

EMPOWER!

Weekend Fitness Celebration 2012



Early Bird
DEADLINE

FEB 28

EVENT HIGHLIGHTS

Beautiful new event location — InterContinental Chicago O'Hare Hotel
Live Social Networking Mixer
EMPOWER! Celebration Party
Earn up to 20 Credit Hours from ACE, NASM, AFAA, NETA and AAAI/ISMA

CHICAGO

MAR 22

THRU

MAR 25

2012





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

-Dawn

THURSDAY, MAR. 22	SESSION TITLE	PRESENTER	TRACK	TYPE
8AM-4PM	TRX Rip Training Course, .8 ACE, .8 NASM, .8 NSCA (\$250)	Pete Holman	PT/GF	
	ACE Small Group Training, .8 ACE (\$159)	Jonathan Ross	PT	
8AM-5PM	Boot Camp Instructor Training, .8 ACE, .8 NASM (\$219)	SGT Ken Weichert	PT/GF	
	Peak Pilates®: MVe® Chair for Small Group Training, 8 CECs Peak Pilates (\$159)	Renee Spriggs	PILATES	
9AM-3PM	Body Bars & Beyond, .7 ACE, 7.0 AFAA, (\$149)	Sherry Catlin	PT/GF	
	Yoga Tune Up® Therapy Ball Practitioner Certificate, .4 ACE (\$189)	Jill Miller	YOGA	
9AM-5PM	ZUMBA® Basic Instructor Training, .7 ACE, 5.5 AFAA (\$210)	Tony Witt & Erick Santana	GF	
	Group Fitness Instructor Training (G.F.I.T.), .8 ACE (\$179)	Jen Ryan & Katie Haggerty	GF	
	R.I.P.P.E.D., .8 ACE, .8 NASM, 5.5 AFAA (\$189)	Alex Isaly & Terry Shorter	GF	
	NASM Metabolic Conditioning, .8 ACE, .8 NASM (\$199)	Fabio Comana	PT	
	SPINNING®: Instructor Orientation, .8 ACE, 8.0 AFAA (\$325)	Raquel Schmidt	CYCLE	
9AM-6PM	Tabata Boot Camp Instructor Certificate, .9 ACE, 8.0 AFAA (\$199)	Mindy Mylrea	GF	
9AM-7PM	Schwinn® Indoor Cycling Instructor Certification, .8 ACE, 7.25 AFAA (\$199)	Julz Arney & Shannon Fable	CYCLE	
4-8PM	Strength Tool Box, .4 ACE (\$89)	Kaycee Dunfield	PT/GF	
	How to Pronounce Yoga Pose Names, 4 hrs Yoga Alliance (\$89)	Cheryl Oliver	YOGA	
6-8PM	SPINNING®: "The Road to Kona," 2 STAR points (\$75, 15% discount for SPIN® members)	Scott Schlesinger	CYCLE	

FRIDAY, MAR. 23

MASTER CLASSES
8-9AM

8-9AM	Taste of ZUMBA®	Tony Witt & Erick Santana	GF	MC	
	HIIT Training — High Intensity Interval Training	Mindy Mylrea	GF	MC	
	Just Me, Myself & I	Jodee Thomas-Hollenbeck	GF	MC	
	Body Bar Tabata	Sherry Catlin	PT/GF	MC	
	One More Step	Patrick Goudeau	GF	MC	
	Bender Ball Boot Camp	Leslee Bender	GF	MC	
	Glory!Yoga	Julz Arney	YOGA	MC	
	Schwinn® Cycling: The Power Hour!	Tatiana Kolovou	CYCLE	MC	
	SPINNING®: The Matrix	Scott Schlesinger	CYCLE	MC	
	Bodyblade®: Power 10	Renee Spriggs	GF	MC	
9:15-11AM	Dance Delight	Petra Kolber	GF	WS	
	SPRI® KettleBALL Workshop: Operation Breaking Barriers™	SGT Ken Weichert	PT/GF	WS	
	Core Transformer Kick It to the Core. Go 3D!	Linda LaRue & Gay Gasper	GF	WS	
	BOSU® HIIT Extreme	Kell Roberts	PT/GF	WS	
	R.I.P.P.E.D.	Terry Shorter & Alex Isaly	GF	WS	
	Beyond the Barre: By Balletone™	Shannon Fable	GF	WS	
	Understanding the Eight Limbs of Yoga	Cheryl Oliver	YOGA	L	
	Tipping the Scales — Energy Balance & Weight Loss	Fabio Comana	PT	L	
	Understanding Shoulder Pain	Greg Roskopf	PT	L	
	Schwinn® Cycling: Ride One, Get One FREE	Rob Glick	CYCLE	WS	
	SPINNING®: Climbing the Categories: Epic Climbs of the Tour de France	Raquel Schmidt	CYCLE	WS	
	Peak Pilates®: Core Attack!	Renee Spriggs	PILATES	WS	
	11:15AM-1PM	Where's the Party?	Sara Easley & Angie Green	GF	WS
		SPRI® 360 Training: Explosive Cardio	Patrick Goudeau	PT/GF	WS
		TRX® Training for Performance & Durability	Shana Martin	PT	WS
Strike!...powered by Body Bar		Kimberly Spreen-Glick	GF	WS	
Gymstick Pilates		Leslee Bender	PILATES	WS	
Couch To 5K: The Minimal Way		Stacey Lei Krauss	PT/GF	WS	
Yoga Tune Up®: KneeHab		Jill Miller	YOGA	WS	
Abs Revealed		Jonathan Ross	PT	L	
Get SocialFit! Leverage Social Media to Build Your Classes		Julie Wilkes	ALL	L	
Schwinn® Cycling: 7 Shortcuts to More Powerful Playlists		Julz Arney	CYCLE	WS	
SPINNING®: Energy Zone™ Journey		Scott Schlesinger	CYCLE	WS	
Bodyblade®: Yoga & Pilates Flow		Zoey Trap	FUSION	WS	

1-2PM

LUNCH BREAK AND SHOPPING

TRACK KEY:

GF = Group Fitness
 PT = Personal Training
 FUSION = Mind/Body Fusion
 CYCLE = Indoor Cycling
 YOGA = Yoga
 PILATES = Pilates

TYPE KEY:

WS = Workshop
 L = Lecture
 MC = Master Class/No CECs

CONTINUING EDUCATION	WS	L	MC
ACE	0.15	.020	0
AFAA	1.0	1.5	0
NASM	0.15	0.20	0
NETA	1.5	2	0
AAAI/ISMA	.5	.5	0

For session descriptions, visit www.empowerfitnesssevents.com.

