

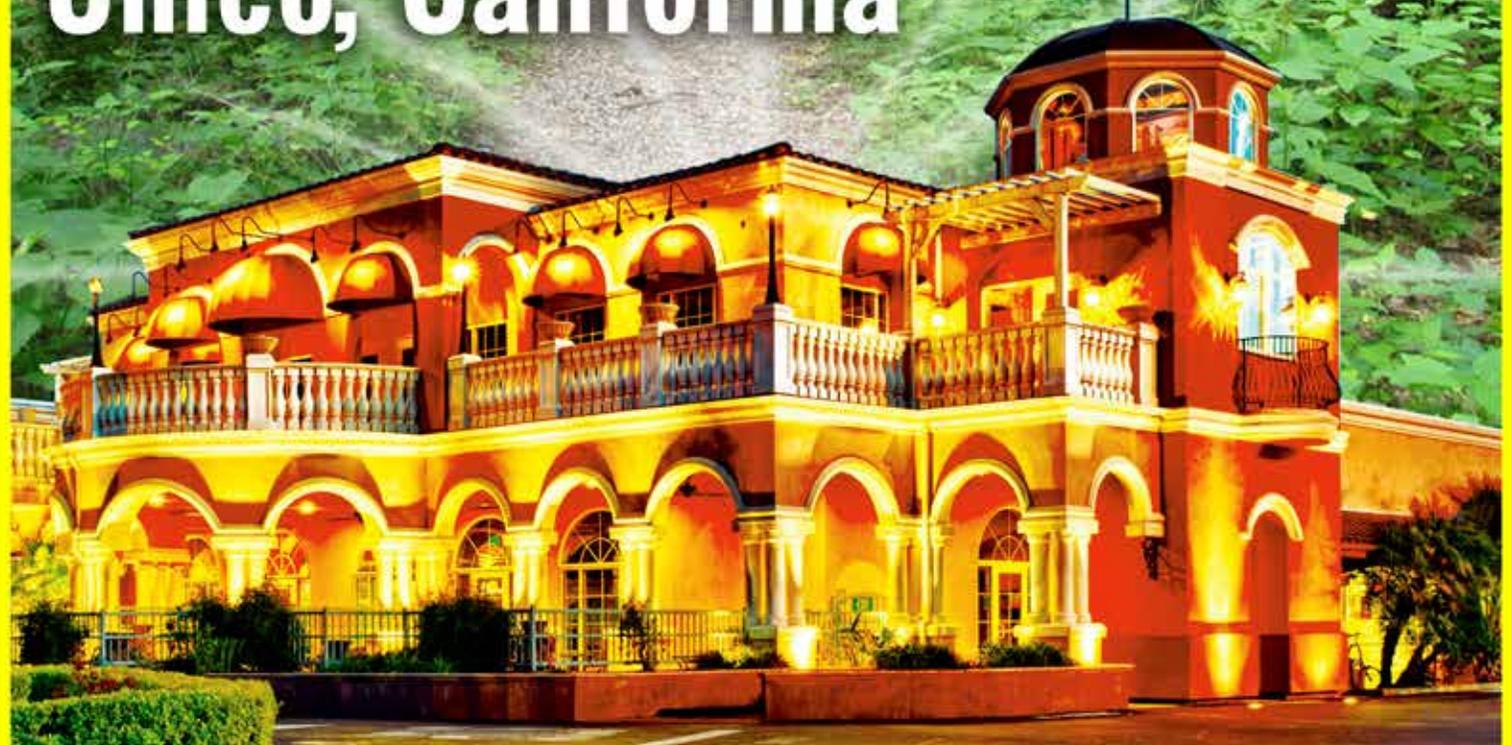
B.A.M.

• BLAZE THE TRAIL •

Body & Mind Conference

February 23rd-25th, 2018

Chico, California



B.A.M. SCHEDULE 2018

FRIDAY, FEBRUARY 23

- **Running Revolution Certification – 9:00am-5:00pm** Jason Karp
- **Applying Behavior-Change Techniques Workshop – 10:00am-4:00pm** Debi Pillarella
- **ActivMotion Bar Foundations Course – 11:00am-5:00pm** Jeff McMullen
- **Charity Workout- "Trail of HOPE" – 6:00pm-7:00pm**
It's a fun and frolicking good-time circuit training and cardio workout with the BEST instructors in the world. Help us as we trek along the "Trail of HOPE" toward finding a cure for cancer. Entry by donation. Advance registration recommended: *call Lori (530) 343-5678 ext. 324*

SATURDAY, FEBRUARY 24

SESSION 1 – 7:30AM-9:00AM

□ **Schwinn® Cycling: It's All About the BASE – Helen Vanderburg**
It's official - The fitness world has crowned HIIT as the only way to get fit and see results. No doubt - HIIT is a super effective way to train. But, according to research, it should only make up approximately 20% of total weekly training volume. What's a cycle coach to do with the other 80%? The answer is simple: endurance based training. While endurance based training isn't a hip new, quick fix fitness craze, it is a proven way to help you increase aerobic capacity, relieve stress, increase wattage and get fitter. This much needed workshop shines a light on the "Anti-HIIT Workout" that will have your riders going harder for longer, translating to higher wattage output and bigger calories across the board. How could it get any better? Learn the secrets of creating and delivering Anti-HIIT workout stages and classes sure to delight every rider in the room!

