, reaction and SAQ. Also, experience first hand how you can create a metabolic effect by using

just bodyweight and the TRX® Suspension Trainer.

Iliotibial Band & It's Relationship in the Lumbar-Pelvic-Hip Complex (ws)

Christine Romani-Ruby

The Pilates environment offers a unique setting for creating balance of iliotibial band length and dominance. Discover the role and purpose of this band of tissue and how to use Pilates to solve numerous problems that occur in competitive athletes, weekend warriors, and clients with sitting jobs. These issues can range from low back and hip problems to knee or ankle/foot problems.

Yoga For Flexibility and Balance (ws)

Stacie Dooreck

Yoga is a science to achieve greater flexibility and balance: physically, mentally and emotionally. Learn traditional and holistic techniques of yoga including yoga exercises, postures, breathing and relaxation techniques to go beyond the physical benefits of yoga for greater ease in body and mind. This class will focus on postures to increase flexibility, stability and balance while using the breath in a way to increase relaxation and peace of mind. Learn classical yoga to open and balance your body and mind.

FRIDAY 11:30-1PM

AEA: Aqua Balls, Bands and Bars (ws)

Marti Peters

Have a blast with this dynamic workshop using easy to use equipment. Combine super sets of muscular conditioning with creative cardio segments to achieve a total conditioning workout.

Enhance Your Teaching & Cueing Skills (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. 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. Finding the right music to fit your creative style is half the battle. This workshop will also help you understand how to effectively

use music as a tool in a group exercise/ personal training setting. You will be given a basic understanding of the structure of music, rhythm, BPMS and how they play an integral role in your fitness classes and programs. We will cover topics that will address not only the technical aspects of music but the emotional as well. You'll build musical profiles for your aerobics (hi-low, low impact), spinning, dance, cardio kickboxing, conditioning classes or any type of group exercise class.

FRIDAY 1:30-3PM

Small Group Athletic Training (ws)

Pete McCall

Do you want to learn how to maximize your earning potential? One challenge of being a Fitness Professional is the limitation of being compensated for working with only one client at a time. Discover how to increase your earning potential and maximize your time using small group training. Learn specific strategies and techniques for designing small group training programs that allow you to maximize your earnings by training more people during the times when they are available.

FRIDAY 2-3PM

BoxStep (ws)

Joelle Menard

Challenging and innovative step choreography is combined with traditional martial arts and boxing moves. Learn to seamlessly blend traditional combinations into exciting, high-intensity boxstep choreography.

Med Ball Moves (ws)

Petra Kolber

Designed with the Group Ex instructor in mind, this session focuses on the simple yet so effective piece of equipment – the medicine ball. Perfect for functional training, core awareness and adding external resistance, the medicine ball is the perfect tool for the group fitness instructor. Based on a circuit style workout, Petra will demonstrate ways to utilize the medicine ball in ways that enhance the students body awareness and elevate the exercise experience. The session will explore ways to integrate, cardio, strength, agility and balance training, seamlessly into one non-stop workout.

LaBlast (wo)

Louie Van Amstel

Three time world champion and ABC's "Dancing with the Stars" dancer and choreographer Louis Van Amstel, leads you through various ballroom dance genres combining exhilarating body movements and creative routines to burn fat and blast away calories. No experience and no partner necessary.

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.

SPINNING®: Symphonic Strength (wo)

Scott Schlesinger

It has the ability to pierce the soul. It holds the power to create feelings of fear, mayhem, disaster, deep hopelessness or hopeless torment. It can also make us feel playful, excited, whimsical, victorious, blissful and even spiritual. I am referring to the power of a masterful symphony. Truly, it is beyond verbal description but the emotion can be felt...almost touched...and it is that very wave of emotion that we will attempt to dive into and capture. Feel the rush of power in this cataclysmic collision of the Strength Energy Zone and sounds of a symphony.

Suspension Training: An Integrated Approach to Metabolic Training (ws)

Bill Sonnemaker

Currently there is a lot of hype about Metabolic Training. In the lecture component of this session, we examine and take an in-depth look at the benefits, as well the associated risks, with this type of training. Attendees will leave this session with a thorough understanding of how to properly manipulate acute variables in order to design a safe and effective Metabolic Training program without placing their clients in jeopardy of injury or Rhabdomyolysis. In the hands-on component, attendees will take part in a high intensity workout that utilizes the TRX, their own body weight and that of their partner's body weight to achieve maximum results.

The Full Enchilada (ws)

Krista Popowych

A little of this and a little of that is always the perfect combination for a fun-filled workout. This sweat-invoking session takes you through a fitness timeline. Starting with high low and adding some kickboxing, boot camp, body weight training, core conditioning, fusion and more, this workshop is sure to inspire. No leg warmers required!

Aqua 20! 20! 20!

Lawrence Biscontini

The body needs strength, cardiovascular, and flexibility work to some degree everyday. Based on Lawrence's award-winning dvd of the same name, this workout gives you 20 minute segments of creative cardiovascular routines, synchronized strength exercises, and fluid flexibility. Lawrence always offers intensity options for all levels so you can change the way any move feels as you do any section of the workout. This workout is, in a word, complete!

FRIDAY 2-3:30PM

Training the Baby Boomer (L)

Mike Boyle

The baby boomers are the fastest growing market in our industry and, they have everything we are looking for. Baby boomers, have time, motivation and money. Sounds like a great client. The key is making these clients feel better not worse. Let Michael Boyle show you how to train your baby boomer clients safely and effectively.

FRIDAY 3:30-4:45PM

BOSU® Plyo Progressions (ws)

Shannon Fable

Quick, explosive and reactive movement is essential for developing the athleticism necessary for sport and life. Moving is one thing, but how fast you respond by decreasing "coupling" time off the floor is another! This workshop focuses on lower and upper body plyometric progressions, which can be appropriate for most of your clients or athletes. Don't be intimidated by plyo training! Come and learn the drill mechanics, teaching cues and progressions to successfully implement this type of training into fitness and sport programs.

CHEK INSTITUTE:"Big Bang" Exercises (ws)

Dan Hellman

Take your knowledge of functional exercise into the stratosphere with "Big Bang" exercises. Using multiple planes of movement and addressing several biomotor abilities at once, a Big Bang exercise condenses the benefits of many different exercises into one, saving time and making efficient use of space and equipment. Learn techniques to ascend (make harder) and descend (make easier) a Big Bang exercise to customize the experience for each individual client's needs.

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.

Posture and Body Alignment: Become An Expert in Teaching Resistance Training Exercises (L/ws)

Ken Baldwin

Learn a process and format to instruct and teach your clients resistance training exercises/movements to correct posture and body alignment. This course is designed for personal trainers, group exercise instructors, allied health/medical professionals, and for fitness managers interested in learning how to teach their staff a detailed process to breakdown, analyze, and perfect resistance training exercises. Learn how to select and teach the safest exercise movements for a specific group based on physiological, neurological, and biomechanical principles. Discover a process to teach, demonstrate, and grade/rank an exercise movement or repetition based on quality, accuracy, and performance of the repetition and set. Explore how to develop observational, evaluation, and feedback strategies to be used before, during, and immediately after a training session. This lecture is one of the educational modules required to receive the National Posture Institutes-Certified Posture Specialist™ designation.

SPINNING®: The 5-Step Sprint (ws)

Angie Scott

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.

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!

Standing Tall: Improving Posture With Pilates (ws)

Christine Romani-Ruby

Recent research reveals that the number one reason our clients come to Pilates is to improve their posture. In this workshop, we will identify common postural faults and address them with specific Pilates

movements that provide clients with visible improvement in less than three weeks. Leave with a checklist for finding faults and a cheat sheet for designing programs on the mat.

Yoga Tune Up®: KneeHab (ws)

Jill Miller

Knee injuries sideline yogis and gym rats alike. The knees often pay a price for poor alignment in both the hips and ankles. This workshop unravels bad habits that lead to knee pain, and offers dozens of YTU exercises that help knees in pain as well as "pre-hab" the knee so that issues are kept at bay. Analyze muscle imbalances, regain function, and open up new vectors of motion to recondition the knees from the inside-out. PS. Your hips will love it too!

