

EARLY BIRD
DEADLINE
June 30th!

EMPOWER!

A Weekend Fitness Celebration

Denver, CO

July 16-18, 2010

*First 300 to register
receive a FREE event
t-shirt and gift bag!*

Fitness Professionals!
*Earn your CECs from top
educators at the best price!*

Fitness Enthusiasts!
*Take classes from the
industry's best instructors!*



"I was inspired!"
~Maureen N.
Akron, OH

Join us for a Weekend Special Event where Fitness Professionals and Enthusiasts alike come together to Learn, Move, Elevate the Community and Celebrate a Healthy Way of Life!

www.empowerfitnesssevents.com

EMPOWER!

Weekend Fitness Celebration | 2010

Dear Friends and Colleagues,

We are so excited to bring EMPOWER! OH to Parker(south of Denver), July 16th-18th!! This is sure to be an amazing weekend, filled with the industry's top presenters delivering amazing fitness workshops, lectures and master classes packed with fun and education.

What we believe... ***Knowledge is Power and Motivation through Community is Key!***

With this in mind, our goal is to empower fitness professionals and enthusiasts with the tools necessary to enrich their own lives as well as the lives of others.

EMPOWER! is a culmination of our greatest efforts to give back to an industry and community we adore by creating opportunities for growth and celebration for all who join us.

NEW this year! A portion of ALL registration fees will go to the Life Time Fitness Foundation, an incredible organization that contributes to non-profits within their communities that support the health and well-being of children and families, with particular emphasis on helping young people maximize their potential. Because the Life Time Fitness Foundation operates without the burden of administrative costs, 100% of all donations are directed to the organizations it serves.

The first 300 attendees to register will receive a FREE event t-shirt. So, whether you're a fitness professional wanting to learn(and in need of your CECs) or an enthusiast who simply loves to move and exercise with a group of like-minded people, register now to **join the celebration** and **be empowered** at the beautiful Life Time Fitness in Parker, July 16th-18th!

We hope to see you there,

Rob Glick & Kimberly Spreen

About the Founders:



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.



Kimberly Spreen is the National Director of Group Fitness & Yoga for Life Time Fitness, a premier 'healthy way of life' company that operates over 85 centers across the US. She is a member of the IDEA Program Director Committee, one of Exercise TV'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.

Produced by:



Global Fitness Solutions, LLC
www.globalfitnesssolutions.com

Hosted By:



Life Time Fitness
www.lifetimefitness.com

EMPOWER! CO- SCHEDULE

GET YOUR CECs! *Unless otherwise noted, ALL main conference sessions will offer CECs/CEUs for ACE, NASM, AFAA, NETA, AAI/ISMA. You will earn the equivalent of 1 credit per workshop hour.