□ **IGNITE the Mind and Body, by ActivMotion Bar – Jeff McMullen**
If you observe the way most people move in the gym, it is quite opposite of the way they move outside of the gym as they participate in their lives passions. Think about it...when in life do we pick up an object with strict form only to put it back down in the exact same spot? NEVER! In life, we move dynamically against many unpredictable and variable elements, like instability, gravity, momentum, acceleration and deceleration. We use the ActivMotion Bar in this course to exploit these dynamic and variable forces. Because ActivMotion Bars are hollow and partially filled with weighted ball bearings that shift dynamically inside, we can safely put all of these functional training variables in our clients hands to IGNITE the mind and body in completely new ways!

□ **YOGA FOR ATHLETES: Recharging our Practice – Carol Shankland**

This workshop for ALL levels will teach us to lengthen and awaken muscles that commonly get injured during workouts. The flow will be based on how we place our bodies to release muscular and structural imbalances that may cause injury over time. We will also study the proper placement of our limbs and the stacking of our joints with our base of support for more challenging yoga postures. This will allow specific recruitment of intrinsic muscle fibers by adjusting primary movers and stabilizers. Gravity techniques will also be activated with form and alignment that can be done in any setting. Bring a yoga mat.

□ **Power Moves Boot Camp – Pauline Ivens (AQUA)**
'Power Moves' are a popular intensity variable to offer to the intermediate or advanced level exerciser, and this session will investigate the true components of power moves and their viability in water. Interval training, anaerobic HR response, rebounding, and eccentric/concentric muscle work, will all be included. In the pool we will work very hard, and include jump training!

EXPO OPENS 9:00AM

SESSION 2 – 9:30AM-11:00AM

□ **Micro Bar Workout! – Aileen Sheron**

Grab a set of the cool NEW Micro Bars from Body Bar for this total body sculpting session. From standing to floor, the workout will also integrate both functional and traditional exercises, using the upper and lower body. Get your strength work done quickly and efficiently, with combinations that transition smoothly! There is no time to rest, so be prepared for a workout that will challenge your body while keeping things a bit cardio! You just might want to trade in your free weights for this slick new product that offers much more versatility!

□ **Fluid Strength – Rose Zahnn**

Experience miraculous movements with integrated and challenging patterns of flowing functional fitness! Sequenced patterns offer progressions/regressions for all fitness levels, solid foundations to endless possibilities. Feel strength, balance, coordination, mindfulness and power. See how your personal training clients and group ex. classes can benefit from a different way to train the entire body.

□ **Balanced Body MOTR: Get your MOTR Running! – Lucy Somers**

Do you want to try something new? Experience the excitement of a dynamic, full bodied workout using the MOTR. Combine core, cardio, resistance training and balance into a powerful and versatile fitness adventure. Enjoy a true mind body fitness experience backed by the Balanced Body Movement Principles.

□ **Suspension Training Advanced Coaches Corner – Jeff McMullen**

This movement-based session utilizes Suspension Training to guide clients to better, more efficient movement, full body training. Experience a slice of new cues, foundational patterns; and coaching principles that will revolutionize the way you coach and train your clients and classes. Learn new training concepts and best practices to fine tune your coaching persona and business.

□ **Gentle Moves – Pauline Ivens (AQUA)**

We often need water exercise classes that can accommodate a variety of health issues, regardless of age. Gentle Moves will focus on balance training, gait training, and strength training without any bouncing on the pool floor. Learn how to keep the exercises active, but joint-friendly. Learn how to deliver a lively class full of functional movement that accommodates all ages.

EXPO & LUNCH BREAK 11:00AM-12:45PM

BONUS SESSION - 11:30AM-12:30PM

Lunch & Learn

□ **Blaze Your Trail – Helen Vanderburg**

Each of us has a unique journey through life, a path that we follow based on our experiences and perspectives. Our road will never be that of someone else's. We can choose to meander down the path or blaze a trail seeing the opportunities and taking action to find our own definition of success. In this session let's join together to reconnect to our path and the possibilities that lie ahead. Be a trail blazer.

SESSION 3 – 12:45PM – 2:15 PM

□ **Barre Sculpt- with the Micro Bar – Rose Zahnn**

Experience the ultimate full body sculpting and toning barre workout! Cardio, legs, and arms get worked with effective and safe, barre-inspired moves. Better than a fixed wall barre, the Micro Bars provide a variety of upper body movements to tone, sculpt and work up a sweat. Learn fun new tools for workouts of all kinds, from Pilates to Personal Training, plus core work to inspire and challenge all fitness levels.

□ **Optimal Tread Training! – Aileen Sheron**

This workshop focuses on walking/running programs and workouts on the treadmill. From absolute beginner to elite athlete, the benefits and diversity of working inside, can take your conditioning to the next level. Topics will include: assessment, technique, training, coaching, programming, injury prevention, and flexibility. Whether you're looking to improve your own training or that of your clients, you'll come away with great examples of proven, effective workouts.

