

EMPOWER!



Early Bird
DEADLINE

JAN 31

EVENT HIGHLIGHTS

ZUMBA® Basic Instructor Trainings, Level 1 & 2 with Julie Kelly and Vanessa Lupercio
Schwinn® Indoor Cycling Instructor Training Course with Doris Thews
Winning Weight Loss Strategies and Calorie Burning Extravaganza with Len Kravitz
Boot Camp Instructor Training with SGT Ken Weichert

DALLAS

FEB 24

THROUGH

FEB 26

2012







“THE NAME FITS;
EMPOWERED!
THAT IS HOW I FELT LEAVING.”

-Dawn

“I LOVED EVERY SESSION.

EACH PRESENTER WAS KNOWLEDGEABLE AND FRIENDLY
WITH GREAT INFORMATION AND SKILL TO SHARE.”

-Tina

FRIDAY, FEB. 24	SESSION TITLE	PRESENTER	TRACK	TYPE	ACE	NASM	AFAA	NETA	AAA/ISMA
8AM-5PM	Boot Camp Instructor Training by START Fitness* (\$219)	SGT Ken Weichert	PT/GF		0.8	0.8	NA	8	NA
9AM-5PM	ZUMBA® Basic Instructor Training Level 1* (\$210)	Julie Kelly & Vanessa Luperchio	GF		.07	NA	5.5	NA	NA
5:15PM	MAIN CONFERENCE BEGINS								
5:15-6:30PM	Dance 678	Patrick Goudeau	GF	WS	0.1	0.1	0.5	1	0.75
	Glutes, Guns and Guts	Mindy Mylrea	PT/GF	WS	0.1	0.1	0.5	1	0.75
	The Party Ride	Daina B & Jo S	CYCLE	WS	0.1	0.1	0.5	1	0.75
6:45-8PM	Cardio Drumming	Abrea Arnold-Wooten	GF	WS	0.1	0.1	0.5	1	0.75
	Core Connection	Mindy Mylrea	PT/GF	WS	0.1	0.1	0.5	1	0.75
	The Elements of Flow	Jo Stokes	YOGA	WS	0.1	0.1	0.5	1	0.75
SATURDAY, FEB. 25									
8-9:45AM	Obstacle Course: Operation Deep Impact	SGT Ken Weichert	PT/GF	WS	0.15	0.15	1	1.5	0.75
	SPRI® 360 Training: Explosive Cardio	Patrick Goudeau	PT/GF	WS	0.15	0.15	1	1.5	0.75
	Schwinn® Cycling: HIIT !!	Mindy Mylrea	CYCLE	WS	0.15	0.15	1	1.5	0.75
	The Titanic Towers of Muscle Strength and Hypertrophy	Len Kravitz	PT	L	0.2	0.2	1.75	2	0.75
10:00-11:45AM	One More Step	Patrick Goudeau	GF	WS	0.15	0.15	1	1.5	0.75
	BOSU® Strong + Stretched	Rob Glick	GF	WS	0.15	0.15	1	1.5	0.75
	Schwinn® Cycling: Energize and Socialize	Doris Thews	CYCLE	WS	0.15	0.15	1	1.5	0.75
	Power Yoga Flow	Kimberly Spreen	YOGA	WS	0.15	0.15	1	1.5	0.75
	High Intensity Interval Training vs Continuous Cardio: Battle of the Aerobic Titans	Len Kravitz	PT/GF	L	0.2	0.2	1.75	2	0.75
NOON-1PM	LUNCH BREAK AND SHOPPING								
1-2:30PM	ZUMBA® Fitness Party	Julie Kelly & Vanessa Luperchio	GF	WS	0.1	0.1	0.75	1	0.75
	Best of Boot Camp	Mindy Mylrea	PT/GF	WS	0.1	0.1	0.75	1	0.75
	Schwinn® Cycling: Music Makeover	Rob Glick	CYCLE	WS	0.1	0.1	0.75	1	0.75
	Yoga Therapy - Healthy Hips, Backs & Shoulders	Jo Stokes	YOGA	WS	0.1	0.1	0.75	1	0.75
2:45-4:15PM	KettleBALL Workshop: Operation Breaking Barriers™	SGT Ken Weichert	PT/GF	WS	0.1	0.1	0.75	1	0.75
	BOSU® Crush It	Mindy Mylrea	PT/GF	WS	0.1	0.1	0.75	1	0.75
	Schwinn® Cycling: Ride One, Get One FREE	Kimberly Spreen	CYCLE	WS	0.1	0.1	0.75	1	0.75
	Fight! — The MMA-Inspired Challenge	Abrea Arnold-Wooten	GF	WS	0.1	0.1	0.75	1	0.75
	The Female Training Advantages 2012	Len Kravitz	PT	L	0.15	0.15	1.5	1.5	0.75
4:30-6PM	Move, Shake, Drop It	Bobbie Williams	GF	WS	0.1	0.1	0.75	1	0.75
	SPRI® 360 Training: Core Combustion	Patrick Goudeau	PT/GF	WS	0.1	0.1	0.75	1	0.75
	Schwinn® Cycling: 10 Minutes to Your Next 10 Rides	Doris Thews	CYCLE	WS	0.1	0.1	0.75	1	0.75
	Deep Release Yoga	Daina Boeschstein	YOGA	WS	0.1	0.1	0.75	1	0.75
	Stress, Cortisol and Obesity	Len Kravitz	ALL	L	0.15	0.15	1.5	1.5	0.75
SUNDAY, FEB. 26									
8AM-NOON	Winning Weight Loss Strategies and Calorie Burning Extravaganza* (\$89)	Len Kravitz	ALL		0.4	0.4	NA	4	NA
8AM-5PM	Schwinn® Indoor Cycling Instructor Training Course* (\$199)	Doris Thews	CYCLE		0.8	NA	7.25	8	NA
9AM-5PM	ZUMBA® Basic Instructor Training, Level 2* (\$210)	Julie Kelly & Vanessa Luperchio	GF		0.7	NA	5.5	NA	NA
8-9:45AM	Boot Camp: Operation Excessive Force™	SGT Ken Weichert	PT/GF	WS	0.15	0.15	1	1.5	0.75
	Power Vinyasa Yoga	Rob Glick	YOGA	WS	0.15	0.15	1	1.5	0.75
10:15AM-NOON	Strike! Kickboxing	Kimberly Spreen	GF	WS	0.15	0.15	1	1.5	0.75
	Yoga & the Art of Assisting	Sheryl Braun	GF/YOGA	WS	0.15	0.15	1	1.5	0.75
12:45-2:30PM	SPRI® 360 Training: Superior Strength	Patrick Goudeau	PT/GF	WS	0.15	0.15	1	1.5	0.75
	Yoga Nidra: A Holistic Relaxation Technique	Sheryl Braun	YOGA	WS	0.15	0.15	1	1.5	0.75

