



FitFix Presents...

The 2nd Annual
FitFest7
Fitness Conference & Expo

September 28th & 29th 2007

**BOSU • Body Bar • Schwinn® Cycling • Gliding
Urban Strip Tease • Zumba • Extreme Kickbox • Pilates
Yoga • Drums Alive • Strong Step**

**Addison-Penzak JCC Silicon Valley
14855 Oka Rd • Los Gatos, CA 95032**

FitFest07 Presenters

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Rob Glick is an international presenter and a continuing education provider for ACE & AFAA. Rob is a cocreator of GRAVITY Group by efi Sports Medicine, a master trainer for Schwinn®, BOSU®, & Body Bar.



Skip Jennings is a seven time presenter for IDEA and has presented for SCW, Crunch Fitness, Can Fit Pro, & IHRSA. Skip has traveled the globe lecturing & motivating the world to fitness.



Sherry Catlin is an international fitness consultant presenting workshops & master classes. She is Director of Program Development for Body Bar and a Continuing Education Specialist for ACE & AFAA.



Keli Roberts is the 2003 IDEA International Fitness Instructor of the Year, 2003 OBOW ECA award Best Use of Equipment, 2005 OBOW ECA Best Female Presenter and is an ACE Continuing Education Specialist.



Robert Lindsey is the Director of Education for Power Systems. A two-time National Strength and Conditioning Association Strength Coach of the Year, Robert has coached All Americans and Olympians.



Shannon Griffiths Fable is the founder of Sunshine Fitness Resources. Shannon is an international presenter and Master Trainer for Nautilus Health & Fitness Group, Body Bar, BOSU®, and ACE.



Leslee Bender is the founder of The Pilates Coach and the creator of Bender Ball. ACSM, ACE, AFAA & NASM. Leslee has over 25 years in the fitness industry. She trains top fitness instructors around the world.



Dave Dixon is owner of Industrial Strength Kickboxing Xtreme Fitness Center, Northern California's #1 fitness & mixed martial arts center of 2005-2006. Dave competed for 12 years as a National Sport Aerobic Championship competitor.



Stacey Lei Krauss is an international fitness educator with 10 years of dance training and over 18 years in the fitness industry. She mentors aspiring fitness instructors and develops new exercise programming.



Lauri Remer is an international presenter, and has been teaching fitness training programs around the world for over 20 years. She is an AFAA Master Certification Specialist, teacher trainer, and an ACE certified instructor.



Mindy Mylrea is owner of FitFlix Productions and the creator of Gliding. She is a past international presenter of the year and is a master trainer for Schwinn®, BOSU®, Body Bar, and Drums Alive.



Tricia Murphy is the creator of Urban Striptease Aerobics, and an ACE & AFAA certified aerobic instructor. She has danced for more than 25 years and is trained in Ballet, Modern, Jazz, & Hip Hop.



Dr. Len Kravitz is an award winning lecturer, teacher, and author. He was won numerous awards and been recognized as the first IDEA Fitness Instructor of the Year and Best teacher award 2003-2004.



Jeff McMullen is a personal trainer and group exercise instructor. He is a master trainer for Gliding, BODYREV, and CorePole, and is certified through ACE, ACSM and NASM.



Petra Kolber is a Reebok University Master Trainer and international presenter. She is the 2003 & 2004 ECA Best Presenter of the Year and 2001 IDEA Fitness Instructor of the Year.

Friday, Sept 28 Precons & Intensive Sessions

PRECONFERENCE CERTIFICATIONS

12:00pm – 9:00pm Schwinn® Cycling Instructor Training Course – Shannon Griffiths Fable (FitFest Attendee \$175, Non Attendee \$200) Indoor cycling is still the rage, and now you have the opportunity to take the industry's finest and most comprehensive indoor cycling course taught by Schwinn® Cycling Master Trainer Shannon Fable. In this workshop, you will learn everything you need to know to become an indoor cycling instructor. Shannon will lead you through bike fit, cycling physiology, cycling mechanics, proper technique, the Schwinn® Cycling Coaching Pyramid, class design, class scheduling and 2 power packed workouts. Walk away with the skills you need to be the best indoor cycling instructor you can be! 175.00 ACE .8/AFAA 7.0