FRIDAY, MAR. 23 (continued)	SESSION TITLE	PRESENTER	TRACK	TYPE		
2-3:45PM	Dance Project	Katie Haggerty & Kaycee Dunfield	GF	WS		
	SPRI® Double Trouble	Petra Kolber	GF	WS		
	Body Back® Teaser Session	Farel Hruska	GF	WS		
	BOSU® Crush It	Mindy Mylrea	GF	WS		
	CALVINOGRAPHY®: The Diary of Step	Calvin Wiley	GF	WS		
	HYPERWEAR® SandBell® Slam	Patrick Goudeau	PT/GF	WS		
	Let It Go Yoga Flow	Kimberly Spreen-Glick	YOGA	WS		
	C.H.E.K. Critical Program Design Strategies	Mark Stone	PT	L		
	Group Fitness Instructor & Personal Trainer Fusion: In It for the Long Haul?	Donna Thomas	PT/GF	L		
	Schwinn® Cycling: Ride One, Get One FREE	Tatiana Kolovou	CYCLE	WS		
	SPINNING®: The 7 Habits of Highly Effective Spinning Instructors	Raquel Schmidt	CYCLE	WS		
	All-Out Blast!	Zoey Trap, Abbie Appel, Stacey Lei Krauss & Renee Spriggs	GF/PILATES	WS		
	4:15-6PM	CALVINOGRAPHY®: Dance Concert	Calvin Wiley	GF	WS	
		Core Connection	Mindy Mylrea	GF	WS	
TRX® Rip™ Training: Foundations		Pete Holman	PT/GF	WS		
Body Bar Core 3 x 3		Keli Roberts	PT/GF	WS		
PIYo™ Strength: Make the Mat Your Friend		Katy Meur & Sara Easley	FUSION	WS		
willPower & grace®: move with integrity		Stacey Lei Krauss	FUSION	WS		
Getting Started with the Yoga Sutra		Cheryl Oliver	YOGA	L		
Keep Your Brain Buff		Jonathan Ross	PT	L		
Changing Our Minds About Stretching: A Unique Look at Stretching		Greg Roskopf	PT	L		
Schwinn® Cycling: 10 Minutes to Your Next 10 Rides		Shannon Fable	CYCLE	WS		
SATURDAY, MAR. 24		8-9:45AM	Salsa Funk	Donna Thomas	GF	WS
	SPRI® Obstacle Course: Operation Deep Impact		SGT Ken Weichert	PT/GF	WS	
	TRX® Body Blast		Shana Martin	PT/GF	WS	
	BOSU® Multiplicity		Lawrence Biscontini	GF	WS	
	Anatomy in Action		Leslee Bender	PT/GF	WS	
	Flirty Girl Teaser		Mindy Mylrea	GF	WS	
	Yoga Tune Up® Get Gorgeous®: Redefine Your Abdominals from Inside Out		Jill Miller	YOGA	WS	
	The Titanic Towers of Muscle Strength and Hypertrophy		Len Kravitz	PT	L	
	A Unique Look at Back Pain		Greg Roskopf	PT	L	
	Schwinn® Cycling: HIT IT!		Keli Roberts	CYCLE	WS	
	SPINNING®: The 5-Step Sprint		Raquel Schmidt	CYCLE	WS	
	Peak Pilates®: Multi-Level Group Reformer Training		Kathryn Coyle	PILATES	WS	
	10-11:45AM		CALVINOGRAPHY®: Hip Funk'n Hop	Calvin Wiley	GF	WS
			SPRI® 360 Training: Core Combustion	Patrick Goudeau	PT/GF	WS
			Liquidity	Petra Kolber	GF/FUSION	WS
			Body Bar — Step Up to the Bar!	Sherry Catlin	GF	WS
			Even More Amazing Step	Rob Glick	GF	WS
Kick It Up: Round By Round		Holly Krohn	GF	WS		
Detox Flow		John Salisbury	YOGA	WS		
Tap into Your Fat Burn — Fat Metabolism & Strategies for Fat Loss		Fabio Comana	PT	L		
Schwinn® Cycling: Ride One, Get One FREE		Kimberly Spreen-Glick	CYCLE	WS		
SPINNING®: Creative Climbs		Scott Schlesinger	CYCLE	WS		
Drop and Give Me Plenty!		Stacey Lei Krauss, Abbie Appel & Renee Spriggs	GF/PILATES	WS		
11:45AM-12:45PM		LUNCH BREAK AND SHOPPING				
12:45-2:30PM		ZUMBA® Fitness Party	Tony Witt & Erick Santana	GF	WS	
		SPRI® Reality Fitness	Petra Kolber	PT/GF	WS	
	Core Transformer 3D Fat BURN Fusion	Linda LaRue & Gay Gasper	PT/GF	WS		
	BOSU® Strong + Stretched	Julz Arney	GF	WS		
	R.I.P.P.E.D.	Terry Shorter & Alex Isaly	GF	WS		
	Sole Training®	Stacey Lei Krauss	FUSION	WS		
	Yoga Tune Up® Myofascial Self-Care	Jill Miller	YOGA	WS		

SATURDAY, MAR. 23 (continued)	SESSION TITLE	PRESENTER	TRACK	TYPE	
12:45–2:30PM (continued)	Stress, Cortisol & Obesity	Len Kravitz	PT	L	
	Schwinn® Cycling: Ride One, Get One FREE	Shannon Fable	CYCLE	WS	
	SPINNING®: Beyond Training Zones	Raquel Schmidt	CYCLE	WS	
	Peak Pilates®: Core Circuit	Zoey Trap, Kathryn Coyle & Renee Spriggs	PILATES	WS	
2:30–3:15PM	LIVE Social Networking Mixer — EXPO				
3:15–5PM	Dance 6 7 8	Patrick Goudeau	GF	WS	
	SPRI® Boot Camp: Operation Excessive Force™	SGT Ken Weichert	PT/GF	WS	
	TRX® Rip™ Training Sports Performance	Pete Holman	PT/GF	WS	
	AAAI/ISMA S.T.R.I.D.E.®	Shaun T	GF	WS	
	Gymstick Body Fusion	Leslee Bender	FUSION	WS	
	Let the Rhythm Move You, by TurboKick®	Sherrie Hill & Angie Green	GF	WS	
	Moon Yin Yoga	John Salisbury	YOGA	WS	
	Shifting Is the New Lifting	Jonathan Ross	PT	L	
	MVP Makeover: Increase Your Stock	Shannon Fable	GF	L	
	Schwinn® Cycling: All the Right CUES	Julz Arney	CYCLE	WS	
	SPINNING®: Pedal Stroke & Power	Scott Schlesinger	CYCLE	WS	
	Peak Pilates®: Powerful Chair Progressions	Zoey Trap	PILATES	WS	
	6–9PM	EMPOWER! Celebration Party			
	SUNDAY, MAR. 25				
7:30–9:15AM	Hip Hop HUSTLE™: On the Outside Looking In	Angie Green & Sara Easley	GF	WS	
	Core Transformer Band & Ball Camp 3D: Hit It Hard!	Linda LaRue	PT/GF	WS	
	BOSU®: Strong Feet—Strong Body	Stacey Lei Krauss	GF	WS	
	R.I.P.P.E.D.	Terry Shorter & Alex Isaly	GF	WS	
	Yoga Tune Up® — Breathe In, Bliss Out: Yoga Nidra — The Physiology of Relaxation	Jill Miller	YOGA	WS	
	High Intensity Interval Training vs Continuous Cardio: Battle of the Aerobic Titans	Len Kravitz	PT/GF	L	
	C.H.E.K. Better Butt, Better Back	Mark Stone	PT	L	
	Schwinn® Cycling: The Wake-Up Workout	Mindy Mylrea	CYCLE	WS	
	SPINNING®: The LT Factor	Raquel Schmidt	CYCLE	WS	
	Peak Pilates®: Pilatesstick® Serious Strength	Zoey Trap	PILATES	WS	
	9AM–5PM	ZUMBA® Basic Instructor Training, Level 2, .7 ACE, 5.5 AFAA (\$210)	Tony Witt & Erick Santana	GF	
		AAAI/ISMA S.T.R.I.D.E.® Certification, 8 AAAI/ISMA, 5 AFAA (\$179)	Shaun T	GF	
	9:30–11:15AM	SPRI® 360 Training: Superior Strength	Patrick Goudeau	PT/GF	WS
		TRX® RIP™ Body Blast	Pete Holman	PT/GF	WS
Fight! — The MMA-Inspired Challenge		Abrea Arnold-Wooten	GF	WS	
The Last Step		Petra Kolber	GF	WS	
Join the Flow Yoga		Rob Glick	YOGA	WS	
Pillars of Happiness		Kimberly Spreen-Glick	ALL	L	
The Sports Conditioning Trifecta — The Recipe for Winning!		Fabio Comana	PT	L	
Schwinn® Cycling: So You Think You Can Race, Season 2		Kell Roberts	CYCLE	WS	
SPINNING®: Get Loaded		Scott Schlesinger	CYCLE	WS	
Cut to the Core!		Kathryn Coyle, Stacey Lei Krauss, Abbie Appel & Renee Spriggs	GF/PILATES	WS	
11:15AM–12:15PM		LUNCH BREAK AND SHOPPING			
Noon–4PM		Up-Lift-ment: Hips, Twists & Arm Balances, 4 hrs Yoga Alliance (\$89)	John Salisbury	YOGA	
12:15–2PM		Best of Boot Camp	Mindy Mylrea	PT/GF	WS
		TRX® Power Stretch	Shana Martin	PT/GF	WS
	BOSU® Balanced Body	Lawrence Biscontini	FUSION	WS	
	Enhanced Performance: Train the Chain	Stacey Lei Krauss	PT	WS	
	The Female Training Advantages 2012	Len Kravitz	PT	L	
	Leadership That INSPIRES!	Katie Haggerty	GF	L	
	SPINNING®: Mastering the Art of the Kick	Raquel Schmidt	CYCLE	WS	
	Why Didn't I Think of That?	Zoey Trap, Abbie Appel, Renee Spriggs & Kathryn Coyle	GF/PILATES	WS	

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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



Abbie Appel 

Master Trainer for Resist-A-Ball®, Reebok University and Pilates Institute of America, and certified by ACE, AFAA, NASM and PIA. Abbie has contributed to many fitness publications and was featured on an international fitness show.