□ **Yoga for Seniors! – Carol Shankland**

This workshop teaches us the basic principles of leading a yoga practice session with the Senior population. We will learn how to use props to improve posture, range of motion, balance and develop self confidence. Practical applications will also include modifications and enhancements for a multilevel classic in order to communicate awareness for different abilities. The benefits will include an increase in strength, flexibility and even bone density! All levels welcome. Bring a yoga mat.

□ **Kinesiology Taping for Movement – Tony Mikla, DPT**

This course introduces the concept of movement therapy and enhancement via functional taping methods. It includes a review of the current literature supporting the theory of kinesiology taping for the purposes of rehabilitation, edema/swelling management, and neuropathic pain. FMT Basic is an evidence-informed kinesiology taping course that redefines our understanding of the effects of elastic therapeutic taping on pain mitigation, circulation and proprioception. FMT Basic lays the groundwork for a practical framework of 'taping movement, not muscles' to replace an outdated model focused on directional taping to activate or inhibit muscles.

□ **Choreography for the Core – Pauline Ivens (AQUA)**

Core conditioning is one of the most popular areas of training. This workshop will specifically focus on a blend of core stabilization exercises with targeted strengthening exercises. The key will be safe and effective movement in a vertical position, both suspended and shallow, with advanced moves requiring good body control.

SESSION 4 – 2:30PM-4:00PM

□ **BOSU® Up Down All Around – Helen Vanderburg**

In this fast-paced workshop you'll explore new ways to get your heart rate up, down, and all around while experimenting with the BOSU® Balance Trainer in the same way! While HIIT is the star of the show, a wide variety of interval protocols still exist! Learn to intertwine work and rest with cardio, strength, core and more to stand out in the crowd. This workshop will arm you with hundreds of ideas for timing, structure, and execution, scalable for all audiences.

□ **Rock and Roll Pilates, by ActivMotion Bar – Jeff McMullen**

Body awareness is developed as a result of the synthesis of information coming from what we see, feel, and sense through our proprioceptive and vestibular systems. Core and full body strength is developed as a result of loading the body's muscle tissue with resistance. The practice of Pilates has made these two training adaptations artfully simple and extremely effective. In this workshop, learn why body awareness and balance is much more than the ability to maintain your center of mass. Explore the body's basic systems that enable us to determine our position in space and react to outside stimuli accordingly in order to stay upright and strong. And last, learn how the ActivMotion Bar can help us facilitate greater body awareness by helping clients find postural equilibrium faster while engaging core muscles up to 200% more than with standard props.

□ **Whole-Body SMR with IntelliRoll® – Debbie Gleeson**

Whole-Body SMR with IntelliRoll®'s will familiarize the fitness professional with the latest research on SMR, train personal trainers and group exercise professionals to incorporate SMR for optimal client outcomes, lead a recovery/mobility class in a group fitness setting and learn daily spine-care strategies for self and clients.

□ **Indo Board – Carol Shankland**

Indo Board is the most versatile balance trainer available to the fitness industry due to the interchangeability of the fulcrums under the board for all levels of clientele from Seniors to Professional Athletes. The primary function is to activate the proprioceptive muscle groups that provide stabilization in an unstable environment. The Indo Board is a full body training tool, designed by Hunter Joslin who will join in the workshop to help demonstrate how to activate the core, major muscle groups and the body's stabilizers when performing any exercise involving upper or lower body. We will learn new variations

of lunges, squats, pushups and planks on two different boards: the Indo Yoga Board and the Original Indo Board. They both offer a multifunctional, multi-planar and multidirectional training experience that is mentally engaging and guaranteed to leave a lasting impression. The perseverance and determination will grow when we incorporate weights, TRX straps and body bars to the workout.

Newton Gets Wet! – Lori Templeman (AQUA)
Jump in and review Newton's Laws from the "wet" perspective. Learn how to modify and apply intensity alterations specific to the aquatic environment using the principles of inertia, acceleration, and action/reaction. Expand your ability to provide effective progressions and regressions that fully utilize the water's unique properties. It may seem simple, but there's a lot beneath the surface to know and understand.

SESSION 5 - 4:30PM-6:00PM

Circuit Sizzle! – Lucy Somers
Circuits are all the buzz! The versatility of circuits allows clients and members to work at their own pace and effort, giving them exactly what they came for. Creating repetition lets everyone in the circuit master the foundations, form, build endurance and push harder. This workout powered by Balanced Body will highlight cardio and resistance circuits using MOTR and props for maximum efficiency.

Flexibility Fast! – Aileen Sheron
It's time for a total stretch makeover with this flexibility cross-training workshop. Learn how to use a variety of techniques and integrate stretching styles to be more effective. You will learn three distinct types of flexibility training: myofascial release techniques, different traditional stretches, and ROM or controlled rotation for better mobility. Your body will feel the difference!

D'Fine – Helen Vanderburg
No weights... just hard core results. This bodyweight workout combines core conditioning and muscle defining exercises from Pilates, flexibility and mobility from yoga and fluidity of movement from fitness and Barre techniques to define, align and sculpt the body. Choreographed to inspiring music, experience a new, innovative and challenging bodyweight group class. You will leave this session with unique ideas to give your clients a total body workout, improved posture and D'Fine the body. Bring a yoga mat.

