



B.A.M.

-Be the CHANGE-

Body & Mind Conference

February 24th-26th, 2017

Chico, California



IN MOTION FITNESS

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

FRIDAY, FEBRUARY 24

Functional Aging Specialist Workshop – 9:00am-5:00pm

BARRE ABOVE™ Certification – 9:00am-5:00pm Rose Zahnn

Charity Workout- “Capture the CURE” – 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 head out to “Capture the CURE” for cancer. Entry by donation. Advance registration recommended: *call Lori (530) 343-5678 ext. 324*

SATURDAY, FEBRUARY 25

SESSION 1 – 7:30AM-9:00AM

Schwinn® Cycling: Class Design Crunch Time – Lucy Waite

Every instructor knows that an awesome class comes from preparation and planning; every great instructor knows how to develop that class in less time! This workshop is all about working smarter, not harder to put great rides together. You'll learn multiple class design tricks of the trade and walk away with a library of 25 mix and match stages you can use immediately to create a ride from scratch or re-energize a well-loved workout. Includes a full workout complete with detailed class design notes.

A Bar Beyond, the BodyBar Flex – Rose Zahnn

The hottest trend lately is Barre! This workout will give you properly sequenced progressions that focus on lengthening against gravity, in weight bearing positions in all three planes of motion. Use the Body Bar Flex, gliding discs, and the Bender Ball to explore the actions specific to each act that enhance movement quality and execution.

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.

Tread and Shed Training – Aileen Sheron

This comprehensive workshop focuses on proper instruction for walking/running programs, and workouts using 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 treadmill skills and drills.

Noodle Time! – Lori Templeman (AQUA)

Need some new ways to utilize your noodles? This workshop will sample many exercises utilizing the noodle for resistance, flotation, stabilization, and fun! Various working positions will be explored for program variety and progressions. Take away some new ideas for noodle games, partner work, balance challenges, and strengthening.

EXPO OPENS 9:00AM

SESSION 2 – 9:30AM-11:00AM

Super Sculpt Sequencing! – Aileen Sheron

This workshop will challenge your body and mind utilizing a variety of equipment you probably already have. Learn how to flawlessly incorporate drills of intensity, balance, agility and strength into exercise combinations that are fun and functional. From standing to seated to floor, pump up performance and power with the use of smooth transitions that leave you with practically no down time. Add in some killer cardio

to keep your heart pumping and this format will deliver an unbelievable total body conditioning experience.

Barre Tricks – Rose Zahnn

Barre rooms are filled to the brim with every small equipment exercise tool but you may find yourself going back to the same piece each time out of habit. Come learn how to break that and incorporate numerous kinds of equipment into your barre classes all while utilizing traditional barre sequencing. Take away tons of unique ideas and invigorate your barre classes ASAP!

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.

Intro to WeckMethod Running (Part 1) – David Weck

This is a two part session (come to one or both if you can to transform the way you run forever). Participants will learn the number one most important running technique you must do to run efficiently, your fastest and with least repetitive stress on your body. You will learn exactly how to strike the ground with your feet - and how to train this skill in the gym. You will learn the secret to using your hands/arms for maximum efficiency, power and speed. Even if you don't run or train runners, you don't want to miss these sessions - as gait (locomotion) is the fundamental functional movement that can improve virtually all other athletic movement skills.

H2O Tool Box – Craig Stuart (AQUA)

Expand your aquatic toolbox and make the most of your time and budget in this action packed 4 X 4 session. Craig combines strength training, cardio moves, core technique and flexibility training designed to quench your thirst for fresh ideas and new content. Come prepared to make waves and learn!

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

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

Lunch & Learn

Meaningful Motivation – Lucy Waite

After years of teaching group fitness, personal training, coaching, and instructing both lecture and activity based courses in a university setting, Lucy shares some of the “best practices” for motivation. This lecture will dissect the “workout experience” and examine multiple variables that play a role in participant success. We will discuss the complexity of interactions that occur between participants, instructors, and individuals at various times throughout a workout. Come learn new coaching techniques that will help you create environments of success so you can “Be the CHANGE”.