Julz Arney  

Julz is the Education Programs Director and Lead Master Trainer for Schwinn® Cycling, where she manages a team of 45 top industry educators. Together they train thousands of instructors each year. Julz initially carved out her unique space in the industry as a dance-fitness expert, choreographing and starring in dozens of DVD programs for the consumer and instructor, and creating premier class formats for global club chains. She is a master trainer and program developer for Indo-Row™ and BOSU®, and a die-hard student of yoga, currently teaching pro bono in community outreach ventures through local schools and her church. Julz is a G Series Fit athlete for Gatorade, promoting hydration and nutrition habits that fuel performance for her fitness athletes. She has been awarded CanFitPro's International Presenter of the Year and has been recognized by IDEA as one of the top three instructors in the world.



Abrea Arnold-Wooten

Abrea has over 12 years of teaching experience in the fitness industry. Certified through ACE and AFAA, she has served as a Personal Trainer, Metabolic Technician, Group Fitness Manager, and Fitness Presenter/Educator. Her passion lies in coaching and developing new and seasoned instructors, endurance multisports and training, and creating a love of fitness in her participants through her edgy, yet authentic style and sense of humor.



Leslee Bender  

Leslee was a 2010 finalist for IDEA Instructor of the Year and has over 25 years experience in the fitness industry. She has presented internationally in more than 20 countries and, is the creator of the Bender Method of training with 2007 infomercial of the year short form. Leslee has produced over 30 DVDs and has created one of the safest methods of core training. Leslee is a graduate of Gray Institute of Applied Functional Science in 2011 as well as certified through ACSM, NASM, AFAA and ACE. Presently launching the first back care and Bender Barre None® program for fitness professionals, Leslee works in Orlando as a functional training specialist with pro water-skiers.



Lawrence Biscontini 

Lawrence has made fitness history as a Mindful Movement Specialist as the first recipient of multiple awards from ACE, IDEA & Inner IDEA, CanFitPro, and ECA since 2002, currently serving as the Senior VIP Consultant for Group Programming for the American Council of Exercise. He is a Registered Yoga Alliance Teacher, a contributing author to industry magazines like IDEA Fitness Journal and SpaAsia. His affiliations include FG2000, BOSU, Beaming, Bender Ball, G Series Fit Gatorade, Gliding and Savvier. His books include the most recent *Cream Rises: Excellence in Private & Group Education*. A percentage of all of his website sales goes to his charity of choice, the Catholic Charities Villa of St. Joseph. Find Lawrence at www.findlawrence.com.



Sherry Catlin 

Sherry is an international fitness consultant who travels nationwide and abroad presenting workshops, master classes and seminars. She is Director of Program Development for Body Bar Systems as well as a Continuing Education Specialist for the American Council on Exercise. She is a 5-star presenter for IDEA as well as the 2004 IDEA Program Director of the Year and recipient of the 2007 ECA One Body One World Lifetime Achievement Award. Sherry specializes in strength and conditioning, and lifelong functional fitness.



Fabio Comana 

Senior Fitness Educator for the National Academy of Sports Medicine (NASM), and faculty member in Exercise Science and Nutrition at San Diego State University, and UC San Diego. Previously, Fabio was an exercise physiologist and certification manager for the American Council on Exercise (ACE) where he, during his tenure, was the original developer of ACE's Integrated Fitness Training™ Model and all their live personal training educational workshops. His previous experiences include collegiate head coaching strength and conditioning coaching, and opening and managing health clubs for Club One. As a national and international presenter, he is frequently featured on television, radio, internet, and in print publications. He has authored chapters in various textbooks and publications, and is presently authoring upcoming academic and consumer books.



Kathryn Coyle 

Kathryn Coyle co-owns The InnerSpace Pilates and Yoga Studio in Avon, Connecticut. A Peak Pilates Level II and MVE Instructor Trainer, Kathryn has worked closely with physical therapists and competitive athletes, gaining firsthand knowledge of how to use Pilates for pre-rehab, rehab and performance enhancement.



Kaycee Dunfield

Kaycee has been a program director for 9 years and LOVES developing a team and watching them Explode. Her other passions include Music, Theatre, her kids and of course Group Fitness. I'm a group fitness girl. Her degree is in Network Engineering (I Know CRAZY) with a minor in Musical Theater. Kaycee has been a National Trainer and Presenter and loves traveling the globe. She loves to teach and teaches everything from Barbell Strength, DANCE, Step, Kickbox, Cycle, Pilates, and then some. Kaycee holds various Industry Certifications including ACE, AFAA, NASM & Stott Matt/Reformer. You will find her either outside or in a Group Fitness Studio, anything that involves Fitness and FUN. Her current Motto — "Live in the moment and in the moment be completely present."



Sara Easley **PB11**

Sara Easley, B.S., holds both ACE and AFAA Group Exercise certifications, Turbo Kick, PiYo, and Hip Hop Hustle. Sara was recruited by Chalene Johnson's fitness company, Powder Blue Productions, to join the team as an Area Promotions Director and Presenter for Missouri. She quickly became a top 5-Star APD and Presenter, providing numerous trainings throughout her home state. Sara is also trained in the Art of the Dynamic Speaker, and is Child Life Specialist II at a top pediatric hospital.



Shannon Fable **Balletone** **EXP**

Shannon Fable was a top three finalist for 2009 IDEA Instructor of the Year and 2006 ACE Group Fitness Instructor of the Year. She is the founder and CEO of Sunshine Fitness Resources, a fitness consulting firm experienced in providing services for instructors, aspiring presenters, fitness manufacturers and managers, as well as the owner of Balletone & GroupEx Pro. Shannon, a Power Bar sponsored athlete, is an international presenter for several well-known companies including Schwinn, BOSU, Power Systems and ACE. Shannon is currently obsessed with her new position as Senior Director of APDs/Presenters for Powder Blue Productions (www.turbokick.com), and is enjoying working with Chalene Johnson and her team.



Gay Gasper **CORE TRANSFORMER**

As the first US Step Champion, ACE and AFAA Certified Personal Trainer, and trusted celebrity fitness trainer, Gay Gasper is synonymous with Group Fitness. Gay presents, writes and teaches exercise programs both nationally and internationally. She has traveled for FITOUR across the US, having taught fitness workshops in nearly 300 cities. Gay has trained the NY Jets, as well as choreographed and starred in a step video with LaToya Jackson. She has many top-selling workout DVDs including core performance fusion. Gay was chosen as one of ExerciseTV's 5 All-Star Trainers. Currently, Gay is a Perform Better sponsored athlete and continues to inspire fitness around the globe and, of course, now our valued CORE TRANSFORMER Team Leader!



