

Celebrating 10 YEARS of EXCELLENCE in EDUCATION!

B.A.M.



Body & Mind Conference 2010
Chico, California ♦ February 26th-28th



IN MOTION FITNESS

RESORT ♦ HEALTH CLUB ♦ SPA
1293 E First Ave, Chico | 343-5678 | www.inmotionfitness.net

B.A.M. 2010 Schedule

FRIDAY, FEBRUARY 26, 2010

See Insert for Descriptions

- **GRAVITY Personal Training - 8:00am - 5:00pm - Helen Vanderburg**
- **Water Fitness Day - 8:30am - 3:00pm - Craig Stuart**
- **TRX Instructor Training - 8:30am - 5:30pm - Keli Roberts**
- **TRX Training - 9:00am - 5:00pm - Fitness Anywhere Trainer**
- **Bender Method - 1:00pm - 5:00pm - Leslee Bender**
- **Nordic Walk Now ITP - 1:00pm - 5:00pm - Suzanne Nottingham**
- **Charity Workout - 6:00pm - 7:15pm - B.A.M. Presenters**
"Charity Hustle" - "Journey to the Cure" Join us for a fun, and frolicking good-time hustle with circuit training and Hip Hop. With luck and determination we WILL find a cure! Entry by donation to the American Cancer Society. (call to reserve space)

SATURDAY, FEBRUARY 27, 2010

Session 1 - 7:30 am - 9:00 am

- **BOSU® Skills and Drills - Helen Vanderburg**
If you love the BOSU® Balance Trainer, and want new ideas... this is the workshop for you! Learn dozens of exercises, drills, skills and activities that can be done on the BOSU® Balance Trainer in a group or personal training setting. Discover how to progress, regress and adapt each exercise to accommodate almost all fitness and skill levels with minimal equipment
- **TOWELmoves™ READY, SET, SCULPT - Cheryl Westerman**
Explore the many ways to sculpt your body using a towel. Anytime! Anywhere! Functional strength is developed through core & abdominal stabilization. When using a towel, this creates stability for the body and helps to maintain correct alignment throughout many of the TOWELmoves Cardio and Core Training exercises! Get READY to MOVE!
- **YogaFit Ultra - Rose Zahnn**
Intermediate and advanced YogaFit plus creative inversions using the wall, and YogaFit signature teaching methodology and format plus transformational language cueing, alignment, safety and more. Bring a yoga mat.
- **Completely Functional Reformer - Leslee Bender**
With so many students complaining of low back and neck pain from traditional exercises, learn a completely new way to utilize a reformer with standing exercises. You will learn how to address the feet and myofascial pathways, and how it affects the rest of the kinetic chain. Learn how certain exercises are crucial for postural correction and those that are detrimental and should be avoided.

Session 2 - 9:30 am - 11:00 am

- **BOSU® Multiplied - Keli Roberts**
Are you ready to multiply your BOSU® Balance Trainer exercise library? Learn dozens of new drills, skills and sequences using multiple BOSU® balls in a variety of shapes and patterns. Working independently, or with partners and in teams, you will walk away with a whole new perspective on BOSU conditioning and lots of fun, new drills. Perfect for personal training, boot camp, circuit classes, sport conditioning, kid's fitness, and anywhere you would like to multiply your BOSU experience!
- **Step Success - Petra Kolber**
At the end of the day what a person perceives a person believes and this has never been truer than with a step class. This session explores how to find the balance between creativity and success. Balancing the area where we challenge our students both mentally and physically without taking them to the point of frustration. Useable choreography with logical and repeatable breakdowns will be the focus of this session.
- **Tandem BUDDY SYSTEM Training! - Valerie Cota**
This session pairs people up with flowing, dynamic and unique exercises (Uni-lateral rowing, "Cross-bow", Amazing standing core work and more!) using the NEW Lebert "BUDDY SYSTEM". Stay connected and engaged with your partner and see how a little teamwork and friendly competition can really maximize effort levels and results.
- **Nordic Walking For Total Fitness - Suzanne Nottingham**
Combine the outdoors with Nordic walking poles and you've got the ideal fitness activity. This session is for instructors and personal trainers who enjoy leading fitness walks, and who desire to provide this option to clients who want to lose weight, build endurance and strength, and move healthier. Suzanne's book is your step by step guide to change and improve walking workouts forever.
- **Reformer as Pre-hab - Leslee Bender**
Starting students on their backs is not only dysfunctional for many but can cause lumbar pain or even injury especially with the legs extended without support to 45 degrees. Learn exercises and techniques that allow you to look at the human body as it works, and how only performing exercises from a manual is only one dimensional. Learn how to utilize the reformer for spiraling in three dimensional planes to affect how we move through daily activities and how to have a pain free life.