TRACK KEY:
 GF = Group Fitness
 PT = Personal Training
 CYCLE = Indoor Cycling

TYPE KEY:
 WS = Workshop
 L = Lecture

For session descriptions, visit www.empowerfitnessesvents.com and click on the session title.

* Certification or Intensive Session. Additional Fees apply.

We'd like to thank the following sponsors without whose support we would not be able to put on such an amazing event:





“THE CONFERENCE
**FAR EXCEEDED MY
EXPECTATIONS.**

EVERY COURSE WAS ENLIGHTENING, ENGAGING AND
OVERFLOWING WITH UP-TO-DATE VALUABLE INFORMATION.”

–Mark



Abrea Arnold

Abrea Arnold has 10 years of teaching experience in the fitness industry. She has served as a Personal Trainer, Metabolic Technician, Group Fitness Department Head and a member of Life Time Fitness' Master Instructor Team. Her passion lies in coaching and developing new and seasoned instructors, and creating a love of fitness in her participants through her edgy, yet authentic style and sense of humor.



Daina Boeschstein

Daina Boeschstein is a certified personal trainer and holds certifications through ACE, AFAA, Precision Cycling, YogaFit, Trekking, Turbo-Kick and Gravity. Her passions include yoga, event planning and outdoor endurance cycling. Delivering instructor training workshops and certifications throughout the country, Daina has shared her motivational techniques and passion for fitness and yoga with countless instructors. She aspires to motivate all to reach their full potential.



Sheryl Braun

Sheryl Braun began her yoga journey in 1998 and started teaching in 2006. She completed both Level 1 & Level 2 teacher training with Baron Baptiste, is Baptiste certified and an E-RYT200. She has studied with many wonderful teachers, including Rusty Wells, Nicki Doane, Eddie Modestini, Jonny Kest, Vinnie Marino and Steve Ross, and continually seeks new opportunities to learn and grow.



Rob Glick

Rob Glick was named the 2006 International Presenter of the Year by CanFitPro and the 2005 Best Male Presenter by ECA. He holds a B.S. in Exercise Science, and is a continuing education provider for both ACE and AFAA. He has starred in several highly acclaimed exercise videos, is one of the Star Trainers on ExerciseTV and a master trainer for Schwinn® Cycling and BOSU.