FRIDAY 4-5:30PM

Addressing People (L)

Rohan Murphy

Rohan has always lived a purpose driven life and he now shares his unique perspective on life with young people. Rohan's speech is emotionally enthralling and will inspire even the most cynical person to believe that anything is possible! Rohan's target audience is the youth of America because he believes from the bottom of his heart that his life story and speech can reach kids of all ages and inspire them to also live a purpose driven life. He talks about priceless life skills,



such as overcoming adversity, dedication, and discipline. His message is one that every person in America needs to hear. He will inspire everyone within earshot to overcome the challenges that life brings.

FRIDAY 5:30-7PM

Zumba® Fitness Party (wo)

Armando Salcedo & Heidy Torres
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!

SATURDAY 7:30-9AM

Training Overweight Clients (L)

Mike Boyle
There is no bigger market in our industry than the weight loss market. Unfortunately much of what we think we know about training overweight clients is not true. Remember, TV is not real life. See how one of the leaders in strength and conditioning went back to "school" to learn to train overweight clients. The methods and results may surprise you.

SATURDAY 8-9:15AM

Step Dance Sensation (ws)

Jessica Exposito
Learn and discover new ideas and possibilities with the step. This is an asymmetrical step master class full of dance movements, cross phrases, space changes...a dynamic class created with a clean methodology and with Jessica's special charisma!

Full-Body Flexibility (ws)

Jay Blahnik
Fuse the pieces together and experience stretch training in a whole new light! By integrating concepts from Jay's new best-selling book, you will gain the tools you need to get results! What a difference you will see in your students' and client's range of motion, posture, coordination and balance skills when you integrate these precise techniques into your classes and training sessions.

Equinox ViPR Wars (ws)

Lisa Wheeler & Geoff Bagshaw
The battle for evolutionary fitness is on! Meet the ViPR--a truly functional, whole-body training tool, promising to bridge the gap between movement and strength. Put it and your body to the test of endurance and fitness as the ViPR challenges your total body muscular strength, cardiovascular endurance and agility. Team Equinox will take you from the basics to more advanced progressions to add some bite to your group fitness classes and personal training sessions. Serious sweat, serious excitement and serious results. Get bitten by ViPR!

Creative Cardio Dance (wo)

Jackie Henderson
Learn a practical and creative approach to providing instructors with skills for designing new cardio dance routines for their movement, dance and zumba classes. Instructors will learn how to tap into their own creativity and how to create fun, easy to follow, high-energy choreography for cardio dance classes.

SPINNING®: Pedal Stroke and Power (ws)

Angie Scott
One improvement a rider can always work on to increase power is the pedal stroke. Learn the anatomy of the pedal stroke to increase power both in and out of the saddle. Only by practicing drills will the pedal stroke become perfected and locked into muscle memory. Once burned into your neurotransmitters, your efficiency will improve and power output will increase.

TRX® Body Blast (ws)

Abbie Appel
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.

Pilates & the Foam Roller (ws)

Christine Romani-Ruby
Muscle balance is one of the most important goals for injury prevention for athletes of any kind. Old or young, professional or amateur in any sport

from Track and Field to Golf, the key to staying healthy is muscle balance. Pilates offers excellent techniques for creating matching muscle length and strength that is important for posture and healthy movement patterns. In this workshop we will cover several common imbalances in the hip and shoulder that can be balanced with the use of Pilates exercise on the foam roller. Excellent choreography for your group classes and for home exercise recommendations.

Ballet Body (ws)

Jennifer Galardi

What happens when you take the discipline and basic technique of Ballet, the core strength and power of Pilates and add the dynamic stretching of yoga moves? Nothing but a sleek and sexy, long and lean dancer's body! Exercises from all the disciplines are incorporated to tone the muscles and, at the same time, stretch and lengthen them.

Street KAMP: "IN THE SANDBOX" (ws)

Bishop Garland

From the streets to the sand, Kamp is in session. Everything from partnered resisted strength and coordination training, athletic drill conditioning, agility & stability enhancement, and much more "fun" will be explored in the box to think out of the box. What better way to enjoy ECA than to come and join a few of your friends out in the Sandbox! Let's Play!

AEA: Turbo Abs (ws)

Marti Peters

Make some waves with this circuit class combining cardio moves and abdominal exercises. Keep your classes splashing, heart rates elevated, and results real in this cardiovascular and abdominal conditioning workshop.

SATURDAY 9:30-11AM

BOSU® Athletic High Intensity Cardio (ws)

Keli Roberts

The BOSU® Balance Trainer is an amazing cardio training tool, and can be used to add intensity, power and fun to your cardio conditioning programs and classes. In this workshop, you will learn short cardio sequences intermixed with strength and balance recovery sequences that will challenge even your fittest participants. Perfect for personal training, interval training, H.I.T. training, boot camp, circuit training and sport conditioning programs.

Get ready because this workshop will leave you breathless!

Powerball (ws)

Patrick Goudeau

This total body workout is all about creative cardio and strength moves with one amazing piece of equipment...the medicine ball. POWERBALL takes you to the next level in medicine ball training. So grab a ball, give yourself room to move and see if you have what it takes to keep up with up with these progressively intense drills. Sometimes you only need a ball to have a ball!

Motown Moves: Signed, Sealed, Delivered (wo)

Harold Sanco

When you hear "grapevine" do you think of a familiar choreography move or a famous Motown song? Dial up the energy in your classes with a little musical inspiration – Motown style. Showcasing the best of Motown's greatest hits, this class teaches you how to compose fun dance-based warm-ups and cardio patterns. You'll leave with creative choreography and cueing ideas, inspired by Motown favorites. And when you bring this supreme musical workout to your own participants, your classes are sure to top the charts.

Classical Kettlebells for Advanced Fitness (ws)

Steve Cotter

Using the competition lifts from kettlebell sport, Steve will show how these phenomenal exercises will take your "work capacity" to the next level. Steve will review proper breathing, mechanics/alignment and groove to ensure you are moving in the most efficient manner possible. In addition, he will teach you rare and unique "assistance exercises" that are crazy effective in developing high levels of speed/explosiveness.

SPINNING®: Master The Ride (ws)

Josh Taylor (with Angie Scott and Scott Schlesinger)

Attaining a higher level of excellence in all you do on the Spinner bike takes a willingness to learn and an open mind to receiving corrections. This session will be conducted in an instructor-to-instructor format. Team Spinning will be there to coach you in real cycling techniques and form while challenging you to become a true master of the ride. You will truly get

something out of this if you're open to it!

TRX® Circuit Training (ws)

Abbie Appel
Individualized training in a motivating group exercise environment! This group strength workout uses timed sets and a grueling boot camp format to give participants an all body burn in record time. Use nothing but your participant's body weight and the TRX to bring a completely new element to your group program and light up your studio like never before.

TRI-Plane Pilates (ws)

Leslee Bender
This session is a safer approach to Pilates mat training. There will be no core training on the floor or any exercises that will harm the lumbar or cervical spine. This modern day approach to standing exercises embraces the principles of 'contrology'. The core starts from the floor and we need to start looking at the reaction of gravity and how it affects our body and this session will do just that with the use of small props.

- Learn how you can do standing exercises that have the Pilates feel
- Understand the purpose and WHY of every exercise

Yoga Tune Up®: Conscious Condition/New View on Dynamic Stretching (ws)

Jill Miller
Sports therapy raves about the importance of dynamic stretching prior to any athletic endeavor. This workshop offers a variety of innovative YTU motion-based stretches that consciously awaken the entire body. Plumb the depths of often overlooked myofascial continuities, joint congruency, functional ranges of motion, and your mental connections to them. Discover new reflex arcs and re-pattern new pathways of coordination throughout every inch of your being. Accessible to any skill level and easily adaptable to asana or athletics.

ISCA Jump Rope (ws)

Bishop Garland
Experience one of the most exhilarating interval training systems to touch down in Ft. Lauderdale! Not only will you learn the basics "INS and OUTS" of the rope but also more advanced movements and techniques, "Dancing with the rope". Come have a twirl and see why jump roping only gets better with time.

Aqua Mind-Body Adventure: The Buddha and the Samurai (ws)

Lawrence Biscontini
Fuse yoga and Pilates principles from the basis of stability and mobility. We will find the calm stability of yoga like a Barefoot Buddha and then add mindful mobility from Pilates with the precision of a Seasoned Samurai. This workshop teaches different ways to create mindfulness in different temperatures of water while manipulating from among: stopping, slow, and speed.