Dynamic Methods to Enhance Shoulder Stability – Tony Mikla, DPT
This course is designed around using Kettlebells to train and enhance shoulder stability. Traditional methods of using small weights and bands are great for developing the rotator cuff, but they fall short of a complete program to return to sport and overhead use. Fitness focuses on pushing or pulling exercises to train the shoulders, which often are difficult for people due to pain, posture, or weakness. This course will show you how to strengthen the shoulder in a safe and extremely effective way for clients of all ages.

Flow Factor – Pauline Ivens (AQUA)
Alternative class formats are becoming more and more popular, but are often associated with slower movement styles. This workshop will specifically offer a way to move mindfully in cooler water, and still include elements of Tai Chi, Yoga, Pilates, Graham Technique, and flowing aquatic energy principles. Learn 10 movement phrases that use higher energy, strength and power, and still incorporate creative movement elements, self-expression, and enhanced body awareness.

EXPO CLOSES AT 6:15PM

SUNDAY, FEBRUARY 25

SESSION 6 - 7:30AM-9:00AM

Variable Resistance – Aileen Sheron
This workshop showcases the tremendous versatility of resistance tubing, integrating strength, cardio, balance and flexibility exercises. Learn to create combinations with a limitless variety of both functional and traditional exercises. Find out how to optimize anchoring, placement and line of pull to provide different approaches to the targeted muscles, then throw in a variety of speeds, rhythms and positions to optimize body work. From standing to seated, to all positions on the floor, tubing can really do it all.

Fusion™ Happy Hips – Helen Vanderburg
Yoga postures are ideal for building strength and freeing the hips and lumbar spine of tension. In this session, you will explore the anatomy of the lumbar and pelvic and the common misalignments and imbalances. We will practice and analysis a series of yoga postures that are ideal for lumbar and pelvic mobility and stability to give you happy hips. Bring a yoga mat.

YogaFit Chakra Balancing – Carol Shankland
This YogaFit workshop is about the seven main energy centers in our body called Chakras, meaning spinning wheel or disc. Each Chakra corresponds to every nerve, or Nadi, in the body from the tail bone to the brain. The sequencing of the yoga poses and breath will flow in a powerful (or modified option) way so we can release stuck energy from the nerve bundles. There will be a basic understanding of efferent and afferent nerves relating to the body mind communication, and how we need to open up these channels for overall health. The central nervous system can be innervated using different sounds, frequencies, and states of consciousness to recalibrate the body. Bring a yoga mat.

SESSION 7 - 9:15AM-10:45AM

BOSU®: Stability Ball Overhaul – Helen Vanderburg
Stability balls have stood the test of time as versatile and effective training tools for overall conditioning. In this workshop, you will renew your love for stability ball training with a complete overhaul of ball exercises. Learn innovative exercises and sequences in three training categories from strength to core and mobility. Add fresh ideas to your ball basics toolbox and experience the unique principles of training with the BOSU® Ballast Ball. If you think you have seen it all, think again!

Functional Core and Balance for the Aging Adult, by ActivMotion Bar – Jeff McMullen
Balance in the real world is SO much more than we think! Our living environment is ever changing. Forces such as gravity, acceleration, deceleration and momentum are constantly pushing and pulling our center of mass in different directions as we move through space. For the most transferable and useable functional balance training, exercises need to challenge the body in ways that simulate the forces and variability that life throws at us every day. Additionally, we need to ignite the body and mind in the process by integrating senses like touch, vision and sound into the picture. This allows us to heighten awareness and develop a deeper understanding of what balance really is relative to our position in space. In this workshop, we will introduce and explore new science-backed approaches to how we can truly help our aging population replace fear with confidence and live life stronger everyday.

Making the Most Out of Your Mat Pilates Class – Lucy Somers
Want to give your students a Mat Pilates class that will keep them coming back again and again? Feel like you're stuck in a rut? Or perhaps you're not a Pilates instructor but you'd love some new choreography for core work? In this workshop we'll discuss ideas on how to address alignment breakdowns we see in class, incorporate fun choreography, music to help your clients move, and fun props to spice up your Mat class. See you on the Mat! Bring a yoga mat.

Dr. Karp's Run-Fit Boot Camp – Jason Karp, PhD
Many boot camps are resistance training-based, using portable equipment or body weight exercises. Running burns more calories and makes you fitter than anything else. Experience a boot camp with America's running expert and leave with a list of running-based workouts, including running intervals, running and body-weight resistance exercise circuits, and hill sprints. If you want to be fit, you need to be RUN-FIT!

SESSION 8 - 11:00AM-12:30PM

Tabata Training: Finding Your Inner Sprinter – Jason Karp, PhD
Tabata training has become a popular method of training in the fitness industry, but too many instructors have altered the workout to fit their own needs, losing the value of the training in the process. In this session, you'll learn the what, how, and why of real Tabata training, and experience the exact workout used in Dr. Tabata's research, leaving you gasping for breath and an engine that'll burn tons of calories!

Nutrition Trends 2018 – Deb McCafferty, MS, RD
This session will cover the emerging research on the current nutrition topics your clients are asking you about, including functional waters, alkaline water, probiotic beverages, the lectin-free diet, and more. As always, the session will combine lecture and discussion. See you there!