Time	SESSION TITLE	TRACK		PRESENTER
Friday, July 16th- Pre-con Sessions & Master Classes				
9:00am-5:00pm	Zumba® Basic Instructor Training	WS	GF	Stephanie Masceri
9:00am-6:00pm	Schwinn® Cycling Instructor Training	WS	GF	Shannon Fable
10:00am-4:00pm	Strength Tool Box sponsored by AAI/ISMA	WS	PT/GF	Keli Roberts
5:00pm - 8:00pm	The Science & Application of Core Training	WS	PT/GF	Robert Sherman
8:00am-5:00pm	ACE Functional Training and Assessment (Must register w/ACE)	WS	PT	Fabio Comana
5:30pm-6:30pm	Zumba® Cardio Party - Master Class(no CECs)	MC	GF	Stephanie Masceri
6:45pm-7:45pm	Progressive Yoga - Master Class(no CECs)	MC	GF	Rob G & Kimberly S
Saturday, July, 17th - Master Classes & Continuing Education Workshops				
8:00am-9:00am	Taste of Zumba® - Master Class(no CECs)	MC	GF	Stephanie Masceri
8:00am-9:00am	Warrior Sculpt - Master Class(no CECs)	MC	MB/GF	Nick Bez
8:00am-9:00am	Virtual Vibe Cycle - Master Class(no CECs)	MC	GF	Robert Sherman
9:15am-10:45am	Strike! 2010	WS	PT/GF	Kimberly Spreen
9:15am-10:45am	SPRI Ultimate Program Design for the Lower Body	WS	GF	Keli Roberts
9:15am-10:45am	Schwinn® Cycling: The Trend Report	WS	GF	Shannon Fable
9:15am-10:45am	Blueprint for Success	WS	PT	Fabio Comana
11:00am-12:30pm	SPRI Ultimate Program Design for the Upper Body	WS	GF	Keli Roberts
11:00am-12:30pm	BOSU® Cardio Express	WS	PT/GF	Shannon Fable
11:00am-12:30pm	Schwinn® Cycling: Digital Music Mastery	WS	GF	Rob Glick
11:00am-12:30pm	Does Fitness Lead to Dysfunction?	WS	PT	Fabio Comana
12:30pm-1:30pm	LUNCH & SHOPPING			
1:30pm-3:00pm	SPRI® Hard and Soft Intensive Training	WS	PT/GF	Robert Sherman
1:30pm-3:00pm	BOSU® All About Agility	WS	GF	Keli Roberts
1:30pm-3:00pm	Schwinn® Cycling: My Favorite Ride	WS	GF	Kimberly Spreen
1:30pm-3:00pm	Stardate 2010: The Next Generation Research	WS	PT/GF	Len Kravitz
3:30pm-5:00pm	Heart 'N' Sole	WS	MB/GF	June Kahn
3:30pm-5:00pm	BOSU® Explode	WS	PT/GF	Keli Roberts
3:30pm-5:00pm	Winning at Losing	WS	PT	Len Kravitz
5:15pm-6:15pm	All Star Step – Master Class(no CECs)	MC	GF	Rob Glick
Sunday, July 18th - Continuing Education Workshops				
8:00am-9:00am	Kickbox Jam - Master Class(no CECs)	MC	GF	Dana Smith
8:00am-9:00am	Vinyasa Flow Yoga - Master Class(no CECs)	MC	MB/GF	Melissa Gerson
8:00am-9:00am	Performance Cycle - Master Class(no CECs)	MC	GF	Emily Booth
9:15am-10:45am	SPRI Stability Ball Training	WS	PT/GF	Robert Sherman
9:15am-10:45am	Caffeinated Pilates	WS	MB/GF	June Kahn
9:15am-10:45am	Schwinn® Cycling: Time Trial Redux	WS	GF	Keli Roberts
9:15am-10:45am	Assessing our Assessments	WS	PT	Greg Roskopf
11:00am-12:30pm	Core Cuts	WS	PT/GF	Rob G & Kimberly S
11:00am-12:30pm	SPRI The Heat: Strength & Sports Conditioning	WS	PT/GF	Robert Sherman
11:00am-12:30pm	Schwinn® Cycling: Ride a Century	WS	GF	Keli Roberts
11:00am-12:30pm	Current Controversies in Resistance Training	WS	PT	Len Kravitz
12:30pm-1:00pm	ENERGY BREAK			
1:00pm-2:30pm	Yoga/Pilates Fusion	WS	MB/GF	Jen Ryan
1:00pm-2:30pm	BOSU® Core Flow	WS	PT/GF	Rob Glick
1:00pm-2:30pm	Periodization Training: New Insights in Ultra Training Design	WS	PT	Len Kravitz

Key: WS – Workshop, MC – Master Class(no CECs), PT – Personal Training, GF – Group Fitness, MB – Mind/Body

Registration is EASY! Mail, Fax or go Online*

****First 300 to register receive a FREE event t-shirt!***

SESSION DESCRIPTIONS*

CECs will be provided for all pre-cons and main conference workshops unless otherwise noted.

PRE-CON SESSIONS Friday, July 16th

9:00am-5:00pm - Zumba® Basic with Stephanie Masceri (GF)

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.



9:00am-6:00pm - Schwinn® Indoor Cycling Instructor Training Course with Shannon Fable (GF)

Taught by Schwinn® Lead Master Instructor Julz Arney, this power-packed day offers you the industry's finest and most comprehensive indoor cycling instructor training, providing you with all the tools you need to become a successful and sought-after instructor. You will learn bike fit, cycling science, and the newly updated Schwinn® Cycling Coaching Pyramid, which will make teaching indoor cycling easier for you and more exciting for your students! *Included: two complete rides with detailed notes, a comprehensive training manual, certificate of Completion and a resource CD that includes 10 complete class design sheets, the Schwinn® Cycling intensity chart and authentic cycling video clips.*



10:00am-4:00pm - Strength Tool Box with Keli Roberts (PT/GF)

This workshop is jam-packed with new ideas, successful strategies and valuable material on implementing the toys and tools available in both the Group Fitness and Personal Training environments. Arm yourself with practical, yet highly creative ways to get the most out of products like medicine balls, stability balls and tubing to help your clients reach their health and fitness goals. Often, the more equipment we have, the less we use our imagination -- but now is the time for change. A must-attend for group exercise instructors and personal trainers at any level!



