



ECA360 INSPIRE NYC 2017 Fitness Conference March 23rd – March 26th, 2017 at the Marriott Marquis Hotel, New York, NY

**Register Now!** Either by mail, fax or on line. Click here for regonline:

<https://classic.regonline.com/manager/Forms/Details.aspx?EventSessionID=424e9dfa86ee4c55975221585eece20f&eventID=1899317>

To Mail or Fax: check application below

Deadline for reservations is Thursday, March 9th, 2017. On site reservation will carry an additional \$50.00 fee (subject to availability).

**EARN CONTINUING EDUCATION CREDITS**

\* You can earn up to 2.5 CECs from organizations such as ACE, ACSM, AFAA, ECITP, NASM, NFPT, NSCA SPINNING®

\* Each certifying agency determines which sessions qualify for credits.

**SPECIAL EVENT:**

**FRIDAY NIGHT FEATURED EXPERIENCE AND KEYNOTE ADDRESS**

Friday, March 24th 7pm-10pm

Join Lavinia Ericco (founder of Equinox), Donna D’Cruz, Patricia Moreno, Ben Allen and others, for a night of immersion in Music, Meditation, Dance and more! Lavinia’s keynote address, “Find the Joy in the Journey and the Strength in the Struggle” is sure to inspire you to have the courage to be you, and to see the strength inside to live a fulfilled life.

**PRE CONFERENCE WORKSHOPS:**

**Barefoot Training Specialist® Level 1 Certification** with Dr. Emily Splichal

Wednesday, March 22nd 9am-5pm

From heel strike to push-off, our foot dictates the way our body responds- and reacts- to every closed chain movement including walking, squatting and jumping. Join EBFA Founder Dr Emily Splichal for the only Certification that fully prepares the health and fitness professional to integrate foot assessment, barefoot activation and foot to core sequencing into their client programming.

Learn concepts including:

- Foot to core sequencing via short foot
- Foot & ankle anatomy & biomechanics
- Open chain & closed chain foot assessment - Foot function & fascial lines
- Barefoot before shod programming + more!

**Fee:** \$200 for ECA INSPIRE attendees \$250 for non-attendees

**PLYOGA Fitness Certification – Your Body Is Power®** with Stephanie Lauren

Wednesday, March 22nd 9am-5pm

PLYOGA® is a 4-part high intensity interval system using fundamental, fluent, and accelerated yoga postures as an active recovery for intense plyometric perfection. YOUR BODY IS POWER®.

PLYOGA® was formed in 2013 with 2 primary purposes in mind. The first was to reinvent interval training to incorporate a true active recovery measure with the goal being true safety and effective fitness in all planes of motion. The second is to give many athletes and group exercise enthusiasts, who favored boot-camp style workouts, an avenue to where they could also emphasize their flexibility, balance, and muscle elongation.

PLYOGA® is highly modifiable and can be taught without equipment or music cueing at any venue. Come learn about our trainer incentives and get your continuing education units.

**Fee:** \$200 for ECA INSPIRE attendees and \$250 for non-attendees

### **Performance Benefits of Meditation** with Beth Shaw

Wednesday, March 22nd 10am-6pm

Learn Meditation & Breathing Techniques to Reduce Stress and Improve Sports Performance.

Yoga, breathing and meditation when practiced together strengthen the mind-body connection, improving overall fitness and wellbeing. Learn over 8 different techniques in this workshop. Many styles of yoga combine meditation with the physical routines, which use controlled breathing throughout the yoga poses. Learn to meditate without practicing yoga by simply relaxing, clearing your mind and concentrating on controlled breathing. Meditation is also an effective stress reducer that is used to help reduce anxiety, panic disorders and agoraphobia, an anxiety disorder.

- Learn a few styles of meditation for every personality type
- Discover a mindfulness meditation that combats stress and is easy to practice
- Create a mindfulness practice to teach to your clients
- Teach your clients to practice self healing and injury prevention with mindfulness

Learn why successful athletes, coaches and creative's are stopping their work, their teams and in Oprah's case – stopping their entire companies twice a day to meditate. Discover the benefits of meditation, mindfulness and mind-body techniques on your work force. Beth Shaw helps you craft a plan to improve your performance and insure your clients' success.

**Fee:** \$188

### **Training Rotation: For Sport, For Work, For Life** with Dr. Evan Osar

Thursday, March 23rd 8:30am-5:30pm

A large segment of our older clients – the baby boomers and seniors – struggle to achieve optimal thoracic and hip rotation that affects their ability to do the things they need, want, and love to do. For many, it is not simply because they are 'tight' and need more stretching; rather these individuals need a strategy for improved alignment and control of their thorax and hips. This presentation will discuss why your older clients lose thoracic and hip rotation and define exactly how efficient function of the core is critical to the function of the entire lower extremity. Additionally, you will discover how to functionally assess the thorax and hip and implement an effective corrective and functional exercise strategy for improving both thoracic and hip rotation in your older clients.

#### **Learning objectives**

- The fitness professional will become aware of the anatomy, biomechanics, and functional control of the thorax and how this relates to optimal hip function
- The fitness professional will discover the three primary reasons their clients and athletes lose trunk and hip mobility and be able to perform a functional assessment of their clients to determine the relationship of the thorax to the stability function of the hip complex
- The fitness professional will discover how the principles of the *Integrative Movement System™* - alignment, breathing, and control - of the trunk, spine, and pelvis (thoracopelvic canister) relate to the development of efficient thoracic and hip function
- The fitness professional will be able to apply the principles of the *Integrative Movement System™* into a corrective exercise program designed to improve thoracic and hip function
- The fitness professional will discover how to develop a progressive exercise program that helps their clients and athletes improve their thoracic and hip rotation

**Fee:** \$189

### **Bbarre Less®** with Tracey Mallett

Thursday, March 23rd 9am-5pm

Tracey Mallett, the creator of the hugely popular global sensation bootybarre, has now developed bbarre less for clubs and studio's who currently do not have barres or are unable to fit barres in their venues. bbarre less is a fusion style class with a true foundation of Pilates performed to the beat of the music. You will experience a mind body connection fused with dance, Pilates and Yoga. bbarre less is about connecting your mind to the body, so that you not only strive to move with precision but also have FUN. Classic barre exercises have been adapted to be performed in the center of the room either standing or on the floor. You will challenge the core for balance and total body proprioception. Dancers have performed floor barre for generations as it allows them to explore new movements and gives them the strength to move with elegance and ease utilizing the floor for support. bbarre less is broken down into four-five blocks with two cardio fusion intervals - a short warm-up and simple stretches to complete a total body workout. Each block has a unique focus and goal that incorporating strength, balance, power and flexibility movements. Two of the exercise blocks will use either a band/ball or both, to emphasize control of the body, assist you to do the exercise correctly and/or challenge your body awareness. bbarre less moves to the music, enhances your flexibility and challenges your body to move effortlessly like a dancer!

**Fee:** \$325

### **Spinning® Instructor Certification** with Joe Krasinskas

Thursday, March 23rd 8am-5pm

Become one of the world's most sought-after fitness instructors—a certified Spinning Instructor. This 9-hour training is your first step. Topics include bike setup, the five core movements, three hand positions, choosing music, creating a Spinning journey, safety considerations, teaching techniques, Spinning philosophy and heart rate training. After completing this training, you will be qualified to teach the Spinning program at any official Spinning center throughout the world. Certification will be awarded after completing the live training day and successfully passing the assessment. Please bring a heart rate monitor, water bottle, energy food, towel, clothes for two rides, bike shorts, stiff-soled shoes and a pen or pencil. There will be a lunch break mid-day.

**CECs:** 8.0 AFAA, 0.8 ACE, 0.8 NASM

Registration fee includes the Spinning Instructor Manual, a Digital Study Guide to assist with learning the material more effectively and with passing the certification exam, a complimentary 30-day-month SPIN Membership from the date of your Spinning Instructor Certification Live Training Day, and a digital Certificate of Completion. A certified instructor card will be issued upon successful completion of both the assessment and of the Live Training Day.

**Fee:** \$355 (plus shipping and handling for course materials)

To register by phone, call 800.847.SPIN (7746) or 310.823.7008. To register online visit: [www.spinning.com](http://www.spinning.com).

### **The Urban Dance Workshop** with Tony Stone

Thursday, March 23rd 10am-2pm

The Urban Dance Workshop is the fully loaded dance experience. it will cover body line & positioning awareness, isolations, different styles of yesteryear and today along with understanding the approach to choreography musicality for this extremely popular genre of dance movement.

**Fee:** \$99

POST CONFERENCE PROGRAMMING:

### **ZUMBA® BASIC 1 Instructor Training** with Irena Meletiou and Nicholas Logrea

Sunday, March 26th 9am-6pm

This training is the first step to becoming a Zumba® instructor as it teaches you the foundation and formula to teach a Zumba® class. You will learn the steps to four basic rhythms (merengue, salsa, cumbia, reggaeton). You'll learn how to put these steps together into a song, and how to create your first Zumba class. We'll provide you with all the tools and resources you will need to teach a Zumba class. \$225 early bird registration (Training Fee increases to \$235 after the early bird deadline). **(Use PROMO CODE: ECA25 to receive a \$25 discount.)**. Included with Session: Basic Steps Level 1 Review DVD, Basic Steps Level 1 Mash-Up DVD, Basic Steps Level 1 Mash-Up CD, Rush DVD, Basic 1 Electronic Instructor Manual and Certificate of Completion.

**Fee:** \$225

**CECs:** ACE .7 AFAA 8.0

**Recover With Be-Jaya with Chris Tai Melodista & Jared Tavasolian**

Sunday, March 26th 9:30am-1:30pm

In our 4-hour workshop, we tie everything together in a way that takes you in deep. We bring you into your body while taking you out of your mind. This dynamic + intense combination will leave you feeling mentally refreshed and physically strong.

**Fee:** \$99

MAIN CONFERENCE PROGRAMMING: DESCRIPTIONS BY TIME:

Key: workshop (ws) workout (wo) lecture (L)

FRIDAY 7:30-8:45AM

**BAX® (ws)**

Robert Steinbacher

BAX® is an advanced, high performance training program designed for athletes. It is perfect for personal trainers to use in small group training sessions as well as to incorporate in their one-on-one training. Based on the holistic principles of Yin and Yang, it combines high intensity performance training with myofascial range of motion exercises to enhance coordination, functional movement patterns, precision and focus.

**Anatomy of a Circuit (ws)**

Michael Piercy

Learn ways to create, implement and coach circuit programming as well as formats that you can use in any setting. Learn the secrets to building fun and effective circuit programming along with some of the best modalities that can put a burst of energy into your circuits.

**SPINNING®: Lactate Threshold vs. Heart Rate (wo)**

Patrick Sims

LT: it's all the buzz. It's the new gold standard. It's all the talk in the Tour. And you're ready to bring it your Spinning® class: but HOW? Clinical Exercise Physiologist Patrick Sims, MS will take you through the protocol for a Lactate Threshold Field Test by heart rate and then how to apply the results to the Spinning® Energy Zones to coach your students based on the dynamics of their training status. We'll also discuss how to monetize this service in your facility to pad your pocket. Any Spinning® coach using heart rate should be in the saddle for this ride! Heart rate monitor required.

**Peak Pilates®: Jump Board Basics (ws)**

Kathryn Coyle

Get the tools you need to implement the jump board into your private sessions and group classes. Understand basic biomechanics, warm-up essentials, 1 vs. 2 foot take off and landings, as well as cue and touches to improve alignment. Be safe, be smart and jump to it!

**Signature GROOV3 (wo)**

Benjamin Allen

Dance, Sweat, and Live with Benjamin Allen, creator of GROOV3, America's Coolest All-Levels Dance Workout in this 1-hour, high-octane, DJ-fueled celebration. The mission of GROOV3 is to inspire change and build a global community through the power of dance. Elevate your dance game as Ben works you through an entire routine in bit size chunks while the DJ keeps the hits playing. All levels are welcome as we encourage participants to "Dance the ISH out if it" connecting the movement to music while getting a great workout in the process.

