

# **FitFEST** Fitness Conference & Expo Tour **2011**

Presented by

**Savvier**  
**Fitness**



Innovative Programs  
for the  
**Fitness Professional**

[www.FitFestTour.com](http://www.FitFestTour.com)

Denver, CO • Sept 30 & Oct 1, 2011

## friday, sept 30 precons

PRECONS CERTIFICATIONS 9:00am – 6:00pm

### SCHWINN® CYCLING INSTRUCTOR TRAINING COURSE – Shannon Fable (FitFest Attendee \$175, Non-attendee \$200)

This information-packed day offers you the industry's finest and most comprehensive indoor cycling instructor training, giving you everything you need to become the best instructor you can be. Bike fit, cycling physiology and mechanics, proper technique, the Schwinn® Cycling Coaching Pyramid, and class design, are thoroughly explained and experienced in an interactive format taught by Schwinn® Master Trainer, Shannon Fable. You'll receive a detailed resource manual, a DVD with 10 class designs and real road cycling video clips, a certificate of course completion and experience two power-packed workouts. (.8 ACE CECs/7.25 AFAA CEUs)

### 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 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.afa.com](http://www.afa.com).**

## PRECON TRAININGS (ADDITIONAL FEE)



### Anatomy of a Movement – Leslee Bender (\$59, Includes Bender Ball®) 9:00am – 12:00pm



Training your client and students with an injury for PT's and group X This class is designed to give you exercises that bridge the gap between fitness and re-hab. If you yourself or a client has been injured either acutely or chronic it stops in many cases exercising. This session gives you the tools to work around injuries and still have the body you or your clients want and help you to get closer to healing. You will learn that the alignment of the bones is crucial for preventative exercises and why we might be the cause rather than the prevention of injuries as trainers.



### FLIRTIFICATION – Jen Hall Special FitFest Price \$169 (normally \$199) 9:00am – 3:00pm

You watch MTV and VH1. You love the moves, the music and the magic of these amazing dance styles. You've thought about teaching cardio dance but didn't know where to begin. Well look no further! You are about to experience Flirty Girl Fitness® – Booty Beat. The Flirty Girl Fitness® Booty Beat program is everything you want and more. Our popular, easy-to-learn dance routines provide the perfect combination of cardio and strength training. Your clients will feel like they're part of a music video while at the same time they're getting a cardio crazy, core chis-



eling, booty toning, arm sculpting workout class. Training Includes: Flirtification Instructor Manual, Booty Beat Foundation Moves DVD, Booty Beat Choreography DVD, Booty Beat Flirty Fit & Fired Up! DVD, Booty Beat Music CD, 6 ACE CECs, 6 AFAA CEUs, Flirty Girl Folder, Pen, Keychain and Certificate of Completion.

# friday, sept 30 sessions

## SESSION 1 – 12:30pm – 2:00pm

### **BOSU® Xplode – Mindy Mylrea**

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!

### **Bender Method of Great Glutes – Leslee Bender**

So did you know that your calves and your glutes are incredibly interactive? Did you know that poor faulty foot patterns lead to weak or tight glutes that do not work? This session is the most progressive way of truly working your back side effectively. No more donkey kicks only the truth of how the glutes react to gravity and ground reaction forces in all three planes.



### **Outdoor “FREE-RUNNING” Bootcamp – Marc Lebert**

This boot camp takes elements of “Free-Running” (Parkour) and combines them with traditional boot camp exercises for some unique programming and an excellent overall workout and cardio blast!

### **SEVEN STEPS TO WILLPOWER® – Stacey Lei Krauss**

For thousands of years, The Five Tibetan Rites have been reputed stimulate the endocrine system, and keep the body young and vibrant. Based upon this ancient tradition, the SEVEN STEPS TO WILLPOWER® is a marketable and effective workout or students of any age and fitness level. Your clients don't have time for another discipline? No worries, SEVEN STEPS take only 15 minutes. It's a smart class warm-up or cool-down and perfect for the personal trainer eager to integrate mind-body-spirit techniques.

