

## ***LIST OF WORKSHOPS, MASTER CLASSES AND LECTURES FOR 2011***

### **STEP**

#### **STEP IS ALIVE AND WELL!**

Step turned 20 in 2009, but it continues to grow up and still remains a fun, effective cardio-vascular activity with limitless possibilities. So come celebrate Step training's 21<sup>st</sup> year in this all-new session loaded with dynamic, user-friendly, easy to teach, and ready to use step combos. This post-birthday party is a guaranteed good time for all!

Workshop or Master Class

Equipment: One Step platform per person

#### **ZENSATIONAL STEP!**

A mind-body STEP class? Why not? Discover a unique and innovative approach to step training using simple choreography set to gentle music constructed in 3/4 time. Original, creative, and relaxing, this session soothes the senses while providing an efficient cardiovascular workout. Come discover this unexpected addition to your mind-body-spirit programming. Truly Zensational!

Workshop or Master Class

Equipment: One Step platform per person

#### **'FAT FREE' STEP WORKOUT**

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

Workshop or Master Class

Equipment: One Step platform per person

#### **SALSA ON THE STEP**

This class is hot, hot, hot!! With a mix of simple step patterns, Latin-based dance moves and some spicy music, you are certain to experience a step workout that is pure fun and high energy! Ay caramba!!

Master Class

Equipment: One Step platform per person

## **STEP! .... BY NUMBERS**

“Six count mambo”, “2 times 2”, “five count kicks”, “3, 2, 1 repeater combination”, “accent on five and six,”

These are just some of the cues and progressions that you will see and hear in this workout based on the logic of numbers. Designed for the Step instructor who seeks creative, innovative and “usable” step choreography, this is not only about cross phrasing and 32 counts combinations....Discover how numbers can work to your advantage in creating a fun, energetic and safe workout.

Workshop or Master Class

Equipment: One Step platform per person

## **MOVEMENT-BASED CLASSES**

### **LATINO!! MOVE!!**

Discover the “Latin” side you never knew that you had! Come and explore this fun, and easy to follow lo impact workout that uses Latino dance moves such as Samba, Cha Cha, Salsa and Mambo to create “ready to use” choreography that sizzles!! The music alone will motivate you to spice up your classes!! Get ready to move!

Master Class

### **BREAK A SWEAT!**

This master class brings together the best of hi and lo impact aerobic moves. Even paced, fun, and lively, this creative, yet challenging workout gives you lots of ‘take home and ready to use’ choreography.

Master Class

### **POWER IN THE PUNCH**

New to boxing? No sweat!! This class is open to boxers and non-boxers alike. Come and discover a fun, non-violent and invigorating cardio boxing workout. Step out of your comfort zone and “into the ring” for a “ champion workout” guaranteed to inspire and motivate.

Workshop or Master Class

## **STRENGTH/RESISTANCE AND FLEXIBILITY TRAINING**

### **'HEART-CORE' CIRCUIT TRAINING**

Cardio and core training in the same class? Your students will love it! This total-body workout incorporates aerobic conditioning with balance training, core conditioning and trunk stabilization exercises. Learn a minimum of 8 functional core exercises using a variety of equipment all the while creating a fun and effective cardio workout. Circuit training just got better!

Workshop or Master Class

Equipment: Steps, body Bar, mats, gliding discs, medicine balls (Optional: Bosu Balance Trainer, Ballast or stability balls)

### **GET TO THE CORE WITH CIRCUIT TRAINING**

Circuit training is alive and FUNCTIONAL!! Learn a minimum of 10 different functional core exercises in this complete core conditioning circuit. Experience balance training, core muscle conditioning, trunk stabilization techniques and postural alignment exercises using various studio equipment while creating a fun and effective workout!

Workshop or Master Class

Equipment: Body Bar, mats, gliding discs, medicine balls (Optional: Steps, Ballast or stability balls)

### **CORE-OGRAPHY: FORM MEETS FUNCTION**

Core Training for real life! Learn 15 total-body core exercises designed to improve strength, balance, coordination, muscle control, and posture. Get a fresh new look at the biomechanics of our daily (and habitual) movement patterns in the standing, sitting and lying positions. Learn to incorporate core FORM into 'morning to night' FUNCTION!