5:00-8:00pm - The Science & Application of Core Training with Robert Sherman (PT/GF)

The Science and Application of Core Training and Reactive Stability is a program that will teach the origins of what is "core" and the science behind segmental spinal stability. Learn to ways to change how your brain views movement and you will change the way your body moves. The gross motor patterns and function of human movement will be explored. Reaction training is a new way of assessing and addressing the needs of all clients who are looking to feel and perform at levels that will affect the quality of their lives. This is the knowledge that every trainer needs to have if they are going to be able to handle the clients of the future and stay competitive in a very challenging marketplace.

8:00am-5:00pm *BONUS Training - ACE Functional Training and Assessment* with Fabio Comana (PT)



Functional training continues to grow in popularity as the foundation for fitness and sports conditioning programs. Training to improve posture, movement efficiency and overall muscular performance related to a variety of activities defines functional training. With this one-day training, enhance your knowledge and applied skills with the latest tools and techniques in personal training to stay ahead of the game. **For more information or to register, go to www.acefitness.org.*

KICK OFF SPECIAL EVENT MASTER CLASSES!! - \$15 or FREE for Registered Attendees! (No CECs)

5:30pm-6:30pm

Zumba® Cardio Party with Stephanie Masceri (GF)

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! *No CECs*

6:45pm-7:45pm

Progressive Yoga with Rob Glick & Kimberly Spreen (MB/GF)

This is a stress relieving Vinyasa Yoga practice designed for the fitness enthusiast who enjoys a mental and physical challenge while being inspired. Trust the journey and come practice your Yoga with us. Inversions will be included but are completely optional.



"I loved every session. Each presenter was knowledgeable and friendly with great information and skill to share."

~Tina D. - Commerce, MI

Saturday, July 17th

8:00am-9:00am

Master Classes/No CECs

Taste of Zumba® with Stephanie Masceri (GF)

Remember the fun and exciting days of the original Aerobic Dance programs? A Taste of Zumba brings the fun back to fitness by combining high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba® is a fusion of dynamic, exciting Latin and International music.

Warrior Sculpt with Nick Bez (GF/MB)

Part of the LifePower® Warrior Series, this class is equal parts, Yoga, traditional strength and athletic cardio training. The flowing sequences of movements and warm room will be sure to help de-stress your body and mind. Come sweat, move and smile. Bring your yoga mat and leave your expectations at the door.

Virtual Vibe Cycle with Robert Sherman (GF)

Virtual Vibe is a cycle journey that is connected to mood and emotion with the use of teaching methods such as breathing techniques, guided imagery, visualization and music variety. You'll be motivated and inspired as your senses are ignited. After this experience, indoor cycling will never be the same for you.

9:15am-10:45am

Cont Ed Workshops

Strike! 2010 with Kimberly Spreen (GF)

This intense, kickboxing-inspired workout is back for 2010 with new ideas and combinations! Learn how to challenge yourself in new ways with this full-body interval routine that incorporates traditional kickboxing combinations done with optional weighted gloves, controlled weight-bearing movements and athletic drills. This is NOT your typical kickboxing class!

SPRI® Ultimate Program Design for the Lower Body with Keli Roberts (PT/GF)

Cross training remains one of the most effective ways to condition the lower body and core. Learn how to keep your students bodies in a state of adaptation by creating meaningful variety in your classes. Using Rubber Resistance, a medicine ball and dumbbells you will learn three highly effective 30-minute programs that emphasize functional multi-planar, multi-joint exercises and drills. Goal specific Super Sets, Power Training and Compound training will challenge your classes in a whole new way. Logical movement progressions will demonstrate how to teach these programs safely and effectively for all levels of fitness.