### **STOTT PILATES® Programming on the V2 Max Plus™ Reformer – Amanda Fletcher**

Uncover the secret and explore the unique features of the STOTT PILATES® V2 Max Plus Reformer, an all-in-one equipment system that expands programming for group classes and

private training. Learn how to transform the machine to explore selected Essential-level exercises on the Mat, Reformer and Cadillac. Discover how to cue, correct and modify for individuals and groups to make the most of each workout.

(Session held at the Tabor Center)

## SESSION 2 – 2:15pm – 3:45pm

### **Core Connection – 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 every twist and turn in the book. Mindy will show you how one rep done right is better than 10 done wrong. You will learn the best core exercises on the planet!

### **JumpSport®: BOUNCEcamp – Jeff McMullen**

Take the rave of this popular group exercise format and add a little REBOUND! Discover how to create unique and challenging workouts by combining the intensity of interval training with the benefits of the JumpSport® Fitness Trampoline. Learn the principles of interval training as they apply to class format and workout design. Varying intensity, speed, reactive forces, and ROM styles will enhance flexibility, muscular strength and endurance, aerobic capacity and core integration. Walk away with 3 class design templates you can utilize immediately!

### **BOSU® PILATES 3D – Stacey Lei Krauss**

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.

### **FOUNDATIONAL BEAMING SENSATIONAL SAMPLER – June Kahn**

Beaming™ teaches you how to transform traditional exercise classes and personal training sessions into an experience that blends consciousness with physical activity performed on a pliable, low grounded beam, encouraging significant lifestyle changes. The Beamfit™ balance challenges harmonize familiar physical movements with mind-body philosophy as you explore barefoot and somatosensory training while integrating balance, precision, stability, strength, endurance and stretch.

## SESSION 3 – 4:15pm – 5:45pm

### **Glutes, Guns and Guts – Mindy Mylrea**

Buns, Legs, Core and more - these are the areas we need to work and work we will in this creative chiseling challenge. We will start off exploring all the latest cutting edge lower body and core research. You will learn combos that flip flop back and forth and back again between buns, legs, core and a whole lot more. Learn ways to activate one zone of the body while channeling through the other zones.

### **BOSU® Athletic HIIT Cardio – 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. 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.I.T. training, boot camp, circuit training and sport conditioning programs. Get ready because this workshop will leave you breathless!

### **Naked Bootcamp – Marc Lebert**

Want to look and feel better naked? Maybe not during this session but we will get you ready for it with a strength and muscle endurance workout that will burn a ton of calories! Buddy System and Equalizer work that you can do with any class, anytime and get those muscles ready to be... naked!



### **Body Bar- Buddha Bar Flex – June Kahn**

Experience this elegant blend of Pilates, yoga, dance as well as core training that will balance your body – strength/flexibility, stability/mobility, power/grace, mind/body. Then add the Body Bar Flex for a resistance component that increases muscular strength and endurance, core conditioning and posture. Fusion is in fashion and it is fantastic because it works!

### **STOTT PILATES® The Secret to Toned Arms, Buns & Thighs – Amanda Fletcher**

Zero in on common trouble spots with the precision of STOTT PILATES exercises. Use this targeted routine to gain greater tone, strength and body confidence. Incorporate the foundational concepts to target arms and shoulders, as well as legs and buns in a workout that will keep clients coming back for more.

(Session held at the Tabor Center)

**TRADE SHOW: 12:00pm – 7:00pm**

## **saturday, oct 1 sessions**

### **SESSION 1 – 8:00am – 9:00am**

#### **Welcome Keynote with Lawrence Biscontini**

Lawrence will share with you 6 easy ways to improve the quality of your life. Shrink down what all the fitness experts say into 6 words. We will explore amazingly true-- yet paradoxical-- facets of fitness that nevertheless oftentimes prove uncanny. This candid look at the industry will put together the state of affairs of fitness in the world in a way that is, in a word, fascinating!

### **SESSION 2 – 9:15am – 10:30am**

#### **Tri Balletone – Shannon Fable**

Balletone is more than ONE workout rooted in Ballet, it's a family of programs utilizing fitness, ballet, pilates and yoga inspiration to form a user friendly workout everyone can enjoy. Learn the three principles of Balletone that inspire the creation and delivery of the workout as well as three different combinations from three different Balletone programs.