SESSION 3 - 12:45PM - 2:15 PM

1 Step, 2 Steps, 3 Steps more... – Jeff McMullen

It's time to shake up the room, get your participants out of their safety zone and experience the fun and excitement of a multi-step class. This workshop is designed to help step instructors, of all experience levels, resuscitate their classes. This workshop will explore all the essentials needed to teach a multi-level step class: step formations, cuing and coaching techniques, choreography building and music interface. Participants will leave with a game plan they can employ immediately and effectively. Dust those steps off and let's put them to use.

Functional Assessments for the Active Aging Adult –

Debi Pillarella

As our client base matures, we must align our assessments to meet the needs of this older adult market. In order to accomplish everyday tasks, older adults must have adequate functional capacity in the areas of strength, flexibility, as well as endurance. This workshop will teach the Functional Assessments developed by Dr. Roberta Rikli and Dr. Jessie Jones. Workshop participants will not only learn the theory behind this battery of assessments, but also participate and learn to score the assessments, as well as learn how to use the assessments to develop

older adult exercise programming. If you work with individuals over the age of 50, this workshop is a MUST ATTEND!

DNCE Fitness Dancing Makes You Smarter! – Debbie Gleeson

Based on the way the brain processes movement and constructed using a method that allows the brain to create new neural pathways while the body reaps benefits from cardio-dance training, Dance Non-Stop Cutting Edge Fitness is a total wellness approach to group fitness. Explore how a fun, cardio-intensive, dance-based class structured in a specific way benefits the brain like Sudoku but is so much fun you will forget that you are working!

Intro to WeckMethod Running (Part 2) – David Weck

This is a two part session (come to one or both if you can to transform the way you run forever). Participants will learn the number one most important running technique you must do to run efficiently, your fastest and with least repetitive stress on your body. You will learn exactly how to strike the ground with your feet - and how to train this skill in the gym. You will learn the secret to using your hands/arms for maximum efficiency, power and speed. Even if you don't run or train runners, you don't want to miss these sessions - as gait (locomotion) is the fundamental functional movement that can improve virtually all other athletic movement skills.

HYDRO-FIT Pool Pilates – Craig Stuart (AQUA)

Prepare your students for dynamic stability and improved posture with Pilates inspired training in the pool. Learn how Pilates principles and concepts can be successfully adapted in the water environment to target and challenge the deepest muscle layers in the body.

SESSION 4 - 2:30PM-4:00PM

BOSU® Sport Kids – Lucy Waite

BOSU® Sport Kids will teach you how to create exercise sessions and classes that encourage kids to have lots of fun while they get fit, strong and flexible. Discover a total body fitness program targeting 6 – 12 year olds that combines coordination, motor skill development, flexibility, and fitness in short, high energy workouts that kids love! You'll experience five specially designed workouts that focus on different components of youth fitness and physical development. Workouts such as Ready Set Go, Freestyle Fanatic, Lava Land, Super Sports and Stretch Time can be used individually or linked together for longer sessions. Come and discover new methods to help get kids excited about exercise and plant the seeds for a lifetime of health, fitness and wellness!

F.L.E.E. - Functional Living Exercises for Everyone – Debi Pillarella

A Group Exercise Program Format for Baby Boomers who are 'Coming of Age' - The 50+ market is a demographic that boasts approximately 74.9 million in 2015. However using traditional exercise program models or senior exercise models using only chair based movements will find you missing the mark with the 50-70 year old market. The F.L.E.E. program will provide you with a well-balanced, evidence-based group exercise program model based on the theories of the Functional Aging Institute. Participants will learn a variety of exercises and group exercise formats that target and improve function with the active aging adult.