**io-ball Deep Core Activation (ws)**

Johanna Fellner

The path to true fitness and balance is the activation and functionality of the deep core musculature of our bodies. By reaching the deep intrinsic muscles we can reduce the strain on the accompanying joints and provide balance to our musculoskeletal system. Promote co-contraction and increase range of motion.

**Da Vinci Bodyboard (ws)**

Floery Mahoney & Darci Bawdon

The Da Vinci Bodyboard combines strength training, cardio and muscle training throughout. Can work the body from opposing directions and it's adjustable for any fitness level with modifications for regression and progression. It's fun and fast-paced, but low impact and different from anything you've ever tried before.

**Yoga (Balance, Strength, Flexibility, Core) (ws)**

Gail Bannister-Munn

Flexibility and Strength are critical in life for all of us, at all ages and not just for the professional athlete but also for the amateur athlete. "The Bannister Method" is designed to increase muscular balance, strength, flexibility, core strength, and bring energy into the body. You will develop inner strength and an understanding of your limitations to either move beyond them or stay within your boundaries, however, still feeling like you have accomplished your goals. Your clients/members will feel comfortable in this format leaving them rejuvenated in a non-competitive environment. This session is a fusion of Yoga, Pilate's base core work, Active Isolated (A-I) stretching and flexibility. You will walk away with a glow, leaving your body and mind relaxed.

7:30-9AM

**"There's No Such Thing as Toning: The Truth about Women, Strength Training and the Group Fitness "Sculpting" Class (L)**

Stacey Piegari

It's FINALLY time to address the "Toning" myth amongst our colleagues and peers and find a way to crush it and facilitate change in the fitness industry and mainstream pop culture. Deep down, we all know the truth, but do we actually practice and preach it every day to our loyal, devoted and hopeful fans? Some of us may, but many of us are guilty of capitalizing on mainstream pop culture's false advertising and misleading information to fill our personal training schedules or group fitness classes. In this session, Stacey will review our basic and most common knowledge that we fail to implement on a daily basis that we learned from our ACE and NASM textbooks when we first got certified! She will inspire and encourage you to look deep inside yourself and at your values, ethics and integrity in the industry you have chosen to dedicate your life to. Stacey will also go over the rationalization of poor program design, the real reasons for client and student injuries (are you helping or hurting your clients?), various popular programs in health clubs and in the market, and how to help your female (and some male) clients and students overcome their immense fear of getting "bulky". In this eye opening, controversial and innovative lecture, Stacey will help us as fitness professionals to acknowledge our true intentions, bring awareness to ourselves and our clients and ignite change to immediately implement during your first personal training session or group fitness class when you get home from the conference! She will be leaving time to open the floor to discussion with her and your peers so your voice is heard and we can all make a difference together! You will leave inspired and fired up on your own new mission to spread the truth!

FRIDAY 9-10:15AM

**Powerstrike Kickboxing (ws)**

Ilaria Montagnani

A new energy packed POWERSTRIKE Kickboxing workout with new drills, new exercises and exciting fun and fresh routines. This highly motivating and intense cardiovascular workout is rooted in martial art basic and advanced techniques. During the class we'll practice all the basic punches, blocks, and the main kicks. Each move is executed on its own to learn and perfect technique and execution, then choreographed in various exercises and fighting routines. For over 15 years, POWERSTRIKE Kickboxing has been an energizing, highly effective and easy to follow form of exercise. Experience the original and true martial art-fitness fusion.

**bbarre less® (ws)**

Tracey Mallett

bbarre less® is a fusion style class with a true foundation of Pilates performed to the beat of the music. You will experience a mind body connection fused with dance, Pilates and Yoga. bbarre less® is about connecting your mind to the body, so that you not only strive to move with precision but also have FUN. Classic barre exercises have been adapted to be performed in the center of the room either standing or on the floor. You will challenge the core for balance and total body proprioception. Dancers have performed floor barre for generations as it allows them to explore new movements and gives them the strength to move with elegance and ease utilizing the floor for support

**SPINNING®: The Seven Summits (wo)**

Joe Krasinskas

One of the great challenges in mountaineering is the Seven Summits. The goal: reach the highest peak on each continent. Master your climbing technique as you ascend to the top of the world.

**Peak Pilates®: Reformer Variations (ws)**

Zoey Trap

Variations can spice up any reformer session, keeping students on their toes, while challenging their physical ability and concentration. Add a little salt and pepper to your reformer workouts by learning more about how and why to use variations, and then by getting down to it and picking up new twists on the old classics -- after all variety is the spice of life.

**STRONG by Zumba™ (ws)**

Irena Meletiou

STRONG revolutionizes Zumba® workouts as you know them, melding upbeat rhythms with powerful cardio and strength-conditioning moves to fire your fitness potential. Think progressive resistance and overload, plyometrics, core, and functional training using only your own body weight, all rolled into one dynamic, results-driven class guaranteed to challenge your entire body. Relying on proven HIIT methods, but with a Zumba twist, we call our program HITTZ – High Intensity Tempo Training – Zumba style! The strength of the beat challenges you to find power, strength, speed, stamina, and mobility. Optimize your workout and make every minute count as you push beyond your limits. Join the party and get fit. Sponsored by ZUMBA®FITNESS.

**Introduction to Myofascial Stretching (ws/L)**

Dan Hellman

“Muscle is a Stupid Piece of Meat” Guy VOYER, DO. When VOYER makes this statement he is not joking. Fascia is quickly becoming the most studied and talked about structure in the human body. How can one stretch a muscle when the fascia that covers it is tight, dried or retracted? In this course, you will learn what fascia is, its’ importance and why myofascial stretching is the best form of stretching for performance, maintenance and prevention of injury.

**Kettlebells First Steps: Group Fitness (ws)**

Paul Katami

Learn the fundamental first steps and training techniques for using a kettlebell in group fitness. This workshop covers the major differences between Olympic style training and using kettle bells for group fitness classes. Experience using a kettlebell for a workout and signature skill moves like the “swing” and “clean and rack”. Inspire yourself to explore advanced training and the opportunity to bring this dynamic and exciting format to your classes and group training.

**PLYOGA® Your Body is Power® (ws)**

Stephanie Lauren

We have reinvented interval training by giving you a highly challenging and modifiable workout in all fitness planes of motion. This is our flagship format!

**Reset With Be-Jaya (ws)**

Chris Tai Melodista & Jared Tavasolian

In this 75 minute workshop, you’ll get a taste of how breathing + movement can be used to recover quickly + efficiently. You’ll learn how to tap into your “rest + digest” system with ease in order to create a solid foundation for your physical + mental endeavors.

FRIDAY 9:30-11AM

**Exercise Progressions & Regressions (L)**

Mike Boyle

Learn to take the basics (push, pull, legs, core) and progress and regress them for any client at any age. From kids to seniors the magic is in the art of progression and regression. Session will look at progressions for squatting, 1 leg

squats, hip dominant exercises, pulls and pushes. It is recommended that you attend both the lecture and the workshop, as the theory covered in the lecture will become practice in the workshop.

### **Radiate Leadership (L)**

Alexandra Joy Smith

Ask yourself if you are ready to truly radiate with certainty, clarity and courage in the world. Radiance is defined as light emitted by or reflected by something. Well, as a powerful woman and leader you can truly rock this world with who you are and what you are here to do on this planet. Get connected to your WHY and be inspired in this session to access your radiance through a 12-step process which is not only fundamental to leadership but fundamental to what it takes to create a life you love. Get ready to truly radiate!

FRIDAY 10:30-11:30AM

### **StepLogicOlogy: The Second Edition (ws)**

Katie Haggerty

Step is a sequence of mathematic equations that are seamed together like a piece of art. This session will teach the foundations and breakdown methods of building choreography so you can turn any basic step movement into a masterpiece, while grasping how to gauge the learning curve that comes with each class!

### **Boxing For PT (ws)**

Theresa DeCanio-Alini

This workshop is for the Personal Trainer who wants to take their client to the next level by adding punches to their training sessions. One-on-one training on the punch mitts and focus targets will increase your clients' power, endurance, core-strength and hand-eye coordination. The trainer will learn how to execute each punch on and off the mitts and focus targets. Use boxing mitts and focus targets as an addition to your clients' workout or to create a full hour boxing session.

### **SPINNING® : Rock 'n Roll (wo)**

Josh Taylor

Are you ready to ROCK? Put the pedal to the metal in a ride fueled by guitars, drums, and world class screaming vocals! This is your chance to rock out to some high-powered Rock & Roll and have a blast!

### **Try Peak Pilates® (ws)**

Zoey Trap, Connie Borho, Kathryn Coyle

Flow through a classical introductory workout created with the beginner in mind. If you are curious about Pilates, or Pilates equipment, come in to a non-threatening, easy to follow beginning workout and discover what the excitement is all about.

### **House Party @ Tony's (wo)**

Tony Stone

Smooth house music with seamless house moves. Fun, addictive footwork and leg movement is what makes this dance class the house party you don't want to miss. This is your party invitation.

### **STABY BodyFire (ws)**

Johanna Fellner

Utilize the German invention, the STABY, a vibrating rod unlike anything on the market today. Bring your body and workout to a new level by stimulating and activating all the muscles of your body. Bring the heat and intensity to a level never experienced before and get caught in the bodyfire with this performance-based workout. Five training targets—power, agility, strength, speed and quickness!

### **Speedball (ws)**

Steve Feinberg

Speedball is intense, NON-STOP multi-directional conditioning featuring the weight shifting SpeedBALL. Optional progressions to add impact are available to challenge the conditioned athlete, but the basic movements are accessible and functional for any fitness level. The class simultaneously challenges muscular endurance and

integrates functional core training without sacrificing cardio intensity.

### **Fascial Tensioning and the Bodyweight Athlete (ws)**

Dr. Emily Splichal

Fascia and tensegrity take on a whole new meaning as a bodyweight athlete. From faster joint stability to more efficient transfer of forces, tapping into the fascial system is the linchpin to optimizing performance. Join Dr. Emily as she explores concepts in fascial tensioning and fascial elasticity as it relates to both foot and hand strength. After this workshop you be both barefoot strong and grip strong!

### **Plyometric Infused Dance (ws)**

Jason Layden

Fitness enthusiasts today love both the fun thrill of sexy dance routines and the intense athleticism of plyometrics and HIIT training. In this course I will teach students how to seamlessly fuse together follow along dance steps and plyometrics, or jump training, to create a calorie scorching, high intensity workout. Students will learn how to take simple follow along dance routines set to some of the hottest hits on the radio and amp them up with carefully crafted elevated movements. Modifications for lower impact students, safety precautions and proper cueing will also be demonstrated throughout this one-hour presentation.

FRIDAY 11:30-1PM

### **Rock Solid Rotator Cuff (L)**

Dr. Evan Osar

Many of our clients experience muscle imbalances within the shoulder complex that lead to rotator cuff impingement. Over time, these problems limit shoulder range of motion and contribute to weakness that affects these individuals ability to exercise as well as function in everyday life. In this session, you will discover exactly what the rotator cuff does and how some of our current strengthening and stretching strategies are directly contributing to rotator cuff problems. Additionally, you will learn how to develop and implement a corrective exercise strategy for improving rotator cuff function so your clients achieve greater shoulder stability and mobility.

### **The 1 Question You Must Answer To Grow Your Business (L)**

Julian Barnes

Before you build your website, design you business cards, conduct a marketing campaign or attend your first networking event, you must answer this 1 question about your business in order to increase the probability of success. In this session, Julian Barnes will reveal the answer to that question and discuss how the answer can help you build a power brand and an effective strategy.

FRIDAY 12:30-1:45PM

### **Exercise Progressions & Regressions (ws)**

Mike Boyle

Learn to take the basics (push, pull, legs, core) and progress and regress them for any client at any age. From kids to seniors the magic is in the art of progression and regression. Session will look at progressions for squatting, 1 leg squats, hip dominant exercises, pulls and pushes. The key here is that we will teach you to perform and teach the exercises. This will be based on the theories that have made up our Certified Functional Strength Coach course.