12:00pm – 9:00pm AFAA Primary Group Exercise Certification — Special Preconvention price \$199 (normally \$299) AFAA, the world's largest fitness and TeleFitness® educator, is proud to be part of FitFest 2007 and will offer the Primary Group Exercise Certification for a special preconference event price of \$199 on September 28th, 12 noon – 9pm. Sign up early! Space is limited! Who is it for? This program is for all group exercise instructors and will prepare them to take the AFAA Primary Group Exercise Certification exam on the same day. Course highlights: a review of AFAA's Basic Exercise Standards & Guidelines, basic anatomy, exercise science, exercise evaluation, and exam criteria. The program includes:

- practical application of exercise theory in a group setting
- study guide overview
- question & answer session

Prerequisites: Early registration and self-study prior to the day of the workshop. Group exercise teaching experience is a plus. Current CPR certification (required before certificate is issued.)

Registration includes: Study guide (shipping additional), one-day review, written and practical exams, one-year AFAA membership or extender, including a subscription to American Fitness magazine, 5 CEUs to AFAA Certified Instructors attending workshop only. Study Materials: Fitness: Theory & Practice textbook (required), Practice Test for Primary Group Exercise Certification. **Please contact AFAA at 800.446.2322 to register or to order materials or visit www.afa.com**

INTENSIVE SESSIONS (\$49 each session)

12:00pm – 3:00pm

Urban Strip Tease – Tricia Murphy Muscles burn and the studio sizzles! Exotic dancing combined with hi-low moves that will have you super sweaty and lookin' sexy. Come and discover how easy it is to shake and strut your way to fitness fabulous. This session will demonstrate how to stylize traditional hi-low movement into super sexy choreography.

Bender Ball Reformer on the Mat – Leslee Bender Traditional Pilates mat exercises are difficult to perform with 100% accuracy unless done over a long period of time. This mat class offers a better safer and more effective approach to mat training. You will utilize the Bender Ball™ and Gliding™ discs to simulate exercises performed on equipment which will target the smaller muscle groups that need attention for postural changes. If you like Pilates you will love this session!

CPR Recertification – CPR Certified Trainer We all need to be recertified every one to two years. Why not get it done fast and easy at FitFest!

BODY BAR SYSTEMS Body Bar Advanced Training: The Next Level – Sherry Catlin (12:00pm – 4:00pm) Strength, Power, Balance and Agility Workshop - Body Bar + the step. Take your workouts to the next level by combining the ever versatile Body Bar with the added challenge of a step or BOSU®. This workshop will teach how to create a wide range of programs that

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incorporate the excitement and dynamics of cardio, the power and focus of strength training, and the challenge of balance and core work. Learn to use the Body Bar to complement the best of functional training tools to develop endurance, control, speed, agility and useable strength. Expand your programming possibilities by incorporating the added level of a step or unstable surface of a BOSU® to create high energy calorie burning aerobic workouts that deliver cardiovascular benefits, endurance and strength at the same time. Understand how to progressively develop exercise sequences, structure intervals and build functional athletic and ADL movement skills. Be able to create and challenge your students and clients with advanced progressions that can still be modified to be safe and effective for any level.

4:00pm - 7:00pm



Zumba – Dave Dixon This class is a fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Dave Dixon and Susy Carbarloc are the Zumba Educational Specialist for the greater Northern California Region. This will be a great class to familiarize your self with the routines with a break down of the moves, practice sessions, a group challenge and a final 1 hour workout guaranteed to insure a Zumbalicious workout. Equipment: bring a smile, water and hips that are ready to shake, shake and shake!



Reformer Training For Your Athletic Client – Leslee Bender This course is for the trainer who works with all types of students who are involved in such sports as golf, running, swimming, equestrian, and more. You will learn that instability will lead to stability and how to address postural and bio-mechanical issues that can lead to poor performance. This is a hands on experiential program for those who are teaching on the reformer on a regular basis. Other tools will be implemented such as stability balls to add variations and challenges. A course not to miss!