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 11:30-12:30PM

Step Evolution (ws)

Petra Kolber
How time flies when you are having fun. Petra looks back at the history of step and explores what we may have lost along the way, what we have learnt through trial and error and how we can mold both history and present to create a teaching module that will move us into the future. This session will revisit the heritage of step research and see how we can apply

I commend you for having the vision and creating a very special event for all of us to gather and learn year after year. My gratitude to you for inspiring me to make this my living as I enjoy every day doing what I love to do! – Carla Sacken

it to today's choreography. The focus will be on connection, choreography and inspiring our students through creative and motivating combinations. This class is designed to be Monday morning ready.

Hard Ball (ws)

Paul Katami

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

Latin Zone (wo)

Jessica Exposito

Enjoy this Latin dance class with Jessica. We will create movement combinations with a Latin dance style featuring original choreography that transmits passion and energy. Follow Jessica...and feel the music!

JumpSport Cardio (ws)

Michelle Mascari

This class is designed for cardiovascular training on a mini trampoline. This high intensity training can be integrated with any kind of strength, balance or core workout that best suits the need of your students. Easy to teach; fun to do! Your students will be coming back for more! You will leave the session with comprehensive knowledge to teach trampoline training.

SPINNING® You Might As Well Win (wo)

Josh Taylor

Based on the book, We Might As Well

Win, this ride is an interpretation of Johan Bruyneel's emotional 1993 Tour de France stage 6 victory. In this ride, you will use the Spinning program's mind-body connection to not just participate, but to give whatever it takes to win.

Power & Grace: TRX® for Dancers (ws)

Jackie Henderson

A specially designed conditioning workout tailored to develop a dancer's body. This workshop utilizes TRX suspension training and gears it toward cultivating lean, strong, and powerful muscles. Balance, core, flexibility and sculpting exercises flow in this uniquely, fused twist on TRX training.

Reformer on the Mat (ws)

Michael Fritzke & Ton Voogt

Spice up your regular mat classes by incorporating Reformer exercises. Adding Reformer exercises can be challenging, and most people will experience the exercises as more challenging. This has given the Reformer on the mat the distinction of being only for advanced students. However, today Michael and Ton will show you how you can seamlessly do and incorporate Reformer exercises into any level mat class. Experience how you can Reform your mat tomorrow.

1, 2, 3, & 4 (wo)

Jennifer Galardi

If you sometimes feel 'rhythmically challenged' then this class is for you. Jennifer will take you through tips and tools to stay on the beat that you can use in any class, from spinning to strength training. Learn how to find an 8 count and use pace and rhythm to keep you class flowing and your students moving. Practical application will also be reviewed in different disciplines.

Aqua Dance (wo)

Carrie Ekins

Contemporary and cultural dance meets the water in this exciting aqua aerobic dance workout. Traditional and contemporary movements from Western, Celtic, African, Latin, the power of Akido-Bokata and Aerobic dance are combined with aqua principles to create a fun yet effective way of working out in the water. Magical moves and mystical music will both revitalize and rejuvenate you as you enter the world of Aqua Dance.



SATURDAY 11:30-1PM

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 calorie burning during activities of daily living and exercise.

SATURDAY 2-3PM

Soul Steppin' (ws)

Harold Sanco

Put a little soul into your step! See how the familiar step moves you know and love can be easily transformed into entertaining dance-based alternatives. All it takes is a little creativity and a touch of soul. Step away from this session with a formula for mixing traditional choreography with easy-to-teach dance steps inspired by funk, hip-hop, jazz and modern dance. No dance experience required!

Armed and Dangerous (ws)

Abbie Appel

Discover new ways to strengthen and chisel the upper body one-on-one or in a group. Challenge your body with tubing, as well as your own body weight, hit all the major hot spots for muscle conditioning in this workout and focus on creating balance for optimal posture. By experiencing innovative movement patterns you'll be inspired to customize these moves for your members back home.

Equinox Thread (ws)

Robert Sherman and Lashaun Dale
Thread is the next extension of teaching and movement, as we know it. Experience a new option that gives meaning to unlocking the "stickiness" or restrictions we feel when we move. Thread creates a specific system of muscle activation, integration, reaction and recovery to bring flexibility, balance and ease, enhancing how you move and live. This is done through balancing core stability

and awareness techniques that link the connections found deep within our bodies to improve everyday movement and vitality for peak performance.

Kettlebell Basic Training for Group Fitness (ws)

Keli Roberts

KettleBell Basic Training for Group Fitness offers highly effective techniques for improving power endurance, total body coordinated movement and total cardiovascular conditioning. Learn why the Russian KettleBell have been used in training since the 1800's and why it's back and mainstream in group exercise and personal training. This workshop covers biomechanics and kinesiology followed by practical application. Each movement and progression is taught with an emphasis on safety and critical body alignment. Take your group fitness classes to a whole new level with KettleBell Basic Training!

SPINNING®: The LT Factor (ws)

Angie Scott

Lactate Threshold (LT) is a term used quite often during Spinning classes. What exactly is 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 are highly recommended to achieve the full benefit of this ride.

Core Fusion® Plus Lean & Toned (ws)

Fred DeVito & Elisabeth Halfpapp

Fusing the disciplines of core conditioning, Pilates, Lotte Berk Method, interval cardio training, barre, and yoga, this program created by Fred DeVito and Elisabeth Halfpapp works from the inside out, consistently delivering washboard abs, a tighter and higher backside, long, lean muscles, and an athletic, toned body.

Yoga Tune Up® Therapy Balls: Myofascial Self-Care (ws)

Jill Miller

A fitness career can be marred by injuries, imbalances and repetitive stresses. Personal trainers, group fitness, pilates and yoga instructors alike create wear and tear during the daily grind of teaching.

For your own self-preservation, help your tissues to recover by learning the power of self-massage. 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.

Pilatesstick®: Moving Strength (ws)

Connie Borho

This foundational flow workout using the Pilatesstick and its attachments will challenge stability of the Powerhouse while building the strength and flexibility of the limbs. Highlighting the versatility and adaptability of the 'Stick, a flowing workout incorporating mat, reformer and Cadillac exercises will move the student from supine to standing in a long-continuous dance of movement.

Aquatic Hard Core and Peace Core Training (ws)

Lawrence Biscontini

The first half of this water workshop is "hard core" and addresses aggressive sport-specific agility exercises for all healthy populations. The second half addresses "peace core," involving mind-body applications for active flexibility, recovery, gait training, and balance. Learn new, research-based techniques for training movements, not muscles, emphasizing form over physique.

SATURDAY 2-3:30PM

Women, Metabolism and the Hormone Highway (L)

Scott Josephson

Learn the specifics about "special concerns" of females including perimenopausal challenges, gender differences, muscle strength, body composition, metabolism, the hormonal roller coaster and other physiological factors that play an enormous role in training. Explore practical and useful information to guide your female clientele about dietary intake, energy expenditure and exercise for a lifetime.

SATURDAY 3:30-4:45PM

BOSU® Playground Challenge (ws)

Jay Blahnik & Shannon Fable

Grab your BOSU® Balance Trainer, and get ready to play! This workshop is designed to teach you dozens of new athletic drills, skills and sequences using BOSU® balls in a variety of shapes, patterns and configurations. Working independently, in partners and in teams, you will walk away with an entire new library of BOSU® conditioning exercises that are interactive, challenging and incredibly fun. Perfect for personal training, boot camp, circuit training, interval training, sport conditioning and kid's fitness.

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.

SATURDAY 3:30-5PM

PT 24/7™ (ws)

Billy Blanks®

PT 24/7™ is Billy Blanks®' new innovative program that combines cardiovascular and resistance training into one incredible workout. With the invention of this cutting-edge platform comes the ability to add free flowing movement in all directions while incorporating strength training using resistance bands that are attached to both hands and feet. PT 24/7™ also introduces Dynamic Symmetry. This unique process strengthens your core while increasing flexibility. When either arm is in motion, the corresponding attached foot is pulled back towards your center placing your body in proper body alignment bringing improved balance and control while learning to execute proper punching and kicking techniques. By connecting your upper and lower body together with PT 24/7™, you significantly increase your heart rate level bringing results in only half the time. "In 24 hours you will feel a difference, and in 7 days you will see a difference".

"If You Can Move It, You Can Groove It" (wo)

Misty Tripoli

Learn how to take any format of class and add GROOVE it. From Zumba to yoga... if you can move it... you can GROOVE it. Empower your students to move their way... not your way.