EXPO & Lunch Break 11:00 am - 12:30 pm

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BONUS Session "Lunch & Learn" - 11:30am-12:30pm

- **In It For Life - Helen Vanderburg**
The fitness industry is an exciting and dynamic profession. With over 25 years of experience as a club owner, international fitness presenter, writer, DVD producer and consultant, Helen Vanderburg will share with you her secrets to creating longevity in this ever-changing industry. Find out how you can continue to grow, carve out your niche in the fitness industry and continue to evolve your career for life!

Session 3 - 12:45 pm - 2:15 pm

- **BOSU® Xplode - Keli Roberts**
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! Be prepared for a total body meltdown!

Hard Work Conditioning 2 - Patrick Goudeau

Getting in shape and feeling confident about the way you look and feel takes a lot of Hard Work! HWC 2 is interval training at its best! Incorporating the principal of SBT (short-burst training), HWC 2 will give you short, cardio intervals and unique, compound strength training exercises that you can implement into your existing sculpting or interval based workouts. This will take you to the next level for MAXIMUM results!

Balletone®: FoW - Rose Zahnn

F.L.O.W is the formula for success in Balletone, a fusion style conditioning program, designed specifically for the non-dancer. Enjoy a non-stop cardio and strength fusion class that blends training techniques drawn from dance, Pilates, and fitness. Align the body standing up in Functional posture with Pilates techniques, then blend Balletone and traditional fitness exercises to create dynamic sequences that are Linked from one to the next without stopping. Discover F.L.O.W as a recipe for success and uncover a body-blasting, fat-burning workout that develops muscular endurance, core strength, stamina and agility without the use of equipment or props.

Kettlebell Special Ops - David Bluman

This class is NOT for the faint of heart, whiners or quitters! This elite military-style program is a hardcore combination of circuit training, strength, agility, conditioning, core training, team building drills, and an obstacle course with kettlebells at every turn! *This class is for intermediate to advanced fitness levels and prior use of Kettlebells is necessary.*

GRAVITYGroup®: Amplified Resistance - Helen Vanderburg

Using the GTS® by efi Sports Medicine pull your way to enhanced muscle development, core stability and increased joint range of motion. Learn how using body weight as resistance against gravity individualizes workouts within a group setting. Amplify resistance in a brand new, time efficient way!

Session 4 - 2:30 pm - 4:00 pm

Medicine Ball Power Hour - Keli Roberts

Medicine Ball interval training improves the cardiovascular system, enhances power endurance and has a high caloric expenditure. This program incorporates progressive total body physical execution techniques, plyometric progressions and exercise guidelines. Learn exercises and drills performed individually and with a partner, and are suitable for both personal training and group exercise settings.

Rolling Ropes™ - Petra Kolber & David Weck

Developed by David Weck, the creator of BOSU, Rolling Ropes is the first mind/body workout of its kind. Learn how to create an "invisible learning environment" in your class that successfully leads your students to a new holistic way of going within to work out. Rolling Ropes gives you an exercise methodology that trains all the components of fitness in one session. This technique also places you and your class on the path to mastery: mastery of your body and mastery of your movement, both, which will last a lifetime. Not one jump is required through the entire workout. Let's Roll.

Integrative Dynamic Yoga Conditioning - Kami Noelani

Incorporate a challenging dynamic yoga conditioning sequence and 14 principal yoga postures and power flow movements that condition and strengthen the body as well as increase range of motion and flexibility. These postures are all you need as a foundation to incorporate a powerful yoga routine into your workout! Leave stretching for soccer practice - come experience the extreme edge of YOGA!

Practical Balance - Suzanne Nottingham

Practical Balance is beneficial for everyone, grandmas to athletes. This is a down-to-earth, simple approach for developing and teaching "body skills"; enhances physical body balance with sensory awareness. Learn how to implement appropriate progressions for balance conditioning into your workouts and learn 10 balance drills, which emphasize skill development to move with efficiency, regardless of the activity or fitness level.

Session 5 - 4:30 pm - 6:00 pm

Shake and Pop your Class to the Top! - Justin DiGaetano & Catherine Graham

You have a winning format and a timeslot on the schedule. Now your challenge is in bringing people into the studio and getting them to come back each week. Learn the skills to make your class the "party" of the week and to create a culture with these simple techniques that offer every class success! Experience these tools in a hip hop dance workout and learn the trade secrets that will shake and pop your class to the top!

Sole Synthesis™, by Balletone - Rose Zahnn

Sole Synthesis is "simplicity through triplicity"...no fancy moves are used, just unique twists on foundational fitness moves to get you started. The fitness sequences are turned into dance inspired, ballet sculpting sequences for balance and strength challenges. Yoga inspired sequences will be sprinkled throughout. You will leave strong, centered, and actively flexible. This session is an elevated functional training program that is deceptively challenging; take your shoes off and see what your SOLE can do!

Foam Roller Body Blast - Helen Vanderburg

Learning to use the foam roller effectively can add more variety to your training techniques. For group exercise instructors or personal trainers the foam roller will add variety to your fitness programming. You will experience a series of exercise combinations that will challenge strength and balance followed by muscular release techniques. Bring a yoga mat.