### **Center Floor (barre-fusion) (ws)**

Stacey Lei Krauss

Barre workouts are trending... but why give students an additional point of contact, when what they REALLY need is single-leg drills for balance, proprioception and intrinsic strength? Center Floor is equipment-free and barefoot; you'll learn why this minimal approach is so effective. This format has an interesting approach that you may not have considered! Our method results in a strong kinetic chain and lateral sub-system, but what our students' love is their long, strong, lean muscles and the "barre-sore" feeling in "all the right places". A class for students of ALL-LEVELS, especially important for students managing injuries!

### **SPINNING®: Stress Test: Ride the Energy Systems (wo)**



Patrick Sims

As instructors, we ask our riders to perform intervals of certain lengths and intensities, so we have to understand the capacity of the human body to perform high intensity training. In this Interval Energy Zone™ ride, Exercise Physiologist and Spinning® Master Instructor Patrick Sims, MS will “stress test” your capacity to perform intervals, so that your interval rides are built to truly stimulate peak performance.

**Peak Pilates®: Moving Strength (ws)**

Connie Borho

This challenging Pilates mat class will combine functional and traditional strength-training with classical Pilates movements. Adding weights, bands, and tubing to a flowing Pilates workout that begins on the floor and progressively transitions to a standing position creates a flow of moving strength that can be added to any toning class.

**NYC Funky Groove (wo)**

Ryan Beck

Experience the power, funky grooves, of NYC street culture. This class will make you feel the freedom of expression, connect to your inner artist, and allow you let your hair down and move to rhythm of the deep beats!

**Introduction to Proprioception & Awareness (ws/L)**

Dan Hellman

Were you ever told that once you sprain a ligament it is permanently damaged and will have laxity forever? I know I was. However, according to Dr. VOYER ligaments can be made smart again. There is a proprioception exercise for each ligament in the body. This class will teach you the importance of proprioception and awareness and give a few examples of each. One of the examples will be proprioception of the most injured ligament in the human body... The ACL.

**Fitness Tools For the Mature Clients (ws)**

Gretchen Zelek

This workshop will introduce fitness tools to help instructors work with clients 50+ who complain about sore or injured joints but want to continue to participate in class and gym. Learn about safe and appropriate tools to provide support and comfort for your fastest growing client base in the fitness world.

**intenSati (ws)**

Patricia Moreno

A rhythmic mind, body, spirit-training with live drumming, mantras, martial arts and yoga. Move yourself into an ecstatic state of mind by pushing your body through empowering moves and engaging your mind through spoken affirmation. Each class begins with intention-setting and ends with a guided visualization for manifesting miracles.

**Rebalance With Be-Jaya (ws)**

Chris Tai Melodista & Jared Tavasolian

The second mini session in this series, we use a mix of intensive breathing + dynamic meditation to get you amped. We explore ways to re-calibrate + utilize our own “fight or flight” response.

FRIDAY 1:30-3PM

**Adrenal Fatigue (L)**

Nancy Guberti

Fatigued, stressed out, on an emotional rollercoaster and just can't lose the weight? Ever hear about adrenal fatigue and really understand how it impacts your body and mind? Learn why one needs to nourish adrenals, thyroid and hormones to live a healthy lifestyle.

- How can imbalances throw off the terrific trio turning them into a triple threat of illness?
- Discover how genetics, brain chemistry, oxalates, toxins, chronic infections, candida, stress, personality and life events play a significant role.
- What about other situations and underlying issues that can also exacerbate the imbalance and cause adrenal fatigue? Let's shed light on the importance of clean eating & nutraceuticals, along with several case studies with common improvements.

### **Everyday Athletes (L)**

Robert Caslin

What is fitness? Ask 10 people and you are likely to get 10 different answers. Our customers all want the same thing - six pack abs and to live long lives devoid of chronic illnesses. Learn how you can define fitness for your clients and how to incorporate functional fitness as part of a complete fitness program for any individual, regardless of age or current state of health. In this session you will learn the basics of functional fitness and what makes it a welcome addition to your arsenal of "health and fitness weapons".

FRIDAY 2-3:15PM

### **True Body Project (ws)**

Robert Sherman

Train your True Body and find out what has been missing. In this workshop, you will learn how to truly unlock imbalances, increase awareness, and understand alignment and posture. This class will build balance, stamina, endurance and train under-used muscles to get your body and mind moving right.

### **What is ELDOA (ws)**

Ilaria Cavagna

**ELDOA** is a revolutionary technique in the treatment of **BACK PAIN**, which is unfortunately a very common and debilitating disease nowadays! What **ELDOA** does is create space in between the bones, in this case the vertebrae, giving relief to the tissues and nerves in between them. **ELDOA**, in english **LOADS** (Longitudinal Osteoarticular Decoaptation Stretches) is a restorative corrective exercise technique for the spine (and other joints of the body) created by Osteopath **Dr. Guy Voyer**. With ELDOA you put the fascia under tension, creating precise and still postures, that provide relief from pain and restore the balance.

### **SPINNING® : The Barkley Marathons (wo)**

Joe Krasinskas

Perhaps the world's most difficult and mysterious race, the 100-mile Barkley Marathon has had only 14 runners finish since it began in 1986. Test your mental and physical toughness as you take on some of the world's most challenging terrain.

### **Peak Pilates®: Pump and Press (ws)**

Zoey Trap

Take your chair workout and max it out. Add weights to create overload and challenge coordination and balance with combinations that move on and off the pedal. Learn new fitness fusion exercises that will give a full body workout with a high sweat factor.

### **Dance Fitness Fusion (wo)**

Dee Delgado

Class consists of a choreographed dance routine. It's a naturally interval-style class, as you break to learn the routine and then go hard, focused on Hip-Hip / street jazz style.

### **CrossCore®: S.A.M. – Strength, Agility, Mobility (ws)**

Danielle Forster

Experience sequences that will create stronger attachments, strength and symmetry right to left side, and provide the body with enough resistance within the transverse plane to train rotational movements that transfer into sport and life. Our patented pulley system will take your mind and body into 2017.

### **Kettlebell Krush: Group Fitness (ws)**

Paul Katami

\*For instructors with Kettlebell experience. Take your Kettlebell workout to the next level with this Intermediate and Advanced Kettlebell workout. Drills to drive your heart rate are the start to sequences connecting power, endurance and dynamic moves. Solidify your skills and discover new moves and connections using the kettlebell as a dynamic weight.

**Trust the Pilates Method (ws)**

Blossom Crawford

In this Matwork class, we will do traditional or "classical" Pilates exercises that were developed by Joseph Pates early in the 20th century. We will also explore some fun additions to the original work that was created by Kathy Grant, one of Mr. Pates principal students. Experience how these brilliant exercises allow you to tap into muscles you didn't know you had. You will feel taller, longer and more in touch with your body after this powerful workout.

**Plyometric Infused Dance (ws)**

Jason Layden

Fitness enthusiasts today love both the fun thrill of sexy dance routines and the intense athleticism of plyometrics and HIIT training. In this course I will teach students how to seamlessly fuse together follow along dance steps and plyometrics, or jump training, to create a calorie scorching, high intensity workout. Students will learn how to take simple follow along dance routines set to some of the hottest hits on the radio and amp them up with carefully crafted elevated movements. Modifications for lower impact students, safety precautions and proper cueing will also be demonstrated throughout this one-hour presentation.

FRIDAY 3:30-4:30PM

**WERQLIKEABOSS (wo)**

Haley Stone

Prepare for an extremely wild dance fitness experience as team Diva stomps it out against team Hip-Hop. Before the WERQout, participants will choose a team. Team Diva will represent mega pop artist icons like Britney and Beyonce. Team Hip-Hop will represent the swagger stars of hip-hop like Drake and Nicki Minaj. WERQ Dance Fitness choreographer, Haley Stone, will lead this wild WERQout and judge which team gets turned up the most to earn the Like A Boss title. Who will win the title #WERQLIKEABOSS.

**Dance Trance (wo)**

Beth handline

Dance Trance is a licensed dance fitness program that is located in regions all over the globe... it is unique & inspirational. This program contains fresh new choreography to original artist's music. Expect a warm-up routine and a few high cardio routines that you will learn and then repeat. Come get lost in the rhythm!

FRIDAY 3:30-5PM

**PLYO-PAC (ws)**

Theresa DeCanio-Alini and the ISCA Team

Bring the fun back to your clients' workouts! ISCA PLYO-PAC is a heart raising, full body obstacle course that challenges the participant to do more. ISCA trainers will keep you and your team running, jumping and moving through hurdles, ladders, rings, cones and any other equipment available. Teams will "race off" for ECA 2017 bragging rights. Are you ready for PLYO-PAC?

**bootybarre® (ws)**

Tracey Mallett

bootybarre is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre. We focus on proper biomechanics for a safe and well-structured class that can be modified for any fitness level and easy-to-follow. bootybarre is choreographed into blocks for total muscular balance of the body and perfect flow. bootybarre PLUS is a low impact that's performed to the beat of the music and burns mega calories.

**SPINNING®: Instinct Ride (wo)**

Josh Taylor

Deep inside each of us is a wild animal that was born to survive, adapt, evolve and instinctually react to any challenge. In this profound visually based ride, Josh will use animals and their environments as the inspiration and class design. This is a ride that takes every aspect of the Spinning® Program to the max.

**Peak Pilates®: Let's Get Vertical (ws)**

Kathryn Coyle

Since we spend most of our days in a vertical position, doesn't it make sense that we strengthen, stabilize and stretch our bodies in a vertical position in our workouts? Learn how to adapt traditional Pilates mat, reformer, and chair exercises to a standing position, experience fusion exercises that will challenge clients in new way and explore Pilates from a higher point of view!

**CrossCore®: Beyond Suspension (ws)**

Danielle Forster

Learn the latest training techniques of the Special Ops Forces, numerous professional sports teams and strength and conditioning coaches worldwide with CrossCore®. The patented pulley anchor allows for partner training, harness work, attachment training with sandbags, kettlebells, resistance bands, rings, trapezes and weighted fat sticks. Come ready to play and help every client reach their potential with our secret weapon.

**Aeroropes (ws)**

Lisa Gaylord

The latest craze in rope training is AEROROPES! This class is designed to burn up to 800 calories per workout. AEROROPES trains the neuromuscular system to apply force that begins at the core and extends through the extremities. AEROROPES was designed for the Group Exercise community that wanted to use ropes but traditional ropes are too big and too heavy. This is a low to no impact workout that places minimal stress on the joints, and because AEROROPES is lightweight (5lbs), it can be used by kids, the elderly and physically challenged participants. These workouts are also driven by rhythm and music that makes them exciting and fun to do. Think drumming to the beats!!

**Undo Hours of Sitting (ws)**

Christi Idavoy

Not many would argue that the demands placed on the body in today's modern world are causing a wide-range of physical disorders. Many of these common aches and pains can be relieved by increasing thoracic mobility. We often think in terms of creating lumbo-pelvic stability in order to 'protect' the lower back and strengthen the abdominal wall. In this workshop, we will look at a series of exercises and movements. We will look at how sequencing and cueing play an instrumental role in the outcome and effectiveness of a workout.

**How To Grow Your Business With Social Media (L)**

Michael Guberti

Get ready to learn:

- \* 5 power strategies to master & monetize your social media
- \* How to increase your customer base & shine online
- \* Tactics to grow your email list
- \* Methods to get leads to call your business

This presentation will pull back the curtain on what it means to #GetSocial.

FRIDAY 4:45-5:45PM

**Yves-olution (wo)**

Yves Maco

'Yves-Olution' explores the endless possibilities of movement without restrictions by allowing the body to truly feel the different rhythms while increasing the body's strength and flexibility. This soulful class combines afro-carribean, hip hop and jazz movements together to bring you a heart pumping non-stop dance til' you drop fun.

SATURDAY 7:30-8:45AM

**Step+Dance=Party (ws)**

Katie Haggerty

Take the basic movements of step and add the intricacy of dance, and you will have a party! Learn how to evolve basic step movements utilizing the music beyond 4, 8 or 16 counts and discover new ways to effectively deliver and communicate the breakdown, so that every student leaves with a feeling of success and ready for the next

party!