#### **BODY BAR - Buddha Bar Flex – June Kahn**

Experience this elegant blend of Pilates, yoga, dance as well as core training that will balance your body – strength/flexibility, stability/mobility, power/grace, mind/body. Then add the Body Bar Flex for a resistance component that increases muscular strength and endurance, core conditioning and posture. Fusion is in fashion and it is fantastic because it works!

#### **Barefoot Running: The road less traveled – Stacey Lei Krauss**

We have cheered for barefoot Olympian Gold marathoners and read about the barefoot Tarahumara tribe of elite runners. Learn the facts and be privy to current research. Practice simple barefoot running drills, learn proper technique and supportive guidelines as outlined by Vibram FiveFingers®, the leaders in the barefoot category. (Not a running class; theory and some practical application).

#### **From SOCIAL MEDIA MADNESS To SOCIAL MEDIA MOGUL – Jenn Hall**

Does the thought of being “friends” with thousands of people you don't know, having 100's of “followers” or being known for “meeting up” with random fitness enthusiasts scare you? This hands-on approach will turn you into a social media butterfly and allow you to work smarter not harder.

#### **JumpSport®: BOUNCE Athletica – Jeff McMullen**

The BOUNCE is back and it's time to give total athletic training a new twist! Simulate true sport specific training utilizing your own body weight and the JumpSport® Fitness Trampoline, great for all fitness levels and abilities. Explore the science of interval training as nested cycles of cardiovascular conditioning are synergistically combined with drills and skills emphasizing balance challenges and reactive neuromuscular response. Learn new sport specific sequences that are multi-planar, CORE based and FUN – a time efficient technique that guarantees results and re-views you with fresh, new ideas, sure to enhance your student's or training clients sports training regimes.

### **Schwinn® Cycling: HIIT It! – Keli Roberts**

High Intensity Interval Training is all the rage, and it continues to grow in popularity across all workout platforms. But is this type of training really more effective than other types? And what are the best ways to execute this approach in your cycling classes? Learn the science and, more importantly, the psychology of high intensity interval training, and experience new ways to deliver, measure, recover and repeat high-intensity intervals to your riders that produce results and keep them coming back for more!

### **SESSION 3 – 11:00am – 12:15pm**

#### **TAKE YOUR TOYS and GO! – Jenn Hall**

Learn to put together and utilize completely portable drill-based, interval classes with the perfect combination of strength, agility and cardiovascular overload. Discuss “intelligent interval training”, brainstorm ways to incorporate all kinds of light-weight portable equipment, and learn creative ways to incorporate FUNCTIONAL training into this high energy total body workout.



### **Schwinn® Cycling: From My Class to Yours – Mindy Mylrea**

An interval explosion both on and off the bike, based on the industry’s newest results-focused training technique: Tabata. You can expect world-class coaching, motivation, and incredible energy and Mindy will break down all the components of the ride, including music, cueing, imagery, and coaching techniques to make it turnkey for you.

#### **Boxing Bonanza – Mark Lebert**

“Float like a butterfly, sting like a bee!” Fun, energetic and simple (not easy) Boxing programming, technique instruction, cardio, partner training, core strength training moves on the Equalizer and Buddy System muscle exhaustion. Be prepared to work, sweat and yell like Ali!

#### **Core off the Floor – Shannon Fable**

Remove the crunches, get off the mat and put medicine balls, tubing & BOSU Ballast Balls in your hand to find out how! Learn to twist & pull, lift, shift & shake, or throw & catch while engaging muscles so deep you’ll wonder what you’ve been doing all these years with your core training. Not only are the exercises effective, but they are functional training where you learn to ‘use momentum to your advantage’ and operate in a vertical manner which you encounter every day. Learn exercises that

are multi-planar, multi-directional and multi-effective. You will experience strength and endurance gains with a side of sweat!