Yoga Wall / Props & Circumstances – Adeliz Alvarado-King
In this workshop, we'll examine the basic challenges yoga/group exercise instructors and trainers face in their complicated roles as leaders in the yoga/fitness industry. Moreover, we'll compare and contrast elements in both disciplines, so we can better serve the individual needs of our students. Together let's explore and contemplate the possibilities, as we play with the yoga wall and props, for a fresh perspective that extends beyond the yoga and or fitness studio. Bring a yoga mat.

Also on Sunday....

- Schwinn® Indoor Cycling Instructor Certification 12:45pm-9:45pm – Helen Vanderburg**
- Fluid Strength Certification 1:00pm-5:00pm – Rose Zahnn**

B.A.M. 2018 SPECIAL THANKS

- ▶ A.C.E.
- ▶ ACTIVMOTION BAR
- ▶ ARBONNE
- ▶ AV NOW
- ▶ BALANCED BODY™
- ▶ BARE®
- ▶ BEST WESTERN HERITAGE INN
- ▶ BODY BAR INC.™
- ▶ BOSU® (HEDSTROM FITNESS)
- ▶ CABANA CAFÉ
- ▶ CALI' FLOUR FOODS
- ▶ CALIFORNIA DRIED PLUM BOARD
- ▶ CARDIO MIXES
- ▶ C.H.E.K INSTITUTE
- ▶ CLICK®
- ▶ CLIF BAR®
- ▶ ESPIRA BY AVON
- ▶ FITTER INTERNATIONAL INC.
- ▶ HUMAN KINETICS
- ▶ INCREDIWEAR
- ▶ INDO BOARD
- ▶ INTELLIROLL®
- ▶ KONA'S ON NORD
- ▶ LIMEY TEES
- ▶ OPTP
- ▶ POWER SYSTEMS
- ▶ PIC'S PEANUT BUTTER
- ▶ ROCKTAPE
- ▶ SBR SPORTS INC.
- ▶ SCHWINN® FITNESS
- ▶ SIERRA NEVADA BREWERY
- ▶ SIX DEGREES COFFEE
- ▶ STRETCHING, INC.
- ▶ THORLOS®
- ▶ YOGAFIT®

SEE YOU AT B.A.M. 2019 FEBRUARY 22-24!

PRE/POST-B.A.M. CONFERENCE CERTIFICATIONS/WORKSHOPS

FRIDAY 2/23 & SUNDAY 2/25, 2018

REVO₂LUTION RUNNING CERTIFICATION

Friday, February 23, 9am-5pm

Instructor: Dr. Jason Karp



Running is the most popular exercise in the world and the most potent exercise to burn calories and lose weight. The REVO₂LUTION RUNNING™ certification, developed by renowned running expert and 2011 IDEA Personal Trainer of the Year Dr. Jason Karp, is a professional running education program for fitness professionals specifically designed to provide the required skill and expertise to train runners and to teach the exclusive REVO₂LUTION RUNNING™ group workout program. The course covers running physiology, technique, workouts, training, injuries, and running for weight loss. Becoming a REVO₂LUTION RUNNING™ certified trainer gives you the credibility of being a proficient run coach, enables you to teach REVO₂LUTION RUNNING™ classes, and gives you the tools to design run training programs for weight loss and for 5Ks to marathons. Certification course includes: 8 manuals, 4 sample training programs, multiple-choice online exam, certificate of completion, exclusive REVO₂LUTION RUNNING™ branded T-shirt.

Cost: \$299 (\$329 after Feb. 11)

To register go to: <http://run-fit.com/revo2lutionrunning-liveperformances>

CECs: 2.0 A.C.E. / 15 A.F.A.A. / 1.9 N.A.S.M. / 8 P.T.A. Global
8 W.I.T.S / 4.0 USA Triathlon / CanFitPro CECs TBA

APPLYING BEHAVIOR CHANGE TECHNIQUES WORKSHOP

Friday, February 23, 10am-4pm

Instructor: Debi Pillarella



Producing long-term behavioral change by empowering clients to adopt and maintain new behaviors extends beyond simply educating individuals on what they should and should not do. Learn how to develop and utilize effective communication strategies to establish a positive and productive client-coach relationship rooted in empathy. This 5-hour workshop outlines best practices in behavior-change science and explores how to practically apply cutting-edge coaching interventions that translate into meaningful lifestyle changes and improved health outcomes. You will learn: best practices for establishing the client-coach relationship, the role of positive psychology as the foundation for behavior change, to develop and apply effective communication skills, including active listening and powerful questioning, to identify a client's readiness for change and design a behavioral intervention accordingly, various coaching techniques and behavior change strategies, including motivational interviewing and cognitive behavioral coaching.

