

# 2011 IDEA World Fitness Convention™ Sessions Friday, August 12

233 1 8

## Communicating With Honesty, Humility and Humor L



Steve Shenbaum

Experience a hilarious, dynamic, interactive workshop led by the nationally acclaimed communication/self-awareness coach and founder of game on Nation. Through innovative, improvisational exercises, you will enhance your personal brand and improve your relationship with clients and staff while exploring the power of positive humor. So get ready to become activated in a safe and fun learning environment, where results-oriented games and exercises replace lectures, and where laughing with and taking care of the other person is what it's all about. Let's get our game on!

234 1 2 3 12

## Total Massage and Relaxation ws

Norma Shechtman, MEd, MA

After all of your workouts, a total massage and relaxation feels unbelievable! You will learn how to offer self-massage and relaxation techniques to your students. By the end of the session, you will be asking yourself, "Why haven't I done this before?" Using rollers, tennis balls and bands, each attendee will leave a new person! [Repeated as session 417.](#)

235 12

## Power Yoga for Fitness Professionals ws

Stacy McCarthy

Many fitness members find Power Yoga's straightforward, athletic and fitness-oriented style appealing. Learn how to create a rhythm and flow to your class while teaching about breath, internal locks and focus. Teach authentic, traditional yoga with a modern sensibility.

236 5 11

## STOTT PILATES®: Prenatal Pilates on the Reformer ws



Sally Belanger

Any trainer can realize the benefits of taking moms-to-be from traditional Matwork™ variations to select exercise modifications on the reformer. Using current exercise guidelines provided by ACOG, and bearing in mind common anatomical and physiological changes, you will explore appropriate STOTT PILATES exercise adaptations using the reformer in innovative and beneficial ways. Workout safety and effectiveness remain paramount and the client's risk factors, prepregnancy fitness level, health concerns and fitness goals will all be taken into account when creating new and ongoing programs.

237 11

## Peak Pilates®: Reform Your Technique ws



Zoey Trap, MSc

As Pilates trainers, it's often difficult to get targeted feedback on your own technique. Yet, keeping your personal practice strong not only keeps you inspired as a teacher but inspires your students. Come and tune up your technique in this practical concentrated format, including the use of a technique grid, and receive coaching from an expert instructor. You will have the opportunity to ask specific questions and have exercises broken down and explained. This is so much more than a workout! You will leave the workshop with specific feedback to bring your own workout to the next level.

238 13

## Schwinn® Cycling: Short and Sweet ws

Mindy Mylrea

Want to attract new blood to your cycling program? Ditch the hour-long timeslot and keep it short and sweet. The 30-minute workout is the best way to create a new batch of committed riders whether they've never tried the bike or they want to "have it all" during their gym time. This workshop shows you how to successfully put together and coach two energizing, physiologically sound workouts that fit neatly into half an hour: one for those new to cycling and one for those who are fit but need it fast!

239 13

## Spinning®: Let's Jump! ws



Jeff Krabiel

This workshop explores and defines the various jumping techniques detailed in the Spinning Instructor Manual. Be prepared for higher cadence jumps on the flat roads along with heavily-loaded jumps on the hills. Other key performance areas covered in this class include the counting technique, split-symbol design structures and resistance loading.

240 13

## Keiser®: Realign, Restore, Ride ws



Suzette O'Byrne

Whether it's driving, sitting at a desk or watching TV, your clients spend a majority of their time sitting before coming to your cycling classes. Unfortunately, this bent over posture can affect the length and tension of the hip flexors, pelvis and thoracic spine musculature. In this workshop, you will learn range of motion, planes of motion and stability moves to incorporate into your classes to ensure that you are helping your participants restore their alignment.

241 1 2 3 13

## Kranks® Fusion ws



Mike Michels

Johnny G, the creator of Spinning®, now brings you KRANK Fusion™, the ultimate full-body workout. Experience what it's like when you bring the Johnny G Krankcycle by Matrix into the indoor cycling room and combine them for a complete full-body workout, conditioning not only the arms and the legs, but also the chest, back, shoulders, abdominals and core stabilizers. It's well-balanced, increases strength, improves cardiovascular fitness and incinerates calories. [Repeated as session 570.](#)

242 1 2 3 13

## Indo-Row®: The Perfect Calorie Burn ws



Jay Blahnik and Josh Crosby

It's back! Indo-Row is a one-of-a-kind rowing workout that will truly change the way you think about group exercise. Working in teams, partners and as one crew, you will get world-class coaching and a transforming total-body workout that will leave you begging for more. Easy to learn, Indo-Row is perfect for group exercise instructors and personal trainers. No experience is necessary. [This session is repeated as sessions 112, 181, 393 and 421.](#)

243 1 2

## Train Like an Ultimate MMA Fighter ws

Kevin Kearns

Mixed martial arts fighters are the ultimate athletes. They must reap incredible conditioning rewards from their strength and conditioning programs, while staying injury-free. Their training regimens are intense and include many martial art disciplines. Get introduced to a six-phased training approach and over 25 drills that you can employ with your clients. Learn hands-on, carefully calibrated workouts that can be adapted for a wide range of personal training programs and group classes. These workouts are fast-paced and challenging—your clients will absolutely love training like an MMA fighter!

## TIME BLOCK G

7:30pm–9:00pm

No CECs offered.

250 4

## LaBlast™ ws

Louis Van Amstel

LaBlast: created by world champion and ABC's *Dancing with the Stars* dancer and choreographer Louis Van Amstel, this class will lead you through various dance genres combining exhilarating body movements and creative fitness routines to burn fat and blast away calories. No experience and no partner necessary.