Tabata Express™ – Rose Zahnn

Capture a larger audience to increase your small group training attendance with a Tabata Express workout! Tabata Bootcamp™ is a revolution in HIT training and wellness coaching. Rose introduces you to the Tabata Bootcamp workout – Tabata Express, and shows how an amazing 30 minutes can lead you on a full wellness journey for real change. Using the 20-10 timing protocol with max intervals, mixed intervals, and our unique signature foundational moves timing of 30-20 10 you will experience a total new way to excite and challenge your students for maximum sustained success.

Indo Board – Hunter Joslin & 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 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.

Power, Balance and Strength – Craig Stuart (AQUA)
Experience the power of liquid resistance and take your shallow water training to a new level. Discover how to challenge the body with more complex movement patterns. Learn how to use water's progressive overload to enhance postural stability, improve balance and increase functional strength.

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

YogaFit BOSU – Carol Shankland

This workshop will explore how yoga poses can be done using the BOSU to improve athletic performance through core activation. We will apply yoga postures and breathing techniques for functional core isometric stabilization as well as isotonic engagement to create power in our practice. We will use plyometrics, stability focus and dynamic flowing from pose to pose, and use the BOSU to explore multidirectional, multifunctional and multi-planar concepts.

Stretching & Taping For Knees and IT Band – Steve Davis
Learn one of the leading ways to help your body heal itself while still being able to do the things you love, like being active. Learn when and how to properly prep and tape a knee for either performance stability or for a strain/sprain injury in addition to new and exciting ways of properly stretching your IT Band quickly and easily, different taping modalities for your IT Band to help with stability or injury. Be ready to hear all about new scientific studies that are changing the way we stretch, perform, and even approach an injury. This is going to be a very fun, educational class filled with lots of information.

Myofascial Release – Aileen Sheron

Myofascial Release is a form of soft tissue therapy intended for pain relief, increasing range of motion, optimizing flexibility, muscle relaxation, and body awareness. Learn the proper techniques and stretches to optimize performance, reduce inflammation, minimize adhesions, and increase circulation. There are many things that can contribute to problems with fascia and muscle tissue: injuries, poor posture, bad biomechanics, and inflammation. Fascia are seamless webs of connective tissue that cover and connect the muscles, organs, and skeletal system from head to toe. Learn how to cross train your flexibility with multiple techniques in this comprehensive full body workshop.

Bodhi Suspension System: Pilates meets Suspension – Lucy Somers

Suspension training goes mind body in this core centered class combining the refinement and detail of Pilates with the athleticism and strength of suspension. Sequences for core training, stability, balance and flexibility are the focus of this unique take on Suspension Training from Balanced Body.

Aqua Interval Buffet – Lori Templeman (AQUA)

Experience a variety of interval training protocols adapted for the water. We will explore various ratios of HIIT, counting sets, partner work, and more! Learn how to effectively time and execute these formats in your classes for increased challenge and progression.

EXPO CLOSES AT 6:15 PM

SUNDAY, FEBRUARY 26

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

101 Ways to BOSU® – Lucy Waite

How many ways can you BOSU®? We promise 101 exercises on the

spot that quickly morph into double the fun with very little effort. Explore new ideas for using the BOSU® Balance Trainer for cardio, strength, core and flexibility drills that are easily scaled down for those new to balance training, or enhanced to challenge your most veteran participants. We will explore building blocks to restructure drills for unlimited BOSU® workouts. Whether you are new to BOSU, or a groupie begging for more, BOSU® 101 will fill your toolbox with more than enough to get you through the next year!

Streamline SCULPT – Jeff McMullen

Sculpting classes are still the RAVE and couldn't be more popular in the fitness market! No need to utilize every piece of equipment at your fingertips! Join Jeff McMullen in this non-stop strength and conditioning extravaganza that works the body from head to toe simply using the Body Bar®. Learn to seamlessly link exercise sequences that challenge the body in a variety of planes and motions, as well as unique ideas incorporating balance, muscular strength and endurance and neuromuscular facilitation. This workshop will allow you to explore strategies to create modifications and progressions for every level of fitness, ensuring your sculpting class is a success EVERY time!