SCHWINN® The Trend Report with Shannon Fable (GF)

What are today's hot cycling trends, and what do they mean for instructors who coach indoor rides? This workshop digs into five of the top things that matter most right now in the world of cycling: pedal speed, pedaling technique, bike geometry, training with wattage vs. heart rate, and the use of accessories to improve performance. Come uncover the controversies, get the updates and head back to your classes informed and inspired.



Blueprint for Success with Fabio Comana (PT-Lecture)

Unclear or confused by the ever-increasing number of programming components that we are supposed to include in resistance-training programs? Endurance, hypertrophy, strength and power...linear periodization or undulating models, muscle isolation or integration... tempos, supersetting and hybrid exercises? Take a breath, relax and join us to make sense of it all. Develop your own blueprint for successful programming with a solid understanding of what and when to implement, and how to progress your resistance-training programs appropriately.

FITNESS PROFESSIONALS! EARN YOUR CECs!!
with Innovative Programming!
ACE, AFAA, NASM, NETA & AAI credits available*
***(1.0/.1 per educational workshop hour)**

"Thanks for the energy and inspiration! What a positive environment. This team of instructors will move you to the next level of excellence!"

~ Paula - Scottsdale, AZ

11:00am-12:30pm

SPRI® Ultimate Program Design for the Upper Body with Keli Roberts (PT/GF)

Variety is the spice of life and meaningful variety is the key to improving fitness. Learn three different time efficient 30-minute class designs to enhance muscular strength, stability and endurance for the upper body and core. Each workout incorporates a multi-joint, multi-muscle functional exercise selection. With Rubber Resistance, medicine balls and dumbbells you will learn how to program Push-Pull-Core, Super Sets and Giant Sets to create a whole new challenge for your classes, ready for Monday

BOSU® Cardio Express with Shannon Fable (PT/GF)

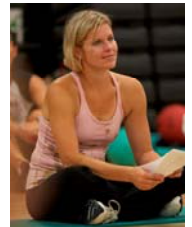
This action packed workshop will deliver an explosion of cardio drills guaranteed to raise your heart rate and workout fun factor. Innovative movement patterns can be linked for group fitness or used independently for personal training or circuit workouts. Using the BOSU® Balance Trainer, learn unique drills that will challenge your cardio fitness as well as improving your balance, agility, coordination and athletic power.

Schwinn® Cycling: Digital Music Mastery with Rob Glick (GF)

The onset of the digital music revolution has put the power to create an incredible indoor cycling experience literally at your fingertips! This workshop will give you a tour of the best sources and applications for digital music, including short cuts and recommendations from the pros to get you up to speed quickly. You'll learn how today's top cycling instructors take advantage of their iPod's features to turn this genius device into the ultimate coaching tool, then revel in an inspiring ride where you'll see all you learned live, in action!

Does Fitness Lead to Dysfunction? with Fabio Comana (PT-Lecture)

Are we improving strength and fitness at the expense of the quality of movement? This is a growing concern as equipment and exercise become progressively more advanced. Learn functional regressions back to our primary movement patterns that will activate key muscles and improve movement efficiency. This session teaches a variety of tri-planar movement patterns to engage the entire body. Use them as warm-ups or within your program. Feel and see the difference it makes!!



1:30pm – 3:00pm

SPRI® Hard and Soft Intensive Training with Robert Sherman (PT/GF)

In Hard and Soft Intensive Training, the instructors will gain the ability to create progressions and purposeful training options through the use of tubing, hand weights and stability balls for the entire body. You will learn the unique quality of muscle activation and corrective exercise using creative tools to enhance an instructor's skills and endless numbers of exercises and combinations. Reaching the clients goals and staying creative are the keys to being successful.

BOSU® All About Agility with Keli Roberts (PT/GF)

If you train like an athlete, you'll perform like an athlete! Learn to move quickly and explosively and you'll not only get a great workout, you'll have FUN in the process. By improving agility, athleticism and reaction time, you and your clients will develop high level fitness that you can see and feel. Learn the drill mechanics, teaching cues and sequences to successfully implement this type of training into group fitness, one-on-one training, and sport programs.

Schwinn® Cycling: My Favorite Ride with Kimberly Spreen (GF)

Chosen just for this event by your Schwinn® Master Trainer, come experience a complete ride sure to give you plenty of ideas for your classes and one heck of a workout! You can expect world-class coaching, motivation, and incredible energy. Your master trainer will break down all the components of their favorite ride, including music, cueing, imagery, and coaching techniques so you can successfully replicate this workout for your own classes.