Rob Glick **BOSU**

Rob was named the 2006 International Presenter of the Year by CanFitPro and the 2005 Best Male Presenter by ECA. He is a continuing education provider for both ACE and AFAA, and a master trainer for Schwinn Cycling, BOSU and Total Gym. He teaches at Equinox, Renaissance and Core Power Yoga, and stars in many workout DVDs.



Patrick Goudeau **SPRI**

Patrick is a NIKE Elite Fitness Athlete, a 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 and innovative approach to movement, the KING OF CHOREOGRAPHY™ is a former U.S. National Aerobic Champion, celebrity trainer and the star of 23 highly acclaimed workout DVDs. His challenging, results-driven workouts continue to inspire those who are fortunate to experience his incredibly addictive passion for all that is health and fitness.



Angie Green **PB11**

Angie Green is an Area Promotions Director and Presenter for Powder Blue Productions, the company that produces the classes Turbo Kick, Hip Hop Hustle, and PiYo. She was awarded Presenter of the Year for 2006 and Most Valuable Presenter for 2010. Angie has appeared in several fitness videos as well as on QVC and the infomercial for TurboFire. She is the owner of Angiefit.com and also works as a trainer for World Instructor Training Schools. She lives in Toledo, Ohio, and works as the Associate Director at the University of Toledo Recreation Center where she trains students who desire to be in the fitness industry.



Katie Haggerty

Katie Haggerty is the Group Fitness Department Head for St. Louis Park Life Time Fitness and Regional Support Lead for Minnesota Life Time Fitness Clubs. She has been teaching in the industry for over 11 years, and loves teaching various formats from Yoga, Cycling, Strength Training, Step and Dance Fitness. Katie has a degree in Kinesiology from the University of Minnesota, travels nationwide conducting fitness training for National Exercise Trainers Association (NETA), and is one of the Life Time Fitness Master Instructor Trainers. Her passion in life is to inspire people to live healthy while having as much fun as they possibly can!



Sherrie Hill **PB11**
PERSONAL TRAINER

Sherrie Hill is a 17-year veteran of the fitness industry with experience in teaching, training, education, presenting, management and operations. As a 5-Star APD/Presenter for Powder Blue Productions for six years, Sherrie travels the country inspiring instructors to take on new formats such as Turbo Kick, Hip Hop Hustle and PiYo Strength and, for her outstanding service, was named the runner-up for APD of the Year in 2008 and 2009. Sherrie has appeared on *Good Morning America*, in various Powder Blue Productions instructional DVDs and the top selling TurboFire DVD series from 2010.



Farel Hruska **Savvier**

Farel has almost 20 years experience as a personal trainer, group fitness instructor and educator. She is the National Fitness Director for Stroller Strides®, holding Stroller Strides, Fit4Baby® and Body Back® Instructor Certifications throughout the country, as well as supporting thousands of instructors nationwide. Hruska is a national educator, author and presenter in pre/postnatal fitness education. Farel is also an approved Continuing Education Provider for ACE and AFAA. Certifications: ACE and AFAA.



Petra Kolber **SPRI**

Petra Kolber is an international presenter and motivational speaker. She is the spokesperson for Yes! Fitness Music, and the fitness expert for *Spry* magazine and California Walnuts. Petra has choreographed and starred in over 28 award-winning videos, and is the 2008 recipient of the ECA Presenters Choice award, 2004 and 2003 ECA Best Female Presenter and 2001 IDEA Fitness Instructor of the Year.



Stacey Lei Krauss **Vibram** **live!living®**

SLK is the Lead Fitness Advisor for Vibram FiveFingers®, as she's been specializing in foot-fitness techniques for over a decade. She is most recognized for her award-winning barefoot fusion programming: The willPower Method®. Stacey Lei is a Reiki practitioner, a Master Trainer for Schwinn, BOSU, Indo-Row, a Teacher-Trainer for Peak Pilates, a member of the G Series Fit Trainer Team, and a Fitness Advisory Board Member for Power Music.



Holly Krohn

Holly has been teaching group fitness classes in various formats for over 20 years. With a bachelor's degree in Exercise Science, she is a Life Time Fitness Master Instructor Trainer who works in the Ohio and Indianapolis region. She is also a frequent presenter and motivational speaker at a variety of health- / fitness-related conferences and meetings.



Pete Holman **TRX**

Pete Holman is the creator of the TRX Rip Trainer and is a Physical Therapist who specializes in biomechanics, sports performance and outpatient orthopedic Physical Therapy. He has worked with many top professional athletes across a wide array of sports including NFL football stars, world champion Ski racers, X-Games medalists and top UFC fighters. Pete has a deep background in Martial Arts and was a 2 time US National TaeKwon-Do champion and team captain for the US National Team. As a presenter, Pete brings a unique blend of clinical knowledge, high performance athletic experience and a passionate and engaging speaking style.



Alex Isaly **RIPPED**

Alex Isaly has extensive experience in the fitness industry and is qualified to teach and train several formats including: R.I.P.P.E.D. (as co-creator), indoor cycling (as Master Trainer for LeMond Academy), TRX, as well as triathlon and cycling coaching. His experience comes from competitive racing and teaching/training at several top fitness clubs. He is also a fitness model for Wilhelmina Models agency and has been featured in several fitness publications and infomercials.



Tatiana Kolovou

Tatiana has over 23 years of experience in the health and fitness industry as a fitness manager, coach and national presenter for Schwinn® Cycling and her own programs. Today, Tatiana coaches business students and corporate executives to design persuasive and motivating messages that get results. She is a faculty member of a top-ranked business school and owns Team Performance – a training and professional development company. She has conducted workshops and lectures across the United States and in 16 countries around the world.



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.



Linda LaRue **CORE TRANSFORMER**

Trusted Core Performance Guru Linda LaRue, RN MEd, ATC, is the creator of the award-winning infomercial, Crunchless Abs, and her new 3-dimensional total body workout, The CORE TRANSFORMER. She is a Registered Nurse and Athletic Trainer with a master's degree in Exercise Physiology and Sports Medicine from the University of Virginia. Linda has been a leader and pioneer in the field of land-based and aquatic functional, peak performance core training, rehabilitation, and post-rehabilitation for more than 20 years. As a master personal trainer and fitness instructor, she has consulted with some of the top fitness and sports professionals in the athletic, health and fitness industries.



Shana Martin TRX

Shana is a Senior TRX Course Instructor and a 5-time world champion lumberjack athlete. She also holds records as a collegiate pole vaulter and is a nationally ranked fitness competitor. Shana holds a degree in Kinesiology – Exercise Science from the University of Wisconsin – Madison, and is a certified personal trainer through ACE, NASM and NFPT.



Katy Meuer PB11

Katy holds both ACE and AFAA Group Exercise certifications as well as an AFAA Personal Trainer Certification. She shares her passion as an Area Promotions Director and Presenter for Powder Blue Productions, creators of Turbo Kick®, Hip Hop Hustle™ and PiYo™ Strength in her home state, Wisconsin. She uses her leadership, team work and motivation experience from the University of Wisconsin's women's Soccer team (2004-2007) where she was voted team captain her senior year in 2007.



Jill Miller 

Jill is the creator of the Yoga Tune Up® format, has more than 25 years of expertise in the movement arts and body therapy. Her instructional DVD programs include Gaiam's Yoga for Weight Loss Workout, Pranamaya's 3-DVD set Yoga Link, the Yoga Tune Up® Quickfix Rx Series, the Monthly YTU At Home Program and the YTU Therapy Ball Programs. Jill and her certified teachers lead classes, workshops and trainings internationally.



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 5-star presenter for IDEA. She is an advisory board member for *Oxygen* magazine, an international presenter for Schwinn® Cycling, BOSU® and others, author, motivational speaker, video personality and CEC provider.