YogaFit Chakra Balancing – Carol Shankland

This 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.

Not Your Mama's Mat Class! – Lucy Somers

In this mat Pilates workshop, we will dive in to how to bring the Pilates principles and mat moves to the next level! Utilizing props that are easily accessible in a gym or home environment. This workshop will teach you how to create a fun, entertaining, yet challenging class for all students. Primal movement, booty work, upper body strength, and of course, a challenging abdominal series will all be addressed not to mention a rockin' music playlist. This is a workshop you don't want to miss! Bring a yoga mat.

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

Maximize Your Movement – Valerie Cota

PUSH, PULL, SQUAT, HINGE, ROTATE, CARRY YOUR WAY TO A NEW APPROACH TO BODY SCULPTING CLASSES. Add variety and a fresh approach to mundane classes. Classes can be structured as time intervals or based on reps. A matrix of movements is provided giving unlimited combos for class structures. Keep students coming back to new workouts to tone, sculpt and strengthen.

Tubing Transformation – Aileen Sheron

This workshop showcases the tremendous versatility of resistance tubing, integrating strength, cardio, balance and flexibility exercises. Combinations will isolate specific muscle groups and combine others, allowing for a limitless variety of both functional and traditional training. Learn how to optimize anchoring, placement and line of pull to provide different approaches to the targeted muscles. Throw in a variety of speeds, rhythms and positions to optimize body work. Then, use the tube to stretch muscles, increase joint mobility and improve flexibility.

DNCE Fitness Choreography 101- the Beyonce Edition – Debbie Gleeson

Dance Non-Stop Cutting Edge Fitness is so much fun because the entire class is dancing WITH you! Bring 16 counts of your favorite complex dance-fitness choreography to this session and learn how to break it down and build it up. Using the DNCE Fitness method of class construction and cueing, you will walk away with a fail-safe strategy for teaching that even the least experienced dance-fitness partici-

pant can follow. Session participants will work collaboratively to create a whole DNCE Fitness class including a final dance to the music of Beyoncé- Get ready to work in this session that is truly all about you!

RMT Club by WeckMethod – David Weck

This session will be led by RMT Club and BOSU ball inventor David Weck. You will receive the most up-to-date first hand training and key insights into the RMT Club's innovative programming and exercises as well new techniques in Rotational Movement Training and Non-Dominant Side Training to deliver best in class training for your clients and students. Come learn how to utilize this incredible "every client, every session" training tool.

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

Nutrition Trends 2017 – Deb McCafferty, MS, RD

This session will cover the emerging research on the current nutrition topics your clients are asking you about, including dietary fats and disease, the changing protein recommendations, the end of the 3500 calorie rule, teatoxing, ancient grains, clean eating and more. As always, the session will combine lecture and discussion. See you there!

Yoga Wall – Refinements in Alignment –

Adeliz Alvarado-King

By incorporating the use of the wall (with and without props) we'll explore opportunities to provide students with a refreshed perspective. As with any yoga practice, we'll focus on principles of alignment, and how the wall can be used to assist students in establishing key alignment principles which allow them to hold postures longer. This approach affords the opportunity to slow the practice way down for the purpose of cultivating ease and health in a stressful world where ailments and physical limitations in yoga classes are common. Bring a yoga mat.

Group Suspension Training – Jeff McMullen

Learn the fundamentals of leading successful Group Suspension Training classes. Harness and fine tune the skills necessary to fine tune your coaching persona into delivering motivating, effective, and successful personalized sessions and classes for all fitness levels. Great for Personal Trainers and Group Fitness Instructors alike.

Also on Sunday.....