EQUALIZER Bodyweight Training - Valerie Cota

Take Bodyweight training to a new level with the Lebert EQUALIZER. This portable and extremely functional tool allows the trainer, Group EX instructor or Bootcamp leader to easily incorporate many rowing exercises for the back, dips, incline push-ups, agility drills and more!

Bender Ball Build a Better Butt - Leslee Bender

There is not one student who does not want a more flattering functional back side, but did you know that your feet dictate how weak or strong your glutes actually function. The glutes play a big part in our core and when they are dysfunctional it can wreck havoc on the rest of our body. This is a fascinating class that will give you new ideas of how to look at your back side differently.

EXPO Closes 6:30 pm

SUNDAY, FEBRUARY 28, 2010

Session 6 - 7:30 am - 9:00 am

Schwinn® Cycling - Ride a Century! - Keli Roberts

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. You'll learn the "must share" components of distance cycling, and how to use this outdoor trend to reintroduce valuable endurance training.

SCULPTmoves™ BUILD-A-BUTT™ CIRCUIT - Cheryl Westerman

Combine and create a circuit of lower body moves to enhance your butt! You will learn a number of interval training techniques that can help sculpt round firm glutes! Using a towel, other small apparatus and your energy creates dynamic movement with resistance from every angle. Maintain correct alignment during cardio and floor training. Build-a-Butt™ for a better body!

Power PilatesFit - Rose Zahnn

Flowing transitions and seamless sequencing in this full body PilatesFit workout- standing, sitting, supine, prone and kneeling core work! Bring a yoga mat.

Kettlebell, The Way of the Warrior - David Bluman

Power, speed, balance, agility and conditioning are the key factors in the development and maintenance for the fight sciences. Changing dynamic factors and chaos are common place in traditional as well as the mixed martial arts arena. Learn to develop explosive power, strength, balance, agility, quickness and reaction time.

Session 7 - 9:15 am - 10:45 am

The Final Step - Patrick Goudeau

Well, it's been an incredible journey, but it's time for me to take THE FINAL STEP! Join me for this trip down memory lane and revisit some of my B.E.S.T moves of all time, loaded with plenty of STEP APPEAL. I will even show you the QICKSTEP, but leave your Momma at home, because this is NOT YOUR MOMMA'S STEP class. STEP UP and STEP MY WAY or you you'll miss the party of the year. All good things must come to an end...but trust me; it's only the beginning.

Superhuman Nutrition and Vitality - Amy Cheryl

There is a saying, "You are what you eat", which is so true yet is often overlooked at how powerful a statement that is and how much control we really do have when it comes to our health. This lecture will dispel all the myths and teach you the facts so you can take your health to levels of vitality you have yet to experience. Learn what the "Philosophy of Regeneration" is and how to "turn back the clock".

David's BOSU® Toolbox - David Weck

David Weck is always exploring better ways to workout. Come and be challenged in this action packed circuit workout and learn the latest from David, including his new BOSU® - "Both Sides Utilized" - Calisthenics as well as an introduction to David's latest enhancement to running - SHFT™ Running.

Bender Ball Selected Stabilization Partner Play - Leslee Bender

Learn all new methods of core training and never ever do a crunch on the floor!!! You will experience tri-plane movement sequencing that will give great ideas for either group or personal training. Build a team spirit with partner work that brings incredible core training into the mix. You will experience how to utilize a Ball and GLIDING™ for innovative and creative never seen before exercises.

Session 8 - 11:00 am - 12:30 pm

BOSU® Studio Pilates - Helen Vanderburg

Learn how to use the BOSU® ball in a one-on-one and group setting, and learn to accommodate the most advanced to the most beginning Pilates students or clients. Find out how to incorporate the Balance Trainer into mat classes, and how to use it in conjunction with other traditional Pilates accessories and equipment. You will take home a library of new exercises designed to target the core and train the whole body!

Body Blast With Tubing - Petra Kolber

Learn how to target the body from all angles and positions by using tubing as the means of resistance. Come and explore how to create a dynamic and logical strength and endurance training format that is designed with the group fitness instructor in mind. Set up, seamless sequencing and logical progressions will be the focus of this fun and informative session.

Sensual Dance Diva - Amy Cheryl

Be prepared to sweat & radiate as we embrace our sensual beauty through dance (think "ZUMBA" meets pole dancing without the pole) allowing the music to unleash your inner diva! Burn crazy fat burning calories, while you work every muscle in your body including your core (abs) as you "shimmy", "salsa", and "gyrate"!—so much fun it will be difficult to tell whether you are in a class or at a TOTAL DIVA PARTY!

Injury Prevention For Nordic Walkers - Suzanne Nottingham

You will develop a holistic and internal understanding of what's required to Nordic walk efficiently to stay injury-free. Leave with a personal understanding about which techniques are appropriate for your clientele based on a variety of criteria. Experience the relationship between the equipment, the ground surface and your body as they coordinate together to create the ultimate full body fitness experience.