Cheryl Oliver 

Cheryl has been teaching Sanskrit, vedic chant and yoga philosophy since 2004. Cheryl's teaching style is warm and compassionate, enthusiastic and patient. Every workshop is experiential (and fun!) as Cheryl gently encourages students out of their comfort zone toward practice, understanding and transformation. Cheryl is blessed to count Sonia Nelson, Deborah Kuryan and Nicolai Bachman among her teachers, and to date has completed two trips to India to study at Vedavani and the Krishnamacharya Yoga Mandiram.



Keli Roberts   

Keli Roberts is the recipient of the 2003 IDEA International Fitness Instructor of the Year award and a spokesperson for the American Council on Exercise. Known worldwide for her award-winning DVDs, books and training seminars, she specializes in strength and stability training, group exercise, personal training and motivation. Keli holds certifications from ACSM HFS, AFAA, Precision Nutrition, ACE Group Fitness and ACE Gold Personal Trainer. Keli is also a BOSU Developmental Team Member, a Master Trainer for the Schwinn Cycling program and a Body Bar, Gliding and Bender Ball Master Trainer. Keli is a 2007 inductee into the National Fitness Hall of Fame. She teaches classes and is a tier-three + personal trainer at Equinox in Pasadena, California, and a Gatorade G Series Fit Sponsored athlete.



Greg Roskopf 

Greg is the owner and developer of Muscle Activation Techniques, a biomechanically based process designed to evaluate and correct muscular imbalances that contribute to pain or injury. Greg holds a master's degree in Exercise Science from California State University, Fresno. He is a frequent speaker at several fitness and other allied health industry events, and has been a contributing author for several trade and peer-reviewed publications. Greg has also worked as a consultant with various professional organizations including the Denver Broncos, Utah Jazz and the Denver Nuggets.



Jonathan Ross ACE

Jonathan's "800 pounds of parents" directly inspired his prolific fitness career in which he is a two-time Personal Trainer of the Year Award-Winner (ACE and IDEA). As a fitness expert for Discovery Fit & Health, he is host of the web series "Everyday Fitness with Jonathan Ross." His book, *Abs Revealed*, is filled with cutting-edge exercises in a modern, intelligent approach to abdominal training. As an ACE spokesperson and Master Trainer, his leadership and fresh perspectives on fitness earn praise from the fitness industry and the popular media as a frequent go-to source of credible fitness information delivered in creative and compelling ways. A former astronomer, Jonathan used to study stellar bodies — now he builds them! He can be reached through www.AionFitness.com and more info on his book is available at www.AbsRevealed.com.



Jen Ryan

Jen has been a Group Fitness Instructor for 21 years. She has been a National Group Fitness Certification Instructor and C.E.C. provider for 15 years. Jen has worked with Life Time Fitness for the last 14 years and currently is in the role of National Operations Manager, Group Fitness Department Head and Regional Support Lead. With a master's degree in Kinesiology from the University of Minnesota, Jen's passion is to bring art, science and community into all her teaching experiences.



John Salisbury



John was introduced to yoga at home by his stepfather, Dave Oliver, who has been teaching yoga in Arizona for over 23 years. John's true interest came at about the age of 22, where he was taught the Ashtanga Vinyasa Yoga system by his stepfather. Having a very active background in athletics and movement, John knows it takes discipline and determination to realize one's self and potential. He has traveled to India to study Ashtanga Vinyasa Yoga and has a refreshing outlook between old-world tradition and new-world inspiration. His classes focus on deepening the student's attention internally, while staying grounded to true experience. His understanding of yoga asana and the Sanskrit language are an amazing example of the skill he has to offer those who are willing and able. His current teaching residence is in Scottsdale with LifePower Studios. Some of John's teachers include Tim Miller, Dave Oliver, Dharna Mittra and Lino Miele. Also Matthew Sweeney, Darren Rhodes, Rod Stryker, Sri K. Pattabhi Jois, Sharath Ragaswamy and Anthony "Prem" Carlisi. John has a B.A. in Theatre from ASU.



Erick Santana ZUMBA

Experience the energy of ZUMBA® Education Specialist Erick Santana! This ACE and AFAA group fitness certified international presenter possesses over 20 years of performing arts experience. Erick Santana is one of the original 13 master trainers to be chosen to expand the ZUMBA® Fitness brand in the U.S. and abroad. Sight meets sound in this multifaceted presenter. He will entertain you while bringing the party to your body, but will also deliver an exhilarating dance fitness workout.



Scott Schlesinger SPINNING

With over 13 years experience in the fitness industry, Scott is a Master Instructor for the Spinning program, and an ACE, ISSA and AFAA certified Personal Trainer. He is the co-creator of Synergy Circuit, which integrates several modalities of fitness into a high-powered, time-efficient workout. Scott has coordinated numerous charity rides for such causes as HIV, Leukemia, United Way, Hurricane Katrina Relief and the Lance Armstrong Foundation, and is currently the Director of Spinning at Pinecrest Health & Fitness in Miami, Florida.



Raquel Schmidt SPINNING

Raquel has been a certified ACE/AFAA Fitness Instructor since 1988, teaching hi/lo aerobics, step, hip hop, and body sculpting classes while still in high school. Currently, in addition to teaching Spinning, she also teaches yoga, cardio kickboxing and bellydance. She also is a mat & reformer Stott certified Pilates instructor. In 2004, she was selected to join a regional cycling team as a category 4 cyclist and went on to win gold medals in the New York State Criterium Championships (2005), New York State Time Trial Championships (2004), and a bronze medal in the New York State Road Racing Championships (2005). Internationally, she has traveled to Europe (with bicycle in tow) to cheer Lance on to victories five and six, and also rode several stages of the 2003 and 2004 Tour De France with local cycling enthusiasts. Raquel holds a Ph.D. in Education from the University of Buffalo and is a full-time faculty member at the State University of New York College at Buffalo.



Terry Shorter RIPPED

With over 20 years of experience in music production, dance, martial arts, sports and television performance, Terry possesses versatility and effectiveness to instruct and train in several areas of fitness. He is the co-creator of R.I.P.P.E.D. – The One Stop Body Shock™, creator of the T.K.O. and Rave workouts, and ex-Master Trainer of a kickboxing format. Terry has contributed in several fitness publications. He has appeared on FOX, NBC, CNN Headline News, and CBS featuring R.I.P.P.E.D.™ and was cast in the top-selling fitness infomercial in 2006. Terry is currently AFAA certified.



Kimberly Spreen-Glick BODYBAR

Kimberly is the National Director of Group Fitness Programming and Education for Life Time Fitness, a premier "healthy way of life" company that operates over 100 centers across the United States and Canada. She is a member of the IDEA Program Director Committee, LifePower Yoga Faculty Member and Schwinn Cycling® Master Trainer, as well as one of Exercise TV's Star Trainers and star of several exercise videos. She is the co-creator of 5-Star Development Training and co-producer of EMPOWER! Fitness Events. Known for her passion, enthusiasm and humor, Kimberly travels the world as a Presenter, Motivational Speaker and Continuing Education provider. Kimberly's philosophy: Do what you love – LOVE what you do!



Renée Spriggs BODYBLADE

With almost 30 years in the fitness industry, Renée is a Spinning, Bodyblade, and Resist-A-Ball Master Instructor and a Peak Pilates MVe trainer. Also a kettlebell instructor and functional movement specialist, Renée resides in Houston, Texas, where she is the Pilates director at Timberline Fitness Studio.



Mark Stone 

Mark is a C.H.E.K. Faculty member for the C.H.E.K. institute and a C.H.E.K. Practitioner Level 4. He is Vice President and co-owner of North Shore Smart Bodies, a corrective exercise and personal training facility located in Northbrook, IL. Mark served as a Nike Training Athlete and instructor for 7 years, teaching courses in exercise program design, functional strength training, and athletic performance. He has co-produced two series of educational videotapes and manuals on functional strength training, and the biomechanics of weight training. In addition, he has co-authored several personal training manuals on strength training, program design and rehabilitative fitness.