**P90X® LIVE (ws)**

Paul Katami

Join like-minded others who are determined to get results with this fun new P90X LIVE format! The popular at-home fitness program has created new routines combining strength training and cardio that utilize body weight and minimal equipment to get you as ripped as ever. This pre-designed group exercise class is taught in blocks to target various muscle groups that will help you transform your body no matter your fitness level.

**SPINNING®: What's the Worst That Could Happen? (ws)**

Joe Krasinskas

Come discuss Spinning® contraindications in stark terms. Learn a system to evaluate the safety of movements and how to explain risks to your classes. If you think, "What's the Worst That Could Happen?" you will see safety in a whole new way.

**Peak Pilates®: Yoga on the MVe® Chair (ws)**

Zoey Trap

Equipment isn't just for Pilates students any longer! Explore a creative class that creates an engaging and beautiful vinyasa yoga experience. The MVe Chair assists and challenges traditional yoga asana making the practice more accessible for many students. Find something new in your practice as you expand body, mind, and spirit in this new age session.

**WERQ Dance Fitness (wo)**

Haley Stone

Experience WERQ dance fitness with owner and choreographer Haley Stone. WERQ (pronounced "work") is the wildly addictive cardio dance class based on pop and hip-hop music. WERQ routines blend athletic moves with fresh dance choreography for a high intensity, easy-to-follow WERQout.

**CrossCore®: Beyond Suspension (ws)**

Danielle Forster

Learn the latest training techniques of the Special Ops Forces, numerous professional sports teams and strength and conditioning coaches worldwide with CrossCore®. The patented pulley anchor allows for partner training, harness work, attachment training with sandbags, kettlebells, resistance bands, rings, trapezes and weighted fat sticks. Come ready to play and help every client reach their potential with our secret weapon.

**Mind, Body, Spirit Trifecta (ws)**

Christi Idavoy

We will first breakdown very common movements like planks, lunges and sit-ups and then move into a fluid sequence of movements that will help fatigue the body and prepare the mind to sit for a guided meditation. Informed by Pilates anatomical concepts and yogic philosophies of contemplation, this session will leave you with an increased sense of awareness and peacefulness while giving you a challenging work out!

**STABY Dives Into the Deep (ws)**

Johanna Fellner

Sleek torso, ripped abs and powerful glutes! Utilize the STABY to dig into the deep and intrinsic musculature in a client's body. Get ready to be sweaty and experience the energetic release from the fire you created inside and out.

SATURDAY 7:30-9AM

**7 Reasons Your Thyroid is Sluggish (And How to Fix It!) (L)**

Marc Bubbs

If you struggle with weight gain, brain fog and low energy then you may be suffering from an underlying thyroid problem. If your thyroid isn't running on all cylinders, you'll struggle with irritability, fatigue, poor memory, weight gain and inability to thrive. In this talk, Dr. Bubbs will discuss the most common roadblocks to healthy thyroid

function, how current lab tests are inadequate (and what tests you should run), and what you can do on the diet, exercise and lifestyle front to kick-start your metabolism, achieve your best body and upgrade your health.

### **The Soul of Purpose (L)**

Alexandra Joy Smith

How would you rate where you are in relation to where you want to be in your life? How big is the “gap” in your life? Are you clear about your mission, vision and values? Do you even understand how getting clear about them can relate to creating a life you love? All of these questions will not only get cleared up for you during this powerful session, but as a powerful emerging leader, you will leave with tools that empower you into inspired action now!

SATURDAY 9-10:15AM

### **High Performance Ideal (ws)**

Robert Sherman

Learn a format to buzz metabolism. The workshop will target your overall cardio and strength systems to work longer, harder and faster. This class is full of challenges that will always be different to keep the body guessing to break through barriers.

### **Free Your Sole: Foot Pre-hab & Re-hab (ws)**

Stacey Lei Krauss

There are plenty of devices to prepare and rehabilitate feet these days. Trigger point performance therapy is now widely recognized as a way to release constricted areas and break down adhesions. In this session learn techniques that are completely equipment free! This Foot Fitness program is based on two sequences. The self-massage sequence is restorative and therapeutic; compare it to a yoga class (for your feet). The standing sequence promotes strength, endurance, flexibility and coordination; compare it to a boot-camp workout (for your feet). These exercises work; we’ve been doing them for over a decade!

### **SPINNING®: Ride the Remix: Face the Music (wo)**

Patrick Sims

Spinning® instructors have the amazing power of complete freedom when it comes to their music, but it can be hard to capitalize on the diversity of music. This ride will loop twice, and experience a song vs. its remix to show just how much you can change the impact and feel of a ride with a little musical variety.

### **Peak Pilates®: Powerhouse ABC’s (ws)**

Connie Borho

Connect more fully to your Powerhouse and explore the critical connection of the 3 Anchors. Take away tools for improving your students’ stability and movement quality. Dive deeper and gain a greater understanding of the role of the Powerhouse not just in Pilates, but in life!

### **Street Jazz (wo)**

Carlos Neto

This class will start with a strength & style building warm up and will move into an energetic dance routine. Expect a fresh style and a variety between smooth, lyrical, sharp and hard-hitting choreography while incorporating dynamics of movement, clear lines and musicality. Learn moves that will make you feel like an artist.

### **CrossCore®: S.A.M. – Strength, Agility, Mobility (ws)**

Danielle Forster

Experience sequences that will create stronger attachments, strength and symmetry right to left side, and provide the body with enough resistance within the transverse plane to train rotational movements that transfer into sport and life. Our patented pulley system will take your mind and body into 2017.

### **PLYOGA® Flow (ws)**

Stephanie Lauren

PLYOGA® Flow is our kicked up, hybrid, Yoga inspired workout. We will be moving fast and mixing in subtle agility

movements with the timely muscle recovery that you need. PLYOGA® Flow is a phenomenal grounded course where a touch of power and endurance based training merges with the balance and flexibility components in every exercise plain. Reveal your inner athlete and sustain the journey with PLYOGA® founder Stephanie Lauren!

### **Miracle Ball Method (ws)**

Elaine Petrone

Relieve pain, reduce stress and reshape the body with a non-exercise approach to fitness and health. By learning how to "un" work your excess muscle tension, your body's own alignment system will begin to realign and adjust itself. As a result, the pressure is relieved from the chronically stressed areas such as the low back, neck and shoulders. Your body will begin to move differently reshaping your core and relieving your stress.

SATURDAY 9:30-11AM

### **Save Your Clients Knees (L)**

Dr. Evan Osar

If you work with the baby boomer and senior populations you understand that knee pain and degeneration is one of the most common orthopedic issues keeping individuals from walking, biking, and/or performing daily activities. You can be instrumental in helping these individuals discover a solution to improving their knee function and helping them on the path to achieving their goals. During this session you will learn exactly why your clients experience knee pain and discover a strategy to help your clients stabilize and move so that they can safely accomplish their health and fitness goals.

### **The Power of Exercise (L)**

Dan Hellman

This is an introduction to Guy VOYER, DO's concept of Analytical Segmental Strengthening. As a trainer, exercise is your prescription pad. Did you know that a muscle can be worked in 5 different ranges? Did you know that you can also work a muscle in four ways — superficial, deep, proximal or distal? This is all extremely important depending on the pathology you are dealing with. Attend this lecture to learn the Power of Exercise.

SATURDAY 10:30-11:30AM

### **Sports Circuit – Unleash The Inner Athlete (ws)**

Michael Piercy

- \* Learn to integrate athletic skill based drills/Exercises into existing programming to help deliver fun and results.
- \* Participants will enjoy an awesome workout utilizing activities from multiple major sports.
- \* Learn template formats delivering your own athletic experience in your small and large groups or personal training.

### **Freedom Barre™ (ws)**

Amanda Strand

Freedom Barre™ brings together the intensity of a BANG™ class with the grace and power of ballet. No tutus here, but plenty of muscle. Freedom Barre™ is a music-driven class that combines the four key elements you need for a fully toned and balanced body: strength, lift, balance, and flexibility. Beginner or experienced—you will love the results, starting with your very first class.

### **SPINNING® : Roll the Dice (wo)**

Josh Taylor

Come "Roll the Dice" with Josh Taylor, in an interactive high intensity ride of chance, where the risk will make you sweat just a little bit more! This is an 'out of the box' session that allows the student to be part of the game!

### **Peak Pilates®: Chair Athletix (ws)**

Kathryn Coyle

Challenge your chair and go beyond core. Incorporate body weight exercises inspired by yoga, fitness, dance, and Pilates and fuse them with traditional chair exercise sequences to move beyond ordinary to extraordinary. You can get it all in this fast paced, sweaty and challenging Pilates fusion workout.

**Let the Groove Get In (wo)**

Tony Stone

This dance class combines different styles of moves, some of the hottest urban and pop music while running short high-energy choreographed pieces. It will definitely have you saying “now that was a dance workout”!!!

**Combining Strength and Cardio With the io-ball (ws)**

Johanna Fellner

Experience an interval training class that challenges strength and cardio simultaneously, while utilizing the brilliant io-ball. Experience a circuit format that targets unique intensity variables that affect effort and recovery. Work in intervals in order to maximize results.

**The Bannister Method™ - Hands On Stretching (ws)**

Gail Bannister-Munn

Want to know how to Stretch Your Clients?

This workshop will show you how important stretching is, and will demonstrate how easy it is to stretch your clients on a table, or on the floor. Increase your skills by learning how to stretch your clients with clear, step-by-step hands-on feeling stretches. Trainer-assisted stretching as part of each training session will help your clients long-term to improve their overall flexibility, however, keeping you within the scope of personal training.

**Kettlebells: The Handheld Gym, Becoming Strong, Powerful and Wealthy (ws)**

Liz Glorioso

Perfect and learn to teach the Kettle bell Swing, Snatch, and Turkish Getup. Overcome challenges designing group workouts with limited equipment, space, and all levels of students in class. Make more money using Kettle bells.

SATURDAY 11:30-1PM

**Start With Why? (L)**

Mike Boyle

World famous strength and conditioning coach Michael Boyle will examine the whys of training. Based on Simon Senek's book of the same name, this lecture will look at why we do what we do. Why do we warm-up the way we do? Why do we do the exercises we do? Why do we follow certain progressions? All too often we start with what we want to do, without identifying the why. Learn the whys behind the whats.

**The Raw Truth Recharge: Seven Truths to Health & Fitness (L)**

Robbie Raugh

Being healthy is about much more than just physical health, eating right, exercising, and preventing disease. It doesn't matter how well you eat right and exercise if you don't pay attention to the 7 Truths Robbie is about to teach you, to help you live that abundant life that we are designed to live. It's more than just physical health, it's mind – body – soul – spirit. We need to take care of our “temporary earth suits” or “mobile homes” as Robbie calls them, so that we can have health and energy to do God's work. The Raw Truth Recharge will teach you 7 Truths about Faith, Family, Food, Fitness, Detox, Sleep and Stress management and more, and how all of them are vital to our Health; mentally, physically, emotionally and spiritually.

Join Robbie as she shares her intimate struggles with her own self-image and weight, to her pain and struggles with the loss of her family members, and then how she overcame all of that through her 7 Truths.

SATURDAY 12:30-1:45PM

**Performance Sports Training (ws)**

Kahmal Roy

Whether your clients consist of weekend warriors, athletes, or health enthusiasts a foundation of athleticism is necessary to ensure efficiency, safety and maximized results. In this session, we deliver the steps necessary for identifying the needs of the chaotic sports played by multidirectional athletes. From hockey, basketball, football, rugby and many others, we have to seriously look at the demands of each sport and determine what is most important, how we coach, and most importantly, why! Coach Roy will deliver step-by-step program considerations for effective program design. Experience the tools that all coaches can use to make their athletes more successful.



### **“12 Rounds” (ws)**

Theresa DeCanio-Alini

“12 rounds” is back with jump ropes! “12 ROUNDS” is a non-stop interval training workout utilizing MMA training moves that will bring your workouts to a whole new level! Each 4-minute round includes power, strength and cardio moves that will challenge you physically and mentally. Theresa will teach you how to execute each MMA move and how to use the jump rope in different ways to challenge you! Prepare to move, jump, strike and burn many calories in this exciting workout.