Cost: \$129 (email Michael.Davis@acefitness.org for staff & friends of In Motion Fitness 20% discount)

To register go to: www.acefitness.org/behaviorworkshop

CECs: Provides 5 hours of industry standard CECs' pre-approved by ACE, ACSM, CBRN Cooper Institute, NASM, and NFPT (other organizations may use a petition or other acceptance process)

ACTIVMOTION BAR FOUNDATIONS COURSE

Friday, February 23, 11am-5pm

Instructor: Jeff McMullen



This course presents an incredible learning opportunity for instructors seeking comprehensive knowledge on the most relevant functional training methods, systems, programming and protocols in the fitness industry today. If you observe the way most people move in the gym, it is quite opposite of the way they move outside of the gym as they participate in their life's passions. Think about it...when in life do we pick up an object with strict form only to put it back down in the exact same spot? NEVER! In life, we move dynamically against many unpredictable and variable elements, like instability, gravity, momentum, acceleration and deceleration. We use the ActivMotion Bar in this course to exploit these dynamic and variable forces. Because ActivMotion Bars are hollow and partially filled with weighted ball bearings that shift dynamically inside, we can safely put all of these functional training variables in our clients hands. And with the proper systems of cueing, programming and coaching, we can help cause their central nervous system and muscle tissue to adapt and respond to the instability and other dynamic forces with strength, precision and confidence. This course will vastly expand your knowledge as a fitness professional, and will give you many, many new functional training strategies and tools to use in one on one and group training settings! Instructors attending this course will receive a full training manual and access to the ActivMotion Bar Movement Variability online video platform.

Cost: \$199.98 (\$259.99 after Jan. 31)

To register go to: <https://www.eventbrite.com/e/activmotion-bar-foundations-certification-tickets-39456401158>

CECs: 0.6 A.C.E., 6.0 A.F.A.A., 0.6 N.A.S.M.

SCHWINN INDOOR CYCLING INSTRUCTOR CERTIFICATION

Sunday, February 25, 12:45pm-9:45pm

Instructor: Helen Vanderburg



Get certified in the industry's most respected and progressive indoor cycling instructor training course. In one power-packed day you'll have the tools you need to become a successful and sought-after instructor on any bike. This critically-acclaimed certification includes bike fit, cycling science, class design, music, and the Schwinn® Cycling Coach's Pyramid, a specialized system that makes teaching simple for you and an incredible experience for your students and worth repeating. You will learn bike fit, cycling science, class design, music, communication skills, motivation techniques and leave with: Power Music® Schwinn® Cycling Signature Music, eight complete class design plans, a comprehensive manual and Certificate of Completion.

Cost: \$209 (\$229 after Feb. 2)

For info contact Lori Pine at 530-343-5678 ext. 324 or email J916GRIF@aol.com

Mail or fax conference brochure registration form to register

CECs: 0.8 A.C.E. / 8.0 A.F.A.A. / 0.8 N.A.S.M.

FLUID STRENGTH CERTIFICATION

Sunday, February 25, 1pm-5pm

Instructor: Rose Zahnn



Fluid Strength introduces you to miraculous movements with integrated and challenging patterns of flowing functional fitness. Every sequenced pattern offers progressions and regressions for all fitness levels while the combinations grow from a solid foundation to endless possibilities. Give your clients and classes strength training while challenging balance, coordination, mindfulness and power. Being a Fluid Strength instructor allows you the opportunity to go beyond traditional start-and-stop choreography and explore all possibilities that the body has to offer.

Cost: \$99

To register go to: http://www.bruceandmindy.com/product/fs_chico/

CECs: 0.4 A.C.E. / 4.0 A.F.A.A.

B.A.M. PRESENTERS 2018



→ ADELIZ ALVARADO-KING, E-RYT

Adeliz's passion for fitness spans decades, dating back to the 1980s. Her years of experience and continued education have afforded Adeliz a multi-faceted approach to fitness, as she balances the needs of her students, while managing Chico's premier instructor staff, as In Motion Fitness' Group Exercise Director. Along with a degree in Psychology, Adeliz's certifications include: ACE Group Fitness, Schwinn Cycling, and Pilates by Balanced Body, Yoga Alliance 200 Hour-E-RYT and is a continuing education provider for Yoga Alliance (YACEP).



→ DEBBIE GLEESON

With a strong passion for fitness, Debbie participated in every sport she could, including wrestling! Her fitness experience spans close to 20 years in the Aerobics fitness world where she competed in Aerobic competitions and taught a variety of fitness formats. She is currently the Fitness Director at Rolling Hills Club in Novato Ca. and also works as a NASM certified trainer and her special credentials include Senior Fitness Specialist, Nutrition Fitness Specialist. One Day to Wellness coach, Master Trainer/Presenter for Lebert Fitness and Ambassador/Rep for the new IntelliRoll. She understands the challenges of achieving and maintaining a fit body and healthy lifestyle. She is committed to her clients to guide and encourage to get the results they desire.



→ PAULINE IVENS, MS

Pauline Ivens has 45 years of knowledge and experience in movement education. She continues to travel nationally and internationally teaching and training water exercise instructors, as well as writing and designing new materials for water exercise education. Pauline has a Masters in Adapted Physical Education, and maintains certifications with AEA and ACE. Pauline is frequently published in AKWA and OnSite Fitness. In 1997 Pauline was awarded the Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education.