YogaFit Total Core Control - Rose Zahnn

PilatesFit and YogaFit collide in a full body workout using the YogaFit Core Ball. Bring a yoga mat.

EXPO Closes 1:00 pm

Sensual Dance Diva Basics Specialty Certificate - Amy Cheryl

1:00pm-6:30pm - See insert for description.



Leslee Bender

Leslee Bender is the founder of The Pilates Coach and The Bender Method of training. She has been in the fitness industry for over 25 years, has presented internationally, and produced over 25 DVDs and written several articles. Leslee was the first to bring a safer approach to Pilates training for today's society in which her work has been published in The Journal of Applied Research. She was the ORIGINAL creator of The Pilates mini ball which is now The Bender Ball voted 2007 best fitness short form infomercial. Leslee is ACSM, NASM ACE AFAA and B.A. University of Nev., recently started her journey as LMT and Body Talk Therapist, and enrolled in the Gary Gray Institute.



David Bluman

David Bluman is a Certified Personal Trainer & Group Fitness Instructor with ECITS, an ACE Certified Personal Trainer & Continuing Education Provider. He is currently finishing a B.S. in Health and Wellness, has 20+ years of training experience, worked in the physical therapy field in therapy exercise and specializes in post-rehab training. He is a Flexibility Technician from MPI in Active Isolated Stretching, Level 1 Kettlebells Instructor and continuing education provider, holds 2 Black Belts, a teaching certification in the martial arts, a Powerstrike Impact Kickboxing Certification, certified through Town Sports Internationals Foundations, and holds a Speed and Power Certification from Strength Pro. David is a NY State Licensed Vocational Teacher and developed curriculum and programs for the East Coast Instructor Training School (ECITS).



Amy Cheryl

Amy Cheryl is the creator of FLEXXATION® and YOGAFLEXX™, a fresh, fun, liberating, mind-body Sculpting System that teaches experiencing Extasy Thru Exercise! Flexxation has gained media attention including SHAPE, SELF and IDEA Fitness Journal. Amy holds a B.S. in Nutrition and Exercise from Univ. at Buffalo with a minor in voice performance. She is a contributing writer for both regional and national magazines, international presenter, sponsored presenter and master trainer for GYMSTICK™, yoga teacher and an award winning bodybuilder and figure competitor. Amy has taught group and private fitness for over 20 years.



Valerie Cota

Valerie Cota has been in the fitness industry 24 years as a personal trainer and group exercise instructor during which time she owned her own health club and was a certification proctor for Personal Trainers and Group Exercise instructors in Alabama, Texas, Louisiana and Florida. She competed in Fitness and Bodybuilding and was a NPC judge in Colorado and Oregon. Valerie won the USA Fitness championship in Cheyenne, WY 1998 and Ms. Oregon BB 2002. Certified by ACE and ISSA, she currently trains clients and teaches boot camps out of a studio in Roseville, CA (Sugar F.Y.X.), and facilitates corporate wellness programs with several companies.



Justin DiGaetano

Justyn DiGaetano is a fitness professional from Citrus Heights, CA who is known for teaching fun, inspiring classes. Justyn holds both ACE and AFAA group fitness certifications and presents through Sunshine Fitness Resources. Besides teaching classes in a variety of formats, he is also a Beachbody coach helping individuals to achieve their fitness goals.



Patrick Goudeau

Patrick Goudeau is a NIKE Fitness Athlete, celebrity fitness trainer and one of the most sought-after instructors in the world. Known for his fresh and innovative approach to choreography, Patrick has released 16 highly acclaimed workout videos and is often referred to as the King of Choreography! This former U.S. National Aerobic Champion is also a featured instructor on "All-Star Workouts", the popular fitness show from The Discovery Channel and FitTV! For additional information on Patrick and all of his workouts, be sure to visit www.patrickgoudeau.net.



Catherine Graham

Catherine Graham has over 18 years of experience teaching a variety of group fitness classes, managing group fitness and personal training departments, and mentoring others to become fitness instructors themselves. She is known for bringing out the best in those around her. Catherine holds certifications for both AFAA Group Fitness Instructor and ACSM Health Fitness Specialist. She works for AFAA as a Professional Affiliate Coordinator, California Family Fitness as a Group Exercise Coordinator for three locations, and is a Beachbody coach.



Petra Kolber

Petra Kolber is a Fitness Spokesperson and International Presenter. She was nominated 2004 and 2003 Best Female Presenter of the Year by E.C.A and in 2001 was awarded IDEA Fitness Instructor of the Year. The Canadian Fitness Professionals and also named her 2000 International Presenter of the Year and in 1999 she was named Fitness Crusader of the Year by Health magazine. She has choreographed and starred in over 20 fitness videos and numerous television segments. In 2007 Petra completed her yoga teacher training with Annie Carpenter at Yogaworks. 200 hour RYT



Kamie Noelani

Kamie Noelani is the Founder of the Northern California Yoga Institute-NCYI and creator of the Integrative Dynamic Yoga-IDY method. A former yoga studio owner with over 10 years of experience teaching yoga, she holds many yoga certifications including ERYT-200 from Yoga Alliance. With a varied fitness, group exercise and yoga background, Kamie integrates the essence of yoga with exercise science. She is a Savvy F.I.T. Academy Instructor and the Principal Yoga Trainer for NCYI. Kamie teaches yoga classes at In Motion Fitness, and workshops, immersions and 200-hour Registered Yoga Teacher Trainings throughout Northern California.