Shaun T 

Shaun T is a native of New Jersey currently residing in Los Angeles, CA, and NY, NY. He began training for his love of dance at Rowan University, where he received his B.S. in Sports Science and a minor in Theater/Dance. Shaun has danced in theater as well as television, and has worked with various artists. Shaun has appeared on TV shows such as HBO's "Six Feet Under", "The Tonight Show with Jay Leno", the cable channel BBC America, and the movie *Beauty Shop* starring Queen Latifah. He has danced with artists such as Mariah Carey, Aaron and Nick Carter, and Elephant Man. Shaun can be found presenting at many fitness conventions around the world and teaching at fitness and dance centers around Los Angeles.



Donna Thomas

Donna is currently the Group Fitness Manager at Life Time Athletic in Vernon Hills, Donna has been in the fitness industry for over 20 years. Certified through AFAA and ACE for group fitness and ACE and NASM for personal training, Donna has looked for ways to bridge the gap between these fields that, at first glance, seem so similar. Add nutrition coaching to the mix, and you have a fusion that combines these orientations into one unified front.



Jodee Thomas-Hollenbeck

Jodee has been teaching in the industry for over 15 years, is a Certified Group Fitness Instructor and Personal Trainer and Master Instructor as well as being a National Presenter for NETA. Her passions include running, triathlons, dance and inspiring others to live a full, fun and healthy life that includes exercise as well as play. Certifications: NASM CPT, ACE Group Fitness, AFAA Group Fitness, NETA Group Fitness, Yoga Fit Levels 1-4 and Stott Pilates.



Zoey Trap 

Zoey is a Peak Pilates Master Trainer and has presented at major conventions worldwide. She was a pioneer in bringing yoga and Pilates to the fitness industry, and has been involved with indoor and road cycling for 15 years.



Ken Weichert (a.k.a. "SGT Ken") 

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.



Calvin Wiley

Calvin is a consummate international fitness professional with over 15 years of experience and recognition. He has been voted "THE BEST FITNESS INSTRUCTOR" for Atlanta, Georgia and Boston, Massachusetts, and voted by *New York* magazine, "THE BEST OF", 1999-2000. Calvin is known for his unique and provocative style of teaching and motivating others. He not only breaks new ground with his dynamic choreography, but without a doubt he's also a pacesetter for the fitness and dance industries. Calvin has pioneered and branded his teaching style, CALVINOGRAPHY®, which maintains the philosophy that beauty, art and brilliance can be elements in fitness.



Julie Wilkes

After overcoming a heart condition that originally gave her a life expectancy of 12, Julie has taught fitness/yoga/Pilates classes for 15 years, and has a master's degree in Exercise Physiology from the Ohio State University. She is the US Wellness lead for Fortune 500 International Consulting firm, Accenture. In addition, she owns her own fitness company and gives motivational talks and health and fitness lectures and presentations across the globe. She has shot over 15 fitness videos, including her best-seller, *Core Results*; serves as a fitness brand ambassador for a variety of product lines and companies; and serves as a fitness expert for a variety of media channels.



Tony Witt 

Tony Witt is the co-owner and Head Choreographer for Amoré Dance in Kansas City. He is also an international presenter and ZUMBA® Education Specialist. Tony has had the distinct pleasure of traveling across the United States, Canada, Europe and Asia helping to grow ZUMBA worldwide. He has presented at IDEA, Club Industry, SCW, DCAC, CanFitPro, AFAA Taiwan, AEA and Nike Asia. Tony is certified with AFAA, ACE, AEA, CFP, NDCA and NTA.

AIRPORT

Chicago O'Hare International Airport (ORD)

GROUND TRANSPORTATION

The event location is approximately 5 miles from Chicago O'Hare International Airport (ORD). Complimentary shuttle from ORD to hotel.

HOTEL INFORMATION

InterContinental Chicago O'Hare
5300 N. River Road
Rosemont, IL 60018
P: (847) 544-5300
F: (847) 349-5201
<http://www.ichotelgroup.com>

- Standard Room Rate: Single: \$119, Double/Twin: \$119, Junior Suite: \$194, One Bedroom Suite: \$219
- Cut-off date for special rates: Monday, February 27, 2012
- To receive your special rate, call (847) 544-5300 and mention EMPOWER!

PARKING INFORMATION

- On-site at the InterContinental, \$5 per day with in-and-out privileges

DINING OPTIONS

Hotel Restaurants:

- McCormick and Schmick's
- Bistro Museo

Nearby Restaurants:

- The Capital Grille
- Maria's Mexican Restaurant
- Gibson's Bar & Steakhouse
- Morton's The Steakhouse

EVENT INFORMATION

- The event takes place at the InterContinental Chicago O'Hare
- Registration opens one hour before the first session each day
- Enjoy a robust shopping expo

EXPO HOURS:

THU Noon–2PM & 4–8PM

FRI 11AM–7PM

SAT 9:30AM–3:30PM

SUN 9AM–1PM

- Earn up to 20 Continuing Education Credits from ACE, NASM, AFAA, NETA & AAI/ISMA by participating in the full main event.
- All attendees receive a free 6-month IDEA e-membership



Please complete Session Selection Form.

HOW TO REGISTER:

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

EMPOWER! FUSION REGISTRATION FORM: MARCH 22-25

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

CERTIFICATION AND INTENSIVE TRAINING OPTIONS:

Thursday, March 22

<input type="checkbox"/>	ACE Small Group Training with Jonathan Ross	\$159	8AM-4PM
<input type="checkbox"/>	TRX Rip Training Course with Pete Holman	\$250	8AM-4PM
<input type="checkbox"/>	Boot Camp Instructor Certification with SGT Ken Weichert	\$219	8AM-5PM
<input type="checkbox"/>	Peak Pilates® MVe® Chair for Small Group Training with Renee Spriggs	\$159	8AM-5PM
<input type="checkbox"/>	Body Bars and Beyond with Sherry Catlin	\$149	9AM-3PM
<input type="checkbox"/>	Yoga Tune Up® Therapy Ball Practitioner Certificate with Jill Miller	\$189	9AM-5PM
<input type="checkbox"/>	Group Fitness Instructor Training (G.F.I.T.) with Jen Ryan & Katie Haggerty	\$179	9AM-5PM
<input type="checkbox"/>	ZUMBA® Basic Instructor Training Level 1 , with Tony Witt & Erick Santana (must register on www.ZUMBA.com)	\$210	9AM-5PM
<input type="checkbox"/>	R.I.P.P.E.D. with Alex Isaly & Terry Shorter	\$189	9AM-5PM
<input type="checkbox"/>	NASM Metabolic Conditioning with Fabio Comana	\$199	9AM-5PM
<input type="checkbox"/>	SPINNING®: Instructor Orientation with Raquel Schmidt (must register on www.spinning.com)	\$325	9AM-5PM
<input type="checkbox"/>	Tabata Boot Camp Instructor Training with Mindy Mylrea	\$199	9AM-6PM
<input type="checkbox"/>	Schwinn® Indoor Cycling Instructor Certification with Shannon Fable & Julz Arney	\$199	9AM-7PM
<input type="checkbox"/>	Strength Tool Box with Kaylee Dunfield	\$89	4-8PM
<input type="checkbox"/>	How to Pronounce Yoga Pose Names with Cheryl Oliver	\$89	9-7PM
<input type="checkbox"/>	SPINNING®: "The Road to Kona" with Scott Schlesinger (must register on www.spinning.com)	\$75	6-8PM

Sunday, March 25

<input type="checkbox"/>	ZUMBA® Basic Instructor Training Level 2 , with Tony Witt & Erick Santana (must register on www.ZUMBA.com)	\$210	9AM-5PM
<input type="checkbox"/>	AAA/ISMA's S.T.R.I.D.E.® Certification (Shaun T's Real Dance Experience) with Shaun T	\$179	9AM-5PM
<input type="checkbox"/>	Up-Lift-ment: Hips, Twists & Arm Balances with John Salisbury	\$89	NOON-4PM

MAIN CONFERENCE OPTIONS/PRICES (Please choose your session selections on pages 14-16.):

- FULL MAIN CONFERENCE (Includes all workshops and master classes, Friday through Sunday)**

_____ Regular: \$249 until February 28; \$289 after

Discount Code, If Applicable: _____ Amount of Discount: _____

- FRIDAY ONLY: \$179 until February 28, \$199 after
- SATURDAY ONLY: \$179 until February 28, \$199 after
- SUNDAY ONLY: \$129 until February 28, \$149 after
- SINGLE WORKSHOP: \$40 each until February 28, \$50 after
- SINGLE MASTER CLASS: \$20

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. _____

Cancellation/Refund policy: Any request for a refund must be in writing and include cancellation reason. All refund requests received prior to February 28 will be subject to a \$50 administrative fee. There will be no refunds provided for cancellations received on or after February 28; however, the amount of the registration fee, less a \$50 administrative fee, can be credited to a future EMPOWER! event.