#### **Glute Camp – Keli Roberts**

The Body Bar Flex lends itself to functional movement and enhances integrated balance and core stability. The program incorporates progressive lower body physical execution techniques, plyometric progressions and exercise guidelines utilizing The Body Bar Flex. Learn exercises and drills performed individually and with a partner, and are suitable for both personal training and group fitness settings. Learn critical body alignment, movement pattern, exercise progression and cueing techniques for each exercise in an interactive, hands-on training session.

#### **Beaming™ Soul-ful Sole-ful Synergy Lawrence Biscontin**

Join Lawrence for a fusion approach to the mind-body melding of Yoga, T’ai Chi, Chi Gong and Feldenkrais atop a specially designed, pliable, low grounded beam. The tactile properties of the beam accentuate the benefits of stability, mobility and core training while both standing and on the floor. Includes barefoot activity.

#### **Ultimate Metabolic and Calorie Burning Makeover – 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.

### **SESSION 4A – 12:30pm – 1:45pm**

If you pick 4A, then 4B will be your lunch period.

#### **Best of Bootcamp – 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 any gym, 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 than you could possibly imagine.

#### **Body Bar Flex Extreme Core – Leslee Bender**

If you are looking for a core training class that includes vibration training with isokinetic exercises then this is a class for you. The Body Bar Flex is designed to contour-flex-vibrate in applicable exercises to ultimately strengthen the core. The exercises are designed for all levels of students from group and personal training.

#### **STOTT PILATES® Sculpt & Tone (Flex-Band® Level 1) – Amanda Fletcher**

Discover how to add variety and challenge to existing Matwork™ routines by incorporating the Flex-Band® exerciser. Use the dynamic resistance of the Flex-Band® to isolate and tone peripheral muscle groups, while assisting core stabilization. Learn cues and corrections as well as modifications to ensure safety and effectiveness for all body types.

## **Eccentric Exercise: Everything You Want to Know and More! – Len Kravitz**

Topics include the history of eccentric exercise, the physiology of eccentric exercise, the sequence of events leading to DOMS, the repeat bout-effect with eccentric exercise, gender differences and age applications, eccentric exercise and rehabilitation, and the mystery of eccentric exercise and metabolism. In addition, Len will showcase 12 great eccentric exercises using multi-media technology.

### **SESSION 4B – 1:30pm – 2:45pm**

If you pick 4B, then 4A will be your lunch period.

## **Turn your Toys into a Tool Box! – Keli Roberts**

Learn how to coach your clients how to maximize the effectiveness of every exercise to enhance integrated strength. You will learn five goal driven, functional program designs that offers fast results. Plug and play program design that offers limitless options to create goal-driven strength cross training programming for personal clients or small group training. Keep people coming back for more by mastering the use of your tools!

## **BEAM-AZING – June Kahn**

BEAM-AZING™ explores the best of mind body worlds combining the principles of Beaming™ with Mat and Standing Pilates through flowing balance challenges, performed atop the Beamfit™ Beam in a vertical position. This barefoot training program is designed to burn calories while building strength, stamina and balance. By using the large muscles of the body the heart rate elevates, enhancing the cardio respiratory system, while the Pilates inspired moves on the narrow base improves core strength, balance and flexibility.

## **Step CELEBRATION! – Jeff McMullen**

Step is officially 20 years old! Let's celebrate in style! You've been teaching step since its inception, through its evolution, tap-free progressions, cross-phrasing, and elimination of the filler teaching styles. Now let's pull out all the stops, tie up all the loose ends, and utilize the teaching tools from the past, present and future.

### **SESSION 5 3:00pm – 4:20pm**



## **Flirty Girl Fitness®: Fun, Fit and Fabulous – Jenn Hall**

Are you ready to join the hottest dance program around? Developed by women for women, the Flirty Girl Fitness program leads

to the fabulous feeling of success, both for you and your participants. Come find out how you can become a Flirty Girl!

## **Schwinn® Cycling: 10 Minutes to Your Next 10 Rides – Shannon Fable**

Let's make class design super-quick so you can get on the bike and deliver that knockout ride! Come learn a simple system for creating an endless cache of exciting cycling workouts that are easy to remember, a blast to coach and physiologically make good sense. Learn to create stages of work based on the Schwinn® Cycling intensity scale and ways to categorize your music for easy plug and play. Now watch, as that one great class becomes your next ten rides!