Suzanne Nottingham

Suzanne Nottingham, fitness industry pioneer and Nordic Walk Now founder, is credited with innovating and spearheading popular fitness programming trends including Outdoor Cross Training, Boot Camp, Winter Sport Training, and Balance Awareness & Conditioning. Her specific leadership expertise in outdoor sports and fitness spans 25 years, hundreds of articles, television appearances, books and conferences. She is a spokesperson and continuing education provider for A.C.E., and is on the California Governor's Council on Physical Fitness and Sports. In 2000, she received the fitness industry's highest honor for teaching excellence as IDEA's Instructor of the Year, and is well-known as an early pioneer in the launch and success of inline skating in the US. Suzanne's new book, Nordic Walking for Total Fitness, Human Kinetics, was recently released.



Keli Roberts

Keli Roberts is the recipient of the 2003 IDEA International Fitness Instructor of the Year award, 2007 inductee into the National Fitness Hall of Fame, and a spokesperson for the American Council on Exercise. Known world wide for her award winning videos, books and training seminars, she specializes in strength and stability training, group exercise, personal training and motivation. Keli holds certifications from ACSM HFS, AFAA, ACE Group Fitness and ACE Gold Personal Trainer, is a BOSU Developmental Team Member, Master Trainer for the Schwinn Cycling program, KettleBell Concepts sponsored athlete and Body Bar Master Trainer. She teaches classes and is a tier-three personal trainer at Equinox in Pasadena, California.



Craig Stuart

Craig Stuart is the founder and director of HYDRO-FIT®. Craig leads the water exercise industry as an innovator, specialist, educator and fitness professional. He has starred in several acclaimed videos and is well known for his educational techniques focusing on the practical application of water-specific skills to enhance group exercise instruction. Craig is certified by AEA, ACE and AFAA.



Helen Vanderburg

Helen Vanderburg, BKin, AFLCA, ACE, CanFitPro certified, Pilates Mat and Yoga certified, has over 25 years of experience as a health club owner, international health and fitness consultant, is an international fitness and motivational speaker, and owner of Heavens Fitness Club in Calgary. She is the 2005 IDEA Fitness Instructor of the Year, 2006 and 1996 CanFitPro Presenter of the Year, 1996 IDEA Program Director of the Year, 2001 Women of Vision award, and the 2001 Mall Peepre National Fitness Leadership Memorial award. A past World Champion synchronized swimmer and honored member of the Canadian Sports Hall of Fame and International Aquatic Hall of Fame, Helen developed the Fusion Fitness Training Mind™ and Body programs and certification courses. She is an educational consultant and spokesperson for the Nautilus Health and Fitness Group, Schwinn Cycling, efi Sportsmedicine, BOSU and Lululemon Athletica, and fitness columnist for numerous magazines and newspaper.



David Weck

David Weck is a visionary in the fitness world and the inventor of BOSU His training expertise includes the BOSU Balance Trainer, the BOSU Ballast Ball, and the Quick Hands Bola Trainer. He is a life long sports and fitness enthusiast who has been working professionally in fitness for more than 15 years working with a wide array of clients including professional and Olympic athletes, sports teams, special populations, and kids. David is grateful to all of the talented and dedicated fitness professionals who use his products to help others achieve better health, performance, and wellbeing.



Cheryl Westerman

Cheryl Westerman is known as a National Fitness Professional, Group Exercise Instructor, Personal Trainer and motivator in the Industry for over 20 years certified by ACE and AFAA. She owns and operates a Personal Training Studio for Women in Texas. She is the creator of the SCULPTmoves™ Fitness and TOWELmoves™ Exercise Programs. She is a Master Trainer for Corepole, Gliding and NATS "E" Fit Resistance Travel Gym. www.cherylwesterman.com



Rose Zahnn

Rose Zahnn is the Founder of Healthy Habits Fitness and Yoga and Pilates Studios and the creator of PilatesFit, the Learn to Be Lean Program and Dance-X. A UCLA graduate and full-time fitness professional with over 20 years experience, Rose holds many fitness certifications in addition to ERYT-200 from Yoga Alliance and the Pilates Method Alliance Certification. She is a YogaFit Master Trainer, a Balletone Principal MBA, and a Nordic Walk Now Team Trainer.