Stardate 2010: The Next Generation Research with Len Kravitz (PT-Lecture)

Join Len for this exciting, state-of-the-art research review including lifestyle changes that can reduce diabetes risk, the new METABOLIC profiling technique for fitness professions, the science of 'inactivity physiology', fat burning in resistance training, the NEW ACSM guidelines for fat loss and weight gain prevention, recovery from exercise strategies, NEW research on dieting, the health magic of marathon running, PLUS 12 outstanding new unique exercises for professionals.

3:30pm-5:00pm

Heart N Sole with June Kahn (MB/GF)

Explore the best of both worlds by combining the principles of Mat and Standing Pilates with elegant cardiovascular rhythmic patterns. This barefoot training program is designed to burn calories while building strength, stamina and balance. Don't miss this flowing, non-stop and inspiring workout that will challenge your body and touch your soul.

**All attendees receive a FREE 6-month IDEA e-membership!
(\$55 value!)**

3:30pm-5:00pm(cont)

BOSU® Xplode with Keli Roberts (PT/GF)

The ultimate cross-training workshop – done up BOSU style! Learn a unique system for incorporating elements of strength, cardio, core, balance and agility into one full body workout, and brand new exercises that use minimal equipment, minimal space, but give MAXIMUM results! Take the versatility of the BOSU® Balance Trainer to a whole new level, and be prepared for a total body meltdown!

Winning at Losing: The TRUTH about Successful Weight Loss with Len Kravitz (PT-Lecture)

This lecture is THE all-inclusive review on understanding weight management for women and men. Topics include genetics, hormonal concerns, behavioral approaches, dieting, lifestyle management, exercise, maintenance, the most successful strategies, and future research directions. Fitness professionals and personal trainers will learn all key strategies to successfully implement successful weight management programs to overcome this unyielding epidemic.

5:15pm-6:15pm

Master Class/No CECs

All Star Step with Rob Glick (GF)

Step instructors have a choice they can either create more choreography or look deeper at their pre-existing choreography for layers they may have not realized are there. In this workshop we will see just how many layers we can get out of simple step moves to end up with moves that look like a distant relative of their beginning. This method will help keep your classes fresh in less time and maintain a level a familiarity for your students. *No CECs*

Sunday, July 18th

8:00am-9:00am

Master Classes/No CECs

Kickbox Jam with Dana Smith

This cardio kickboxing workout challenges you with a more choreographed approach. You will experience not only martial arts drills but also dance-inspired movements. Form and technique is still the primary focus, but be prepared to shake things up as well.

Vinyasa Flow Yoga with Melissa Gerson

Vinyasa is a dynamic practice allowing for fluid transition from posture, while maintaining connection to the breath and laying the ground work to create a flow-based practice. Expect foundational yet vigorous sequences and a well-rounded Yoga practice to start your day.

Performance Cycling with Emily Booth

Performance Cycle brings the authentic outdoor riding experience into the studio. You'll enjoy a solid indoor cycling workout that will improve your cardiovascular endurance as your cycle coach challenges you with techniques, drills and ride profiles used by competitive cyclists!

9:15am-10:45am

Cont Ed Workshops

SPRI® Stability Ball Training with Robert Sherman (PT/GF)

Stability Ball training is an intensive, hands-on lecture/workshop consisting of three training components: Ball for body awareness, core activation, strength and power. Participants will be introduced to the physiological, biomechanical, and kinesthetic awareness principles, which form the foundation of stability ball training programs. Integrated with fitness training principles of strength, flexibility and agility, practical application creates programming ideas and exercises for all populations. This training covers proper technique and progression, safety and adaptation for specific programs/populations, and incorporation of resistance training tools



Caffeinated Pilates with June Kahn (MB/GF)

Energize and empower your students with this awakening, fresh and uplifting approach to Pilates matwork through a flowing combination of Pilates progressions in an undulating format. Experience core challenges that incorporate fluid transitions for seamless routines and gather endless ideas for your Pilates classes. Charge up your traditional routines by adding an eclectic twist to your Pilates workouts.

