

167 **4**
BIG DANCE™ WS
Jonatan Canada
 See session #104 for description.

168 **4**
Step on Cue! WS
Melanie Douglass, RN
 Step junkies! Come one, come all! Now here's a session that is all about advanced step choreography. You'll journey through three advanced step combinations and learn new ways to audibly cue complicated moves besides the old favorite, "watch this." If you can cue it—they will come!

169 **1 2 5**
Session TBD L/WS
 Presenter TBD

170 **6 8**
Solving Your Clients' Biggest Dieting Dilemmas L
Kara Mohr, PhD
 Successful weight loss requires 24/7 focus. Learn how to teach your clients behavioral strategies they can use to manage cravings, control portion sizes, eliminate mindless eating and stay motivated outside of their training sessions. Walk away ready to teach your clients new tricks on how to modify eating behaviors in order to successfully tip the scales in their favor!

171 **6**
Ultimate Metabolic and Calorie-Burning Makeover L
Len Kravitz, PhD
 Get the latest research on spontaneous physical exercise and high-intensity interval training. You will walk away with information on the hormonal regulation of lipolysis during physical activity and exercise, the effect of exercise on fat oxidation, the effect of the glycemic index on fat metabolism, exercise intensities necessary for fat loss, and strategies to enhance caloric expenditure with physical activity. Learn six innovative exercise programs that maximize caloric expenditure and 10 different metabolic boosters of spontaneous exercise. Find out how to complete specific metabolic profiling for your clients!

172 **1**
Advanced Training Skills for the Optimal Exercise Experience: Upper Extremity (Part 2 of 2) L/WS
Tom Purvis, PT
 Objective research has been in for some time: physiological responses to using the right machines not only improves strength, but also improves function! Due to the myths perpetuated by a large biased segment of the industry, few trainers have learned how to strategically integrate body-weight exercises and machines, or the basics on customizing the set-up and use of various machines for their clients. If you work with a broad range of clients, machines can be your best tools at very specific points in progression and for specific goals. You won't believe how many variations can be created on a single machine when you understand exercise mechanics! *This is Part 2 in a two-part series. Session 142 is recommended, but not required as a prerequisite to this session.*

173 **1 2 5**
Creating Lifelong Fitness in Youth—Turning Preparation Into Performance (Part 2 of 2) L/WS
Brett Klika and Paul Stricker, MD
 Learn to apply sports skill developmental milestones to improve performance for youth. Explore important aspects of motor skills, aerobic maturation, visual progression and mental development as they apply to training activities for different ages and skill levels. Review current research on the ability of training and strengthening to increase performance and reduce injuries. Learn and experience over 15 developmentally appropriate skills and drills to improve athleticism in youth. *This is Part 2 in a two-part series. Session 140 is recommended, but not required as a prerequisite to this session.*

174 **11**
Two-Point Touch for Cuing and Alignment WS
Cathleen Murakami
 Accurate hands-on cuing is essential in order to be an effective fitness trainer. Not only do your verbal cues need to be congruent, but your touch must be accurate as well. This workshop will guarantee an elevated effectiveness in your sessions with clients, and refine your skills to a new level of sophistication and efficiency.

175 **1**
Is Your Client in Pain? What Do You Do Now? WS
Justin Price, MA
 How many lectures on corrective exercise have you attended but you still don't know what to do first to help get your clients out of pain? You've probably learned so many assessments and exercises that are supposed to work, but don't know how to put all this information together into a cohesive program. This interactive session will teach you the precise steps and the exact order you should follow when helping clients in pain.

176
Session TBD WS
 Presenter TBD
 Session description TBD.

177 **1 11**
STOTT PILATES®: Functional Athletic Core Conditioning on the Cardio-Tramp WS
John Garey, MS
 Learn innovative new programming on the STOTT PILATES Reformer and Cardio-Tramp. This workout, designed to stimulate both cardiovascular and muscular effectiveness, is ideal for both the recreational and professional athlete. Discover how to combine progressive plyometric intervals varying both in length and intensity, with muscular strength and endurance moves on the vertical mini trampoline. The routine features nontraditional Pilates exercises that use the incredible diversity of the reformer to effectively train both concentric and eccentric muscular ability.

178 **13**
Spinning® Energy Zone™ Journey WS
Jeff Krabiel
 Boost your knowledge of the heart rate training foundation of the Spinning program. Travel through the Spinning Energy Zones in a ride that will take you seamlessly through all five zones while distinguishing each zone's unique characteristics. This is a great session for new instructors, as well as experienced instructors who need a fresh look at the Spinning Energy Zones.

179 **13**
Keiser®: Circuit Challenge WS
Krista Popowych
 The circuit challenge is a heart-pounding, full-body workout that uses the Keiser indoor cycles, striders and resistance equipment for an efficient and effective workout. This class is designed for all participant levels and incorporates muscle conditioning and high-intensity cardio intervals to challenge participants to push to their full potential. Taught to great music and with seamless transitions, this workout is sure to inspire! *This session is presented in a workout format as session 516.*

180 **1 2 3 13**
Kranks®: The Next Revolution in Fitness WS
Yvonne Juarez
 This workshop will demonstrate how Kranks revolutionizes exercise by using the arms, shoulders and torso muscles in a way never experienced before, while providing incredible cardiovascular training, cross-training for the lower body, functional training and postural balance for the upper body, and core strengthening and alternative strength training for individuals who do not like to lift weights. Get a basic overview of the benefits of Kranks and find out how to integrate this program into your club. *This session is repeated as 392.*