Drums Alive™ – Rob Glick & Mindy Mylrea Drums Alive™, the brain child of Carrie Ekins, combines traditional aerobic movements with the powerful beat and rhythms of drumming. It is a workout for the entire body, mind and spirit! With drumsticks in hand, “drum” at your feet, and powerhouse choreography, Drums Alive™ will take you on an unimaginable fitness ride. This is the true meaning of mind/body connection. Break the rules, open the door and enter a new dimension in fitness!

CPR Recertification – CPR Certified Trainer We all need to be recertified every one to two years. Why not get it done fast and easy at FitFest!

Saturday, Sept 29 Main Sessions Schedule

SESSION 1 7:00 am – 8:15 am



New School Stability Ball Training – Keli Roberts Experience the next generation of ball training with the BOSU® Ballast™ Ball. The Multi-Directional Load creates a weighted stability ball that incorporates audible, visual and kinesthetic references to make total body training more versatile, more effective – and FUN! Learn new exercises and drills that will keep you and your clients ahead of the rest in functional training. Stability ball training just got better!



Bender Ball™ Pilates – Leslee Bender Bender Ball™ Pilates is a fantastic class that offers a more effective approach to Pilates mat training. Not all traditional exercises can be performed by many without compensation of the lower back. We live in flexion and there needs to be a much better muscular balancing. Experience a class that focuses on global core muscles for a perfectly symmetrical body.



Sit Down & Dance – Tricia Murphy You heard us...we are going to dance using a piece of equipment everyone has, A CHAIR. This Sexy and Stylized workout will heat you up from the inside out. You'll learn how to combine the best of Jazz, Hip Hop, YOGA and Striptease to give your next class some style. Walk away with safety tips, new moves and most importantly the right attitude to add this class to any schedule.

It's What You Don't Say That Counts (Lecture) – Shannon Griffiths Fable Some instructors have it. You can't put your finger on the quality that elevates their class from a workout to an experience! Allow yourself to be introduced to NLP, neurolinguistic programming, and how you can integrate these communication techniques to improve your client and member retention. Learn to create rapport, influence your members, use body language to your advantage, visualize achieving the results you want and practice effective negotiation and selling skills. Excellent communication can create excellent results, even in a Step class!



REvolution Fitness: Sample Pack – Stacey Lei Krauss & Jeff McMullen How do you manage a room full of students with limited equipment? The REvolution Sample Pack class gives you great circuit training drill ideas in an easy-to-follow format. Walk away with a class design that you can use at your club tomorrow which combines any or all of the following: Steps, BOSU® Balance Trainers, Gliding™ Discs, and Stability Balls. You'll also get a taste of how BODYREV will REvolutionize your current studio equipment!



Schwinn® Cycling: Instructor's Choice – Rob Glick Chosen just for this event by your Schwinn® Master Trainer, come experience a complete ride sure to give you plenty of ideas for your classes and one heck of a workout! You might do a race day simulation, or you might do short sets of powerful hills and flats. You might even do team challenges that give you a chance to compete with the other riders in the room. Whatever happens, you can expect world class coaching, motivation, and high energy. Your master trainer will then break down all the components of the ride, including music, cueing, imagery, and coaching techniques so you can successfully replicate this workout for your own classes.

Older and Wiser – Skip Jennings Learn the tools to train our senior community safe, fun and effective. Intervals that will take mature fitness to a whole new level! Understand the ins and outs of senior fitness and their wants and needs.



Bars, Bells and Bands – Robert Lindsey Learn how simple but effective tools can take your's or your clients fitness to the next level. Tools such as kettle bells, weighted bars and tubing will be covered. You don't need an entire gym to get an awesome workout. Lots of great ideas for limited equipment in limited space is the rule of the day!

SESSION 2: KEY NOTE 8:30am – 9:30am

Secrets of the Worlds Best Teachers and Personal Trainers – Dr. Len Kravitz Join Dr. Len Kravitz as he describes and profiles many of the distinguishing characteristics, qualities, traits and defining features of some of the World's Best Fitness Teachers and Personal Trainers. Empower yourself to be the very best you can be by learning how others have reached the top of their profession.