Early Bird DEADLINE

FEB 28

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

FRIDAY, MAR. 23

MASTER CLASSES 8-9AM	Taste of ZUMBA®	Tony Witt & Erick Santana	<input type="checkbox"/>
	HIIT Training — High Intensity Interval Training	Mindy Mylrea	<input type="checkbox"/>
	Just Me, Myself & I	Jodee Thomas-Hollenbeck	<input type="checkbox"/>
	Body Bar Tabata	Sherry Catlin	<input type="checkbox"/>
	One More Step	Patrick Goudeau	<input type="checkbox"/>
	Bender Ball Boot Camp	Leslee Bender	<input type="checkbox"/>
	Glory!Yoga	Julz Arney	<input type="checkbox"/>
	Schwinn® Cycling: The Power Hour!	Tatiana Kolovou	<input type="checkbox"/>
	SPINNING®: The Matrix	Scott Schlesinger	<input type="checkbox"/>
	Bodyblade®: Power 10	Renee Spriggs	<input type="checkbox"/>
	9:15-11AM	Dance Delight	Petra Kolber
SPRI® KettleBALL Workshop: Operation Breaking Barriers™		SGT Ken Weichert	<input type="checkbox"/>
Core Transformer Kick It to the Core. Go 3D!		Linda LaRue & Gay Gasper	<input type="checkbox"/>
BOSU® HIIT Extreme		Keli Roberts	<input type="checkbox"/>
R.I.P.P.E.D.		Terry Shorter & Alex Isaly	<input type="checkbox"/>
Beyond the Barre: By Balletone™		Shannon Fable	<input type="checkbox"/>
Understanding the Eight Limbs of Yoga		Cheryl Oliver	<input type="checkbox"/>
Tippling the Scales — Energy Balance & Weight Loss		Fabio Comana	<input type="checkbox"/>
Understanding Shoulder Pain		Greg Roskopf	<input type="checkbox"/>
Schwinn® Cycling: Ride One, Get One FREE		Rob Glick	<input type="checkbox"/>
SPINNING®: Climbing the Categories: Epic Climbs of the Tour de France		Raquel Schmidt	<input type="checkbox"/>
Peak Pilates®: Core Attack!	Renee Spriggs	<input type="checkbox"/>	
11:15AM-1PM	Where's the Party?	Sara Easley & Angie Green	<input type="checkbox"/>
	SPRI® 360 Training: Explosive Cardio	Patrick Goudeau	<input type="checkbox"/>
	TRX® Training for Performance & Durability	Shana Martin	<input type="checkbox"/>
	Strike!...powered by Body Bar	Kimberly Spreen-Glick	<input type="checkbox"/>
	Gymstick Pilates	Leslee Bender	<input type="checkbox"/>
	Couch To 5K: The Minimal Way	Stacey Lei Krauss	<input type="checkbox"/>
	Yoga Tune Up®: KneeHab	Jill Miller	<input type="checkbox"/>
	Abs Revealed	Jonathan Ross	<input type="checkbox"/>
	Get SocialFit! Leverage Social Media to Build Your Classes	Julie Wilkes	<input type="checkbox"/>
	Schwinn® Cycling: 7 Shortcuts to More Powerful Playlists	Julz Arney	<input type="checkbox"/>
	SPINNING®: Energy Zone™ Journey	Scott Schlesinger	<input type="checkbox"/>
Bodyblade®: Yoga & Pilates Flow	Zoey Trap	<input type="checkbox"/>	
1-2PM	LUNCH BREAK AND SHOPPING		
2-3:45PM	Dance Project	Katie Haggerty & Kaycee Dunfield	<input type="checkbox"/>
	SPRI® Double Trouble	Petra Kolber	<input type="checkbox"/>
	Body Back® Teaser Session	Farel Hruska	<input type="checkbox"/>
	BOSU® Crush It	Mindy Mylrea	<input type="checkbox"/>
	CALVINOGRAPHY®: The Diary of Step	Calvin Wiley	<input type="checkbox"/>
	HYPERWEAR® SandBell® Siam	Patrick Goudeau	<input type="checkbox"/>
	Let It Go Yoga Flow	Kimberly Spreen-Glick	<input type="checkbox"/>
	C.H.E.K. Critical Program Design Strategies	Mark Stone	<input type="checkbox"/>
	Group Fitness Instructor & Personal Trainer Fusion: In It for the Long Haul?	Donna Thomas	<input type="checkbox"/>
	Schwinn® Cycling: Ride One, Get One FREE	Tatiana Kolovou	<input type="checkbox"/>
	SPINNING®: The 7 Habits of Highly Effective Spinning Instructors	Raquel Schmidt	<input type="checkbox"/>
	All-Out Blast!	Zoey Trap, Abbie Appel, Stacey Lei Krauss & Renee Spriggs	<input type="checkbox"/>

FRIDAY, MAR. 23 (continued)

4:15–6PM	CALVINOGRAPHY®: Dance Concert	Calvin Wiley	<input type="checkbox"/>
	Core Connection	Mindy Mylrea	<input type="checkbox"/>
	TRX® Rip™ Training: Foundations	Pete Holman	<input type="checkbox"/>
	Body Bar Core 3 x 3	Keli Roberts	<input type="checkbox"/>
	PIYo™ Strength: Make the Mat Your Friend	Katy Meuer & Sara Easley	<input type="checkbox"/>
	willPower & grace®: move with integrity	Stacey Lei Krauss	<input type="checkbox"/>
	Getting Started with the Yoga Sutra	Cheryl Oliver	<input type="checkbox"/>
	Keep Your Brain Buff	Jonathan Ross	<input type="checkbox"/>
	Changing Our Minds About Stretching: A Unique Look at Stretching	Greg Roskopf	<input type="checkbox"/>
	Schwinn® Cycling: 10 Minutes to Your Next 10 Rides	Shannon Fable	<input type="checkbox"/>

SATURDAY, MAR. 24

8–9:45AM	Salsa Funk	Donna Thomas	<input type="checkbox"/>
	SPRI® Obstacle Course: Operation Deep Impact	SGT Ken Weichert	<input type="checkbox"/>
	TRX® Body Blast	Shana Martin	<input type="checkbox"/>
	BOSU® Multiplicity	Lawrence Biscontin	<input type="checkbox"/>
	Anatomy in Action	Leslee Bender	<input type="checkbox"/>
	Flirty Girl Teaser	Mindy Mylrea	<input type="checkbox"/>
	Yoga Tune Up® Get Gorgeous®: Redefine Your Abdominals from Inside Out	Jill Miller	<input type="checkbox"/>
	The Titanic Towers of Muscle Strength & Hypertrophy	Len Kravitz	<input type="checkbox"/>
	A Unique Look at Back Pain	Greg Roskopf	<input type="checkbox"/>
	Schwinn® Cycling: HIIT IT!	Keli Roberts	<input type="checkbox"/>
	SPINNING®: The 5-Step Sprint	Raquel Schmidt	<input type="checkbox"/>
	Peak Pilates®: Multi-Level Group Reformer Training	Kathryn Coyle	<input type="checkbox"/>