SPINNING® Kona (wo)

Scott Schlesinger

Aloha! Welcome to the big island of Hawaii and the Ironman World Championships. Once a year, thousands flock to this island to test themselves in the greatest arena of triathlons. Come take a glimpse inside their world. Swim through the chaos, bike over the tarmac and run like the wind. This is a ride that will truly inspire you to step out of the mundane and have you saying - where does my next journey begin?

Core Fusion® Cardio (ws)

Fred DeVito & Elisabeth Halfpapp

Core Fusion® Cardio is a calorie burning, sweat inducing, body sculpting, power-packed fitness experience, masterminded by Core Fusion® creators, Elisabeth Halfpapp and Fred DeVito. Merging cardio with intense strength and flexibility moves, this program generates maximum calorie burn, resulting in defined abs, sculpted legs, and lifted glutes.



**Yoga Target Series:
The Lense on the Hips (ws)**

Robert Sherman

In this Yoga Target Series, the focus on Hip mobility and stability will provide an immediate change in opening the pathway to movement freedom. The hips are the “hub”, and the opening of them will either allow for ease in movement or discomfort. This will be a vigorous, vinyasa practice with an intense core strength and hip opening series.

Peak Pilates®: Pilatesstick: Pilates without Limitations (ws)

Connie Borho

The Pilatesstick is a great new innovative tool that will enable Pilates trainers to take their show on the road! Experience how the Pilatesstick can be used to simulate many of the reformer exercises, almost all of the Cadillac exercises, and how to use it in Pilates mat classes to add spice and variety, as well as challenge!

SATURDAY 4-5:30PM

The Science of Longevity (L)

Len Kravitz

In the last decade, the increasing life expectancy of humans has generated intense focus and research on the biological mechanisms of old age and longevity. In this research-driven presentation, the science of aging and anti-aging strategies to slow down aging and extend lifespan will be discussed. Len will also present exciting new research on those persons throughout the world who are living the longest. This groundbreaking research review will discuss the mechanisms of aging and the inspiring new interventions on the horizon to extend one’s lifespan.

SATURDAY 5:30-7PM

Drums Alive® Latin Beats

Carrie Ekins

Latin Beats is a “Rockin” spicy hot workout designed to push the boundaries, to let go and be wild! Pulsating rhythms, powerful drumming and Latin inspired movements are all blended together to create a passionate, fun and high-energy workout. It’s a workout for

the entire body, mind and spirit!

SUNDAY 7:30-9AM

F.F.I.T. Fusion Fitness of Intention Training (ws)

Leslee Bender

Not everyone can do classical Pilates or some forms of power Yoga. This course was inspired by those who have experienced injuries or back pain due to over-crowded classes where he/she were just a number and not a ‘person’. As a trainer, it is our responsibility to give our client the purpose of every movement and if we are limited by an antiquated belief system we limit the possibilities of teaching what is necessary for today’s society.

- Experience new ways to teach your clients what you are trying to get them to achieve in their level of fitness
- Understand how you as a trainer can change the life of each and every student when you can look at them individually and assess the proper exercises most appropriate for them.

MMA Boot Camp (ws)

Lisa Gaylord

Turn Martial Arts moves into CORE strength, agility and speed movements. Take elements from triathlon, sprinting, weight training, swimming and cycling outside to combine techniques into bodyweight training. These sophisticated training techniques have been hidden for years because of the unique Martial Arts training environment.

The Female Training Advantages (L)

Len Kravitz

This original lecture reviews recently published research and the latest technology documenting some unique female training advantages. Gender differences in fat metabolism, muscle fiber changes, muscle strength, muscular endurance, body composition, hormones and other physiological factors are discussed. Resistance and aerobic training program designs, specifically for women, are presented. This ultramodern lecture is a ‘must attend’ for any fitness professional who trains

This was my first ECA event and it was an absolutely amazing time! I enjoyed the whole weekend! The instructors were so inspirational and just incredible! Great Job! – Patricia Bode

female clients and for those female fitness enthusiasts who strive to attain the most optimal physiological benefits from their training.

SUNDAY 8-9:15AM

BOSU® Xplode (ws)

Keli Roberts

The ultimate cross-training workshop – done up BOSU style! Learn a unique system for incorporating elements of strength, cardio, core, balance and agility into one full body workout, and brand new exercises that use minimal equipment, minimal space, but give MAXIMUM results! Take the versatility of the BOSU® Balance Trainer to a whole new level, and be prepared for a total body meltdown!

Ay Caramba! (wo)

Manny Velazquez

Ay Caramba is a Latin expression of utter enthusiasm! And this is an explosive exploration of authentic Latin movement from around the world. Learn the simplest, 5-part S.M.A.R.T. method for implementing and fused ballroom dancing techniques from Latin styles like Salsa, Tango, Merengue or Cumbia into your cardio/endurance and muscle tone workouts. Posture, alignment and proper core engagement are the key for successful and powerful results. Learn how to make any-body merengue the hips, tango the torso and salsa the legs and shoulders as you have the time of your life! Whether you are Latin-born or Latin challenged Ay Caramba! is for you!

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.

SPINNING®: Loops and Ladders (ws)

Angie Scott

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.

Yoga Target Series:

The Lense on Shoulders (ws)

Robert Sherman

In this Yoga Target Series, the focus on shoulder mobility and stability will provide a much-needed opportunity for change in a common area of imbalance. This workshop combines a vigorous, vinyasa practice with corrective exercise programming to unlock the tightness and weakness in the shoulder area and methods for change.

AEA: Pool Kickboxing Classics (ws)

Mark Grevelding

Heat up the pool with some cool moves designed to give your classes a fresh and hip feel! Creative kickboxing choreography with aggressive arm and leg patterns combined with high energy bounding drills for an explosive pool extravaganza that will appeal to anyone looking for a challenging and fun water workout.

SUNDAY 9:30-11AM

Glee Goes Group (ws)

Petra Kolber

Built around the huge phenomenon of Glee, this workshop discusses how we can use popular culture to influence our choreography and classes. By connecting our presentations to patterns and trends in media we can allow a sense of connection for our students that relates to not only the 60 minutes in a classroom but also to their daily life. More importantly, this class is just one hour packed with joy. Utilizing music from past Glee episodes along with "Glee Breakouts" this session builds not only fun and easy to replicate choreography but also a sense of community and connection between our students. Singing out loud is encouraged.

Fat to Fit Fast (ws)

Patrick Goudeau

Get ready to burn calories and tone your body simultaneously so that your students can go from fat to fit in the shortest time possible. And the best part, all you need is YOU to make it happen. No equipment necessary, this effective workout incorporates easy to learn, intense cardio combos into a high-octane interval-training format that will kick your butt! You'll learn how simple it is to sequence athletic moves that are actually fun and exhilarating!

Peak Pilates® Maximum Mat: Pilates Power (ws)

Connie Borho

The power of Pilates comes from diligent mat work practice. Strength, flexibility, stabilization, and endurance are built progressively and intelligently when mat work is practiced with flow and commitment. Learn how to teach the Pilates mat exercises layer by layer, building to the ideal and advanced version of each exercise. Explore how to assist, as well as challenge, using props, breath patterns, and rhythm dynamics to power up your Pilates and get maximum mat!

SPINNING®: Energy Zone™ Journey (ws)

Scott Schlesinger

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™.

Bender Method of a Strong Healthy Back (ws)

Leslee Bender

There are millions of people who live on pain medication and suffer from back pain, both chronic and acute. This is costing us billions in health care and, it can be stopped but, how? This session is about the back business and how you can give the corrective exercises PROVEN to stop back pain for good.

- Learn how to do an analysis that leads you to understand where the pain may be coming from. This includes understanding joint misalignments and the muscles that cause it.
- Learn how the different postures greatly affect both upper and lower back pain.
- Discover the strategies that will help you to choose the necessary exercises and programs that will keep your clients pain free and doing what they love.
- Walk away with MANY tools to become a true back coach and make it a PROFITABLE business that

20-20-20- Mind Body (ws)

Lawrence Biscontini

Exclusive for ECA! Explore a non-traditional approach to a fusion workout: instead of fusing different disciplines, we

put together one mind-body workout maintaining faith and reverence to individual disciplines. With separate segments of yoga, Pilates, and standing Chinese mind-body work, we discover different ways to link--but not combine--these popular disciplines for benefits of stability and mobility for ability.