SESSION 3 9:45am – 11:15am

Super Starts & Fantastic Finishes – Petra Kolber We are in a service business and the first and last impressions are the lasting impressions. In this session we will discuss how to take your classes from just exercise to an experience. In addition, you will walk away with several warm ups and cool downs to use next week.

BODY BAR SYSTEMS Body Bar Deep, Deeper, Deepest Definition – Rob Glick New moves with the Body Bar take Deep Definition to a new level of fitness as it challenges you with innovative, up to date body sculpting exercises that incorporate the latest principles in resistance training. The focus is on core strength, functional training, balance, flexibility, and symmetry. Be ready to train hard and learn!

BOSU Mind/Body Training by BOSU® – Shannon Griffiths Fable Yoga, Pilates and Tai Chi are three of the hottest workout programs on the planet. This workshop shows you how to take these modalities and make them more effective by incorporating the new BOSU® Ballast™ Ball and BOSU® Balance Trainer. Whether you teach full-length mind/body classes or are simply looking for innovative stretch, core, and dynamic strengthening moves, you will get more ideas than you can carry home. Learn how to make tough exercises more accessible and easy exercises more challenging while adding balance, proprioceptive and agility elements to your mind/body workouts.

Programming the Perfect Group Fitness Schedule (Lecture) – Tricia Murphy With the emergence of mind/body programs and the vast decrease in highly choreographed classes, group fitness programming can be extremely challenging. Do you program for the group that still wants step aerobics courses or do you cater to the new clientele looking for something in the middle? Come join us for an exciting look at how to create balanced programming that pleases both management and members. Take away exciting tricks of the trade for creating fun and motivating marketing materials.

BODYREV. BioREV – Stacey Lei Krauss Experience biology and technology in synergy. BioREV is beautiful moving meditation blended with upper body strength development; guaranteed to inspire fitness enthusiasts and creative movers. The continual “ebb & flow” movement will help you to develop flexible, functional joints in your upper body while also engaging you in constant cardiovascular demand through easy-to-follow dance choreography. Leave your expectations at the door; you are about to experience fitness REvolution.

NAUTILUS INSTITUTE Schwinn® Cycling: Cycle Sculpt – Keli Roberts Looking for an authentic, convenient, and safe way to include a strength component in your cycling workout? Well, look no further. Cycle Sculpt will show you how to use low cost equipment and the space around your bike to integrate an effective strength component into your classes! Learn to cleverly use limited space and an interval format to create powerful strength sets that not only round-out your cycling workout, but help balance some of cycling's mechanical stresses. Perfect for all levels.

Pick Me! Pick Me! – Mindy Mylrea Ever wonder how the person you see on TV or in a fitness DVD got where they are? Ever see a new fitness gadget and think to yourself, “hey I thought of that idea”? Ever wish that person was you in front of the camera or the one creating the next fitness craze? Well here is the crash course in helping you to determine what you want, what you need to know, who you need to know, and planning your strategy on how to break into the fitness media business. Bring a current resume and head shot if you wish and be ready to set some goals for success!

Sport Circuit Training – Skip Jennings Circuit training has never been so functional! Learn the tools to create a functional training class specifically design for sports and athletes! Learn how to motivate the ultimate athletes with medicine balls, The BOSU®, Gliding™ Discs and your own body weight! This is superior athletic conditioning, for hardcore athletes!

SESSION 4A (11:30 – 1:00pm) or 4B (12:30pm – 2:00pm) Choose either 4A or 4B. The other session will be your lunch.

ISKXFC 4A Extreme Kickbox – Dave Dixon A high level of fitness kickboxing derived from 3 principle martial arts forms: American Boxing, Muay Thai Kickboxing & Tae Kwan Do, also includes fitness calisthenics and interval training. Experience and technique are essential principals for ISK. High energy “old school 80's mix” or “hip hop house aerobic mix” and be prepared for a “kick butt” work out. Gloves are optional but please bring plenty of water because we are burning and toning at a very high level. Last but not least, bring your voice, be prepared to scream excitedly and have an outrageous time.