Patrick Goudeau

Patrick Goudeau is a NIKE Elite Fitness Athlete, National Academy of Sports Medicine (NASM) certified personal trainer and one of the most sought-after fitness personalities in the world. Known for his unique style and innovative movement, The KING OF CHOREOGRAPHY has released 22 highly acclaimed workout DVDs. Patrick's challenging, results-driven workouts have inspired countless individuals to adopt a fulfilling lifestyle of health and fitness.



Julie Kelly

Julie Kelly has been in the fitness industry for 30 years, having taught a variety of fitness formats. Certified through ACE, ACSM, NSCA and AFAA, she says that teaching Zumba® has been the most fun she's had as a fitness professional! Julie is also the mother of seven children and working on her Master's in Kinesiology.



Len Kravitz

Len Kravitz, Ph.D., is the Program Coordinator of Exercise Science and a Researcher at the University of New Mexico where he won the Outstanding Teacher of the Year award. Len was recently honored with the 2009 Canadian Fitness Professional Specialty Presenter of the Year award and chosen as the American Council on Exercise 2006 Fitness Educator of the Year. He also has received the prestigious Canadian Fitness Professional Lifetime Achievement Award and the Global Award from the Aquatic Exercise Association.



Vanessa Lupercio

Vanessa has been teaching for almost six years and a Zumba Education Specialist for almost four. She loves teaching Salsa, Merengue, Cumbia, Samba and other Latin dance moves while enjoying music from all over the world.



Mindy Mylrea

Mindy Mylrea is the 2008 ECA OBOW Fitness Presenter of the Year, the 2004 CanFitPro International Presenter of the Year, the 1999 International IDEA Fitness Instructor of the Year, a National and World Aerobic Champion, a Gatorade-sponsored athlete, and a five-star presenter for IDEA. She is an advisory board member for Oxygen Magazine, an international presenter, author, motivational speaker, video personality and CEC provider.



Kimberly Spreen

Kimberly Spreen is the National Director of Group Fitness & Yoga for Life Time Fitness, a premier "healthy way of life" company that operates over 90 clubs across the U.S. She is a member of the IDEA Program Director Committee, one of ExerciseTV's star trainers, and has led several popular exercise videos. Known for her passion, enthusiasm and humor, Kimberly travels the world as a presenter, educator and motivational speaker.



JoDene Stokes

Jo has worked in the health & fitness industry for 20 years, is a 500hr RYT Certified Yoga Teacher, a Certified Yoga Therapist, and is part of the LifePower Yoga Teacher Training faculty. She is also a Peak Pilates Certified Trainer, holds three cycling certifications, two personal training certifications and a degree in Exercise Science. Currently, Jo is a fitness consultant for Easton/Bell Sports and is the National Spokesperson for Savasa, Easton/Bell's new line of mind/body products. She has appeared in seven Instructor Training videos, stars in five Savasa Yoga and Pilates consumer videos and two Savasa Heart Rate Training Videos.



Doris Thews

Doris has 27 years of fitness industry experience and graduated from Chapman University with a B.A. in Communications and Public Relations. She is the owner of nThewsdFitness Personal Training, has been featured in several fitness DVDs for Power Blue Productions is a published author in health and fitness magazines, and ACE and AFFA certified.



SGT Ken Weichert

Ken Weichert (a.k.a. "SGT Ken") is an international speaker, six-time Army Soldier of the Year, Master Fitness and Master Resilience Trainer, and veteran of Operation Iraqi Freedom. Ken founded the longest-running Boot Camp fitness program in America, START Fitness®. Ken has led over 250,000 soldiers and civilians to better health through a tactical fitness program that he created called "Operation Fit to Fight." Ken has written over 100 fitness and health articles for magazines such as GX®, Backpacker®, Outside®, Health®, and for the National Guard and Military.com websites. Ken is the CanFitPro "Best New Presenter of the Year" for 2011.



Bobbie Williams

Bobbie Williams is the Group Fitness Department Head at Life Time Athletic at Premier Place. She has been teaching in the industry for over 10 years, and loves teaching various formats from Dance Fitness, Strength Training and Step. She is best known for her energy and enthusiasm, and works hard to motivate her students to achieve extraordinary results.





“THANKS FOR THE
**ENERGY &
INSPIRATION.**
WHAT A POSITIVE ENVIRONMENT.
THIS TEAM OF INSTRUCTORS
WILL MOVE YOU TO THE
NEXT LEVEL OF EXCELLENCE!”

-Paula

EMPOWER!

Friday, February 24 – February 26, 2011
Premier Place Life Time Athletic
5910 N. Central Expressway Dallas, TX 75206

AIRPORT OPTIONS

Dallas Love Field (DAL) OR Dallas Fort Worth (DFW)

GROUND TRANSPORTATION

The event is 5 miles away from DAL and 23 miles away from DFW.