### **SPINNING®: The Oasis (ws)**

Joe Krasinskas

Surrounded by a vast expanse of desert, an oasis provides water, shelter, and food to those who find it. Rest your body, mind, and spirit during this Recovery Energy Zone™ ride paired with a discussion of coaching techniques for recovery days.

### **Peak Pilates®: Flexcushion Basics (ws)**

Zoey Trap

Once you use Flexcushion in your Pilates class, you'll never go back to working without it. Flexcushion is a powerful tool for working with athletic tight bodies, weak bodies, special populations, and for challenging even the fittest students! Flexcushion is a one-stop prop that offers flexible solutions for real life teaching! Come and discover the flexible solution for students with bad backs, necks and hips.

### **BollyX® - The Bollywood Workout (wo)**

Fen Tung

BollyX® is the Bollywood-inspired dance workout where participants unleash their inner rockstar! Come experience this interval-based dance format that incorporates authentic choreography to the best beats from around the world. This effective cardio workout will have you sweating and smiling at the same time. In this workshop, in addition to the Master Class, you will enhance your effectiveness as an instructor by learning our method of pre-cueing, presenting and performing. BollyX® has proprietary exercises for instructors to incorporate into their teaching methodologies that dramatically improve the participants' in-class experience. Your job as the instructor is to make each person in your class feel like a rockstar! We'll teach you how to do just that.

### **Catslide® Mobility (ws)**

Christina Therkildsen

Catslide® Mobility is building both stability and mobility, so that your body can move more efficiently and without pain. The class focuses on increasing strength and improving range of motion as well as a stronger core and better moving body. Increase balance, stability, steadiness and mobility. This is a fun way to use the Catslide mat's.

### **Bare® Workout: Becoming Barefoot Strong (ws)**

Dr. Emily Splichal

Created by Podiatrist and Human Movement Specialist Dr Emily Splichal, BARE® will change the way you look at barefoot training and single leg exercises. This workout will cover basics to designing a barefoot balance workout with progressions that will challenge dynamic stabilization, foot and glute strength and cardiovascular endurance.

### **How To Use Running To Manage Running Injuries (ws)**

Juan Nieto

Did you know that we have more than 20 specific features in our anatomy that exist just for running? Without any doubt running is something inherent to human beings. However, up to 80% of runners are injured every year while practicing an activity we are supposedly very well designed for. Strange, right? Regardless of the huge amount of existing information (or misinformation), preventing running injuries is basically about finding the balance between two elements: workload and tissue capacity. In Runity we have developed a unique methodology that provides effective tools to prevent and reduce running injuries. Join us to discover how Runity coaches can radically change the way you run in just minutes. Improve your knowledge about running to become a pain-free runner and get ready to run faster, farther and for the rest of your life.

SATURDAY 1:30-3PM

### **The Good, Bad & Ugly of Nutrition (L)**

Nancy Guberti

Toxins everywhere, processed foods, antibiotic resistance, grass-fed but not grass-finished...what does it all mean? Food Allergies, Degenerative Disorders, ASD, Anxiety, Depression, Uninformed AMC: Academic, Medical, Food Corporations leads to confusion on how to promote & live a healthy eating regiment! Understand how food affects your body; explore the bigger picture of nutrition and review the medical conditions linked to empty nutrients. You'll never BELIEVE what is in your food. It is so important for you to be aware of the hidden dangers in your daily food regime. Make manageable shifts in your diet with healthier alternatives. Be empowered to make healthy food choices. You are what you eat and absorb. Your health is worth it because YOU are worth it!

### **A New Mindset for Personal Training (L)**

John Platero

How important is one's health? If you were to ask anyone what is the most important aspect of their life, what would it be? How do you transfer that importance to a personal training session. If we don't make it a priority, why should the client? It's time for a new mindset.

- Learn how to recruit, hire and develop a competent, consistent, professional staff.
- Learn how to motivate and inspire your staff
- Learn how to lower "No show" and cancellations
- Learn how to build both employee and client retention
- Learn different, innovative billing techniques

SATURDAY 2-3:15PM

### **Ultimate Guide to Improving Hip Function: Training the Glutes and Psoas (ws)**

Dr. Evan Osar

If you work with clients that have hip or low back tightness/discomfort you've heard it before: stretch the tight, short psoas and strengthen the weak glutes. In this interactive session, you will discover the true function of the psoas and glutes and the myths surrounding the tight psoas and 'weak' glutes. You'll also learn why common cues such as 'squeeze your glutes' or 'tighten your tushy' actually perpetuate psoas and glute problems. Additionally, you will discover how to develop optimal hip function by understanding and applying the principles of the *Integrative Movement System™*. You won't think the same about your hip exercises after this session.

### **Barre-Less (ws)**

Heather Corndorf

Barre is one of the hottest workouts on the market, with one problem... you need a barre. This session will rock your body in 360 degrees through a non-stop focus on muscular endurance, cardiovascular endurance and dynamic flexibility. Walk away from Barre-less with a new method to deliver barre, and a repertoire of seamless transitions, cues, and movements to use in class next week!

### **SPINNING®: "Jump" is a Four Letter Word (ws)**

Patrick Sims

Jumps in Spinning® are a technical drill with specific timing and structure. Learn just what the purpose of jumps is, and how to use them as a safe and phenomenally successful technique for improving riding form as well as conditioning without sacrificing any of the fun or energy.

### **Peak Pilates®: Super Stretch Reformer (ws)**

Connie Borho

Experience a luxurious sensational stretch class, using repertoire on the reformer that Joseph Pilates specifically designed for dancers. The Reformer's support through the ropes and springs allows the student to achieve a greater range of motion, in a safe way, than otherwise would be available. Because of this support, the student can relax and feel the sensuality of deep stretching. Learn how to build a session or a class around the theme of grace and flexibility...of strength within the sexy length of your muscles!

### **Iconic GROOV3 (wo)**

Benjamin Allen

We've all had that moment watching our favorite artist perform wishing we could either be them or back up dance

for them. In this session, you will learn original choreography from an iconic music video. Choreography will be broken down in the signature GROOV3 format, learning the moves to continuously mixed music then putting it together. After this, you'll want to audition for Janet Jackson's next video.

**Supercharging the Powerhouse with MELT for Pilates (ws)**

Hallee Altman

Learn simple ways to supercharge the powerhouse by discovering a core connection deeper than the transverse abdominals. Discover how to tap into your NeuroCore, the system that helps stabilize your body in motion and at rest. Eliminate common compensatory patterns that result in neck strain and low back pain with MELT's fascial rehydration and release techniques so you can get even more out of Pilates mat exercises.

**The Practice (ws)**

Patricia Moreno

The Practice is a mind body workout that combines meditation, breathwork, cardio exercises and visualization techniques so that you can create miracles in your life.

**Step With Style (ws)**

Gail Bannister-Munn

Let's combine your creative sense of style with expressive feel good combinations. This workshop introduces choreography from familiar base movements, and then moves through layering of combinations to challenge your desired complexity. Creative footwork, directional changes, and unexpected rhythms are only fun if you figure out how best to teach them. These workouts will open doors to unlimited creative potential.

SATURDAY 3:30-4:30PM

**Latin Fusion (wo)**

Ashlé Dawson

Ashlé Dawson's Latin Fusion is a high-energy seamless blend of Latin dance styles ranging from street to ballroom and met with a strong emphasize on commercial dance. Experience the creativity and originality of this style, which is based on her years of extensive knowledge and training in multiple dance fields. Starting with a full warm up for proper alignment and core strength, we move to an intro to Latin movement and styling. You will be introduced to a new world of dance including Salsa, Bachata, Reggaeton, Cha Cha Cha, Afro-Cuban, Samba and more.

SATURDAY 3:30-5PM

**deepWORK® (ws)**

Robert Steinbacher

deepWORK® is an intense, high cardio and high intensity interval training program that flows through 7 energy phases with an added focus on endurance. It is bodyART® for those who love bootcamps, power lifting and the most intense levels of physical work. Along with cardio intervals, deepWORK® combines static and dynamic exercises, core training, plyometrics and breathing techniques that challenge the body and mind while maintaining the integrity of form, alignment and mindfulness and mind while maintaining the integrity of form, alignment and mindfulness.

**AEROBOX (ws)**

Michael Olajide

AEROBOX is the world's 1st boxing fitness workout. It consists of fast paced shadowboxing combinations executed to the most soul pulsing music. It features incredible intervals of jump rope as well as some of Michael's signature sculpting moves to round out the most amazing fitness experience you may ever have. No machines needed AEROBOX is about leaving the machines behind and discovering the fighter you have inside.

**SPINNING® : Warrior Ride (wo)**

Josh Taylor

Back by popular demand! As a true Warrior YOU are disciplined... YOU are fearless... YOU are tenacious... YOU are

unbreakable...It's time to answer the WARRIOR'S call to glory and join Josh Taylor for one of his legendary visually-based journey rides. In this titanic event you will rise above each challenge knowing that surrender is not an option... that retreat is not an option... and quitting is not in your blood. Together with a legion of powerful WARRIORS, YOU will ride into battle with the belief that strength comes from facing adversity and never giving up and that life begins at the end of your comfort zone!

**Peak Pilates®: The Power Of Three (ws)**

Kathryn Coyle

Explore the critical connections of heel to seat, rib to scapula and the three anchors. Discover how to connect students more deeply to each exercise using these concepts holistically. Feel the impact on initiation, alignment, and precision and take your Pilates practice to new heights.

**Feel Better Now: MELT for Fitness Pros (ws)**

Edya Kalev

Aches, pains, and injuries are the dirty little secret of fitness professionals. Learn how to care for your fascia with the MELT Method and discover the trick to living an active, pain-free life so you can keep doing what you love. Find out how to ease chronic low back and neck pain – and prevent it from coming back.

**Aeroropes (ws)**

Lisa Gaylord

The latest craze in rope training is AEROROPES! This class is designed to burn up to 800 calories per workout. AEROROPES trains the neuromuscular system to apply force that begins at the core and extends through the extremities. AEROROPES was designed for the Group Exercise community that wanted to use ropes but traditional ropes are too big and too heavy. This is a low to no impact workout that places minimal stress on the joints, and because AEROROPES is lightweight (5lbs), it can be used by kids, the elderly and physically challenged participants. These workouts are also driven by rhythm and music that makes them exciting and fun to do. Think drumming to the beats!!

**YogaLean (ws)**

Beth Shaw

This class will focus on body awareness and fat-burning fun through the practice of yoga. This session will be an introduction to the unique building blocks of the Yoga Lean program. The first part of class focuses on active metabolism-burning poses, then the practice shifts on activating the parasympathetic nervous system with restorative yoga and meditation. Students will leave the session learning about:

- \* Body awareness thorough a combination of energizing and relaxing moves – stimulating the energy systems and engaging the parasympathetic nervous systems
- \* A holistic and transformational approach to health that combines the ancient practices of yoga with current science and somatic practices to support a healthier mind, body and spirit for life.
- \* An abundance of tools from guided meditations and breathing techniques, to integrate into one's personal or professional journey with YogaLean.

**Sleep - The Missing Link For Weight Loss & Performance (L)**

Marc Bubbs

The average person gets only 6.5 hours of sleep per night, almost two hours less than our grandparents' generation. This has tremendous impacts on your (or your clients) quest to lose weight or improve their performance. In this talk, Dr. Bubbs will review the physiology of sleep, common roadblocks to good sleep, and give key tips on diet, supplement and lifestyle changes you can make to upgrade your sleep. The better you sleep, the easier it will be to achieve your goals. Don't miss this talk!

**How To Master Facebook Advertising (L)**

Michael Guberti

The world's most powerful online advertising platform is...Facebook. Containing rich levels of your prospect's information, you can target individuals ages 35-55 with an annual income of over \$250,000 living in New York interested in fitness & health. The challenge is learning how to:

- \* Start
- \* Improve
- \* Manage
- \* Master these campaigns

Learn the 7 key points to building a successful Facebook Ad.