Gliding 4A Gliding™: Glutes, Guns & Guts! – Shannon Griffiths Fable So you thought Gliding was just for your legs? Think again! Try this TRIPLE THREAT approach. Learn to design full body “express” workouts cycling through legs, arms & core sequences for three times the fun in 30 minutes or less. All exercises will focus on optimal range of motion, increased muscle activation and the use of stabilizers you didn't know you had for a 3-dimensional effect. Leave this session with three 30 minute workouts that require 3 pieces of equipment: you, a towel & a pair of discs!

4A Winning at Losing: The TRUTH about Successful Weight Loss (Lecture) – Dr. Len Kravitz This lecture is THE all-inclusive review on understanding weight management for women and men. Topics include genetics, hormonal concerns, behavioral approaches, dieting, lifestyle management, exercise, maintenance, the most successful strategies, and future research directions. Fitness professionals and personal trainers will learn all key strategies to successfully implement successful weight management programs to overcome this unyielding epidemic.

4B Drums Alive™ Power Beats – Rob Glick & Mindy Mylrea Drums Alive™, the brain child of Carrie Ekins, combines traditional aerobic movements with the powerful beat and rhythms of drumming. It is a workout for the entire body, mind and spirit! With drumsticks in hand, “drum” at your feet, and powerhouse choreography, Drums Alive™ will take you on an unimaginable fitness ride. This is the true meaning of mind/body connection. Break the rules, open the door and enter a new dimension in fitness!

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BODY BAR SYSTEMS 4B Body Bar Raise The Bar Higher! – Sherry Catlin No circuit party here baby, just you and the Body Bar! New moves, creative sequences and challenging drills will cover all the bases... strength, endurance, balance, power and agility... with some surprising twists that will make you say, "I never thought of it that way!" Get a body that's strong, defined and knows how to move. Just grab a bar, get ready to work and we'll not only raise the bar, but the roof as well!

4B More AquaFusion x4 – Skip Jennings Learn to design a creative aqua class using 4 land formats in one class. Learn sports drills, strength training, Aqua Kickboxing, Pilates and Yoga for an innovative water class. Find the right balance to challenge aqua participants of all levels. Learn the tools to move fluidly from format to format and keep your students motivated, entertained and challenged!



4B Sports Performance Boot Camp – Robert Lindsey A fun, dynamic and intense circuit workout that incorporates all aspects of sports performance; strength, agility, plyometrics and core conditioning. Workout includes a dynamic warm up followed by a challenging and exciting circuit including Agility Ladders, Medicine balls, Step Hurdles, VersaDiscs, Reflex Balls and unique resistance training with sand bags. Develop total body fitness with this unique hands-on class.

SESSION 5 2:15pm – 3:30pm

Gliding All About Abs – Mindy Mylrea The core is the power house 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, and Gliding™ Discs.

BODY BAR SYSTEMS Body Bar Boot Camp Challenge – Sherry Catlin What are you made of? Need a workout to shake your plateau and challenge your current level of conditioning? Using the Body Bar for resistance, combine super training sets for strength, endurance and total body conditioning with the step to take it all to the next level of intensity. Maximal sets of multi-planar and multidisciplinary exercises cover it all. Test your will, your spirit and stubborn persistence in this fun but not for the "faint of heart" challenge! These drills will kick your butt and put a smile on your face!

Arrow Kick – Tricia Murphy Have your boxing and kickboxing classes slowed down in recent years? Do you still love the intense workout these classes provide? This workshop will re-energize you and push your intensity level up, up and away. Learn how to intensify without injury and push your clients further than they think they are able.

Maximize the Caloric Burn (Lecture) – Dr. Len Kravitz This engaging lecture will present and discuss the latest scientific evidence on exercise programs that maximize caloric expenditure during and immediately after the exercise session. All attendees will gain a much deeper understanding of the science and physiology of calorie burning. Six excellent programs that maximize caloric expenditure will be presented. A must attend session for fitness professionals wanting to optimize weight management goals of their clients.