Schwinn® Cycling: Total Time Trial Redux! with Keli Roberts (GF)

A 100% high-end endurance submersion, the "time trial" is the ultimate test of a rider's physical fitness and mental toughness! In this remix of one of Schwinn®'s most popular real road ride workshops, you'll learn how both individual and team time trials work and how athletes train for them. Challenge yourself and your teammates in three different time trial simulations and learn how to bring the crowd-pleasing impact and fitness benefits of time-trialing back to your classes!

Assessing our Assessments with Greg Roskopf (PT)

Various forms of assessments are being taught in the exercise industry. Most of these assessments involve subjective evaluations, which only provide us with an assumption on what may be wrong. We have no way of confirming what our assessments are telling us. Therefore, exercise prescription can be based solely on faulty information. Trainers will be provided with the foundational tools to properly assess each client's mechanics, while also challenging what we find in our subjective assessments.

STAY "IN THE KNOW"!

Join our mailing list @ www.globalfitnesssolutions.com
and find EMPOWER! on Facebook!

facebook

11:00am – 12:30pm

Core Cuts with Rob Glick & Kimberly Spreen (GF)

In this master class, you will experience 4 individual core routines. Each one can easily stand on its own when time efficiency is a primary focus or used as a great addition to any existing workout. You can also combine any number of them to create a core challenge with a longer duration. So come cut that core with us!

SPRI® The Heat: Strength and Sports Conditioning with Robert Sherman (PT/GF)

The Heat is a strength and sports conditioning program that is rooted in conditioning and endurance through efficiency. Efficiency will be developed by teaching movement quality before quantity is addressed. The participant will learn new performance driven exercises that push the edge needed to create change and success. Equipment will be used to enhance motor learning and intensity progressions.

Schwinn® Cycling: Ride a Century with Keli Roberts (GF)

The cycling "century," 100 miles of pure endurance, is quickly becoming the new favorite for amateur riders. But pedaling triple digits can be daunting! Indoor cycling instructors are well positioned to help students properly prepare so that they enjoy every mile. In this workshop you'll learn the "must share" components of distance cycling, and how to use this outdoor trend to reintroduce valuable endurance training to your classes in a way that is challenging and fresh.

Current Controversies in Resistance Training with Len Kravitz (PT-Lecture)

Join Len for a research round up of some of the most relevant and controversial topics on resistance exercise. This lecture will highlight some of the latest breaking studies on resistance training and weight management, resistance training and resting metabolic rate, cortisol and protein catabolism, delayed onset muscle soreness, overtraining, multi-set versus single set research, acidosis (the burn) and how to prevent it, resistance training and the after-burn, and much much more. This is a must attend lecture for all personal trainers!

1:00pm – 2:30pm

Yoga/Pilates Fusion with Jen Ryan (GF)

Mind/Body Fusion classes continue to gain in popularity so come get the best of both worlds, Yoga and Pilates, in this workshop. We'll learn how to create a multi-level fusion class of Yoga and Pilates that provides a strength challenge with special focus on the core as well as full body flexibility.

BOSU® Core Flow with Rob Glick (PT/GF)

Add fresh elements to your core training by using innovative flowing exercise sequences to challenge your core musculature like never before. As you explore the unique properties of the BOSU® Balance Trainer and BOSU® Ballast Ball, you will discover new ways to challenge every muscle in your "power center" while simultaneously improving your overall movement capability. Enhance both variety and effectiveness as you learn to link "chains" of core movement in fluid patterns that will give you creative new ways to deliver serious results.



Periodization Training: New Insights in Ultra Training Design with Len Kravitz (PT-Lecture)

Learn how to strategically plan the specific phases of resistance training that "exploit the recovery" while optimizing muscular fitness gains. Participants will learn and understand how to utilize the new "Random Order Nonlinear", "Undulating Periodization" and "Progressive Linear" programs for strength, body composition change & sport application.



**A Portion of all registration fees will go
to the Life Time Fitness Foundation!**

"This is such a great event - it ranks among the best I've attended anywhere."

~ Leo R. - Minneapolis, MN

EMPOWER! CO - PRESENTER BIOS



Nick Bez is the National Project Manager for Group Fitness at Life Time Fitness as well as a 200-hr RYT Yoga Teacher and Master Yoga Trainer. Nick has led countless Yoga classes and trainings and always finds a way to bring light and laughter into even the most challenging and deepest of practices.