Estimated cost for a shared Super Shuttle is \$17/DAL and \$21/DFW.

Call 1-800-BLUE-VAN or reserve a shuttle at www.supershuttle.com.

HOTEL INFORMATION

Radisson Hotel Central Dallas
6070 N. Central Expressway
Dallas, TX 75206
(214) 750-6060
radisson.com/dallastx_centralepxy

Special rate of \$95 for EMPOWER! attendees. Use discount code: EMRWR.

This hotel is located directly across the street, within walking distance.

EVENT INFORMATION

- Registration opens one hour before the first session each day

EXPO HOURS:
FRI 9AM–2PM, 5AM–8PM
SAT 9AM–5PM
SUN 9AM–1PM

- Earn up to 14 credit for just the main conference, more if you attend a pre- or post-conference instructor training or intensive.
- All attendees receive a free 6-month IDEA e-membership
- Attendance will be limited to 300, so REGISTER SOON!



HOW TO REGISTER:

Online at empowerfitnessevents.com | Fax completed form to: 949-786-2977 | Mail (w/payment) to:
 Global Fitness Solutions, 11 Woodswallow Lane, Aliso Viejo, CA 92656

EMPOWER! DALLAS REGISTRATION FORM: FEBRUARY 24 – 26

NAME _____ EMAIL _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE (day) _____ PHONE (evening) _____ TODAY'S DATE _____

CERTIFICATION, INTENSIVE TRAINING AND MASTER CLASS OPTIONS:

Friday, February 24

- ZUMBA® Basic Instructor Training Level 1** with Vanessa Lupercio & Julie Kelly (must register on ZUMBA's website) **\$210** **9AM-5PM**
- Boot Camp Instructor Training** by START Fitness with SGT Ken Weichert **\$219** **8AM-5PM**

Sunday, February 26

- ZUMBA® Basic Instructor Training Level 2** with Vanessa Lupercio & Julie Kelly (must register on ZUMBA's website) **\$210** **9AM-5PM**
- Schwinn® Indoor Cycling Instructor Training Course** with Doris Thews **\$199** **8AM-5PM**
- Winning Weight Loss Strategies: Caloric Burning Extraganza** with Len Kravitz **\$89** **8AM-NOON**

Subtotal \$ _____

MAIN CONFERENCE OPTIONS/PRICES (Please choose your session selections on page 12.):

- FULL MAIN CONFERENCE (Includes all workshops and master classes, Fri evening through Sun)**
 _____ Regular: \$189 until January 31; \$229 after January 31
 Discount code, if applicable: _____ Amount of discount: _____
- SATURDAY ONLY: \$119 until January 31, \$139 after January 31
- SUNDAY ONLY: \$89 until January 31, \$109 after January 31
- SINGLE WORKSHOP: \$40 each until January 31, \$50 after January 31 x _____ = \$ _____

Main Conference Total: _____

TOTAL DUE: _____

PAYMENT OPTIONS:

- Check # _____ (make checks payable to Global Fitness Solutions)
 (Mail checks/money orders along with completed registration to:
 GFS, 11 Woodswallow Ln, Aliso Viejo, CA 92656)
- Money Order
- PayPal
 If you have a Paypal account online, you may send your payment to
 customerservice@globalfitnesssolutions.com

Visa MasterCard Amex
 # _____ Exp. _____ 3-Digit Code _____
 Name on Card: _____
 Please add billing address below if different than above. _____

Early Bird
DEADLINE
JAN 31

Cancellation/Refund policy: Any request for a refund must be in writing and include cancellation reason. All refund requests received prior to January 31 will be subject to a \$50 administrative fee. There will be no refunds provided for cancellations received on or after January 31; however, the amount of the registration fee, less a \$50 administrative fee, can be credited to a future EMPOWER! event.

Main Event session selections. Please check only one per time block.