SUNDAY 7:30-9AM

**Branding With a Conscience (L)**

Benjamin Bidlack

ECA360 INSPIRE wants to bring a new level of inspiration to fitness professionals. But what IS fitness, really? Is it various aspects of exercise, diet and looking your best? Is it more than that? We as fitness professionals and business people help people give people joy and health through movement. But is there something more? How can we help move the world in the right direction, beyond fitness? Let's re-shape and possibly expand our viewpoint on what health and fitness can really do for the world! "Branding with a Conscience" is a mix of multi-media presentation and interactive discussion on how to build brands and businesses that elevate humanity, not just our own careers, self-image or bottom line.

SUNDAY 8-9:15AM

**How Do We Teach? (ws)**

Ilaria Cavagna

When we teach, verbal, tactile and visual cues work in sync.

- o VERBAL: imagery, instructions, cues
- o VISUAL: Besides occasionally demonstrating, our posture and the way we move already communicates a lot to our students.
- o TACTILE: What we define as "spotting", assisting, guidance with touch. Touching effectively is not easy. We need to learn how to do it safely (without hurting), we need to know how much we can be aggressive in the stretch with some clients and we need to be able to do it properly.
  - When to use one way of teaching more than the other
  - How to learn how to spot
  - The purpose of a spot
  - When it is better not to spot
  - Safety first
  - Spots that support and help vs spots that challenge

**SPINNING®: Moving Beyond the Top 40 (ws)**

Joe Krasinskas

Stuck in a music rut? Not sure what new music to add or afraid to try something new? Led by a semi-professional musician, this session will explore different genres of music and strategies for incorporating these selections into your classes.

**Peak Pilates®: Powerhouse ABC's (ws)**

Connie Borho

Connect more fully to your Powerhouse and explore the critical connection of the 3 Anchors. Take away tools for improving your student's stability and movement quality. Dive deeper and gain a greater understanding of the role of the Powerhouse not just in Pilates, but in life!

**BollyX® LIT - The Bollywood Workout (wo)**

Fen Tung

BollyX® LIT is the low impact Bollywood-inspired dance workout where participants will unleash all the same energy and swag as the original BollyX® format but without high impact dance movements! This workout was designed for individuals who love to dance and prefer or need low impact choreography. In this workshop, in addition to the Master Class, you will enhance your effectiveness as an instructor by learning safe and effective modifications while still applying interval-training principles to get your heart pumping. BollyX® has proprietary exercises for instructors to incorporate into their teaching methodologies that dramatically improve the participants' in-class experience. Don't be fooled by the low impact format: your heart rate will soar and you will sweat all while dancing to the top hits from Bollywood. Join us on the "movie set" as you unleash your inner rockstar, LIT-style!

**Let The Praise Begin (Gospel workout)**

Clay Grant

The time has come to shake off the shackles that bind you and reach for the heavens! This inspirational, uplifting praise dance workout is specifically designed to help you release the tensions and stress of life and wake up, workout and worship. Free expression, using everything from classic gospel tunes to the latest gospel grooves, is the rule of the day. When the praises go up, the blessings come down! Experience the joy of worship and the ecstasy of the praise. Hallelujah!!!

**CrossCore®: S.A.M. – Strength, Agility, Mobility (ws)**

Danielle Foster

Experience sequences that will create stronger attachments, strength and symmetry right to left side, and provide the body with enough resistance within the transverse plane to train rotational movements that transfer into sport and life. Our patented pulley system will take your mind and body into 2017.

**YUR BACK Pilates For Clients With Lower Back Pain (ws)**

Dr. Christin Romani-Ruby

90% of the population will have back pain at some point in their lives. Pilates can be an excellent form of exercise to help these clients stay fit and possibly even gain the strength to relieve their pain. In this workshop learn which Pilates mat exercises are the best for clients experiencing back conditions and how to keep them safe while getting back into shape.

SUNDAY 9:30-10:45AM

**BANG Power Dance™ (wo)**

Amanda Strand

BANG Power Dance™ is a high-intensity workout with an urban flare. BANG™ is a music-driven workout that takes urban dance and incorporates intervals of higher intensity that takes your dance fitness workout to a whole new level. BANG...because it's more than just exercise.

**SPINNING®: Rhythm Riding: Keeping it Real (wo)**

Patrick Sims

Matching pedaling cadence to the beat of music is exploding in indoor cycling – how can you maximize this skill to serve your riders in the best way possible? Move beyond mindlessly bopping on the beat- Exercise Physiologist and Spinning® Master Instructor Patrick Sims, MS will help you learn how to use cadence as a powerful tool to coach and cue when paired systematically with music.

**Peak Pilates®: Reformer Variations (ws)**

Zoey Trap

Variations can spice up any reformer session, keeping students on their toes, while challenging their physical ability and concentration. Add a little salt and pepper to your reformer workouts by learning more about how and why to use variations, and then by getting down to it and picking up new twists on the old classics -- after all variety is the spice of life.

**Hip Hop ReDeFined (wo)**

Allison Lilly

Allison is bringing her industry style hip-hop class to you from The Dance District in North Carolina to the ECA Stage. Hip Hop ReDeFined is not your normal cardio dance class. It's a HOT, FUN, HIGH ENERGY performance class that allows you to SLAY the choreography just like a back up dancer. You will learn a choreographed piece to one of the latest hits and be performance ready by the end of class. Bring your fierce attitude and be ready to WERK that dance floor like you own it...because you do!!!

**CrossCore®: Beyond Suspension (ws)**

Danielle Forster

Learn the latest training techniques of the Special Ops Forces, numerous professional sports teams and strength and conditioning coaches worldwide with CrossCore®. The patented pulley anchor allows for partner training,

harness work, attachment training with sandbags, kettlebells, resistance bands, rings, trapezes and weighted fat sticks. Come ready to play and help every client reach their potential with our secret weapon.

### **Recognizing Quality Research and Its Importance in Fitness and Wellness (ws)**

Enja Schenck

This workshop will aid the fitness professional in determining quality research in the fields of fitness and wellness, and maybe even spark interest in planning to conduct a research project! We will look at why it is important to stay up to date on latest scientific studies, where to find them and where to find authors known for evidence-based publications. An introduction to measurements, data analysis and statistical parameters will be given, with a close look at potential “pitfalls”, a.k.a. study limitations. We will develop a research proposal with the purpose of reviewing the complete research process. The workshop will conclude with movement components based on biomechanical studies.

SUNDAY 9:30-11AM

### **Keto, Low-Carb, Intermittent Fasting, IIFYM? – How To Pick The Right Diet To Help Your Clients Lose Weight (L)**

**Marc Bubbs**

Over the last few years, many different diets have been gaining in popularity. Rather than trying to find the “perfect” diet, you need to find the right diet for each individual client. In this talk, Dr. Bubbs will outline the pros and cons of four popular dietary strategies – ketogenic, low-carb, intermittent-fasting and “if it fits your macros”. Understanding the fundamentals of each diet, and its limitations, will allow you to correctly apply the right diet for each of your clients to help them lose weight, improve their health or boost performance.

SUNDAY 11-12PM

### **Badass Bodyweight (a.k.a. MOXIE) (ws)**

Heather Corndorf

Bring out your graceful bad-ass during this total body workout that mixes cardio, dynamic flexibility, and body-weight strength exercises. Functional core movement, dancing, cardio kickboxing, + drills... it's a revolutionized Flashdance. All you need is YOUR BODY and your MOXIE.

### **SPINNING® : Rhythm-Mayhem (wo)**

Josh Taylor

Go crazy with Josh Taylor in a ride that uses mind-blowing rhythms to drive the movements, timing and energy! Having fun with purpose and effectiveness is what this session is all about!

### **Peak Pilates®: Plyometric Power (ws)**

Kathryn Coyle

Take your Pilates jump classes to the next level and help your athletes excel with this sensational circuit. Pilates is a wonderful tool for performance enhancement and injury prevention and this workout is perfect to teach students how to transfer their Pilates jump technique into the vertical realm and achieve new heights. *\*Please note: This circuit class is designed for students who already know Pilates jump board basics.*

### **Hip Hop (wo)**

Carlos Neto

A mix of Street Dance Style foundations including Hip-Hop, House Dance and Locking with an LA choreography-style influence. The result is musically diverse choreography designed to challenge every dancer of every level, through the dynamics of movement and body control.

### **Catslide® Flow (ws)**

Christina Therkildsen

Catslide® Flow is powerful, functional, intensive, effective and fun. Catslide Flow is constructed to give the participants a great group training experience enjoyed by people of all fitness levels. The routine will improve strength, balance, and overall body control in all planes of motion. All the moves in the workouts have options, so they are challenging but achievable for different level of fitness and always in line with the latest research and with

choreography to fresh music. Catslide Flow provides the added benefit of a cardio workout. Get ready to sweat and smile.

SUNDAY 11-12:15PM

**Pilates For Back Health (ws)**

Blossom Crawford

In this thematic Matwork class, you will do Pilates specifically designed to promote optimal spine health. We will strengthen the back without pain while developing the support needed to move freely in daily life and other fitness modalities. The exercises will be a blend of traditional and not so traditional Pilates all meant to make you feel your best. Get ready to be challenged and have fun!

SUNDAY 11:30-1PM

**Sustainability in the Fitness Industry (L)**

John Platero

Are you looking for a job or a career? What are your goals? Is being an employee that different from working for yourself? In this seminar, learn the concepts of longevity in the fitness business or any business for that matter. What does it take to be successful? This seminar is for both newbies and veterans. Whether you are an employee or an entrepreneur, these concepts are key components to reach the pinnacle of your potential. In fact, you'll find these concepts are common in all successful people. In this seminar, we will look at the components of sustainability. We will then review SMART Goals, how to conduct a SWOT analysis and the tools needed to succeed in the fitness industry. Concepts of branding, marketing and advertising will be reviewed and identified and how to use these tools to thrive in the fitness industry long term.

- Learn how to create SMART Goals
- Learn how to conduct a SWOT analysis
- Is education important?
- You're always the brand. How do you create it?

SUNDAY 12:30-1:45PM

**Da Vinci Bodyboard (ws)**

Floery Mahoney & Darci Bawdon

The Da Vinci Bodyboard combines strength training, cardio and muscle training throughout. Can work the body from opposing directions and it's adjustable for any fitness level with modifications for regression and progression. It's fun and fast-paced, but low impact and different than anything you've ever tried before.

**SPINNING®: Stand Less, Win More (wo)**

Patrick Sims

Outdoor cyclists spend over 90% of their time in the saddle, yet indoor cyclists are often found out of the saddle over half of the ride. Come find out why your riders are standing more and achieving less. Exercise Physiologist, IRONMAN® triathlete and Spinning® Master Instructor Patrick Sims, MS will help you uncover the coaching skills and ride design structure to create winning rides that don't rely on standing to fill time, but instead leverage it to your maximum benefit.

**Peak Pilates®: Moving Strength (ws)**

Connie Borho

This challenging Pilates mat class will combine functional and traditional strength-training with classical Pilates movements. Adding weights, bands, and tubing to a flowing Pilates workout that begins on the floor and progressively transitions to a standing position creates a flow of moving strength that can be added to any toning class.

**The Motown Experience (wo)**

Tony Stone

It's back to take you back! Classic Motown music, classic Motown dance moves and Tony Stone. Signed, Sealed,



Delivered.

**Stronger in Minutes with MELT Performance (ws)**

**Edya Kalev**

MELT Performance gives you the tools to get more out of your workouts and reduce your risk of injury by rehydrating your fascia and increasing the stability of the shoulder girdle, core, and pelvis. Discover the secret behind increased athletic performance, power, and precision. Learn how you can give yourself a competitive advantage, no matter what your sport.

**Pilates Programs For Golfers (ws)**

**Dr. Chrsitine Romani-Ruby**

The golf swing requires a combination of hip, shoulder, and thoracic mobility as well as core strength. Pilates offers the perfect environment to improve these areas and to create the muscle balance for an efficient swing. Help your clients not only improve their game, but protect their backs using Pilates mat exercises.