→ HUNTER JOSLIN

As the owner and inventor of the Indo Board Balance Trainer, Hunter started surfing in 1965 and has surfed in 28 countries. Recently inducted into the East Coast Surfing Hall of Fame for his contributions to the sport of Surfing, in 1998 he developed the Indo Board as a training tool for surfers, but in the early 2000's personal trainers discovered it was a functional core fitness apparatus. In 2005, Hunter introduced the IndoFLO balance cushion to his line of balance boards. He works with athletes and trainers from a broad spectrum of sports: Jiu Jitsu, Mixed Martial Arts, Archery, Golf, Tennis, Lacrosse, Hockey, Wrestling, Field Hockey, Gymnastics, and all Board Sports.



→ JASON KARP, PHD

Jason Karp, PhD, is the 2011 IDEA Personal Trainer of the Year, 2014 recipient of the President's Council on Fitness, Sports & Nutrition Community Leadership award, and creator of the REVO₂LUTION RUNNING™ certification. He has more than 400 published articles in international running, coaching, and fitness magazines, is the bestselling author of eight books, including The Inner Runner and Run Your Fat Off, and speaks at fitness conferences and coaching clinics around the world.



→ DEB MCCAFFERTY, MS, RD

Deb is a Registered Dietitian and holds a Master's degree in Nutritional Science. She has taught in the Nutrition and Food Science Department at CSU, Chico since 1998, specializing in Medical Nutrition Therapy, fitness nutrition, mindful eating and the promotion of a positive body image.



→ JEFF MCMULLEN

Jeff McMullen, with over 25 years experience in the fitness industry, is an award winning, international fitness presenter based in San Francisco, CA and is exclusively affiliated with EQUINOX Fitness Clubs and is the Group Fitness Manager for the Berkeley location, Jeff has been featured or starred in over 20 fitness DVDs; and is a master trainer for ActivMotion™ TABATA Bootcamp™, Barre Above™, JumpSport® Fitness, MUVZ™ Fitness; and a master course instructor for TRX®. CERTIFICATIONS: ACE, AEA, ACSM, AFAA, NASM.



→ TONY MIKLA, DPT

Tony Mikla is a sports physical therapist and performance coach. His practice is dedicated to the improvement of his clients' performance in life and on the field. Dr. Mikla speaks and teaches nationally on sports physical therapy and is active in research having published multiple papers in international journals. He previously served as the Physical Therapy Manager at the world renowned EXOS in Phoenix, AZ, working with best athletes in the world. He is the current Medical Director for Sacramento Sports Commission and adjunct faculty in PT at Sacramento State University and Northern AZ University. In 2015, Tony was named a finalist for the NSCA Sports Medicine Specialist of the year and recently to Sacramento's Business Journal 40 under 40 in business.



→ DEBI PILLARELLA, M.ED.

Debi has 30+ years experience in the fitness industry, serves as Director of Bariatric and Medical Fitness Services for The Community Healthcare System in Northwest Indiana, and is the creator of the F.L.E.E. program (Functional Living Exercises for Everyone). She is an adjunct faculty member at Purdue University Northwest, a master trainer and test item writer for the American Council on Exercise, and an Advisory Board member and master trainer for the Functional Aging Institute. She is a certified Health Coach, Personal Trainer, Medical Exercise Specialist, and Functional Aging Specialist, has received the Program Director of the Year Award from IDEA and ACE, and the State of Indiana's Health Achievement Award.



→ CAROL SHANKLAND

Carol Shankland lives in southern CA and has been teaching fitness to all ages for 37 years. She started out in health clubs and realized helping people improve their health is what she was meant to do. She obtained a BA in Kinesiology and taught Physical Education in schools, including colleges. Soon corporations with fitness centers became her passion where she leads classes in all types of formats. She has earned many certifications including Yoga Alliance 200 Hour E-RYT, 500 Hour RYT, AFAA Cycling, and is an Indo-Board Ambassador. Carol is a Senior Master Trainer for YogaFit and has been with them since 2003.



→ AILEEN SHERON

An innovator and fitness entrepreneur since 1979, Aileen Sheron has starred in over thirty exercise videos and has been featured on TV, radio, and in print as a fitness expert. An international presenter and continuing education provider for over 26 years, she is the inventor of the patented OmniBall®, as well as other products, and consults on product and program development. She teaches at Renaissance ClubSport, and Breakthru Fitness.



→ LUCY SOMERS

Lucy's has had a long time love of fitness. In her early 20's she realized that staying healthy and being fit had a direct impact on not only the physical body but the health of the mind and soul as well. While Lucy teaches a variety of formats, Pilates continues to be her passion and her primary focus. She holds several Pilates certifications and teaches as a Master Trainer for both Balanced Body Inc. and Pilates Sports Center. In addition to her Pilates background, Lucy also leads fire walks and self-empowerment workshops. In her down time, Lucy loves to spend time with her kids or traveling to explore new destinations.



→ LORI TEMPLEMAN

Lori is a group fitness instructor, AquaStretch™ facilitator and personal trainer newly relocated to Lincoln City, OR. Lori is an AEA national presenter and travels the country leading aquatic fitness programs. She is also a successful freelance writer featured in various fitness publications. Lori's certifications include AEA, ACE, AFAA, and Arthritis Foundation.