Emily Booth graduated from the University of Colorado at Boulder with a Bachelor's degree in Musical Performance. She has presented workshops as a Master Trainer for numerous fitness organizations and been a program director, instructor, and personal trainer.



Fabio Comana, MA; MS, is an exercise physiologist and research scientist for ACE. He currently teaches exercise science and nutrition at UC San Diego and San Diego State. Prior to ACE, he was a head, strength and conditioning coach, and has opened/managed clubs for Club One. He presents nationally and internationally, and is featured repeatedly on television, radio, internet, and in print publications.



Shannon Fable, Top 3 Finalist for 2009 IDEA Instructor of the Year and 2006 ACE Group Fitness Instructor of the Year, 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. Shannon, a Power Bar sponsored athlete, is an international presenter.



Melissa Gerson is a 200 RYT and has guided yoga classes for 6 years. She is currently the Yoga Lead for Life Power Yoga in Parker. Melissa combines several styles including Viniyoga, Anusara, Purna and Iyengar into her practice and teaching.



June Kahn, CPT, 2009 World IDEA Instructor of the Year, Director of Education for Beamfit™ LLC, founder of *June Kahn's Bodyworks, LLC™* and *Life Power Pilates Coordinator* for LifeTime Fitness in Westminster Co. As a program developer and continuing education provider for the fitness and mind/body industries, June is best known for bridging the gap between traditional Pilates and Fitness.



Len Kravitz, PhD, is the Program Coordinator of Exercise Science and Research at the University of New Mexico, where he recently won the "Outstanding Teacher of the Year" award. Len was honored with the 2009 Canadian Fitness Professional "Specialty Presenter of the Year" award, and was chosen as the American Council on Exercise 2006 "Fitness Educator of the Year".



Stephanie Masceri, MEd, is a Zumba® education specialist and national convention presenter with a bachelor's degree in marketing and a master's degree in elementary education. She has been in the dance and fitness world for many years, competing in hip-hop and jazz competitions as well as participating in many dance events with her performance team.



Keli Roberts has won numerous awards as one of the industries premiere educators including her 2008 Lifetime Achievement Award. Keli is an ACE Continuing Education Specialist who is known world-wide for her award winning videos, books and training seminars. Keli is a BOSU Developmental Team Member, Body Bar Master Trainer and Schwinn Master Presenter.



Greg Roskopf is the owner and developer of Muscle Activation Techniques. He has worked as a Biomechanics Consultant for various professional US sports teams and athletes, including the Denver Broncos, Utah Jazz, and the Denver Nuggets.



Jen Ryan has been Group Fitness Instructor for 21 years. She has been 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 masters degree in Kinesiology from the University of MN, Jen's passion is to bring Art, Science and Community into all her teaching experiences and to help other Instructors to do the same.



Robert Sherman is president and owner of F.I.T., Inc., and Group Fitness department head and Regional Lead for Life Time Fitness. His over 25 years in fitness has led him to be a much sought after speaker, trainer and consultant for programming on "aging strong" for fitness and wellness facilities and conventions throughout the United States and internationally. Robert can be seen in numerous exercise videos and television appearances and was named as one of the top 100 fitness trainers in America by Men's Journal and Allure Magazines.



Dana Smith is a Master Instructor Trainer for Life Time Fitness and has been teaching a variety of group fitness formats for 22 years. She currently specializes in teaching kickboxing and cycling classes while also leading outdoor group cycling and trail workouts.

EVENT INFORMATION

Dates:

Friday, July 16th – Sunday, July 18th

Location:

Life Time Fitness
9250 Crown Crest Boulevard
Parker, CO 80138
720-842-0800
www.lifetimefitness.com



How to Register:

➤ **Online***

- You can easily register online @ www.empowerfitnesssevents.com.
*We accept all major credit cards or Paypal.