SUNDAY 1:30-3PM

**The Power of Conscious Conversation (L)**

**Benjamin Bidlack**

As a 25-year top-tier management consultant for companies like McKinsey and Accenture, Benjamin's job is to connect and be truly productive with executives, clients and colleagues. But the lessons he's learned go well beyond the world of business and into our personal lives. Let him help you discover simple and powerful way to instantly create powerful conversations and connections that enrich your life in so many ways – in business, with friends and family, your intimate relationships, meeting new people, and re-invigorating existing ones. It sounds simple, but conscious conversation will change your life – and the lives of all the people you come in contact with – for good.

SUNDAY 2-3:15PM

**bodyART® Stretch (ws)**

**Robert Steinbacher**

bodyART®, based on the principles of Yin and Yang and the Five Elements of Chinese Philosophy, is a functional, total body workout that flows through five energy phases and combines strength, flexibility, cardio and breathing. Classes consist of exercises unique to bodyART® as well movement inspired by martial arts, yoga, physical therapy and classical conditioning. The result is a familiar and transformative experience for participants of all ages and fitness levels. bodyART® is being hailed as the most progressive and effective fitness modality in the world.

**SPINNING® : The Omnium (wo)**

**Joe Krasinskas**

With 6 events over 2 days, the Omnium is track cycling's equivalent of the decathlon with the winner declared as the best all-around track cyclist. Earn as many points as you can as you race around the velodrome against the worlds best.

**Peak Pilates®: Length & Opposition (ws)**

**Kathryn Coyle**

In Pilates we know the terms "length and opposition" but often they are missing from the work. Learn how to use the powerhouse as the ultimate anchor for the body, how to teach students to correctly maintain length in their spine and how to really create long limbs by pulling in and stretching out simultaneously. Walk away with practical tools you can start teaching tomorrow to give your student's that "aha" moment.

**Dance Trance (wo)**

**Beth Handline**

Dance Trance is a licensed dance fitness program that is located in regions all over the globe... it is unique & inspirational. This program contains fresh new choreography to original artist's music. Expect a warm-up routine and a few high cardio routines that you will learn and then repeat. Come get lost in the rhythm!

### **Avoiding the Pilates Plateau with MELT for Pilates (ws)**

Hallee Altman

MELT for Pilates increases the specificity and decreases the compensation of the mat exercises so they are as challenging as the apparatus work. Discover how rehydrating your fascia can create a more efficient body that can better execute Pilates exercises and mat work and enables you to experience mat exercises more accurately and safely, with reduced effort and less wear and tear on the body.

### **Find Your Inner Athlete With Yoga & Meditation (ws)**

Beth Shaw

We are all athletes! Your body either helps you get where you need to go, or gets in the way of you living your life. When you consider that working, caring for your children, being a good partner and friend, and taking care of your pets are all enhanced by you BEING YOUR BEST YOU, then you will want to live with the strength and dedication of an athlete.

This session will help you discover ways to:

- \* Make your health your number one priority using yoga and meditation as the base
- \* Commit to being fit and ready for action
- \* Use mind body techniques (like meditation and visualization) to achieve your goals

### **SESSION SCHEDULE:**

#### **FRIDAY**

7:30-8:45am

BAX – Robert Steinbacher

Anatomy of a Circuit – Michael Piercy

SPINNING®: Lactate Threshold vs. Heart Rate – Patrick Sims

Peak Pilates®: Jump Board Basics – Kathryn Coyle

Signature GROOV3 – Benjamin Allen

io-ball Deep Core Activation – Johanna Fellner

Da Vinci Bodyboard – Floery Mahoney & Darci Bawdon

Yoga Balance, Strength, Flexibility & Core – Gail Bannister-Munn

7:30-9am

"There's No Such Thing as Toning: The Truth about Women, Strength Training and the Group Fitness "Sculpting" Class - Stacey Piegari

9-10:15am

Powerstrike Kickboxing – Ilaria Montagnani

bbarre less® - Tracey Mallett

SPINNING®: The Seven Summits – Joe Krasinskas

Peak Pilates®: Reformer Variations – Zoey Trap

Strong by Zumba™ - Irena Meletiou

Introduction to Myofascial Stretching – Dan Hellman

Kettlebells First Steps: Group Fitness – Paul Katami

PLYOGA Your Body is Power – Stephanie Lauren

Reset With Be-Jaya - Chris Tai Melodista & Jared Tavasolian

9:30-11am

Exercise Progressions & Regressions – Mike Boyle

Radiate Leadership – Alexandra Joy Smith

10:30-11:30am

StepLogicOlogy – Katie Haggerty

Boxing For PT – Theresa DeCanio-Alini

SPINNING®: Rock 'n Roll – Josh Taylor

Try Peak Pilates® - Borho, Coyle, Trap

House Party @ Tony's – Tony Stone

STABY BodyFire – Johanna Fellner  
Speedball – Steve Feinberg  
Fascial Tensioning & the Bodyweight Athlete – Dr. Emily Splichal  
Plyometric Infused Dance – Jason Layden

11:30-1pm

Rock Solid Rotator Cuff – Dr. Evan Osar  
The 1 Question You Must Answer To Grow Your Business – Julian Barnes

12:30-1:45pm

Exercise Progressions & Regressions – Mike Boyle  
Center Floor – Stacey Lei Krauss  
SPINNING®: Stress Test: Ride the Energy Systems – Patrick Sims  
Peak Pilates®: Moving Strength – Connie Borho  
NYC Funky Groove – Ryan Beck  
Introduction to Proprioception & Awareness – Dan Hellman  
Fitness Tools For Mature Clients – Gretchen Zelek  
intenSati – Patricia Moreno  
Rebalance With Be-Jaya - Chris Tai Melodista & Jared Tavasolian

1:30-3pm

Adrenal Fatigue – Nancy Guberti  
Everyday Athletes – Robert Caslin

2-3:15pm

True Body Project – Robert Sherman  
What is Eldoa? – Ilaria Cavagna  
SPINNING®: The Barkley Marathons – Joe Krasinskas  
Peak Pilates®: Pump & Press – Zoey Trap  
Dance Fitness Fusion – Dee Delgado  
CrossCore®: S.A.M. – Strength, Agility, Mobility – Danielle Forster  
Kettlebell Krush: Group Fitness – Paul Katami  
Trust the Pilates Method – Blossom Crawford  
Plyometric Infused Dance – Jason Layden

3:30-4:30pm

WERQlikeaboss – Haley Stone  
Dance Trance – Beth Handline

3:30-5pm

PlyoPac – Theresa DeCanio-Alini  
bootybarre® - Tracey Mallett  
SPINNING®: Instinct Ride – Josh Taylor  
Peak Pilates®: Let's Get Vertical – Kathryn Coyle  
CrossCore®: Beyond Suspension – Danielle Forster  
Aeroropes – Lisa Gaylord  
Undo Hours of Sitting – Christi Idavoy  
How To Grow Your Business With Social Media – Michael Guberti

4:45-5:45pm

Yves-olution – Yves Maco

## **SATURDAY**

7:30-8:45am

Step + Dance = Party – Katie Haggerty  
P90X – Paul Katami

SPINNING®: What's the Worst That Could Happen? – Joe Krasinskas  
Peak Pilates®: Yoga On the MVe® Chair – Zoey Trap  
WERQ Dance Fitness – Haley Stone  
CrossCore®: – Beyond Suspension – Danielle Forster  
Mind, Body, Spirit Trifecta – Christi Idavoy  
STABY Dives Into the Deep – Johanna Fellner

7:30-9am

7 Reasons Your Thyroid is Sluggish – Dr. Marc Bubbs  
The Soul of Purpose – Alexandra Joy Smith

9-10:15am

High Performance Ideal – Robert Sherman  
Free Your Sole: Foot Pre-Hab & Re-Hab – Stacey Lei Krauss  
SPINNING®: Ride the Remix: Face the Music – Patrick Sims  
Peak Pilates®: Powerhouse ABC's – Connie Borho  
Street Jazz - Carlos Neto  
CrossCore®: S.A.M. – Strength, Agility, Mobility – Danielle Forster  
PLYOGA® Flow – Stephanie Lauren  
Miracle Ball Method – Elaine Petrone

9:30-11am

Save Your Clients Knees – Dr. Evan Osar  
The Power of Exercise – Dan Hellman

10:30-11:30am

Sports Circuit-Unleash the Inner Athlete – Michael Piercy  
Freedom Barre™ - Amanda Strand  
SPINNING®: Roll the Dice – Josh Taylor  
Peak Pilates®: Chair Athletix – Kathryn Coyle  
Let the Groove Get In – Tony Stone  
Combining Strength & Cardio With the io-ball – Jahanna Fellner  
Hands-On Stretching – Gail Bannister-Munn  
Kettlebells: The Handheld Gym, Becoming Strong, Powerful and Wealthy – Liz Glorioso

11:30-1pm

Start With Why? – Mike Boyle  
The Raw Truth Recharge: Seven Truths to Health & Fitness – Robbie Raugh

12:30-1:45pm

Performance Sports Training – Kahmal Roy  
"12 Rounds" – Theresa DeCanio-Alini  
SPINNING®: The Oasis – Joe Krasinskas  
Peak Pilates®: Flexcushion Basics – Zoey Trap  
BollyX® - The Bollywood Workout – Fen Tung  
Catslide® Mobility – Christina Therkildsen  
Bare® Workout: Becoming Barefoot Strong – Dr. Emily Splichal  
How To Use Running To Manage Running Injuries – Juan Nieto

1:30-3pm

The Good, Bad & Ugly of Nutrition – Nancy Guberti  
A New Mindset For Personal Training – John Platero

2-3:15pm

Ultimate Guide To Improving Hip Function – Dr. Evan Osar  
Barre-less – Heather Corndorf

SPINNING®: “Jump” Is a Four Letter Word – Patrick Sims  
Peak Pilates®: Super Stretch Reformer – Connie Borho  
Iconic GROOV3 – Benjamin Allen  
Supercharging the Powerhouse With MELT For Pilates – Hallee Altman  
The Practice – Patricia Moreno  
Step With Style – Gail Bannister-Munn

3:30-4:30

Latin Fusion – Ashle Dawson

3:30-5pm

deepWORK® - Robert Steinbacher  
AEROBOX – Michael Olajide  
SPINNING®: Warrior Ride – Josh Taylor  
Peak Pilates®: The Power of Three – Kathryn Coyle  
Feel Better Now: MELT For Fitness Pros – Edya Kalev  
YogaLean – Beth Shaw  
Aeroropes – Lisa Gaylord  
Sleep: The Missing Link For Weight Loss & Performance – Dr. Marc Bubbs  
How To Master Facebook Advertising – Michael Guberti

## **SUNDAY**

7:30-9am

Branding With a Conscience – Benjamin Bidlack

8-9:15am

How Do We Teach? - Ilaria Cavagna  
SPINNING®: Moving Beyond The Top 40 – Joe Krasinskas  
Peak Pilates®: Powerhouse ABC's – Connie Borho  
BollyX® LIT – The BollyX Workout – Fen Tung  
CrossCore®: S.A.M. – Strength, Agility, Mobility – Danielle Forster  
YUR BACK Pilates For Clients With Lower Back Pain – Dr. Christine Romani-Ruby  
Let the Praise Begin – Clay Grant

9:30-10:45am

BANG Power Dance™ - Amanda Strand  
SPINNING®: Rhythm Riding: Keeping It Real – Patrick Sims  
Peak Pilates®: Reformer Variations – Zoey Trap  
Hip Hop ReDeFined – Allison Lilly  
CrossCore®: Beyond Suspension – Danielle Forster  
Recognizing Quality Research & Its' Importance In Fitness & Wellness – Enja Schenck

9:30-11am

Keto, Low-Carb, Intermittent Fasting, IIFYM? – Dr. Marc Bubbs

11-12pm

Badass Bodyweight – Heather Corndorf  
SPINNING®: Rhythm-Mayhem – Josh Taylor  
Peak Pilates®: Plyometric Power – Kathryn Coyle  
Hip Hop – Carlos Neto  
Catslide® Flow – Christina Therkildsen