Special Thanks: ACE, Adidas 3-Stripe Instructor Program, Arbonne International, AV Now, Balanced Body, Balletone®, BeachBody.com, Best Western Heritage Inn, Body Bar®, BOSU®, C.A.R.D., C.H.E.K. Institute, Coffee's On, efi Sports Medicine, Fitness Wholesale, FLEXXATION®, Gliding™, Heart To Heart Connection, Human Kinetics, Hydrofit, Italian Cottage, KettleBell Concepts, King's Water, Inc., Linda Pearson, Marc Lebert, MusicFlex, Nautilus Institute, Nordic Walk Now, OPTP, The Pilates Coach, Power Bar, Power Systems, Sierra Nevada, SPRI®, Stretching Inc., Thorlos, Triple J Screen Printing, YES! Fitness Music, YogaFit®



B.A.M. 2010 PLANNER



Friday, February 26, 2010

- ___ GRAVITY Personal Training - 8:00am - 5:00pm
- ___ Water Fitness Day - 8:30am - 3:00pm
- ___ Schwinn Instructor Training - 8:30am - 5:30pm
- ___ TRX Training - 9:00am - 5:00pm
- ___ Bender Method - 1:00pm - 5:00pm
- ___ Nordic Walk Now ITP - 1:00pm - 5:00pm
- ___ Charity Workout - 6:00pm - 7:15pm

Choose and prioritize your classes by specifying (1, 2, 3, & 4) in each time slot: 1 for your first choice, 2 for your second, 3 for your third, etc. Every effort will be made to assign your first choice (total ACE & AFAA CEC's are dependent on session selections).

Saturday, February 27, 2010

Session 1 – 7:30 am – 9:00 am

- ___ BOSU® Skills and Drills
- ___ TOWELmoves™ READY.SET.SCULPT
- ___ YogaFit Ultra
- ___ Completely Functional Reformer

Session 2 – 9:30 am – 11:00 am

- ___ BOSU® Multiplied
- ___ Step Success
- ___ Tandem BUDDY SYSTEM Training!
- ___ Nordic Walking For Total Fitness
- ___ Reformer as Pre-hab

EXPO & Lunch Break 11:00 am – 12:45 pm

BONUS Session – 11:30 am – 12:30 pm

- ___ Lunch & Learn - In It For Life

Session 3 – 12:45 pm – 2:15 pm

- ___ BOSU® Xplode
- ___ Hard Work Conditioning 2
- ___ Balletone®: FLoW
- ___ Kettlebell Special Ops
- ___ GRAVITYGroup® :: Amplified Resistance

Session 4 – 2:30 pm – 4:00 pm

- ___ Medicine Ball Power Hour
- ___ Rolling Ropes™
- ___ Integrative Dynamic Yoga Conditioning
- ___ Practical Balance

Session 5 – 4:30 pm – 6:00 pm

- ___ Shake and Pop your Class to the Top!
- ___ Sole Synthesis™, by Balletone
- ___ Foam Roller Body Blast
- ___ EQUALIZER Bodyweight Training
- ___ Bender Ball Build a Better Butt

EXPO Closes 6:30 pm

Sunday, February 28, 2010

Session 6 – 7:30 am – 9:00 am

- ___ Schwinn® Cycling – Ride a Century!
- ___ SCULPTmoves™ BUILD-A-BUTT™ CIRCUIT
- ___ Power PilatesFit
- ___ Kettlebell, The Way of the Warrior

Session 7 – 9:15 am – 10:45 am

- ___ The Final Step
- ___ Superhuman Nutrition and Vitality
- ___ David's BOSU® Toolbox
- ___ Bender Ball Selected Stabilization Partner Play

Session 8 – 11:00 am – 12:30 pm

- ___ BOSU® Studio Pilates
- ___ Body Blast With Tubing
- ___ Sensual Dance Diva
- ___ Injury Prevention for Nordic Walkers
- ___ YogaFit Total Core Control

1:00 pm – 9:00 pm

- ___ Sensual Dance Diva Certificate



Hotel Information



Best Western Heritage Inn
 25 Heritage Ln.
 Chico, CA 95926
 (530) 894-8600 / 1-800-528-1230

Take Cohasset-Mangrove Exit of Hwy 99
 \$64 single, \$69 double per night.
 Must mention In Motion Fitness

Equipment for sale immediately after the conference or call Lori at (530) 895-6245 ext 324 to pre-purchase.

Check insert for additional B.A.M. Certifications!

Register by February 18th and have a chance to win a prize!

Early Birds receive Thorlo Socks.