## **HIIT/TABATA Training: High Intensity Interval Training at it's Best – 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 cues and focusing techniques to engage and excite your students.

## **NLP GOAL SETTING STRATEGIES**

### **– Mark Lebert**

In January many decide to join a gym but research shows that more than half will not make it to swimsuit season! Why? Because their goal was to join a gym, and once they signed up they met their goal! The mind is "literal"- this lecture shows you how to work with it, what motivation really is, and how to set "anchors".

## **The Female Training Advantages**

### **– 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 female clients.

## **BOSU® Amped! – Lawrence Biscontini**

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.

## **willPower and Grace® – Stacey Lei Krauss**

A formatted fusion of postures and drills, willPower & grace® is the high-energy, cardiovascular solution that mind-body practitioners have been looking for. This workout is a full-body functional workout meets sports psychology. Learn to strengthen your feet, while progressively correcting imbalances in your ankles, knees and hips, by using guidelines supported by Vibram FiveFingers®, the leader in the barefoot category. This unique workout appeals to "morning moms", sports athletes, and teens.

## SESSION 6 – 4:30pm – 5:50pm

### **The Science of Longevity – 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, 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.

### **BOSU® Playground Challenge (Workshop) – Shannon Fable**

Grab your BOSU® Balance Trainer, and get ready to play! 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.

### **Bender Method of a Pain Free Back – Leslee Bender**

Millions suffer from back pain and stop working out! This affects our business as a whole. Come experience how you can train the back and alleviate pain for perhaps yourself or your students. You will walk away with the latest methods inspired by the Gray Institute of training with Leslee's interpretation as a GIFT student herself how to break down and understand the dynamic functions of the spine for greater health.

### **JumpSport®: BOUNCIN' booty Dance – Jeff McMullen**

BOUNCE into a new approach to dance training and be introduced to the benefits of the Jump-Sport® Fitness Trampoline. Learn how to synergistically combine the cardiovascular benefits of a dance routine with the reactive surface of trampoline and triple the training effect your students or client's experience, during their workouts, no matter what their fitness level or ability.

### **4P Bootcamp (Pushups, Plyos, Pull-ups and Power) – Marc Lebert**

Do you want to be stronger? Besides squats you have to be good at Pushups and Pullups and this session shows you how with simple and effective strength training moves on the Equalizer and Buddy System. Plus some creative new Plyo and Power moves! Be Prepared to work!

### **Schwinn® Cycling: Remixed and Redelivered – Stacey Lei Krauss**

Learn how to remix and redeliver the great cues, drills and interactive moments you're already teaching to make your rides feel brand new. We'll take a dozen classic indoor cycling elements seen in class after class and spin them off in ways that will make you say, "I never thought of that!" You'll leave with a pocketful of inspiration and new tools for recreating fantastic workout moments for your students in a snap.

## TRADE SHOW: 9:30 – 2:45 & 3:45 – 7:00

### **How To Register for FitFest 2011**

By Mail: FitFlix • 410 Esmeralda Drive • Santa Cruz, CA 95060

By Fax: 831.457.0519

By Phone: 831.458.0985

## fitfest presenters



**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, and AAI.



**Lawrence Biscontini** has made fitness history as a Mindful Movement Specialist as the first recipient of multiple awards from ACE, IDEA & Inner IDEA, Can Fit Pro, and ECA.



**Shannon Fable** is the founder and CEO of Sunshine Fitness Resources, as well as the owner of Balletone®. Shannon is an international presenter for companies including Schwinn®, BOSU®, Power Systems and ACE.



After retiring from dancing professionally with artists such as Beyonce and Jay-Z, Jenn Hall currently serves as a professor of dance at Georgia State University and an international presenter for many well-known companies including the Flirty Girl Fitness® Pro Edition. Jenn's work can be seen on Fox Television's "So You Think You Can Dance" and various fitness DVDs.



**June Kahn** is the developer of BEAM-LATES™. As a program developer and continuing education provider for the fitness and mind/body industries, June is best known for bridging the gap between traditional Pilates and Fitness.