11-12:15pm

Pilates For Back Health – Blossom Crawford

11:30-1pm

Sustainability In The Fitness Industry – John Platero

12:30-1:45pm

- Da Vinci Bodyboard – Floery Mahoney & Darci Bawdon
- SPINNING®: Stand Less, Win More – Patrick Sims
- Peak Pilates®: Moving Strength – Connie Borho
- The Motown Experience – Tony Stone
- Stronger In Minutes With MELT Performance – Edya Kalev
- Pilates Programs For Golfers – Dr. Christina Romani-Ruby

1:30-3pm

- The Power of Conscious Conversation – Benjamin Bidlack

2-3:15pm

- bodyART™ Stretch – Robert Steinbacher
- SPINNING®: The Omnium – Joe Krasinskas
- Peak Pilates®: Length & Opposition – Kathryn Coyle
- Dance Trance – Beth Handline
- Avoiding the Pilates Plateau With MELT For Pilates – Hallee Altman
- Find Your Inner Athlete With Yoga & Meditation – Beth Shaw

**Reservation Form ECA/OBOW 2017 NYC Fitness Show March 23rd – March 26th**

One form per person. Photocopy for additional registrations. Please print clearly and fill in completely. Return form and session selection sheets with full payment. Mail:

Incomplete reservations cannot be processed. (sorry)

- I am not able to attend, please add me to your mailing list

**1. Participant Information**

Check all that apply: I am --- personal trainer -- group exercise instructor --- coach ----- yoga instructor ----- pilates instructor ---- indoor cycling instructor ----- other

first name ----- last name -----

address -----

city -----state/province -----

zip/postal code -----country -----

---- this is a new address                      ----- this is my current mailing address (send materials here)

home phone-----business phone-----

fax-----\* e-mail address (Mandatory)-----

check all that apply:

I am certified by  ace  acsm  afaa  ecit  nasm  nsca  nspa  ncsf  ifpa  spinning  stott  
\_\_\_\_\_ other

**2. Membership** - Join now and become part of our community! Brand New Benefits!

- Yes - I want to join/renew my ECA membership and be part of the ECA community.  
 \$55  \$79 – 2 year membership

**(membership is non refundable)**

**3. Show Reservation Fees** (U.S. funds only)

Final pre-show reservations deadline is March 9th, 2017. On-site reservations will be an additional \$50 fee (subject to availability).

Hotel Special Full Conf Rate <b>(must stay at the Marriott Marquis)</b>	<input type="checkbox"/> \$199
3 Day Member	<input type="checkbox"/> \$229
3 Day Non-Member	<input type="checkbox"/> \$289
Fitness Enthusiast (Sunday only, no cecs)	<input type="checkbox"/> \$99
Dance Enthusiast (Friday ONLY)	<input type="checkbox"/> \$99

**ONE DAY ONLY:**

- Fri. \$159  Sat. \$159  Sun. \$129  
 Group Rate (10 or more): \$189

**4. Informed Consent Agreement**

I agree to hold harmless ECA360 CORP, the company, its owners, directors, and employees, conference presenters, conference sponsors, and complete staff from any and all liability arising out of this event, including, but not limited to, muscle strains, tears, pulls, broken bones, any and all illnesses or loss of my property. I understand the risk involved with participating in this strenuous event and attest that I am in sound physical condition. I also understand that I may be videotaped and/or photographed during this event and agree to all conditions of reservation including, but not limited to, the cancellation/refund policies. My signature below indicates that I understand and agree to the above terms.

X participant signature----- date -----

**5. Pre Convention Workshop Fees** (check all that apply)

<input type="checkbox"/> PLYOGA Fitness	3/22	\$200
<input type="checkbox"/> Barefoot Training Specialist® Level 1	3/22	\$200
<input type="checkbox"/> Performance Benefits of Meditation	3/22	\$188
<input type="checkbox"/> Training Rotation: For Sport, For Work, For Life	3/23	\$189
<input type="checkbox"/> bbarre Less®	3/23	\$325
<input type="checkbox"/> The Urban Dance Workshop	3/23	\$99
<input type="checkbox"/> Recover With Be-Jaya	3/23	\$99

\* To register for the Spinning Pre Con go to <http://spinning.com/spinning-instructor-certification-new-york-ny-march-22-2017/>

\* Please call ZUMBA to register for the ZUMBA Post Con 954-925-3755

**6. Pre Conference Workshop Cancellation/Refund Policy**

Cancellations received by ECA360 in writing via fax or mail with attendee signature by Feb. 1st 2017 will receive a full refund minus a \$150 processing fee. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR CANCELLATIONS RECEIVED AFTER Feb. 1st 2017. THERE WILL BE NO REFUNDS OR CREDITS ISSUED FOR NO SHOWS ON SITE. My signature below indicates that I understand and agree to the above terms.

X participant signature -----date -----

**7. Payment Summary**

ECA Membership	\$ _____
Event Registration	\$ _____
Pre Convention Workshops	\$ _____
Food coupons \$60 for \$80 value (breakfast & lunch)	\$ _____
Food coupons \$75 for \$100 value (breakfast & lunch)	\$ _____
Administrative fee for mailed or faxed registrations	\$10.00
Total	\$ _____ (in u.s. dollars)

Method of payment/payment authorization

check # \_\_\_\_\_ money order # \_\_\_\_\_ (all checks made payable to: ECA360 CORP)

master card \_\_\_\_\_  visa # \_\_\_\_\_ exp date \_\_\_\_\_

printed card holder name \_\_\_\_\_ CVV code \_\_\_\_\_

X cardholder signature \_\_\_\_\_ date \_\_\_\_\_

- Payment in full is required to secure your registration. Partial payments are not accepted. VISA OR MASTER CARD ONLY
- If you have selected an incorrect payment amount ECA will correct it, and process the correct amount. You will receive notification by e-mail.
- If you have chosen member rate and your membership is not current, you will be charged the additional \$50 renewal fee and it will be added to your registration. You will receive notification of such by e-mail.

**8. Show Cancellation/Refund Policy**

All refund requests must be sent in writing to: ECA360, CORP 142 Madison Avenue Island Park, NY 11558. Requests postmarked on or before Jan. 23rd, 2017 will receive a refund minus a \$150 processing fee. Requests postmarked after Jan. 23rd, 2017 will receive a credit toward a future ECA360 event for one year minus a \$150 processing fee. ECA is not responsible for acts of God, nature, war, terrorism, union or labor disputes. My signature below indicates that I understand and agree to the above terms.

X participant signature \_\_\_\_\_ date \_\_\_\_\_

You will receive an e-mail event confirmation approximately 1 week after receipt of registration if you have registered by mail. **On-Line registration is immediate and an email confirmation from reg-on-line with a reference number will appear immediately upon completion of your registration.**

**EVENT INFORMATION**

**PRE-REGISTRATION / ON-SITE REGISTRATION CHECK-IN**

Thursday	March 23	3:00pm - 7:00pm
Friday	March 24	6:30am - 1:00pm
Saturday	March 25	6:30am - 1:00pm
Sunday	March 26	7:00am - 11:00am

Plan on arriving at least one hour before your first scheduled session. This will prevent you from being late for your first session.

**ON-SITE REGISTRATION:**

Cash, MasterCard or Visa ONLY accepted for on site registrations. WE DO NOT ACCEPT CHECKS, DISCOVER CARD, DINERS CLUB OR AMERICAN EXPRESS!

**Sending in Your Reservation:**

Please call us with any questions we are here to help! 516-432-6877

**By Mail/FAX:** 516-432-7044  
 ECA360 CORP  
 142 Madison Avenue Island Park, NY 11558



Mail your full payment in U.S. funds (visa, mc, check or m.o.) & reservation forms along with your session selection sheets. Fax your full payment (visa/mc ONLY) (as of now we know of no machine that faxes money, but we can dream can't we?) and reservation forms along with your session selection sheets. ECA cannot be held responsible for incomplete, unreadable faxes or for faxes not received. Do not fax your reservation if you are mailing a check! For Mail or FAX - There is an additional \$10 administrative fee for all mailed registrations. Please make 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> choices for sessions.

**On-Line:** [www.eca360fitness.com](http://www.eca360fitness.com). You can reserve on-line (visa/mc ONLY) or you can print out, fill in, and mail or fax. . You will receive immediate registration confirmation as session selection is LIVE! You do not need to make 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> choices on line. Please choose only your 1<sup>st</sup> choice.

### **Show Headquarters Hotel**

Reserve your room now! Call today for a discounted rate at our host hotel. Just mention you are attending the ECA360 INSPIRE NYC 2017 Fitness Show

Conference Hotel: Marriott Marquis Hotel

1535 Broadway

New York, NY 10036

Reservations: 1-877-303-0104 or 212-398-1900 or [www.marriott.com](http://www.marriott.com)

<https://aws.passkey.com/e/16422919>

\*ECA special room rate \$299/single/double

\*limited availability - book early!

(please make sure to mention you are an ECA attendee).

### **Buyers Guide - Your Resource**

Aeroropes – 786-942-5472 [www.aeroropes.com](http://www.aeroropes.com)

All Screens Media – [www.allscreensmedia.com](http://www.allscreensmedia.com)

Bbarreless – 626-441-6309 [www.bbarreless.com](http://www.bbarreless.com)

bodyART – [www.bodyartmedia.com](http://www.bodyartmedia.com)

bootybarre – [www.bootybarre.com](http://www.bootybarre.com)

BollyX – 714-330-2855 [www.bollyx.com](http://www.bollyx.com)

Catslide® - [www.catslide.no](http://www.catslide.no)

Da Vinci BodyBoard – 888-909-9855 [www.davincibodyboard.com](http://www.davincibodyboard.com)

dod Fitness – 818-383-6150 [www.dodfitness.com](http://www.dodfitness.com)

Evidence Based Fitness Academy – 917-825-4297 [www.ebfitness.com](http://www.ebfitness.com)

Freedom Group Exercise (BANG Power Dance & Freedom Barre) – 240-422-8238

[www.support@freedomgroupexercise.com](mailto:www.support@freedomgroupexercise.com)

High Heel Rescue – 917-770-4065 [www.HighHeelRescue.com](http://www.HighHeelRescue.com)

Institute For Integrative Health & Fitness Education – 866-352-8252 [www.fitnesseducationseminars.com](http://www.fitnesseducationseminars.com)

ioball – [www.ioballmedia.com](http://www.ioballmedia.com)

ISCA – 305-710-9112 [www.isca.com](http://www.isca.com)

MELT Method – [www.meltmethod.com](http://www.meltmethod.com)

Miracle Ball - [www.miracleballmethod.com](http://www.miracleballmethod.com)

Peak Pilates® - [www.peakpilates.com](http://www.peakpilates.com)

Perform Better/M-F Athletics – 800-556-7464 [www.performbetter.com](http://www.performbetter.com). Catalogue company specializing in products for training, coordination & rehab.

PLYOGA – 732-691-9559 [www.PLYOGA Fitness.com](http://www.PLYOGA Fitness.com)

PlyoJam® - 310-906-0142 [www.plyojam.com](http://www.plyojam.com)

Polestar Pilates Education – 800-387-3651x103 [www.polestarpilates.com](http://www.polestarpilates.com)

Speedball - [www.speedballfitness.com](http://www.speedballfitness.com)

SPINNING® - 800-847-SPIN [www.spinning.com](http://www.spinning.com) - Spinning® training, clothing and accessories.

STABY – [www.stabymedia.com](http://www.stabymedia.com)

Yes! Fitness Music - 800-321-9378 [www.yesfitnessmusic.com](http://www.yesfitnessmusic.com)

YogaFit Training Systems Worldwide – 888-786-3111 [www.yogafit.com](http://www.yogafit.com)

ZUMBA® - 954-925-3755 [www.zumba.com](http://www.zumba.com)

Trade Show - Shop Til You Drop

Fri. March 24 12:00pm-6:00pm  
Sat. March 25 10:00am-6:00pm  
Sun. March 26 9:00am-3:00pm