FRIDAY, FEB. 24

5:15–6:30PM	Dance 6 7 8	Patrick Goudeau	GF	<input type="checkbox"/>
	Glutes, Guns and Guts	Mindy Mylrea	PT/GF	<input type="checkbox"/>
	The Party Ride	Daina B & Jo S	CYCLE	<input type="checkbox"/>
6:45–8PM	Cardio Drumming	Abrea Arnold-Wooten	GF	<input type="checkbox"/>
	Core Connection	Mindy Mylrea	PT/GF	<input type="checkbox"/>
	The Elements of Flow	Jo Stokes	YOGA	<input type="checkbox"/>

SATURDAY, FEB. 25

8–9:45AM	Obstacle Course: Operation Deep Impact	SGT Ken Weichert	PT/GF	<input type="checkbox"/>
	SPRI® 360 Training: Explosive Cardio	Patrick Goudeau	PT/GF	<input type="checkbox"/>
	Schwinn® Cycling: HIIT It!	Mindy Mylrea	CYCLE	<input type="checkbox"/>
	The Titanic Towers of Muscle Strength and Hypertrophy	Len Kravitz	PT	<input type="checkbox"/>
10:00–11:45AM	One More Step	Patrick Goudeau	GF	<input type="checkbox"/>
	BOSU® Strong + Stretched	Rob Glick	GF	<input type="checkbox"/>
	Schwinn® Cycling: Energize and Socialize	Doris Thews	CYCLE	<input type="checkbox"/>
	Power Yoga Flow	Kimberly Spreen	YOGA	<input type="checkbox"/>
	High Intensity Interval Training vs Continuous Cardio: Battle of the Aerobic Titans	Len Kravitz	PT/GF	<input type="checkbox"/>
NOON–1PM	LUNCH BREAK AND SHOPPING			
1–2:30PM	ZUMBA® Fitness Party	Julie Kelly & Vanessa Lupercio	GF	<input type="checkbox"/>
	Best of Boot Camp	Mindy Mylrea	PT/GF	<input type="checkbox"/>
	Schwinn® Cycling: Music Makeover	Rob Glick	CYCLE	<input type="checkbox"/>
	Yoga Therapy - Healthy Hips, Backs & Shoulders	Jo Stokes	YOGA	<input type="checkbox"/>
2:45–4:15PM	KettleBALL Workshop: Operation Breaking Barriers™	SGT Ken Weichert	PT/GF	<input type="checkbox"/>
	BOSU® Crush It	Mindy Mylrea	PT/GF	<input type="checkbox"/>
	Schwinn® Cycling: Ride One, Get One FREE	Kimberly Spreen	CYCLE	<input type="checkbox"/>
	Fight! — The MMA-Inspired Challenge	Abrea Arnold-Wooten	GF	<input type="checkbox"/>
	The Female Training Advantages 2012	Len Kravitz	PT	<input type="checkbox"/>
4:30–6PM	Move, Shake, Drop It	Bobbie Williams	GF	<input type="checkbox"/>
	SPRI® 360 Training: Core Combustion	Patrick Goudeau	PT/GF	<input type="checkbox"/>
	Schwinn® Cycling: 10 Minutes to Your Next 10 Rides	Doris Thews	CYCLE	<input type="checkbox"/>
	Deep Release Yoga	Daina Boeschstein	YOGA	<input type="checkbox"/>
	Stress, Cortisol and Obesity	Len Kravitz	ALL	<input type="checkbox"/>

SUNDAY, FEB. 26

8–9:45AM	Boot Camp: Operation Excessive Force™	SGT Ken Weichert	PT/GF	<input type="checkbox"/>
	Power Vinyasa Yoga	Rob Glick	YOGA	<input type="checkbox"/>
10:15AM–NOON	Strike! Kickboxing	Kimberly Spreen	GF	<input type="checkbox"/>
	Yoga & the Art of Assisting	Sheryl Braun	GF/YOGA	<input type="checkbox"/>
12:45–2:30PM	SPRI® 360 Training: Superior Strength	Patrick Goudeau	PT/GF	<input type="checkbox"/>
	Yoga Nidra: A Wholistic Relaxation Technique	Sheryl Braun	YOGA	<input type="checkbox"/>

KEY:

GF = Group Fitness
 PT = Personal Training
 CYCLE = Indoor Cycling

For session descriptions, visit
www.empowerfitnessevents.com.



“ALTHOUGH I HAVE BEEN TEACHING OVER 27 YEARS,
**I ALWAYS WALK AWAY
WITH NEW MOVES &
KNOWLEDGE.**

I CAN'T WAIT UNTIL NEXT YEAR!”

—Beth

EMPOWER! Fitness Events

11 Woodswallow Lane
Aliso Viejo, CA 92656

Early Bird
DEADLINE

JAN 31



2012 EMPOWER! Events

For more information, visit empowerfitnesssevents.com.

DALLAS, TX

FEB 24-26

CHICAGO, IL

MAR 22-25

LAS VEGAS, NV

APR 20-22

COLUMBUS, OH

MAY 22-24

MINNEAPOLIS, MN

JUN 14-16

DENVER, CO

JUL 19-21

ATLANTA, GA

NOV 9-11

Premier Place Life Time Athletic | 5910 N. Central Expressway | Dallas, TX 75206