Aqua Fun for Kids and Youth (ws)

Carrie Ekins

Finally an aqua fun fitness experience for our Kids and Youth! What are the challenges, considerations and stumbling blocks that arise when working with this population in a fluid environment? Learn new non-competitive ways to have fun while working out in the water. Cooperative games, engaging activities and effective exercise sequencing with and without the use of equipment will provide you with the tools to create your own fun and unique Kids and Youth Aqua workout!

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.

SUNDAY 11:30-12:30PM

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.

Kardio Kombat RELOADED! (ws)

Lisa Gaylord

This is the ultimate fitness program to gain strength, endurance, core stability, power, flexibility, balance and agility. Give your students the training program guaranteed

to burn 800-1000 calories per session. The workouts are broken down into segments to incorporate strength, power and endurance. Each segment builds the stamina needed to last 3-5 minutes in an actual MMA "round". This is a full body workout. Not everyone can train at the same intensity or wants to be a fighter but everyone can do the workouts.

Peak Pilates®: Circle of Power (ws)

Connie Borho

Pilates is about movement- proper movement that can be successfully repeated and translated into daily activity. The body changes through movement, and movement heals! The Power Circle produces kinesthetic awareness and can produce desirable improvements in alignment and movement quality. They have an effect on the dynamics of movement and rhythm as energy is transmitted through the body. Props are a fun and effective way to create a greater awareness in your student's body. Remember the goal is for the student to be able to work independent of all props – they are there as a teaching tool!

SPINNING®: Integrity of the Program (ws) Angie Scott

Three hand positions, five core movements, five Energy Zones™. It's time to take things back to the basics... to the original vision of the Spinning Program. Where we accept and apply the "mind/body connection." We reflect... we close our eyes... music becomes background instead of a beat to follow...we face the demands that we place upon our body... and we earn each recovery. Each ride is a journey – an individual, soul-searching voyage, a place to invite feelings and emotions – and to confront and face fears. This is YOUR ride. Come celebrate YOU!

Piloxing (ws)

Viveca Jensen

Piloxing is the first program that blends the best of Pilates, boxing and dance into such a high-energy interval workout. Using the most current science, Piloxing incorporates formats such as interval and barefoot training to burn maximum calories and increase stamina. Piloxing is a fun, fat blasting and muscle-toning workout guaranteed to whip you into shape. This new discipline is attracting die-hard followers including; Hollywood celebrities and international stars and

has been featured on TV shows such as ET! and The Insider and in magazines including; Shape, Fitness magazine, Redbook, Elle, Vogue, OK!, People and US Weekly.

Aqua Hip and Funk (ws)

Manny Velazquez

Take your hips and funk them in the pool! Approach your aqua class from another point of view with this cardio-based hip/hop and funk-oriented type of workout. Enough ideas to help you to refresh your own style with movements will put your class on the cutting edge.

Teaching Modifications So All Can Do Yoga (ws)

Stacie Dooreck

Learn basic modifications so all can do yoga (within the same class) including: yoga in chairs and wheelchairs, yoga for chronic illness, prenatal yoga modifications, yoga for seniors, injuries, and mixed level/ability classes. Also for those wanting to learn how to modify their own yoga to meet their individual needs in a group class.

SUNDAY 1-2PM

SPINNING®: Creative Climbs (ws)

Scott Schlesinger

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.

Hydro Zen (ws)

Manny Velazquez

This is a non-traditional, calorie burning, mind/body Aqua class. Yoga postures morph into Pilate's movement which lead into gyro inspired movement for muscle strength and flexibility challenge through water properties. You'll learn techniques to build a unique, fun-fusion aqua class; combining strength, flexibility and exercise progressions, perfect for all fitness levels and facilities.

Session grids



thursday

11-1pm

CHEK INSTITUTE: Functional Anatomy to Improve Function
Dan Hellman

12-1:15pm

AeroBoButt
Joelle Menard

SPINNING® Create What You Desire
Angie Scott

AEA: Pool Muscle Mixers
Mark Grevelding

12:15-1:15pm

Resist-A-Ball Cardio Strength Interval
Maria Sollon-Scally

Bodyblade®: Core Like Never Before
Jodi Sussner

1:30-3pm

Equinox Blockbuster Body
Lisa Wheeler & Lashaun Dale

HIIT Training
Mindy Mylrea

Taste of Zumba
Erick Santana

Introductory Kettlebells for General Fitness
Steve Cotter

SPINNING® Technical Training
Josh Taylor

Peak Pilates®: Reformer Progression/
Regression Strategies
Connie Borho

Functional Pilates Choreography
Michael Fritzke & Ton Voogt

AEA: Aqua Boot Camp
Marti Peters

Lose Weight, Find Your Self
Sharon Theroux

3:30-4:30pm

S.T.E.P. For Every Person
Gail Bannister-Munn

CHEK INSTITUTE: Primal Pattern®
Movement System
Dan Hellman

Zumba Gold
Joy Prouty

Kettlebell Iron Body: Power
Paul Katami

SPINNING® "300"
Josh Taylor

Peak Pilates®: Reformer Prop It Up
Connie Borho

AEA: Aquatic Endings
Mark Grevelding

3:30-5pm

Learn to Analyze Posture Through Static
and Dynamic Assessments
Ken Baldwin

5-6pm

Zumba Fitness Party
Erick Santana

TNT-Trampoline-N-Tubing
Abbie Appel

5-6:30pm

BOSU® Pilates 3D
Shannon Fabie

Core Power
Mindy Mylrea

SPINNING® Lighting the Fire
Angie Scott

5:30-7pm

Posture and Profits (L)
Ken Baldwin

friday

7:30-9am

Recovery, the Forgotten Variable
Pete McCall

Yoga Tune Up®: Abdominal Overhaul
Jill Miller

AEA: Aquatic I.T.-Pyramid
Mark Grevelding

Meat or Wheat? Animal vs. Plant Food
Scott Josephson

8-9:15am

Best of Boot Camp
Mindy Mylrea

Advanced Concepts in Core Training
Bill Sonnemaker

ISCA Kickboxing
Bishop Garland

JumpSport Total Body
Krista Popowych

SPINNING® Battleground
Scott Schlesinger

Peak Pilates®: MVe® Total Balance & Control
Connie Borho

Joseph Pilates By the Book
Michael Fritzke & Ton Voogt

Equinox Pure Yoga
Lashaun Dale

11:30-12:30pm

Cirque Du Step
Lawrence Biscontin

Lean Body Burn
Patrick Goudeau

The Warrior 2 Boot Camp
Joelle Menard

High Intensity Trampoline Training
Krista Popowych

SPINNING® Let's Jump!
Angie Scott

Advanced Concepts in Bodyweight Training:
Suspension Training
Bill Sonnemaker

Iliotibial Band & It's Relationship in the
Lumbar-Pelvic-Hip Complex
Christine Romani-Ruby