Workshop or Master Class

Equipment: Mats (Optional: hand held weights, Body Bar, medicine balls, gliding discs)

### **BALANCE AND POWER FOR EVERY BODY**

Every BODY can benefit from this yoga-based program that trains muscles for real life function and optimal movement performance. Learn how to increase strength, improve flexibility and counterbalance stresses while accommodating all levels of participants regardless of body type, age, limitations or experience. Every BODY is welcome!!

Workshop or Master Class

Equipment: Mats

## **GLIDING: Total Body Basics**

Come experience the latest in total body strength training. Gliding turns traditional exercises into smooth, consistent, flowing patterns for unparalleled success. Using the Gliding discs, you will discover how classic exercises for every major muscle group can be transformed and enhanced into gliding motion. It is hard to believe an idea so simple can produce such graceful power. Everyone welcome!

Workshop or Master Class  
Equipment: Gliding Discs

## **DYNAMIC DUO: BODY BAR MEETS GLIDING**

Come experience a dynamic workshop that uses 2 unique training tools: the Body Bar and Gliding discs! Group exercise instructors and personal trainers will learn innovative, challenging and functional exercise progressions for students of all levels, which combine the resistance of the weighted bar with the gliding motion provided by the discs. Enhance your current strength and conditioning routines with exercises that help improve strength, endurance, stability, balance and flexibility! Surprisingly simple, remarkably effective!

Workshop or Master Class  
Equipment: Body Bar, gliding discs and mats

## **BODY BAR DYNAMICS: BALANCE, STRENGTH AND ENDURANCE**

Learn 15 innovative and challenging exercise progressions using the Body Bar that will enhance your current strength and conditioning routines! This session provides group exercise instructors and personal trainers with the necessary tools to design a dynamic and functional training session for students of all levels. Explore how to build on foundational skills and training techniques using balance, rotation, and core strength. Surprisingly simple, remarkably effective!

Workshop or Master Class  
Equipment: Body Bar and Mats (Optional: Steps and gliding discs)

## **REEBOK REACTIVE NEUROMUSCULAR TRAINING (RNT)**

This program teaches the trainer how to look at the functional movement of the client. Developed by physical therapists for use in competitive sports and rehabilitation, RNT gives the trainer a screen with which to identify, and exercises to address musculoskeletal imbalances resulting from posture, occupation, lifestyle and/or sport. The evaluation assesses joint mobility and stability, quality of movement, strength, power, endurance, balance, stabilization and flexibility.

Workshop  
Equipment: Dowel, massage style table

## **ASSISTED STRETCHING FOR PERSONAL TRAINERS**

This workshop teaches personal trainers how to assess range of motion, mobility and flexibility. Specific stretching protocols such as active assisted and contract relax are demonstrated and practiced extensively. Personal Trainers will learn how to set up and execute a 30-minute flexibility session.

Based on Reebok One to One Flexibility Training

Workshop

Equipment: Mat and/or Massage table

## **LECTURES**

### **'FITTING' TOGETHER: 5 WINNING STRATEGIES FOR MANAGING GENERATIONAL DIFFERENCES IN THE WORKPLACE**

Discover how to maximize the productivity of a multi-generational staff by recognizing their distinct differences in values, work ethics and attitudes. In this session you will learn how to promote harmony in your facility by implementing 5 management strategies which are based on understanding how each generation works best, their preferred means of communication, and how they respond to conflict.

Equipment: Screen and set-up for Power Point

### **THE CHANGING FACE OF HEALTH CLUBS: SEVEN ISSUES FITNESS PROFESSIONALS MUST CONSIDER FOR FUTURE SUCCESS**

There is no doubt about it... changing demographics (Gen X-ers and Millennials), interactive technology and an energy conscience world are all influencing the modern health club. In this presentation you will discover which departments are positioned to be major profit centers in the next 10 years, what your future client will look like, and what services should be offered. In addition, design trends that emphasize a GREEN and environmentally responsible approach will be discussed as well as how the use of technology will impact the future of your business. Gain practical insight for profitability in the next decade.