Registration Form

Participant (please use mailing address):

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

E-mail _____

Conference Fee

| | | |
|------------------------------|---------------|--------------|
| Received: | before 2/5/10 | after 2/5/10 |
| Saturday Only | \$174 | \$204 |
| Saturday & Sunday | \$199 | \$229 |

Registration Fees are non-refundable

Fees:

| | | |
|------------------------------------|--------------|----------|
| Conference Fee (see left) | | \$ _____ |
| T-shirt Fee Size _____ | \$19 | \$ _____ |
| Must order before 2/4/10 | | |
| Water Fitness Day | \$ 79 | \$ _____ |
| after 2/5/10 | \$ 89 | \$ _____ |
| Schwinn Instructor Training | \$199 | \$ _____ |
| after 2/5/10 | \$220 | \$ _____ |
| Bender Method | \$ 99 | \$ _____ |
| after 2/5/10 | \$109 | \$ _____ |

Method of Payment:

Check
 Make checks payable to In Motion Fitness

Visa **MasterCard**

3 Digit Security Code _____

Expiration _____

Signature _____

Credit Card Billing Information:

Name _____

Address _____

City _____

St _____ Zip _____

Waiver of Liability

(Signature is required) I agree to hold harmless In Motion Fitness owners, employees and volunteer staff from any and all liability arising out of this event including, but not limited to injury or damage or loss to my personal property. I understand the risks involved with participation in this event and represent that I am in sound physical condition and have sufficiently trained for this event.

Signature _____ Date _____

Please mail to: In Motion Fitness, Attn: Lori Pine, 1293 E. 1st Ave., Chico, CA 95926 or FAX: (530) 343-5799

For more info call Lori Pine at (530) 895-6245 ext. 324 or e-mail J916GRIF@aol.com



B.A.M. 2010 HIGHLIGHTS

TRX® Suspension Training®

Water Fitness Day

GRAVITY Personal Training®

Nordic Walk Now Instructor Training

Schwinn® Cycling: Instructor Training

Charity Hustle - Journey to the Cure
American Cancer Society Charity Workout

Lunch & Learn Session with Helen Vanderburg

David Weck - BOSU® Inventor

Leslee Bender's Pilates and Bender Ball

Balletone®, Flexxation®, Lebert Fitness

Shop the EXPO...and SO MUCH MORE!

In Motion Fitness



Pre-B.A.M. Conference Certifications 2009

Certifications & Workshops
Friday & Sunday, February 26 & 28, 2010



**GRAVITY
Personal
Training®**

Friday, February 26, 2010

8:00 am – 5:00 pm

GRAVITY Personal Training®

***Personal Training certification required**

Certified personal trainers will learn how to utilize the most versatile fitness modality in the industry, the GTS®. The award-winning GTS, the equipment component of the GTS GRAVITY Training System®, offers eight calibrated levels of incline resistance. Its dynamic cable pulley system and rolling glideboard pit body weight against gravity to challenge global stability and all components of fitness. The course covers movement execution for the entire GTS Library Series™ including more than 80 resistance-training exercises with modifications and progressions to challenge all clients of any fitness level.

The training includes both lecture and practical applications regarding movement, biomechanics and a review of the existing protocols for improvements in strength, endurance, power and hypertrophy. Trainers will walk away with a new and efficient way of training clients that will not only add value to training sessions but also demonstrate how to increase earning potential by designing streamlined programming.

Participants will also experience several 15-minute muscle isolation programs to feel what GRAVITY Training® is all about!

Course includes: GRAVITY Basics™ & GRAVITY Personal Training Manuals

Instructor: Helen Vanderburg

CEC's 0.8 ACE, 6.0 AFAA, .8 NASM

Cost: \$199 per person

To register visit www.efisportsmedicine.com/events/courses/ or call Cara at efi Sports Medicine PH **800-541-4900 ext 209** email cara@efisportsmedicine.com



**Water
Fitness
Day**

Friday, February 26, 2010

8:30 am – 3:00 pm

8:30am - 10:30am Deep Training MAX
10:30am - 10:45am (Energy Break)
10:45am - 11:30am Tranquility & Turbulence
11:30am - 1:00pm (Lunch Break)
1:00 pm - 3:00 pm Pour It To The Core

Session Descriptions:

Deep Training MAX – 8:30 am—10:30 am

Go beyond basic training techniques and challenge your students to achieve optimal results through interval and circuit training. Learn a variety of deep-water training formats that use sport-specific conditioning drills and balance & agility training to challenge all the systems in the body.

Tranquility & Turbulence – 10:45 am—11:30 am

Indulge yourself and celebrate the joy of mindful movement in the water. Discover how to integrate high-intensity training with purposeful relaxation techniques. Strengthen your body and nourish your soul as you feel ignited with a new sense of POWER (turbulence) and GRACE (tranquility).

Pour It To The Core - 1:00 pm—3:00 pm

Train your students for dynamic stability and improved posture in this versatile and challenging shallow-water workout. Learn how to integrate core stabilization techniques and multi-plane movement patterns to target and train the deepest muscle layers in the body while pushing fat-burning systems into high gear.

Instructor: Craig Stuart

CEC's AEA, ACE, AFAA

Cost: \$79 by February 5th, \$89 after February 5th. Payable to In Motion Fitness

Friday, February 26, 2010

8:30 am - 5:30 pm

Schwinn® Indoor Cycling Instructor Training Course

Taught by Schwinn® Master Instructor Keli Roberts, 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 Schwinn® Cycling Coaching Pyramid, which will make teaching indoor cycling simple for you and exciting for your students! You will receive a comprehensive training manual and CEC Certificate of Completion, PLUS you'll experience two complete rides along with detailed class design notes.