**Len Kravitz, Ph.D.** is the Program Coordinator of Exercise Science and Researcher at the University of New Mexico where he won the Outstanding Teacher of the Year award.



**Marc Lebert** is the inventor of the Lebert Equalizer and the Lebert Buddy System. Marc is a Certified Personal Trainer and proprietor of Personal Strength Fitness Inc. A published writer, he also instructs health/fitness and motivation seminars.



**Stacey Lei Krauss** is a Nike Elite Instructor with over 20 years as a fitness pro, specializing in barefoot training techniques. Stacey is a Reiki practitioner, a Master Trainer for Nautilus, BOSU, and a Teacher-Trainer for Peak Pilates.



**Jeff McMullen** is a nationally certified personal trainer and group exercise instructor in San Francisco, and is a master trainer for CorePole™, Gliding®, TRX®, Gymstick™. Jeff is also a member of Sunshine Fitness Resources.



**Mindy Mylrea** is the creator & 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, & BOSU®.



**Keli Roberts** is a world renowned fitness educator, trainer and the award recipient of the 2003 IDEA International Instructor of the Year. She's recognized as a fitness authority that's transformed fitness education.



**Amanda Fletcher** is a fully certified Stott Pilates Instructor and Instructor Trainer in Denver, Colorado. She has taken her passion for teaching beyond her work with clients, and helps the instructors she teaches reach their fullest potential.

fitfest sponsors



# FitFest 2011 Conference Planner

## friday, sept 30 List each session selection in order of preference: 1 being your first choice.

### CERTIFICATIONS: (9:00am – 6:00pm)

### TRAININGS:

### SESSIONS: 12:30pm – 2:00pm

- \_\_\_\_\_ BOSU® Explode – *Mylrea*
- \_\_\_\_\_ Bender Great Glutes – *Bender*
- \_\_\_\_\_ Free Running Bootcamp – *Lebert*
- \_\_\_\_\_ 7 Steps to Willpower – *Krauss*
- \_\_\_\_\_ STOTT® Programming – *Fletcher*

- \_\_\_\_\_ Schwinn® Cycling – *Fable*
- \_\_\_\_\_ Anatomy of Movement – *Bender*
- \_\_\_\_\_ Core Connection – *Mylrea*
- \_\_\_\_\_ BOUNCEcamp – *McMullen*
- \_\_\_\_\_ BOSU® Pilates – *Krauss*
- \_\_\_\_\_ Beaming Sampler – *Kahn*

- \_\_\_\_\_ AFAA Certification
- \_\_\_\_\_ Flirtification – *Hall*
- \_\_\_\_\_ **4:15pm – 5:45pm**
- \_\_\_\_\_ Glutes, Guns & Guts – *Mylrea*
- \_\_\_\_\_ BOSU® HIIT – *Roberts*
- \_\_\_\_\_ Naked Bootcamp – *Lebert*
- \_\_\_\_\_ Buddha Bar – *Kahn*
- \_\_\_\_\_ STOTT® Secret – *Fletcher*

## saturday, oct 1

### SESSION 1 (8:00am – 9:00am)

Welcome & Keynote – *Biscontini*

### SESSION 2 (9:15am – 10:30am)

- \_\_\_\_\_ Tri Balletone – *Fable*
- \_\_\_\_\_ Body Bar Buddha – *Kahn*
- \_\_\_\_\_ Barefoot Running – *Krauss*
- \_\_\_\_\_ Social Media Mogul – *Hall*
- \_\_\_\_\_ BOUNCE Athletica – *McMullen*
- \_\_\_\_\_ Schwinn® Cycling – *Roberts*

### SESSION 3 (11:00am – 12:15am)

- \_\_\_\_\_ Take your Toys and Go! – *Hall*
- \_\_\_\_\_ Schwinn® Cycling – *Mylrea*
- \_\_\_\_\_ Boxing Bonanza – *Lebert*
- \_\_\_\_\_ Core Off the Floor – *Fable*
- \_\_\_\_\_ Glute Camp – *Roberts*
- \_\_\_\_\_ Soul-ful Synergy – *Biscontini*
- \_\_\_\_\_ Ultimate Metabolic Makeover – *Kravitz*

