

Savvier
Fitness Presents...

FITFEST 09 *Fitness Conference & Expo Tour*



Innovative Programs
for the
Fitness Professional

www.FitFestTour.com

St. Louis, MO • November 21, 2009

saturday, november 21

Sign In 7:00am – 8:00am

Session 1 8:00am – 8:45am

INSPIRATIONAL KEY NOTE: PICK ME! PICK ME! – with Mindy Mylrea

Strategies for total teaching success!

Session 2 9:00am – 10:30am

ALL ABOUT ABS – with 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, stability ball, and Gliding discs. You will learn three ab-training routines as well as numerous stand alone add-ons.

Session 3 10:45am – 12:15pm

ALL ABOUT LEGS – with Mindy Mylrea

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

Lunch 12:15pm – 1:15pm

Lunch and Shopping

Session 4 1:15pm – 2:45pm

ALL ABOUT ARMS – with Mindy Mylrea

Do you want more options to work the arms, back, and chest? This workshop is jam packed with creative, challenging, cutting edge upper body exercises as well as three amazing upper body routines using the medicine ball, stability ball, and Gliding discs.



Session 5 3:00pm – 4:30pm

CARDIO CRAZY – with Mindy Mylrea

Join Mindy as she takes Gliding Discs, med balls, steps, and wild cardio moves and turns them into a fitness playground for the cardio crazed. Cardio intensity intervals are combined with cutting edge fitness drills and games to create this breathless bash. Excite your students with this crazy cardio mix and to keep them challenged and coming back for more!

Shopping 4:30pm – 5:30pm

Shopping and raffle! Plus Q & A with Mindy.

about mindy mylrea



Mindy Mylrea is the 2008 ECA OBOW Fitness Presenter of the Year, the 2004 Can Fit Pro International Presenter of the Year, the 1999 International IDEA Fitness Instructor of the Year, a National and World Aerobic Champion, a PowerBar sponsored athlete, and a five star presenter for IDEA. She is an advisory board member for Oxygen Magazine, an international presenter, author, motivational speaker, video personality, and CEC provider.

Mindy is the creator and lead talent behind Gliding®, the Gliding discs exercise program. She is a master trainer and on the pro development team for Schwinn Cycling®, Body Bar, and Bosu™. Mindy is the creator and owner of FitFlix Productions DVD production services. She has authored numerous articles and stars in over 100 instructional videos. Mindy is currently the host of Orbitrek Elite and Gliding infomercials.

fitfest sponsors

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Melt It OFF!

PowerBar

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FitFest 09 St. Louis, MO Conference Planner

saturday, november 7

SESSION 1 (8:00am – 8:45am)

Key Note – *Mindy Mylrea*

SESSION 2 (9:00am – 10:30am)

All About Abs – *Mindy Mylrea*

SESSION 3 (10:45am – 12:15pm)

All About Legs – *Mindy Mylrea*

SESSION 4 (1:15pm – 2:45pm)

All About Arms – *Mindy Mylrea*

SESSION 5 (3:00pm – 4:30pm)

Cardio Crazy – *Mindy Mylrea*

Convention Site

St. Charles Community College
4601 Mid Rivers Mall Dr./College Center
St. Peters, MO 63376
ph 636-922-8310

All Classes Earn CECs from ACE and CEUs from AFAA!

All Attendees Will Receive a Welcome Backpack Filled With: Gliding Discs and Bender Ball, Free DVD, Power Bar, Water Bottle, Notebook & Pen, & Other Surprises. Over a \$75 Value!

Trade Show: Sat 7:00am - 5:30pm & Sun 8:15am - 12:45pm Gliding Discs, Bender Balls, Melt It Off Med Balls, Savvier Fitness DVDs, Vuma Wear Clothing, Dynamix Music, Plus Local Vendors!

Registration Form

PARTICIPANT: Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Email _____

FEES:

Saturday Early Bird: \$119.00 before 10/21 _____

Saturday: \$129.00 after 10/21 _____

TOTAL \$ _____

To Register for FitFest 09

By Mail: **FitFlix • 225 Esmeralda Drive**

Santa Cruz, CA 95060

By Fax: **831.457.0519**

By Phone: **831.458.0985**

METHOD OF PAYMENT:

Visa

Master Card

Check (Make checks payable to FitFlix)

Card # _____ Expiration Date _____ 3 Digit Security Code _____

Signature _____

Credit Card Billing Info Check here if same as PARTICIPANT Information

Name _____

Address _____

City _____ State _____ Zip _____