→ HELEN VANDERBURG, BPE

Helen is the owner of Heavens Elevated fitness, yoga, spin studio and Fusion Fitness Training™. With over 30 years of experience in teaching, training, club management, program development and motivational speaking she brings a wealth of experience to her presentations worldwide. She is the recipient of many industry awards, including the 2015 CanFitPro Presenter of the Year, 2005 IDEA Instructor of the Year, and an elite athlete as a former World Champion synchronized swimmer and honored member of the Sports Hall of Fame. Certifications: AFLCA, CFP, ACE, Pilates, E-RYT Yoga certified.



→ ROSE ZAHNN

Rose is a full-time fitness professional with a variety of experience and certifications. She opened Healthy Habits Studio in Sacramento over 24 years ago offering fitness, nutrition and motivation, and now also includes online coaching. Rose was a YogaFit Master Trainer for 10 years, created programs including PilatesFit and Learn To Be Lean, and owned a Pilates Studio for 5 years. Her passion is making fitness fun for all. Rose is currently a presenter and Master Trainer for Tabata GX, Revo2lution Running, Barre Above and Balletone.



IN MOTION FITNESS



B.A.M. PLANNER 2018



FRIDAY, FEBRUARY 23, 2018

- Running Revolution Certification – 9am - 5pm
- Applying Behavior-Change Techniques Workshop – 10am - 4pm
- ActivMotion Bar Foundations Course – 11am - 5pm
- Charity Workout- "Trail of HOPE" – 6pm - 7pm

SATURDAY, FEBRUARY 24, 2018

▶ SESSION 1: 7:30AM-9:00AM

- Schwinn® Cycling: It's All About the BASE
- IGNITE the Mind and Body, by ActivMotion Bar
- YOGA FOR ATHLETES: Recharging our Practice
- Power Moves Boot Camp

▶ SESSION 2: 9:30 AM-11:00AM

- Micro Bar Workout!
- Fluid Strength
- Balanced Body MOTR: Get your MOTR Running!
- Suspension Training Advanced Coaches Corner
- Gentle Moves

▶ EXPO BREAK & LUNCH 11:00AM-12:45PM

▶ BONUS SESSION: 11:30AM-12:30PM

- Lunch & Learn: Blaze Your Trail

(must check above if attending and to receive credit)

HOTEL INFORMATION



Best Western Heritage Inn
25 Heritage Lane, Chico, CA 95926 • (530) 894-8600

Take Cohasset-Mangrove Exit of Hwy 99
\$69.99 (+ Tax) Single or Double • Must mention In Motion Fitness

REGISTRATION FORM

Participant (please use mailing address):

Please print clearly in blue or black ink only.

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

E-mail _____

Conference Fee

Received:	by 2/2/18	after 2/2/18
Saturday Only	\$174	\$204
Saturday & Sunday	\$199	\$229

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 _____

Choose & 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, CPTA CEU applications available). = AEA CEC's available.

▶ SESSION 3: 12:45PM-2:15PM

- Barre Sculpt- with the Micro Bar
- Optimal Tread Training!
- Yoga for Seniors!
- Kinesiology Taping for Movement
- Choreography for the Core

▶ SESSION 4: 2:30PM-4:00PM

- BOSU® Up Down All Around
- Rock and Roll Pilates, by ActivMotion Bar
- Whole-Body SMR with IntelliRoll®
- Indo Board
- Newton Gets Wet!

▶ SESSION 5: 4:30PM-6:00PM

- Circuit Sizzle!
- Flexibility Fast!
- D'Fine
- Dynamic Methods to Enhance Shoulder Stability
- Flow Factor

▶ EXPO CLOSES 6:15PM



SUNDAY FEBRUARY 25, 2018

▶ SESSION 6: 7:30AM-9:00AM

- Variable Resistance
- Fusion™ Happy Hips
- YogaFit Chakra Balancing

▶ SESSION 7: 9:15AM-10:45AM

- BOSU®: Stability Ball Overhaul
- Functional Core and Balance for the Aging Adult, by ActivMotion Bar
- Making the Most Out of Your Mat Pilates Class
- Dr. Karp's Run-Fit Boot Camp

▶ SESSION 8: 11:00AM-12:30PM

- Tabata Training: Finding Your Inner Sprinter
- Nutrition Trends 2018
- Yoga Wall / Props & Circumstances

▶ ALSO ON SUNDAY...

- Schwinn® Indoor Cycling Instructor Certification - 12:45pm-9:45pm
- Fluid Strength Certification - 1pm-5pm



Equipment for sale immediately after the conference
or call Lori at (530) 343-5678 ext 324 to pre-purchase.

CHECK PAGE 4 FOR B.A.M. CERTIFICATIONS!

Register by February 16th and have a chance to win a prize!

First 100 receive a goody bag.

Early Birds receive Thorlos® Socks.



Method of Payment:

Check

Make checks payable to In Motion Fitness

Visa MasterCard Discover American Express

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Expiration _____

Signature _____

Credit Card Billing Information:

Name _____

Address _____

City _____

St _____ Zip _____

**All Registration Fees are non-refundable (and no credit).
May transfer fees to another 2018 attendee if notification
is received by 2/19/18.**

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) 343-5678 ext. 324 or e-mail J916GRIF@aol.com