Yoga For Flexibility and Balance
Stacie Dooreck

9:30-11am

BOSU® Amped
Jay Blahnik

Equinox Rockstar Skinny
Philip Gray

Flirty Girl
Mindy Mylrea

Kettlebell Full Body Blast
Steve Cotter

SPINNING® 101
Josh Taylor

Peak Pilates® MVe® Creative Chair Combos
Connie Borho

11:30-1pm

AEA: Aqua Balls, Bands & Bars
Marti Peters

Enhance Your Teaching & Cueing Skills
Gail Bannister-Munn

1:30-3pm

Small Group Athletic Training
Pete McCall

2-3pm

BoxStep
Joelle Menard

Med Ball Moves
Petra Kolber

LaBlast
Louis Van Amstel

Kettlebell Kombos for Group Fitness
Paul Katami

SPINNING® Symphonic Strength
Scott Schlesinger

Suspension Training: Integrated Approach
to Metabolic Training
Bill Sonnemaker

The Full Enchilada
Krista Popowych

Aqua 20! 20! 20!
Lawrence Biscontini

3:30-5pm

BodyART™ Strength
Robert Steinbacher

Posture & Body Alignment: Teaching
Resistance Training Exercises
Ken Baldwin

SPINNING® The 5-Step Sprint
Angie Scott

TRX® Power Stretch
Abbie Appel

Standing Tall: Improving Posture with Pilates
Christine Romani-Ruby

Yoga Tune Up®: Kneehab
Jill Miller

4-5:30pm

Addressing People
Rohan Murphy

2-3:30pm

Training the Baby Boomer
Mike Boyle

3:30-4:45pm

BOSU® Plyo Progressions
Shannon Fable

CHEK INSTITUTE: Big Bang Exercises
Dan Hellman



saturday

7:30-9am

Training Overweight Clients
Mike Boyle

8-9:15am

Step Dance Sensation 2011
Jessica Exposito

Full-Body Flexibility
Jay Blahnik

Equinox ViPR Wars
Lisa Wheeler & Geoff Bagshaw

Creative Cardio Dance
Jackie Henderson

SPINNING® Pedal Stroke & Power
Angie Scott

TRX® Body Blast
Abbie Appel

Pilates & the Foam Roller
Christine Romani-Ruby

Ballet Body
Jennifer Galardi

Street KAMP: In the Sandbox
Bishop Garland

AEA: Turbo Abs
Marti Peters

9:30-11am

BOSU® Athletic High Intensity Cardio
Keli Roberts

Powerball
Patrick Goudeau

Motown Moves
Harold Sanco

Classical Kettlebells for Advanced Fitness
Steve Cotter

SPINNING® Master the Ride
Josh Taylor

TRX® Circuit Training
Abbie Appel

TRI-Plane Pilates
Leslee Bender

Yoga Tune Up®: Conscious Condition
Jill Miller

ISCA Jump Rope
Bishop Garland

Aqua Mind-Body Adventure
Lawrence Biscontin

Do It In the Raw: Eating That Is
Scott Josephson

11:30-12:30pm

Step Evolution
Petra Kolber

Hard Ball
Paul Katami

Latin Zone
Jessica Exposito

JumpSport Cardio
Michelle Mascari

SPINNING® You Might As Well Win
Josh Taylor



Power & Grace TRX® For Dancers
Jackie Henderson

Reformer on the Mat
Michael Fritzke & Ton Voogt

1, 2, 3, & 4
Jennifer Galardi

Aqua Dance
Carrie Ekins

11:30-1pm

Ultimate Metabolic & Calorie Burning
Makeover
Len Kravitz

2-3pm

Soul Steppin'
Harold Sanco

Armed & Dangerous
Abbie Appel

Equinox Thread
Robert Sherman & Lashaun Dale

Kettlebell Basic Training for Group Fitness
Keli Roberts

SPINNING® The LT Factor
Angie Scott

Core Fusion® Plus Lean & Toned
Fred DeVito & Elisabeth Halfpapp

Pilatesstick®: Moving Strength
Connie Borho

Yoga Tune Up® Therapy Balls:
Myofascial Self-Care
Jill Miller

Aquatic Hard Core & Peace Core
Lawrence Biscontini

2-3:30pm

Women, Metabolism & the Hormone
Highway
Scott Josephson

3:30-4:45pm

BOSU® Playground Challenge
Jay Blahnik & Shannon Fable

BodyART™ Deep Work
Robert Steinbacher

3:30-5pm

PT 24/7™
Billy Blanks®

If You Can Move It, You Can GROOVE It
Misty Tripoli

SPINNING® Kona
Scott Schlesinger

Core Fusion® Cardio
Fred DeVito & Elisabeth Halfpapp

Peak Pilates® Pilatesstick: Pilates Without
Limitations
Connie Borho

Yoga Target Series: Lense on the Hips
Robert Sherman

4-5:30pm

The Science of Longevity
Len Kravitz

sunday

7:30-9am

F.F.I.T. – Fusion Fitness of Intention Training
Leslee Bender

MMA Boot Camp
Lisa Gaylord

The Female Training Advantages
Len Kravitz

8-9:15am

BOSU® Xplode
Keli Roberts

Ay Caramba!
Manny Velazquez

Meditation in Motion
Misty Tripoli

SPINNING® Loops & Ladders
Angie Scott

Yoga Target Series: Lense on Shoulders
Robert Sherman

AEA: Pool Kickboxing Classics
Mark Grevelding

9:30-11am

Glee Goes Group
Petra Kolber

Fat to Fit Fast
Patrick Goudeau

Peak Pilates®: Maximum Mat: Pilates Power
Connie Borho

SPINNING® Energy Zone™ Journey
Scott Schlesinger

Bender Method of a Strong Healthy Back
Leslee Bender

20-20-20 Mind Body
Lawrence Biscontini

Aqua Fun For Kids & Youth
Carrie Ekins

Finding Your Groove With Meditation
Misty Tripoli

11:30-12:30pm

BodyART™ Stretch
Robert Steinbacher

Kardio Kombat RELOADED!
Lisa Gaylord

Peak Pilates®: Circle of Power
Connie Borho

SPINNING® Integrity of the Program
Angie Scott

Piloxing
Viveca Jensen

Aqua Hip and Funk
Manny Velazquez

Teaching Modifications So All Can Do Yoga
Stacie Dooreck

1-2pm

SPINNING® Creative Climbs
Scott Schlesinger

Hydro Zen
Manny Velazquez



registration

ECA/THRIVE 2011 Sports Training, Fitness and Wellness Conference
November 10th–13th, 2011

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

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

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

PARTICIPANT INFORMATION

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

First Name	Last Name <input type="checkbox"/> M <input type="checkbox"/> F
Street Address	
City	State/Province
ZIP/Postal Code	Country
<input type="checkbox"/> This a new address	<input type="checkbox"/> This is my current address (send materials here)
Home Phone	Business Phone
Fax	E-mail

I am certified by ace aea afaa ecit nasm
(check all that apply) nsca spinning stott pma
 other _____

I heard about ECA/THRIVE from (check all that apply)
 a friend AFAA ad mailing website/internet
 other please specify _____

MEMBERSHIP

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

- A one-year subscription to the ECA New For Fitness Professionals.
- Over \$100 in savings to all ECA events, including this one if you sign up today
- Access to liability insurance (for members with U.S. addresses only).
- Access to health insurance, discounted dental plan, and financial planning services
- 10% discount on fitness equipment from M-F Athletics/Perform Better.
- An ECA membership certificate and a wallet ID card

Yes – I want to join/renew my ECA membership and be part of the ECA community.

\$45 US resident

\$65 International resident

ECA Membership is nonrefundable

THRIVE REGISTRATION FEES (US funds only)

Final registration deadline is November 1, 2011.

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

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

	Early Bird (by Sept. 1, 2011)	Sept. 2 – Nov. 1, 2011
Full conference member	<input type="checkbox"/> \$259	<input type="checkbox"/> \$309
Full conference non member	<input type="checkbox"/> \$329	<input type="checkbox"/> \$379
One day eca member	<input type="checkbox"/> thu \$129 <input type="checkbox"/> fri \$169	<input type="checkbox"/> sat \$169 <input type="checkbox"/> sun \$99
One day non member	<input type="checkbox"/> thu \$149 <input type="checkbox"/> fri \$259	<input type="checkbox"/> sat \$259 <input type="checkbox"/> sun \$129
Group rate	<input type="checkbox"/> \$285 (10 or more registrations paid, with session selections completed and sent together in one envelope by 09/01/11)	
Total Registration Fees	\$	

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.

Attendee signature _____ date _____

PRE/POST CONFERENCE WORKSHOP FEES check all that apply

<input type="checkbox"/> BodyART™ Training	Tues/Wed Nov 8 – 9	\$300
<input type="checkbox"/> Kettlebell Concepts Total Body KB Blast™	Wednesday, Nov 9	\$279
<input type="checkbox"/> Pilatesstick®: Foundations Workshop	Thursday, Nov 10	\$99
<input type="checkbox"/> Yoga Tune Up® Core Integration Immersion	Thursday, Nov 10	\$89
<input type="checkbox"/> ACE's Functional Training & Assessment	Thursday, Nov 10	\$175
<input type="checkbox"/> ACE's Integrated Fitness Training™ Model	Sunday, Nov 13	\$159
<input type="checkbox"/> Drums Alive® Instructor Training	Sunday, Nov 13	\$169
<input type="checkbox"/> Flirty Girl Fitness – The Flirtification	Sunday, Nov 13	\$169
Total Pre/Post Conference Workshop Fees	\$	

SPINNING® Orientation & Ride

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

Zumba® Basic Skills

Please call Zumba® to register: 954-925-3755

PRE/POST CONFERENCE WORKSHOP CANCELLATION/REFUND POLICY

Cancellations received by ECA in writing via fax or mail with attendee signature by Oct 12th, 2011 will receive a full refund minus a \$100 processing fee. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR CANCELLATIONS RECEIVED AFTER Oct 12th, 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.