Schwinn® Indoor Cycling Instructor Certification

12:45pm-9:45pm – Lucy Waite

Revolution Running 1:00pm-9:00pm – Jason Karp

B.A.M. 2017 SPECIAL THANKS

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| ▶ A.C.E. | ▶ INCREDIWEAR |
| ▶ ARBONNE | ▶ INDO BOARD |
| ▶ ASICS SOUND BODY ALLIANCE | ▶ KONA'S ON NORD |
| ▶ AV NOW | ▶ LIMEY TEES |
| ▶ BALANCED BODY™ | ▶ OPTP |
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| ▶ BODY BAR INC.™ | ▶ INDUSTRY |
| ▶ BOSU® (HEDSTROM) | ▶ POWER SYSTEMS |
| ▶ CABANA CAFÉ | ▶ ROCK TAPE |
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| ▶ HUMAN KINETICS | ▶ HEALTH SOLUTIONS |
| ▶ HYDO-FIT | ▶ YOGAFIT® |

SEE YOU AT B.A.M. 2018 - FEBRUARY 23-25, 2018!

PRE/POST-B.A.M. CONFERENCE CERTIFICATIONS 2017

CERTIFICATIONS FRIDAY 2/24 & SUNDAY 2/26, 2017

FUNCTIONAL AGING SPECIALIST WORKSHOP

Friday, February 24, 9am-5pm

Instructor: Debi Pillarella



The population of older adults is exploding and they want to continue to work, travel and play for as long as possible. Traditional "senior" exercise programs are somewhat beneficial but they do not maximize functional ability which is so crucial in later life. In this workshop you will learn innovative exercise strategies, techniques and movements for clients over the age of 50 that have been shown to be critical to functional aging. Through lecture and hands-on learning you will develop the knowledge and skills to perform functional fitness assessments and create functional exercise programs for a wide variety of older clients. Become the "go to" expert in your community for training mature adults. Attendees will have access to the Functional Aging Specialist online learning modules, some of which will need to be completed prior to attending the event. To become certified attendees will have the opportunity to complete the online exam. CECs will be given for attending the workshop and 10 CECs will be given after the completion of the online material and the exam.

Cost: \$299

To register go to: www.functionalaginginstitute.com/purchase/#/137/checkout

CECs: 0.8 A.C.E. / 7.0 A.F.A.A. / 0.7 N.A.S.M. / 8.0 F.A.I.

BARRE ABOVE CERTIFICATION

Friday, February 24, 9am-5pm

Instructor: Rose Zahnn



Join Barre Above™ for a totally dynamic and progressive method of barre training for all bodies. Learn the essentials and how to implement, launch and run a successful and in-demand barre program. Whether you have a barre, multiple barre set-ups, no barres at all, or are just using chairs, this education fits all needs for clubs, studios and independent instructors. Barre Above is based on applied science to create strength, flexibility and balance in the body. With flexible programming, and progressions and regressions for all fitness levels, you will acquire the ability to teach a fun, effective and efficient barre workout for all fitness levels. Includes: two DVDs, Print & Electronic Instructor Manual, Instructor Web membership, Equipment & Apparel Discounts. No Licensing Fees. Options for Ongoing Choreography. CPR card not required.

Cost: \$299 (\$249 after Feb. 3, \$269 after Feb. 13)

To register go to: www.barreabove.com/store.php#chico

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

SCHWINN INDOOR CYCLING INSTRUCTOR CERTIFICATION

Sunday, February 26, 12:45pm-9:45pm

Instructor: Lucy Waite



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. In this course you'll learn to teach knockout classes on any bike. Includes two complete workouts, a comprehensive training manual with class descriptions, and certificate of training.

