

Savvier
Fitness Presents...

Fitness Conference & Expo Tour
FITFEST 09

Innovative Programs
for the
Fitness Professional

www.FitFestTour.com

Tacoma, WA • April 4 & 5, 2009

saturday, april 4

Sign In 8:00am – 8:30am

Session 1 8:30am – 9:15am

INSPIRATIONAL KEY NOTE: PICK ME! PICK ME!

– with Mindy Mylrea

Strategies for total teaching success!

Session 2 9:30am – 10:45am

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.

HEALTHY BACK – with Leslee Bender

This course is designed to give you all of the essential tools to understand postural abnormalities that can create low back pain and how to make corrections that will improve all of your clients athletic performance. Many times students are working out incorrectly and do not understand why they are not getting the results they need due to poor biomechanics. As trainers it is our responsibility to know postural issues and have the ability to make the necessary changes. You will walk away with how to observe gait analysis, and foot placements to body type is directly correlated with postural type due to muscle development and fiber type.

Session 3 11:00am – 12:30pm

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.



SELECTIVE STABILIZATION – with Leslee Bender

This course is designed to help you to understand the firing patterns of local, global and skeletal muscles that work together to protect the spine. You will see how the majority of our clients train their abdominals incorrectly potentially creating back pain. This course targets the weaker muscle fibers to create dynamic stability so your students will feel the real art of stabilization prior to mobilization.

Lunch 12:30pm – 1:30pm

Lunch and Shopping

Session 4 1:30pm – 3:00pm

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.

BENDER BALL PILATES – with Leslee Bender

This is a non-traditional safer approach to Pilates mat training. So many students complain of low back pain in mat classes due to poor stabilization. In this class, you will walk away learning the approach that was documented by the Journal of Applied Research. You will see the difference that utilizing the Bender Ball makes exercises much more efficient while reducing stress on the lower back muscles. You will feel the difference of not utilizing hip flexors, which can create a multitude of back problems. Our society has changed from traditional days with the majority of students living in flexion: we need to understand the importance of extension instead of rollups!



Session 5 3:15pm – 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!

BENDER BALL MEETS GLIDING

– with Leslee Bender

This course is action packed with exercises that utilize both Gliding and the Bender Ball for dynamic progressions. You will benefit from this workout whether you are a personal trainer or group fitness professional giving your students something completely new. You will understand the importance of working your body from the inside out to create a better balance.

Shopping 4:30pm – 5:30pm

Shopping and raffle! Plus Q & A with Mindy and Leslee.

sunday, april 5

9:00am – 12:00pm
GLIDING MASTER TRAINING
– with *Mindy Mylrea* \$39

Come experience the latest and greatest in total body strength training. Gliding turns traditional exercises into smooth, consistent, flowing patterns for unparalleled success. Using the Gliding discs, Mindy will guide you through exercises for every major muscle group. She will transform classic exercise staples into Gliding motion. It is hard to believe an idea so simple can produce such graceful power. Experience Gliding for yourself and see how every exercise is enhanced with the Gliding discs.



9:00am – 2:00pm
BENDER BALL FOUNDATIONS SPECIALTY
CERTIFICATE – with *Leslee Bender* \$99

Join us for the most dynamic program of the year! The Bender Method is the only program documented by The Journal of Applied Research utilizing a small ball for deep core activation. This method has also been published to lower the risk of back pain and injuries due to poor biomechanics of training incorrectly. Whether you are a group fitness professional or personal trainer you will greatly benefit from this program.

- Learn how posture abnormalities affect all forms of performance and what to watch for and correct.
- Learn how the Bender Ball will dramatically affect the way that you train abdominals during floor exercises.
- Learn how dysfunctional muscles play an extreme part in the ability to move pain free and efficiently.
- Learn how to incorporate many new exercises into existing programs to help your students move more efficiently and create a stronger stabilized core.



9:00am – 6:00pm
AFAA PRIMARY GROUP EXERCISE
CERTIFICATION – Special Post-Conference
price \$199 (normally \$299)

AFAA, the world's largest fitness and TeleFitness® educator, is proud to be part of FitFest 2009 and will offer the Primary Group Exercise Certification for a special post-conference event price of \$199. 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.afaa.com

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**

fitfest presenters



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.



Leslee Bender is the original creator of the Bender Ball® and Bender Method™. She has presented at all of the main fitness conferences throughout the world; including IDEA, IHRSA Club Industry, Sara City, ECA, AFPA, AAAI and hundreds more. Hundreds of clubs have utilized her form of Pilates training where she has integrated her unique Selective Stabilization™ methods to take Pilates training to a whole new level.

“My philosophy is that everybody can do the Bender Method of training from Core Training to Pilates. My instructional techniques are based on real results. I have worked with the best of the best exercise physiologists and practitioners in the medical field to design specific exercises for strength and then I personally train individuals to assure my techniques deliver results for people just like you. I believe one MUST learn to activate their core before ever moving forward into any kind of exercise program. With my Bender Method of Core Training, you'll finally feel your entire abs, possibly for the first time, including your side obliques, upper abs and those really hard to train deep lower abs.”

fitfest sponsors

Savvier
Fitness

Gliding

**Bender
Ball**

Melt It OFF!

PowerBar

**dynamix
MUSIC**

FitFlix

VumaWear

FitFest 09 Tacoma, WA Conference Planner

saturday, april 4

Choose one from each session:

SESSION 1 (8:30am – 9:15am)

_____ Key Note – *Mindy Mylrea*

SESSION 2 (9:30am – 10:45am)

_____ All About Abs – *Mindy Mylrea*

_____ Healthy Back – *Leslee Bender*

SESSION 3 (11:00am – 12:30pm)

_____ All About Legs – *Mindy Mylrea*

_____ Selective Stabilization™ – *Leslee Bender*

SESSION 4 (1:30pm – 3:00pm)

_____ All About Arms – *Mindy Mylrea*

_____ Bender Ball® Pilates – *Leslee Bender*

SESSION 5 (3:15pm – 4:30pm)

_____ Cardio Crazy – *Mindy Mylrea*

_____ Bender Ball® Meets Gliding® – *Leslee Bender*

sunday, april 5

Choose one:

9:00am – 12:00pm \$39

_____ Gliding® Master Training – *Mindy Mylrea*

9:00am – 2:00pm \$99

_____ Bender Ball® Foundations – *Leslee Bender*

9:00am – 6:00pm \$199

_____ AFAA Primary Certification

Contact AFAA directly to register www.affaa.com

Convention Site

All Star Fitness

Lincoln Plaza

31 Montana Avenue

Tacoma WA 98409

ph 831.458.0985

www.allstarfitness.com

Hotel Info

TBA

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 8:00am - 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 3/4 _____

Saturday: \$129.00 after 3/4 _____

Sunday Gliding®: \$39.00 _____

Sunday Bender Ball®: \$99.00 _____

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 _____