Attendee signature _____ date _____

- I will attend LaBlast on Thursday, November 10 from 6:30 – 7:30 pm
(Free with conference registration.)
- I will attend Zumba® on Saturday, November 12 from 5:30 – 7:00 pm
(Free with conference registration.) \$35 for Master Class only
- I will attend Drums Alive on Saturday from 5:30 – 7:00pm
(Free with conference registration.)

PAYMENT SUMMARY

ECA Membership	\$	
Pre/Post Convention Workshops	\$	
Event Registration	\$	
Master Class only	\$	
Total	\$	(in U.S. dollars)

METHOD OF PAYMENT/PAYMENT AUTHORIZATION

<input type="checkbox"/> Check No.	<input type="checkbox"/> Money Order No. (All payments made payable to ECA World Fitness Alliance)
<input type="checkbox"/> Master Card <input type="checkbox"/> VISA	Credit Card No.
Expiration Date	CVV Code
Printed card holder name	Date
Card holder signature	

CONFERENCE CANCELLATION/REFUND POLICY

All refund requests must be sent in writing to: ECA World Fitness Alliance, 414 East Beech Street Long Beach, NY 11561. Requests postmarked before Oct. 12th, 2011 will receive a refund minus a \$100 processing fee. Requests postmarked after Oct. 12th, 2011 will receive a credit toward a future ECA event for one year minus a \$100 processing fee.

Please note membership is NOT refundable and cannot be included in the refund or credit. Only conference fees apply. **Please note** pre/post conference fees are not refundable and cannot be included in the refund or credit. Please see membership and pre/post convention programming for more information about each specific cancellation policy. ECA is not responsible for acts of God, nature, war, terrorism, union or labor disputes. My signature below indicates that I understand and agree to the above terms.

Attendee signature _____ date _____

I have already paid and I am just submitting additional information

- | | |
|--|--|
| <input type="checkbox"/> I have already registered by mail | <input type="checkbox"/> I have already registered by fax |
| <input type="checkbox"/> I have already registered by internet | <input type="checkbox"/> signature requested |
| <input type="checkbox"/> session selections added | <input type="checkbox"/> I am adding a pre/post con workshop |

You will receive an e-mail event confirmation approximately 1 week after receipt of registration if you have registered by mail. On Line registration is immediate and a confirmation with a reference number will show immediately upon completion of your registration.

ECA/THRIVE 2011

Sports Training, Fitness and Wellness Conference

November 10 – 13th

At the Marriott Harbor Beach Resort & Spa

Ft. Lauderdale, FL

session selection sheet

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

Thursday

- 11:00–1:00pm** ___ CHEK INSTITUTE: Functional Anatomy to Improve Function
 ___ – Dan Hellman
- 12:00–1:15pm** ___ AeroBoButt – Joelle Menard
 ___ SPINNING® Create What You Desire – Angie Scott
 ___ AEA: Pool Muscle Mixers – Mark Grevelding
- 12:15–1:15pm** ___ Resist-A-Ball Cardio Strength Interval – Maria Sollon-Scally
 ___ Bodyblade®: Core Like Never Before™ – Jodi Sussner
- 1:30–3:00pm** ___ Equinox Blockbuster Body – Lisa Wheeler & Lashaun Dale
 ___ HIIT Training – Mindy Mylrea
 ___ Taste of Zumba – Erick Santana
 ___ Introductory Kettlebells for General Fitness – Steve Cotter
 ___ SPINNING® Technical Training – Josh Taylor
 ___ Peak Pilates®: Reformer Progression/Regression Strategies
 ___ – Connie Borho
 ___ Functional Pilates Choreography – Michael Fritzke & Ton Voogt
 ___ AEA: Aqua Boot Camp – Marti Peters
 ___ Lose Weight, Find Your Self – Sharon Theroux
- 3:30–4:30pm** ___ S.T.E.P. For Every Person – Gail Bannister-Munn
 ___ CHEK INSTITUTE: Primal Pattern® Movement System – Dan Hellman
 ___ Zumba Gold – Joy Prouty
 ___ Kettlebell Iron Body: Power – Paul Katami
 ___ SPINNING® “300” – Josh Taylor
 ___ Peak Pilates®: Reformer Prop It Up – Connie Borho
 ___ AEA: Aquatic Endings – Mark Grevelding
- 3:30–5:00pm** ___ Learn to Analyze Posture Through Static and Dynamic Assessments –
 ___ Ken Baldwin
- 5:00–6:00pm** ___ Zumba Fitness Party – Erick Santana
 ___ TNT-Trampoline-N-Tubing – Abbie Appel
- 5:00–6:30pm** ___ BOSU® Pilates 3D – Shannon Fable
 ___ Core Power – Mindy Mylrea
 ___ SPINNING® Lighting the Fire – Angie Scott
 ___ Bodyblade®: Power 10 – Jodi Sussner
- 5:30–7:00pm** ___ Posture & Profits – Ken Baldwin

Friday

- 7:30–9:00am** ___ Recovery, the Forgotten Training Variable – Pete McCall
- 8:00–9:15am** ___ Best of Boot Camp – Mindy Mylrea
___ Advanced Concepts in Core Training – Bill Sonnemaker
___ ISCA Kickboxing – Bishop Garland
___ JumpSport Total Body – Krista Popowych
___ SPINNING® Battleground – Scott Schlesinger
___ Peak Pilates®: MVe® Total Balance & Control – Connie Borho
___ Joseph Pilates By the Book – Michael Fritzsche & Ton Voogt
___ Equinox Pure Yoga – Lashaun Dale
- 9:30–10:30am** ___ BOSU® Amped – Jay Blahnik
___ Equinox Rockstar Skinny – Philip Gray
___ Flirty Girl – Mindy Mylrea
___ Kettlebell Full Body Blast – Steve Cotter
___ SPINNING® 101 – Josh Taylor
___ Peak Pilates® MVe® Creative Chair Combos – Connie Borho
___ Yoga Tune Up®: Abdominal Overhaul – Jill Miller
___ AEA: Aquatic I.T.-Pyramid – Mark Grevelding
___ Meat or Wheat? Animal vs. Plant Food – Scott Josephson
- 11:30–12:30pm** ___ Cirque Du Step – Lawrence Biscontini
___ Lean Body Burn – Patrick Goudeau
___ The Warrior 2 Boot Camp – Joelle Menard
___ High Intensity Trampoline Training – Krista Popowych
___ SPINNING® Let's Jump! – Angie Scott
___ Advanced Concepts in Bodyweight Training: Suspension Training
– Bill Sonnemaker
___ Iliotibial Band & It's Relationship in the Lumbar-Pelvic-Hip Complex
– Christine Romani-Ruby
___ Yoga For Flexibility and Balance – Stacie Dooreck
- 11:30–1:00pm** ___ AEA: Aqua Balls, Bands & Bars – Marti Peters
___ Enhance Your Teaching & Cueing Skills – Gail Bannister-Munn
- 1:30–3:00pm** ___ Small Group Athletic Training – Pete McCall
- 2:00–3:00pm** ___ BoxStep – Joelle Menard
___ Med Ball Moves – Petra Kolber
___ LaBlast – Louis Van Amstel
___ Kettlebell Kombos for Group Fitness – Paul Katami
___ SPINNING® Symphonic Strength – Scott Schlesinger
___ Suspension Training: Integrated Approach to Metabolic Training
– Bill Sonnemaker
___ The Full Enchilada – Krista Popowych
___ Aqua 20! 20! 20! – Lawrence Biscontini
- 2:00–3:30pm** ___ Training the Baby Boomer – Mike Boyle
- 3:30–4:45pm** ___ BOSU® Plyo Progressions – Shannon Fable
___ CHEK INSTITUTE: Big Bang Exercises – Dan Hellman
- 3:30–5:00pm** ___ BodyART™ Strength – Robert Steinbacher
___ Posture & Body Alignment: Teaching Resistance Training Exercises
– Ken Baldwin