Cost: \$209 (\$229 after Feb. 3)

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

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

Mail or fax conference brochure registration form to register

REVO₂LUTION RUNNING CERTIFICATION

Sunday, February 26, 1pm-9pm

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: 6 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 / USA Triathlon CECs TBD**

B.A.M. PRESENTERS 2017



→ ADELIZ ALVARADO-KING

Adeliz's passion for fitness spans over 25 years as group exercise specialist. Her years of experience and various certifications afford her a multidisciplinary and innovative teaching style that effortlessly fuses body-mind awareness and alignment principles. With a BA in Psychology she has earned numerous certifications over the years including Yoga Alliance 200 Hour E-RYT, YACEP (Continuing Ed Provider, Yoga Alliance), ACE Group Fitness, Schwinn Cycling, Pilates by Balanced Body. For the past 12 years, Adeliz has served as In Motion Fitness' Group Exercise Director in Chico, CA.



→ VALERIE COTA

Valerie Cota has been in the fitness industry 29 years as a personal trainer and group exercise instructor, has 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, was a NPC judge in Colorado and Oregon, and won the USA Fitness championship in Cheyenne, WY 1998 and Ms. Oregon BB 2002. Certified by ACE and ISSA, she trains clients, teaches boot camps at Anytime Fitness in Roseville, CA, and corporate wellness programs.



→ STEVE DAVIS, COMT/CMT/CSTR

With a M.S. in Pre-Med from U.C. Davis, 15 Years of Orthopedic Massage and Pain Management from C.O.M.A. plus studying Relief of Pain and Restoration of Function since 1999, Steve has been specializing in Orthopedic Massage since 2000. This multidisciplinary approach restores structural balance by focusing on prevention and rehabilitation of musculoskeletal dysfunctions, auto injuries, sports injuries, chronic pain, etc. He works with Chiropractors, Doctors, and Physical Therapists to help people acquire relief from pain through manual therapy, myofascial release, soft tissue release, scar tissue mobilization techniques, PNF stretching, active isolated stretching, strengthening, specific homecare protocols, taping.



→ 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 Aerobic fitness world where she competed in Aerobic competitions and taught a variety of fitness formats. She works as a NASM certified (National Academy of Sports Medicine) trainer and SFS (senior fitness specialist) and NFS (Nutrition Fitness Specialist). Master Trainer for LTS LeBarre, LeBoot & LeHIT. 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.



→ 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 200 published articles in international running, coaching, and fitness magazines, is the 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 Sports Nutrition and Medical Nutrition Therapy at CSU, Chico since 1998 and is co-founder of The Body Connection nutrition program. She does group and individual nutrition counseling for athletic performance, intuitive eating, diabetes, cardiovascular disease, and other nutrition-related topics.



→ JEFF MCMULLEN

With 25+ years experience in the fitness industry, Jeff is an international fitness presenter based in San Francisco, CA and affiliated with EQUINOX Fitness Clubs and is Group Fitness Manager for Berkeley, CA. He has been featured/starred in 20+ fitness DVDs; and is a master trainer for ActivMotion™ TABATA Bootcamp™, Barre Above™, JumpSport® Fitness, and Senior Course Instructor for TRX® GTC/TEAM/ Group RIP Master Course instructor. Conference include IDEA World, SCW Fitness, CanFitPro, Fitness Fest and B.A.M. Certifications: ACE, AEA, ACSM, AFAA, NASM



→ 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 35 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 Somers owns Studio Lotus in Rocklin, CA, a fitness studio offering mindful movement including Pilates, yoga, Balanced Body Barre®, MOTR®, and Bodhi Suspension System® classes. Her upbeat and inspiring teaching style highlights alignment, while also giving students the freedom to explore movement creatively. Lucy is also a faculty member for Balanced Body®, hosting teacher trainings at her studio as well as onsite at other facilities.



→ CRAIG STUART

Craig Stuart is the founder and president of HYDRO-FIT. Certified with AEA, Craig has more than 25 years experience leading and directing aquatic fitness programs. He is the star of several acclaimed water fitness DVDs and a member of the fitness staff at Mexico's award winning Rancho la Puerta Health & Fitness Spa. Craig is well known for his innovative teaching techniques and energetic presentation style.



→ LORI TEMPLEMAN

Lori Templeman, BA, is the owner of Fitness Temple in Sacramento, CA. She is a group fitness instructor, AquaStretch™ facilitator and personal trainer. Lori is an AEA Trainer 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.