10–11:45AM	CALVINOGRAPHY®: Hip Funk'n Hop	Calvin Wiley	<input type="checkbox"/>
	SPRI® 360 Training: Core Combustion	Patrick Goudeau	<input type="checkbox"/>
	Liquidify	Petra Kolber	<input type="checkbox"/>
	Body Bar — Step Up to the Bar!	Sherry Catlin	<input type="checkbox"/>
	Even More Amazing Step	Rob Glick	<input type="checkbox"/>
	Kick It Up: Round By Round	Holly Krohn	<input type="checkbox"/>
	Detox Flow	John Salisbury	<input type="checkbox"/>
	Tap into Your Fat Burn — Fat Metabolism & Strategies for Fat Loss	Fabio Comana	<input type="checkbox"/>
	Schwinn® Cycling: Ride One, Get One FREE	Kimberly Spreen-Glick	<input type="checkbox"/>
	SPINNING®: Creative Climbs	Scott Schlesinger	<input type="checkbox"/>
	Drop and Give Me Plenty!	Stacey Lei Krauss, Abbie Appel & Renee Spriggs	<input type="checkbox"/>

11:45AM–12:45PM LUNCH BREAK AND SHOPPING

12:45–2:30PM	ZUMBA Fitness Party	Tony Witt & Erick Santana	<input type="checkbox"/>
	SPRI® RealTV Fitness	Petra Kolber	<input type="checkbox"/>
	Core Transformer 3D Fat BURN Fusion	Linda LaRue & Gay Gasper	<input type="checkbox"/>
	BOSU® Strong + Stretched	Julz Arney	<input type="checkbox"/>
	R.I.P.P.E.D.	Terry Shorter & Alex Isaly	<input type="checkbox"/>
	Sole Training®	Stacey Lei Krauss	<input type="checkbox"/>
	Yoga Tune Up® Myofascial Self-Care	Jill Miller	<input type="checkbox"/>
	Stress, Cortisol & Obesity	Len Kravitz	<input type="checkbox"/>
	Schwinn® Cycling: Ride One, Get One FREE	Shannon Fable	<input type="checkbox"/>
	SPINNING®: Beyond Training Zones	Raquel Schmidt	<input type="checkbox"/>
2:30–3:15PM	Peak Pilates®: Core Circuit	Zoey Trap, Kathryn Coyle & Renee Spriggs	<input type="checkbox"/>
	LIVE Social Networking Mixer — EXPO		

SATURDAY, MAR. 24 (continued)

3:15–5PM	Dance 6 7 8	Patrick Goudeau	<input type="checkbox"/>
	SPRI® Boot Camp: Operation Excessive Force™	SGT Ken Weichert	<input type="checkbox"/>
	TRX® Rip™ Training Sports Performance	Pete Holman	<input type="checkbox"/>
	AAAI/ISMA S.T.R.I.D.E.®	Shaun T	<input type="checkbox"/>
	Gymstick Body Fusion	Leslee Bender	<input type="checkbox"/>
	Let the Rhythm Move You, by TurboKick®	Sherrie Hill & Angie Green	<input type="checkbox"/>
	Moon Yin Yoga	John Sallsbury	<input type="checkbox"/>
	Shifting Is the New Lifting	Jonathan Ross	<input type="checkbox"/>
	MVP Makeover: Increase Your Stock	Shannon Fable	<input type="checkbox"/>
	Schwinn® Cycling: All the Right CUES	Julz Arney	<input type="checkbox"/>
	SPINNING®: Pedal Stroke & Power	Scott Schlesinger	<input type="checkbox"/>
	Peak Pilates®: Powerful Chair Progressions	Zoey Trap	<input type="checkbox"/>
	6–9PM	EMPOWER! Celebration Party	

SUNDAY, MAR. 25

7:30–9:15AM	Hip Hop HUSTLE™: On the Outside Looking In	Angie Green & Sara Easley	<input type="checkbox"/>	
	Core Transformer Band & Ball Camp 3D: HIIT R Hard!	Linda LaRue	<input type="checkbox"/>	
	BOSU®: Strong Feet–Strong Body	Stacey Lei Krauss	<input type="checkbox"/>	
	R.I.P.P.E.D.	Terry Shorter & Alex Isaly	<input type="checkbox"/>	
	Yoga Tune Up® — Breathe In, Bliss Out: Yoga Nidra — The Physiology of Relaxation	Jill Miller	<input type="checkbox"/>	
	High Intensity Interval Training vs Continuous Cardio: Battle of the Aerobic Titans	Len Kravitz	<input type="checkbox"/>	
	C.H.E.K. Better Butt, Better Back	Mark Stone	<input type="checkbox"/>	
	Schwinn® Cycling: The Wake-Up Workout	Mindy Mylrea	<input type="checkbox"/>	
	SPINNING®: The LT Factor	Raquel Schmidt	<input type="checkbox"/>	
	Peak Pilates®: Pilatesstick® Serious Strength	Zoey Trap	<input type="checkbox"/>	
	9:30–11:15AM	SPRI® 360 Training: Superior Strength	Patrick Goudeau	<input type="checkbox"/>
		TRX® RIP™ Body Blast	Pete Holman	<input type="checkbox"/>
		Fight! — The MMA-Inspired Challenge	Abrea Arnold-Wooten	<input type="checkbox"/>
The Last Step		Petra Kolber	<input type="checkbox"/>	
Join the Flow Yoga		Rob Glick	<input type="checkbox"/>	
Pillars of Happiness		Kimberly Spreen-Glick	<input type="checkbox"/>	
The Sports Conditioning Trifecta — The Recipe for Winning!		Fabio Comana	<input type="checkbox"/>	
Schwinn® Cycling: So You Think You Can Race, Season 2		Keli Roberts	<input type="checkbox"/>	
SPINNING®: Get Loaded		Scott Schlesinger	<input type="checkbox"/>	
Cut to the Core!		Kathryn Coyle, Stacey Lei Krauss, Abbie Appel & Renee Spriggs	<input type="checkbox"/>	
11:15AM–12:15PM	LUNCH BREAK AND SHOPPING			
12:15–2PM	Best of Boot Camp	Mindy Mylrea	<input type="checkbox"/>	
	TRX® Power Stretch	Shana Martin	<input type="checkbox"/>	
	BOSU® Balanced Body	Lawrence Biscontin	<input type="checkbox"/>	
	Enhanced Performance: Train the Chain	Stacey Lei Krauss	<input type="checkbox"/>	
	The Female Training Advantages 2012	Len Kravitz	<input type="checkbox"/>	
	Leadership That INSPIRES!	Katie Haggerty	<input type="checkbox"/>	
	SPINNING®: Mastering the Art of the Kick	Raquel Schmidt	<input type="checkbox"/>	
	Why Didn't I Think of That?	Zoey Trap, Abbie Appel, Renee Spriggs & Kathryn Coyle	<input type="checkbox"/>	

INFORMED CONSENT

I attest that I am in sound physical condition and understand the risks involved with strenuous activities such as those associated with an event such as this. I further understand that I may be videotaped and/or photographed during this event and provide my consent for Global Fitness Solutions, LLC (GFS) and/or Life Time Fitness, Inc. to use these images for any purpose. I agree to hold harmless Global Fitness Solutions, LLC as well as Life Time Fitness, Inc., their company, owners, directors, employees, conference presenters, conference exhibitors and staff from any and all liability arising from this event.

SIGNATURE: _____ DATE: _____



“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

FEB 28



2012 EMPOWER! Events

For more information, visit empowerfittnessevents.com.

DALLAS, TX
FEB 24-26

CHICAGO, IL
MAR 22-25

LAS VEGAS, NV
APR 20-22

COLUMBUS, OH
MAY 22-24

MINNEAPOLIS, MN
SEP 14-16

DENVER, CO
OCT 19-21

ATLANTA, GA
NOV 16-18

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