### SESSION 4A (12:30pm – 1:45pm)

- \_\_\_\_\_ Best of Boot Camp – *Mylrea*
- \_\_\_\_\_ Body Bar Flex Extreme Core – *Bender*
- \_\_\_\_\_ STOTT® Sculpt & Tone – *Fletcher*
- \_\_\_\_\_ Eccentric Exercise – *Kravitz*

### SESSION 4B (1:30pm – 2:45pm)

- \_\_\_\_\_ Turn your Toys into a Toolbox – *Roberts*
- \_\_\_\_\_ BEAM-AZING – *Kahn*
- \_\_\_\_\_ Step Celebration – *McMullen*

### SESSION 5 (3:00pm – 4:20pm)

- \_\_\_\_\_ Flirty Girl: Fit, Fun & Fabulous – *Hall*
- \_\_\_\_\_ Schwinn® Cycling: 10 Minutes – *Fable*
- \_\_\_\_\_ High Intensity Interval Training – *Mylrea*
- \_\_\_\_\_ NLP Goal Setting Strategies – *Lebert*
- \_\_\_\_\_ Female Training Advantages – *Kravitz*
- \_\_\_\_\_ BOSU® Amped! – *Biscontini*
- \_\_\_\_\_ willPower and Grace – *Krauss*

### SESSION 6 (4:30pm – 5:50pm)

- \_\_\_\_\_ The Science of Longevity – *Kravitz*
- \_\_\_\_\_ BOSU® Playground Challenge – *Fable*
- \_\_\_\_\_ Bender Method of a Pain Free Back – *Bender*
- \_\_\_\_\_ BOUNCIN' Booty Dance – *McMullen*
- \_\_\_\_\_ 4P Bootcamp – *Lebert*
- \_\_\_\_\_ Schwinn® Cycling: Remixed & Redelivered – *Krauss*

## Convention Site

**Colorado Athletic Club - Downtown**  
1630 Welton Street  
Denver, CO 80202  
ph 303.623.2100  
www.coloradoathleticclubs.com

## Hotel Information

**Denver Marriott City Center\***  
1701 California Street  
Denver, CO 80202  
ph 303.297.1300 / 800.228.9290  
Room Rate: \$139/night (Mention FitFest)  
www.marriott.com

All Classes Earn CECs from ACE and CEUs from AFAA!  
Attendees Will Receive a Welcome Goodie Bag filled with exciting Freebies!

Trade Show: Fri 12:00pm - 7:00pm & Sat 9:30am - 3:15pm / 4:00pm - 6:00pm  
Gliding Discs, Bender Balls, Melt It Off Med Balls, Savvier Fitness DVDs, Vuma Wear Clothing, Dynamix Music, Plus Local Vendors!

## Registration Form

[www.FitFestTour.com](http://www.FitFestTour.com)

**PARTICIPANT:** Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

### FEES:

**Fri & Sat FitFest:** \$189.00 before 8/31 / \$229.00 after 8/31

**Friday Only:** \$119.00 before 8/31 / \$139.00 after 8/31

**Saturday Only:** \$139.00 before 8/31 / \$159.00 after 8/31

### Colorado Athletic Club Employees:

\$169.00 both days / \$109.00 Fri / \$129.00 Sat

**Groups of 10 or more:** deduct 10% when all registering together

**AFAA Certification:** register at [www.affaa.com](http://www.affaa.com)

**Schwinn® Cycling:** \$175 att / \$200 non-att \$ \_\_\_\_\_

**BOSU® Training:** \$49 att / \$59 non-att \$ \_\_\_\_\_

**Bender Anatomy:** \$59 \$ \_\_\_\_\_

**Flirtification:** \$169 \$ \_\_\_\_\_

**Conference Fee (see above)** \$ \_\_\_\_\_

**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 \_\_\_\_\_

**To Register: Call 831.457.2512 or Mail to FitFlix • 410 Esmeralda Drive • Santa Cruz, CA 95060 or FAX 831.457.0519**