→ LUCY WAITE, MS

Lucy Waite, MS, is an Instructional Associate Professor of health and kinesiology at Texas A&M University. With nearly a decade in the industry, Lucy shares her passion and knowledge for fitness as a national presenter for Schwinn® and BOSU®. She holds a bachelor's degree in biochemistry, and master's degree in health education.



→ DAVID WECK

David Weck is the founder of WeckMethod and inventor of the BOSU® Balance Trainer, the new WeckMethod BOSU® Elite, the RMT® Club and other innovative products. His influence reaches millions of people across the globe. He has worked in fitness and sports performance for more than 25 years and has helped people of all fitness levels including elite athletes from multiple sports. He is a consummate student of movement whose mission is 'Every Step Stronger for Everyone.'



→ ROSE ZAHNN

Rose is a UCLA graduate and fitness professional with 30 years of teaching, from bootcamp to yoga, pilates to dance exercise. She is currently a Master Trainer for Tabata BootCamp, Barre Above, Balletone and Revo2Lution Running and is the creator of programs including PilatesFit. Rose enjoys sharing the joy of health and fitness at Healthy Habits Studio in Sacramento, her business for over 23 years.



B.A.M. PLANNER 2017



FRIDAY, FEBRUARY 24, 2017

- Functional Aging Specialist Workshop – 9:00am - 5:00pm
- BARRE ABOVE™ Certification – 9:00am - 5:00pm
- Charity Workout- "Capture the CURE" – 6:00pm - 7:00pm

SATURDAY, FEBRUARY 25, 2017

SESSION 1: 7:30AM-9:00AM

- ____ Schwinn® Cycling: Class Design Crunch Time
- ____ A Bar Beyond, the BodyBar Flex
- ____ YOGA FOR ATHLETES: Recharging our Practice
- ____ Tread and Shed Training
- ____ Noodle Time! 💧

SESSION 2: 9:30 AM-11:00AM

- ____ Super Sculpt Sequencing
- ____ Barre Tricks
- ____ Balanced Body MOTR: Get your MOTR Running!
- ____ Intro to WeckMethod Running (Part 1)
- ____ H2O Tool Box 💧

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

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

- ____ Lunch & Learn: Meaningful Motivation 💧

(must check 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



Equipment for sale immediately after the conference
or call Lori at (530) 343-5678 ext 324 to pre-purchase.
CHECK INSERT FOR B.A.M. CERTIFICATIONS!

Register by February 17th and have a chance to win a prize!
First 100 receive a goody bag.
Early Birds receive Thorlos® Socks.



REGISTRATION FORM

Participant (please use mailing address):

Please print clearly.

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

E-mail _____

Conference Fee

Received:	by 2/3/17	after 2/3/17
Saturday Only	\$174	\$204
Saturday & Sunday	\$199	\$229

Fees:

Conference Fee (see left) \$ _____

Event T-shirt Fee Size _____ \$20 \$ _____

Must order before 2/2/17

Charity Workout Donation \$ _____

\$20+ receives T-shirt Size _____

Schwinn Instructor Certification \$209 \$ _____

after 2/3/17 **\$229** \$ _____

Saturday Brown Bag Lunch (Includes: Chips, Cookie & Fountain drink)

🐉 **Opt. 1** Brown Organic Fiesta Rice Salad **\$8.50** \$ _____

🐉 **Opt. 2** ½ Turkey wrap **\$8.50** \$ _____

🐉 **Opt. 3** Whole Turkey wrap **\$10.00** \$ _____

Order by: 2/19/17

🐉 **Grab & go options & salad bar available day of event**

Total Fees \$ _____

Method of Payment:

Check

Make checks payable to In Motion Fitness

Visa **MasterCard** **Discover** **American Express**

3 Digit Security Code _____

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 2017 attendee if notification
is received by 2/20/17.

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