Bender Ball™ & Tubing – Leslee Bender Come join the all new, "hot off the press" Bender Ball™ & tubing workout to build a better butt. This class focuses on Selective Stabilization to target the areas most needing attention. Whether you are a personal trainer or group fitness instructor, you will walk away with new and innovative exercises that are bio-mechanically safer than many and more effective! This is also a fun and innovative class with flowing progressive movements for all. So you do not want to miss this one to build a better butt!

NAUTILUS INSTITUTE Schwinn® Cycling: Hills & Sprints – Shannon Griffiths Fable Challenging hills and powerful sprints are two of our student's favorite parts of class, and they actually have more in common than you might think! In this workshop, you will learn how an indoor hill and an indoor flat are similar and different from the same terrain outdoors. You will learn how to more effectively teach these two great components, and how to ensure they are as effective, safe, and powerful as possible. Enhance your knowledge of cycling, and learn how to apply outdoor riding principles indoors to produce exceptional results. Up the ante on your hills and sprints and make them more effective and motivating than ever! (2:15pm – 3:45pm)

The Future of Fitness – Skip Jennings What is the future of fitness? What are the trends that keep the fitness industry moving? What changes are being made to keep the industry alive? These are the questions that we must discuss to stay "cutting edge". Learn what's hot and what's not. Keep one step ahead of the game!

ISKXFC Outdoor Sports Circuit Training – Dave Dixon Interval stations of Xtreme fitness training, martial arts and kickboxing technique drills, weight and muscle endurance training, sprint and agility drills, and serious core training will advance already accomplished students to new levels.

SESSION 6 4:15pm – 5:30pm

Gliding Beautiful Booty! – Keli Roberts Combining the Body Bar with Gliding™ Discs, instructors will learn a time efficient and effective super set program that focuses on integrated whole body exercises and drills. Learn critical body alignment, correct movement technique and cueing for over 24 different exercises. Become skilled at program design and learn how to place the exercises and drills into a super set workout that combines two exercises with similar objectives. So what are you waiting for? It's time to get Bootylicious!



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

THE PILATES COACH Pilates for the Personal Trainer – Leslee Bender If you have ever thought of adding Pilates philosophy to your toolbox of exercises, this unique blend of Pilates and Selective Stabilization is for you. Each student's frame and muscular composition is different and has a multitude of specific needs. Everyone needs to train per their body type and structure to get maximum results. By adding exercises specific to postural issues, you can dramatically change how students perform in all other programs. This is a technical class not to miss!

All About Muscles and How Best to Train Them (Lecture) – Dr. Len Kravitz Using interactive computer technology, Len will clearly show you the intricate mechanisms involved in muscle force production for strength and hypertrophy. Many questions about muscles will be answered regarding specific applications to training including the following: muscle

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metabolism, motor unit recruitment, eccentric versus concentric overloads, volume versus intensity training considerations, and age related phenomenon of muscle. A major part of this presentation is the discussion of what really happens to muscles as they grow. The final part of the lecture will include the newest research findings on the best training program designs for improving strength and hypertrophy.

BODYREV. UP IN ARMS REvolution – Jeff McMullen Inspired by the Navy SEALs close combat and hand to hand techniques we are proud to present a great cardio and strength training workout that gives you martial arts with a twist. UP IN ARMS REvolution is an intense low impact cardio workout with easy to follow choreography infused with upper body strengthening drills. Sure to raise the bar in fitness conditioning, come experience the exciting and innovative tool from BODYREV, which will be the secret to your success. Applicable for participants of all levels from grunts to commanders. Join the REvolution!

Aqua Water Games – Skip Jennings It only fun and game until... Learn how to play safe in the pool. Learn fun games that will end your classes with a blast. Learn partner play that will keep your class laughing!

101 Steps To Success (Lecture) – Petra Kolber Tired of teaching 20 classes a week? Ready to take the next step forward in your career? Think you would like to become a fitness presenter? This information packed lecture will give you over 101 ideas, steps and contacts to help you step up the ladder of success and onto the stage.