➤ **By Mail or Fax**

- Mail completed registration form with payment to:
Global Fitness Solutions
Attn: Rob Glick
11 Woodswallow Lane
Aliso Viejo, CA 92656
- Please make checks/money orders payable to Global Fitness Solutions (GFS).
- Registration forms can also be faxed to: 1-949-786-2977

**First 300 to
register get a
FREE T-shirt!**

Registration Specials!:

- ✦ Early Birds!! Register before 6/30 to receive the best main conference pricing!
- ✦ All attendees receive a FREE 6-month e-membership with the IDEA Health & Fitness Association!
- ✦ Life Time Fitness Team Members receive \$30 off the 2-day, Main Conference registration*
- ✦ IDEA Members, ZIN Instructors and ACE, NETA & AAAI/ISMA Certified Professionals receive \$20 off the 2-day, Main Conference registration*

**Only one discount may be applied per registration*

Cancellation Policy:

Any request for a refund must be in writing and include cancellation reason. Cancellations and refund requests received after July 9th will be subject to a \$50 administrative fee.

Questions? Call 310-415-2450

TRAVEL INFORMATION

Airport Option:

Denver, CO - DEN

Ground Transportation:

The event is approximately 29 miles away from DEN. Taxi cabs are available at the airport and would cost \$80.00 for the first passenger and \$1.00 for each additional passenger. The cost for a shared Super Shuttle would be approximately \$37.00 for the first passenger \$9.00 for each additional passenger in your group.

Event Hotel:

Holiday Inn Select
19308 Cottonwood Drive
Parker, Colorado 80138
303.248.2147

- Event Rate: \$99/night plus tax, King or Double, guaranteed through 6/30
- Call & mention Group Block code EMC to receive the above rate or reserve your room online at www.holidayinn.com and use the group code EMC.
- This hotel is across the street from the event, easily walking distance.

July 16th-18th

REGISTRATION FORM

Name: _____ E-mail Address: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone(day): _____ (evening): _____ Today's Date: _____

Friday Pre-con & Master Class Options/Prices:

☐ Schwinn® Cycling Instructor Training w/Shannon Fable, \$199 regular price or \$179 before June 30th!

☐ Strength Tool Box, sponsored by AAI/ISMA w/Keli Roberts, \$79

☐ The Science & Application of Core Training w/Robert Sherman, \$59

☐ Zumba® Basic Instructor Training w/Stephanie Maseri, \$270 regular price or \$225 before June 30th!

☐ All Star Step Master Class w/Rob Glick, \$15 (LTF Members, \$10ea, Discount Code: _____)

☐ Zumba Cardio Party Master Class w/Stephanie Maseri, \$15 (LTF Members, \$10ea, Discount Code: _____)

NOTE: For the ACE Functional Training and Assessment Day w/Fabio Comana, Please register @ www.acefitness.org

Friday Total \$ _____

Sat/Sun Conference Options/Prices*:

*Only one discount may be applied per Full Main Conference registration

☐ **FULL MAIN CONFERENCE(Sat & Sun, All Access)**

___ Regular: \$179 before June 30th \$199 between July 1st and July 15th; \$219 onsite

___ LTF Staff/Member, receive \$30 off Full Main Conference (Home Club: _____ Emp #: _____)

___ IDEA/ACE/NETA/AAAI, receive \$20 off Full Main Conference (Code or membership/certification #: _____)

☐ SATURDAY ONLY: \$149

☐ SUNDAY ONLY, \$89

☐ Individual Workshop, \$40ea X _____ = _____

☐ Individual Master Class, \$15ea X _____ = _____

Sat/Sun Total \$ _____

TOTAL DUE: \$ _____

PAYMENT OPTIONS:

☐ Check # _____ (make checks payable to Global Fitness Solutions) ☐ Money Order

Mail checks/money orders along w/completed registration to: GFS * 11 Woodswallow Ln * Aliso Viejo, CA * 92656

☐ Paypal(if you have a Paypal account online, 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.

WORKSHOP SELECTIONS:

At EMPOWER!, we strive to provide a truly unique, user-friendly experience for all. By popular request from previous events, all sessions will be OPEN. This simply means that you no longer need to make your session selections as you register. We will limit the # of registrations to ensure as many attendees as possible receive all their first choice selections at the event and can easily make changes throughout the weekend at will. We look forward to having you join us!





Global Fitness Solutions
11 Woodswallow Lane
Aliso Viejo, CA 92656

EMPOWER!



Weekend Fitness Celebration | 2010



www.empowerfitnesssevents.com

Our Premier Partners:



All 2010 EMPOWER! events:

Phoenix, AZ March 26-28 ✦ Dallas, TX May 7-9 ✦ Columbus, OH June 25-27
Denver, CO July 16-18 ✦ Minneapolis, MN September 24-26

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