- ___ SPINNING® The 5-Step Sprint – Angie Scott
- ___ TRX® Power Stretch – Abbie Appel
- ___ Standing Tall: Improving Posture with Pilates – Christine Romani-Ruby
- ___ Yoga Tune Up®: Kneehab – Jill Miller

4:00–5:30pm ___ Addressing People – Rohan Murphy

Saturday

7:30–9:00am ___ Training Overweight Clients – Mike Boyle

- 8:00–9:15am** ___ Step Dance Sensation 2011 – Jessica Exposito
- ___ Full-Body Flexibility – Jay Blahnik
 - ___ Equinox ViPR Wars – Lisa Wheeler & Geoff Bagshaw
 - ___ Creative Cardio Dance – Jackie Henderson
 - ___ SPINNING® Pedal Stroke & Power – Angie Scott
 - ___ TRX® Body Blast – Abbie Appel
 - ___ Pilates & the Foam Roller – Christine Romani-Ruby
 - ___ Ballet Body – Jennifer Galardi
 - ___ Street KAMP: In the Sandbox – Bishop Garland
 - ___ AEA: Turbo Abs – Marti Peters

- 9:30–11:00am** ___ BOSU® Athletic High Intensity Cardio – Keli Roberts
- ___ Powerball – Patrick Goudeau
 - ___ Motown Moves – Harold Sanco
 - ___ Classical Kettlebells for Advanced Fitness – Steve Cotter
 - ___ SPINNING® Master the Ride – Josh Taylor
 - ___ TRX® Circuit Training – Abbie Appel
 - ___ TRI-Plane Pilates – Leslee Bender
 - ___ Yoga Tune Up®: Conscious Condition – Jill Miller
 - ___ ISCA Jump Rope – Bishop Garland
 - ___ Aqua Mind-Body Adventure – Lawrence Biscontini
 - ___ Do It In the Raw: Eating That Is – Scott Josephson

- 11:30–12:30am** ___ Step Evolution – Petra Kolber
- ___ Hard Ball – Paul Katami
 - ___ Latin Zone – Jessica Exposito
 - ___ JumpSport Cardio – Michelle Mascari
 - ___ SPINNING® You Might As Well Win – Josh Taylor
 - ___ Power & Grace: TRX® For Dancers – Jackie Henderson
 - ___ Reformer on the Mat – Michael Fritzke & Ton Voogt
 - ___ 1, 2, 3, & 4 – Jennifer Galardi
 - ___ Aqua Dance – Carrie Ekins

11:30–1:00pm ___ Ultimate Metabolic & Calorie Burning Makeover – Len Kravitz

- 2:00–3:00pm** ___ Soul Steppin' – Harold Sanco
- ___ Armed & Dangerous – Abbie Appel
 - ___ Equinox Thread – Robert Sherman & Lashaun Dale
 - ___ Kettlebell Basic Training for Group Fitness – Keli Roberts
 - ___ SPINNING® The LT Factor – Angie Scott
 - ___ Core Fusion® Plus Lean & Toned – Fred DeVito & Elisabeth Halfpapp
 - ___ Pilatesstick®: Moving Strength – Connie Borho
 - ___ Yoga Tune Up® Therapy Balls: Myofascial Self-Care – Jill Miller
 - ___ Aquatic Hard Core & Peace Core – Lawrence Biscontini

2:30–3:30pm ___ Women, Metabolism & the Hormone Highway – Scott Josephson

3:30–4:45pm ___ BOSU® Playground Challenge – Jay Blahnik & Shannon Fable
___ BodyART™ Deep Work – Robert Steinbacher

3:30–5:30pm ___ PT 24/7™ – Billy Blanks®
___ If You Can Move It, You Can GROOVE It – Misty Tripoli
___ SPINNING® Kona – Scott Schlesinger
___ Core Fusion® Cardio - Fred DeVito & Elisabeth Halfpapp
___ Peak Pilates® Pilatesstick: Pilates Without Limitations - Connie Borho
___ Yoga Target Series: Lense on the Hips – Robert Sherman

4:00–5:30pm ___ The Science of Longevity – Len Kravitz

Sunday

7:30–9:00am ___ F.F.I.T. – Fusion Fitness of Intention Training – Leslee Bender
___ MMA Boot Camp – Lisa Gaylord
___ The Female Training Advantages – Len Kravitz

8:00–9:15am ___ BOSU® Xplode – Keli Roberts
___ Ay Caramba! – Manny Velazquez
___ Meditation in Motion – Misty Tripoli
___ SPINNING® Loops & Ladders – Angie Scott
___ Yoga Target Series: Lense on Shoulders – Robert Sherman
___ AEA: Pool Kickboxing Classics – Mark Grevelding

9:30–11:00am ___ Glee Goes Group – Petra Kolber
___ Fat to Fit Fast – Patrick Goudeau
___ Peak Pilates®: Maximum Mat: Pilates Power – Connie Borho
___ SPINNING® Energy Zone™ Journey – Scott Schlesinger
___ Bender Method of a Strong Healthy Back – Leslee Bender
___ 20-20-20 Mind Body – Lawrence Biscontini
___ Aqua Fun For Kids & Youth – Carrie Ekins
___ Finding Your Groove With Meditation – Misty Tripoli

11:30–12:30pm ___ BodyART™ Stretch – Robert Steinbacher
___ Kardio Kombat RELOADED! – Lisa Gaylord
___ Peak Pilates®: Circle of Power – Connie Borho
___ SPINNING® Integrity of the Program – Angie Scott
___ Piloxing – Viveca Jensen
___ Aqua Hip and Funk – Manny Velazquez
___ Teaching Modifications So All Can Do Yoga – Stacie Dooreck

1:00–2:00pm ___ SPINNING® Creative Climbs – Scott Schlesinger
___ Hydro Zen – Manny Velazquez

event information

PRE REGISTRATION Attendee Check in

Pre Reserved check-in - ALREADY PAID IN FULL

Thursday November 10 9:30am – 2:00pm and 4:30pm – 7:00pm

Friday November 11 6:30am – 1:00pm

Saturday November 12 6:30am – 1:00pm

Sunday November 13 7:30am – 11:00am

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

ON SITE REGISTRATION

PAYING ON SITE

Cash, MasterCard or Visa ONLY accepted for on site registrations. **WE DO NOT ACCEPT CHECKS, DISCOVER CARD, DINERS CLUB OR AMERICAN EXPRESS!** (sorry!)

Thursday November 10 10:30am – 1:00pm and 5:00pm - 7:00pm

Friday November 11 7:00am – 1:00pm

Saturday November 12 7:00am – 1:00pm

Sunday November 13 7:30am – 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.) and reservation forms along with your session selection sheets.

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

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

Volunteering (on site ECA staff)

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

Conference Hotel

Reserve your room now! Call today for a discounted rate at our host hotel. Just mention you are attending the ECA/THRIVE 2011 Fitness and Wellness Conference.

Marriott Harbor Beach Resort & Spa

3030 Holiday Drive
Ft. Lauderdale, FL
Reservations: 800-222-6543
or 800-228-9290.

- Please specify the name of the event (ECA/THRIVE) to get our discounted group rate.
- ECA special room rate: \$199/single/double + tax, includes resort fee
- Limited availability - book early!

<http://www.marriott.com/hotels/travel/flhsb?groupCode=eaca&app=resvlink&fromDate=11/10/11&toDate=11/13/11>

Trade Show Shop Til You Drop

Friday, November 11
11:00am – 7:00pm

Saturday, November 12
12:00pm – 7:00pm

Sunday, November 13
9:00am – 2:00pm

**Support those that
support your education!**

Buyers guide – your resource

American Council on Exercise

800-825-3636
www.acefitness.org

AEA

877-232-9001
www.aeawave.com

BG Star Productions™, Inc Billy Blanks® Enterprises

818-883-1006
www.billyblanks.com

BOSU®

800-497-8281
www.bosu.com

JumpSport

888-567-5867
www.jumpsport.com

National Posture Institute

574-849-1281
www.npi.efslibrary.net

Peak Pilates®

www.peakpilates.com

Perform Better/M-F Athletics

800-556-7464
www.performbetter.com.
Catalogue company specializing in products for training, coordination and rehab.

RYKA

800-848-8698
www.ryka.com

Savvier Fitness

800-460-0583
www.savvierfitness.com

SPINNING®

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

ZUMBA

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www.zumba.com

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