POWER SYSTEMS Back to Recess – Robert Lindsey Go back to the joy and carefree feeling of being a kid on the playground. It's back to basics; skipping, jumping, hop-scotch, dodgeball, jump ropes, relay races and much more. Everything you ever needed for fitness, you learned in grade school!

Saturday, Sept 29 Master Classes

Master Classes (additional fee) 6:15pm – 7:15pm

ISKXFC Taste of Zumba – Dave Dixon This Zumba class combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" in order for Zumba participants to stick to the Zumba fitness program to achieve long term health benefits. Zumba is not only great for the body, but is also great for the mind. It is a "feel-happy" workout. Dave Dixon and Susy Carbarloc will light up the room with a fun and exciting, colorful workout destined to leave you wanting more.

BODY BAR SYSTEMS Body Bar Antics – Tricia Murphy Sweaty, sexy and stylish. A Body Bar workout like never before! Challenge your muscles and free your mind in this striptease inspired workout that utilizes the Body Bar. This session concludes with a discussion on how to create and implement this body beautiful class at your own club!

Yoga Moves for a Fitness Body – Petra Kolber This workshop looks at the way we can build a yoga fusion class that complements the needs of the student that has a fitness background. Focusing on the areas of the body that tend to be overused and under stretched, this session will look at how we can create a yoga inspired class that will complement and complete a traditional fitness regimen.

NAUTILUS INSTITUTE Schwinn® Cycling: Ultimate Time Trial Workout – Keli Roberts Your opponent: the clock. Your goal: a personal record. Your intensity: high-end endurance. Come test your legs and lungs in a simulation of cycling's most challenging competition. Don't miss your chance to ride with a champion cyclist through an authentic time trial challenge where the road is flat, the pace intense, and the only rider you can count on is you. Learn how a time trial works, how to train for one, and how to incorporate this challenge into your classes!

FitFest07 Conference Planner

Friday, Sept 28

- PRECONS:** _____ Schwinn® Cycling Instructor Training Course – *Shannon Griffiths Fable* (12:00pm – 9:00pm)
 AFAA Primary Group Exercise Certification: Register with AFAA directly, 1.800.446.2322 or www.afa.com
- INTENSIVES:** **12:00pm – 3:00pm** **4:00pm – 7:00pm**
- _____ Urban Strip Tease – *Tricia Murphy* _____ Zumba – *Dave Dixon*
 _____ Reformer on the Mat – *Leslee Bender* _____ Reformer Training – *Leslee Bender*
 _____ CPR Certification – *CPR Certified Trainer* _____ Drums Alive – *Rob Glick & Mindy Mylrea*
 _____ Body Bar Advanced Training – *Sherry Catlin* (12 - 4pm) _____ CPR Certification – *CPR Certified Trainer*

Saturday, Sept 29

List each session selection in order of preference 1 being your first choice.

SESSION 1 (7:00am – 8:15am)

- _____ New School Stability Ball Training – *Keli Roberts*
 _____ Bender Ball Pilates – *Leslee Bender*
 _____ Sit Down & Dance – *Tricia Murphy*
 _____ What You Don't Say (Lecture) – *Shannon Griffiths Fable*
 _____ REvolution Fitness – *Stacey Lei Krauss & Jeff McMullen*
 _____ Schwinn® Cycling: Instructor's Choice – *Rob Glick*
 _____ Older & Wiser – *Skip Jennings*
 _____ Bars, Bells & Bands – *Robert Lindsey*

SESSION 2 (8:30am – 9:30am)

Key Note Lecture – *Dr. Len Kravitz*

SESSION 3 (9:45am – 11:15am)

- _____ Super Starts & Fantastic Finishes – *Petra Kolber*
 _____ Body Bar Deep, Deeper, Deepest Definition – *Rob Glick*
 _____ Mind/Body Training by BOSU® – *Shannon Griffiths Fable*
 _____ Perfect Group Fitness Schedule (Lecture) – *Tricia Murphy*
 _____ BioREV – *Stacey Lei Krauss*
 _____ Schwinn® Cycling: Cycle Sculpt – *Keli Roberts*
 _____ Pick Me! Pick Me! – *Mindy Mylrea*
 _____ Sport Circuit Training – *Skip Jennings*