Equipment: Screen and set-up for Power Point

## **THE MILLENNIALS ARE COMING: IS YOUR CLUB READY FOR THE NEXT GENERATION?**

Millennials, or Gen Y, are now the largest generation ever and are positioned to be the core of employment and leadership in the next three decades. A huge economic and social force, they are not only the next managers, directors and staff, they are your new clients. Technology, social networking and multi-tasking are only a few of the things that define them. But do you really know who they are and what makes them tick? In this session, you will learn top strategies for hiring and retention, how job descriptions and company policies should change, why mentoring is important and what steps are necessary to win over and engage this bright, connected and technology-savvy group.

Equipment: Screen and set-up for Power Point

### **FIND, OPTIMIZE AND KEEP GOOD STAFF!**

Is it time that your Job descriptions, Hiring practices and Retention strategies had an extreme makeover? Probably! For the first time in modern history, 4 distinct generations are together in the workplace. And each one comes with different values, attitudes and expectations. In this session you will learn where and how to find and hire the best employees for your business, how to optimize their performance and productivity, and how to retain your staff by creating an environment that meets their needs and keeps them satisfied.

Equipment: Screen and set-up for Power Point

### **NAVIGATING A CAREER IN HEALTH AND FITNESS: NETWORKING FOR SUCCESS IN A WORLD OF OPPORTUNITIES**

Networking is not just making connections, it is creating and establishing relationships. Fred provides tips and resources to improve your networking skills and broaden your reach in the health and fitness industry. He will also discuss employment possibilities and where to find them, how to generate opportunities and growth, and what tools are essential for professional development.

Equipment: Screen and set-up for Power Point

### **FIT TO TRAVEL: EVERYTHING THAT YOU NEED TO KNOW ABOUT WORKING INTERNATIONALLY**

Got the travel bug? Then make working abroad a reality! In this session you will discover where to find teaching opportunities, how to negotiate contracts, what is essential to know before your departure, and what to expect upon your arrival. Fred shares practical tips for overcoming language barriers, working with translators, and successfully bridging cultural differences when teaching fitness in a foreign country. So start packing.... and Bon voyage!

*Equipment: Screen and set-up for Power Point*

## **THE LITTLE THINGS REALLY DO MATTER: FUNCTIONAL DESIGN FOR YOUR HEALTH CLUB**

There are many design considerations when opening or renovating a health club, with decision making frequently based on existing models. While this may be the 'easy way out', it often leads to costly design and service issues that become evident once the work has been completed. Often the vision of 'the experience' is not even considered and the 'little things' that help a health club to function well are overlooked, neglected or completely forgotten.

This workshop will address design, service and staff issues which contribute to the overall functionality of the club. It will provide a number of practical, no or low-cost solutions to commonplace and potential problems, and you will discover how they can help you to reduce current costs, attract new members, retain existing members and design a top-notch facility which functions in harmony.

Equipment: Screen and set-up for Power Point

### **GREAT TEACHERS: BORN OR MADE?**

To be an educator is a true gift. But is it a natural born talent or a learned behavior? Answer: a little bit of both.

In this lecture you will learn how communication, motivation, being flexible, and life experience all play key roles in what it takes to be a successful educator in the health and fitness industry. Explore the stages of learning, discover teaching strategies for diverse situations, and identify obstacles that you might encounter. GOOD teachers are easy to find..... discover how to be a GREAT one!

Equipment: Screen and set-up for Power Point

### **THE RIGHT FIT FOR THE SPA EXPERIENCE**

Fitness and lifestyle services are becoming an integral part of Spa culture, but how can you be sure that this is the right 'fit' for your facility? Discover what is necessary when integrating a fitness and lifestyle concept into a new spa project or an existing spa, and learn 10 key components for success and profitability when implementing exercise and wellness programming into a spa. Topics include concept and design, space layouts and functionality, activity and service offerings, equipment selection and purchase recommendations, marketing strategies and staff integration.

Equipment: Screen and set-up for Power Point