Instructor: Keli Roberts

ACE .8 CEC's, AFAA 7.25 CEU's

Cost: \$199 by February 5th, \$220 after February 5th.. Payable to In Motion Fitness



**Schwinn® Indoor
Cycling Instructor
Training Course**

See other side for more Workshops & Certifications



Certifications & Workshops

Friday & Sunday, February 26 & 28, 2010



Friday, February 26, 2010

9:00 am - 5:00 pm

TRX Suspension Training Course

Fitness professionals: get the basics of using your TRX Suspension Trainer for yourself and your clients. This expert-led course gives you the essential information and hands-on training you need.

After completing this 1-day (8 hours) course you will be able to:

- Understand why the TRX is a unique and valuable training method for sports performance and general fitness.
- Properly set up and use the TRX Suspension Trainer in a variety of locations and for a wide array of exercises.
- Use the TRX as an efficient and effective exercise tool regardless of fitness level or performance training goals.

CECs: ACE .7, NASM .7, AFAA 5.5, NSCA .8, Can Fit Pro 4, NESTA .8, ISSA 7, (ACSM accepts ACE CECs)

Course Materials: You will receive a TRX Professional Education Courses Manual the day of the course

Course Fee: \$250.00

To Sign up for courses, please visit: <http://www.fitnessanywhere.com/trx-training/commercial-fitness/trx-education/#tab4>

Friday, February 26, 2010

1:00 pm - 5:00 pm

Bender Method Foundations Body Transformation

This course is based on the kinetic chain reaction from the feet to the entire sequencing of movement and how it affects posture and body mechanics. If you are looking to be a better trainer who is looking to discover cutting edge methods of functional training then this course was designed for you.. The days of lying on the floor to activate core muscles are antiquated and can cause injury to the lumbar spine. You will learn why the feet have a direct correlation to the rest of the body and especially what we think is core.

You will be learning tri-plane movements utilizing the Bender ball that will help all kinds of clients from athletes to post re-hab.

Understanding these techniques will give you the tools to become a critical thinking instructor. You will receive a Bender Ball and manual with this course.

Instructor: Leslee Bender

CEC's 0.4 ACE & 3.5 AFAA

Cost: \$99 by February 5th, \$109 after February 5th. Payable to In Motion Fitness

Friday, February 26, 2010

1:00 pm - 5:00 pm

NORDIC WALK NOW INSTRUCTOR TRAINING PROGRAM (ITP)

Never fitness walk the old-fashioned way again! Combine the outdoors with Nordic walking poles and you've got the ideal fitness activity. Jump start your knowledge, teaching ability, safety awareness and learn Nordic Walk Now's proprietary new North American Low-Impact Techniques. Teach anyone to Nordic walk with this fool-proof path to a safe, life-long passion for Nordic walking. No Nordic walking experience is necessary for the Nordic Walk Now Instructor Training Program (ITP).

Instructor: Suzanne Nottingham

CEC's .4 ACE

Cost: \$119 SPECIAL PRICING FOR B.A.M. ATTENDEES ONLY!

For more information and to register, go to www.nordicwalknow.com; or call 760-912-4471.

In Motion Fitness does not take registrations for this program.

Sunday, February 28, 2010

1:00 pm - 6:30 pm

Sensual Dance Diva Basics Specialty Certificate

Amy Cheryl, creator of the renowned Flexxation Sculpting System, is proud to present her new Sensual Dance Diva class; the ultimate dance cardio class (think "Zumba" ,meets pole dancing with out the pole!). Sensual Dance Diva will envelope every cell and muscle in your being while you sweat and release to uplifting and invigorating music. This class fulfills the body, mind and spirit. Sensual Dance Diva holds space for women to express and feel the freedom of tapping into their sensual divinity--their true inner beauty. This certification will include the full foundation of Sensual Dance Diva: mission statement, philosophy including teachings on "What is the divine feminine energy" and how to access it, feel empowered and empower others through it; simple, easy to teach choreography (dance and floorwork) and how to add your own flare to it; music selection, how to create the space, class formatting, Q & A and so much more!

Registrants **MUST** attend SENSUAL DANCE DIVA WORKSHOP on Sunday, Feb. 28, 11:00am as part of the post-con.

Price: Early Bird Special \$209 by January 20th including sensual Diva Manual (a \$39.95 value)!

Contact Amy Cheryl at thesensualdiva@gmail.com to register and for more info or call #310-867-3766 Have paypal? (if not, its free!) www.paypal.com Click onto "Send Money" and input email address flexxation@aol.com to register instantly!

www.sensualdivaworkouts.com www.flexxation.com

Instructor: Amy Cheryl

CEC's 6.5 AFAA

No Refunds



Bender Method Foundations Body Transformation



Instructor Training Program



Sensual Dance Diva Presented by