SESSION 4A (11:30am – 1:00pm)

- _____ Extreme Kickbox – *Dave Dixon*
 _____ Gliding: Glutes, Guns & Guts! – *Shannon Griffiths Fable*
 _____ Winning at Losing (Lecture) – *Dr. Len Kravitz*

SESSION 4B (12:30pm – 2:00pm)

- _____ Drums Alive Power Beats – *Rob Glick & Mindy Mylrea*
 _____ Body Bar Raise The Bar Higher! – *Sherry Catlin*

SESSION 4B continued

- _____ More AquaFusion x4 – *Skip Jennings*
 _____ Sports Performance Boot Camp – *Robert Lindsey*

SESSION 5 (2:15pm – 3:30pm)

- _____ All About Abs – *Mindy Mylrea*
 _____ Body Bar Boot Camp Challenge – *Sherry Catlin*
 _____ Arrow Kick – *Tricia Murphy*
 _____ Maximize the Caloric Burn (Lecture) – *Dr. Len Kravitz*
 _____ Bender Ball & Tubing – *Leslee Bender*
 _____ Schwinn® Cycling: Hills & Sprints – *Shannon Griffiths Fable*
 _____ The Future of Fitness – *Skip Jennings*
 _____ Outdoor Sports Circuit Training – *Dave Dixon*

SESSION 6 (4:15pm – 5:30pm)

- _____ Beautiful Booty! – *Keli Roberts*
 _____ BOSU® Skills & Drills – *Rob Glick*
 _____ Pilates for the Personal Trainer – *Leslee Bender*
 _____ All About Muscles (Lecture) – *Dr. Len Kravitz*
 _____ Up in Arms REvolution – *Jeff McMullen*
 _____ Aqua Water Games – *Skip Jennings*
 _____ 101 Steps to Success (Lecture) – *Petra Kolber*
 _____ Back to Recess – *Robert Lindsey*

MASTER CLASSES - Additional Fee (6:15pm – 7:15pm)

- _____ Taste of Zumba – *Dave Dixon*
 _____ Body Bar Antics – *Tricia Murphy*
 _____ Yoga Moves for a Fitness Body – *Petra Kolber*
 _____ Schwinn® Cycling: Ultimate Time Trial Workout – *Keli Roberts*

Hotel Information

Toll House Hotel
 140 S. Santa Cruz Ave
 Los Gatos, CA 95030
 ph 408.395.7070
 www.tollhousehotel.com
Special Convention Rate:
 \$129 per night - Mention FitFest

Trade Show Hours:

Friday

1:00pm – 9:00pm

Saturday

9:00am – 2:15pm

3:15pm – 7:00pm

Earn CECs!

Tons of classes all in one day!
Trade Show Open To The Public, Great Deals, Free Giveaways, & Fantastic Finds.
For More Info Visit:
www.FITFLIXPRO.com

Registration Form

PARTICIPANT: Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Email _____

FEES:

Saturday FitFest Fee:
Early Bird - Before August 31: Club One Employee Discount - \$119
Regular Early Bird - \$129 • After August 31 - \$149

Fri Precon: AFAA Certification
 Contact AFAA directly to register www.afa.com

Fri Precon: Schwinn Cycle Training
 FitFest Attendee \$175, Non Attendee \$200 \$ _____
Fri Intensive 12:00–3:00pm \$49 \$ _____
Fri Intensive 4:00–7:00pm \$49 \$ _____
Sat Conference Fee (see above) \$ _____

Sat Night Master Classes
 FitFest Attendee \$10, Non Attendee \$20 \$ _____

TOTAL \$ _____

METHOD OF PAYMENT:

Check (Make checks payable to FitFlix Productions)

Visa **Master Card**

Card # _____

Expiration Date _____

3 Digit Security Code _____

Signature _____

Credit Card Billing Info

Check here if same as PARTICIPANT Information

Name _____

Address _____

City _____ State _____ Zip _____

Please Mail To: FitFlix Productions • 225 Esmeralda Drive • Santa Cruz, CA 95060 or FAX: 831.457.0519