



Partnering with Event Sponsors:



Fit In The City Spring Event

Fitness Conference 2012
March 10 & 11, 2012
University of Nebraska-Omaha
HPER Building
Omaha, NE



Course Descriptions

SATURDAY, MARCH 10 8:00-11:00 AM

Aqua Magic Moves: This course will introduce you to an aquatic choreography system by Katrien Lamehieu. The course centers around a fun and practical choreography building concept that will produce unique and creative choreography ideas that can be used in group classes and for one on one training. You will leave with an introduction to Aqua Magic Moves for mind and body, a concept for combining choreography, and some great new choreography ideas. (Lecture & Pool Practical)
Presenter-June Chewing

Kettlebell Essentials One: This highly sought after program will introduce you to the foundations of Kettlebell training and key basic skills. Learning five essential skills (Turkish Get Up, Swings, Clean or Rack, Squats and Press) will provide you with the foundation to begin incorporating Kettlebell training into your training and classes. You will learn how to teach these essential skills along with a variety of assisting drills to allow clients and participants to perform the skills correctly and efficiently. (You have the option to order a 20lb kettlebell or you may bring a minimum of a 20lb kettlebell with you to your workshop-Please see registration page for order details) ***Presenter-Sarah Perrings***

Piloga: Yoga and Pilates come together to create this fusion workout that brings the best of the two together. Unlike other fusion concepts, this program doesn't separate the two disciplines into segments, but truly flows them together through seamless transitions. Leave this workshop with new and challenging ways to work on balance, strength, and flexibility. ***Presenter-Melissa Baumgartner***

Step-a-Knee Method: Choreography construction comes from understanding what makes a pattern doable and appropriate for a beginner, intermediate or advanced stepper. The layering technique, by far, is the most used method to change up choreography, but it's not always the easiest to create the layer. By the end of this workshop, you will learn to create combos that challenge all skill levels through rhythm, direction, power, and various phrasing techniques, and walk away with at least 4 combos and all their layers, allowing you to meet the demands of your multi-level steppers and classes. ***Presenter-Stephanie Thielen***

SATURDAY MARCH 10 11:30-2:30 PM

Burdenko for Balance & Coordination Improvements: Experience eight aquatic exercises that provide progression targeted to improve balance and eight targeted to improve coordination. These 16 exercises will give you a broad mix of options to put in your toolbox. The Burdenko method is used successfully for rehabilitation, conditioning and training. This course reviews the Burdenko method and applications providing an overall view of the Burdenko principles. (Lecture & Pool Practical)
Presenter-June Chewing

Kettlebell Essentials Two: In this workshop, you will expand on the foundations of Kettlebell training and key basic skills learned in Kettlebell Essentials. Learning four more essential skills (Figure 8, High Pull, ½ Snatch/Snatch and One Arm Jerk) will provide you with the skills to advance your Kettlebell training and instruction. You will learn how to teach four essential skills along with a variety of assisting drills to allow clients and participants to perform the skills correctly and efficiently. **Prior kettlebell experience is required or completion of Kettlebell Essentials One.** (You have the option to order a 20lb kettlebell or you may bring a minimum of a 20lb kettlebell with you to your workshop-Please see registration page for order details)-***Presenter-Sarah Perrings***

Kickbox Skills and Drills: Cardio kickboxing is a main stay on most group fitness schedules. The format allows instructors to challenge participants mentally and physically. Revisit the basic movements used in cardio kickboxing classes to learn proper form and technique. Learn how to create both a steady intensity class and an interval based class to expand your kick boxing skill. Utilize combative coaching drills and techniques to draw out the authentic feel of combative cardio/strength classes. Leave your classes thrilled with the power they feel in each skill and drill! ***Presenter-Amber Long.***

The Life Coaching Approach to Change: Fitness and Wellness coaching is a new and exciting force being used today within our profession. This workshop will introduce you to the basic skills and techniques used by Wellness Coaches. By understanding what makes coaching different than anything else you are doing today, you can then decide if this is a career path you should be on. (Lecture)
Presenter-Melissa Baumgartner

SATURDAY, MARCH 10 3:00-6:00 PM

Best of Boot Camp: The best games, drills, challenges and workouts tried and tested. These are the extras that make your camp a success and leave campers wanting more. Learn how to effectively set up challenge based training and provide the boot camp experience. Take home ideas that are ready for use and take your campers to the next level! ***Presenter-Amber Long***

Musical Mapping for your Cycling Journey: You've got the ride, now how about the music? Finding the right music can help you set the mood, create a feeling, tap into emotions, and bring life into your cycling classes. But finding the right tunes can sometimes take longer than it did to create the ride. This workshop helps you take the guessing game out of choosing music, by giving you the tools and resources to find, listen and create playlists that inspire and motivate your class profiles. In addition, website resources, a tutorial for iTunes, and a sharing session of "your favorite songs", this session helps you spend less time creating and more time...riding! (Limit of 20)
Presenter-Stephanie Thielen

Powerful Questions to Motivate Change: Asking the right question at the right time is the most powerful tool we have to better understand our clients. In this workshop you will learn the magic of powerful questions to open dialogue between you and your clients, as well as be introduced to masterful techniques from Motivational Interviewing and Appreciative Inquiry. Walk away with powerful questions to lead our clients through the process of personal discovery. (Lecture)
Presenter-Melissa Baumgartner

SUNDAY, MARCH 11 800-1100 AM

Kettlebell Boot Camp: For those with prior kettle bell experience or have completed Essential One and Two this program offers a progressive total body workout for your clients. Learn how to develop a progressive program, how to create workouts, pre-post assessments and how to market and manage your sessions. Includes three Boot Camp Kettle Bell workouts.
(You have the option to order a 20lb kettlebell or you may bring a minimum of a 20lb kettlebell with you to your workshop-Please see registration page for order details)
Presenter-Renee Hardester

Land Burdenko: Need some different ideas to use in your group fitness classes and personal training? Discover the Burdenko Method for land exercises that will add variety to any format. These exercises can be adapted for therapeutic use, general conditioning, and training for the very fit. Learn a sampling of mat exercises, exercises with the therapeutic ball, and exercises with partners ready to adapt to any type of clientele. ***Presenter-June Chewing***

Mountains to Molehills: From rolling hills to the steepest mountain, and every hill in between, this workshop will provide you with a variety of ways to approach the hills to create a successful strength ride. Introducing additional riding techniques opens the doors to creating profiles that challenge your students to turn adversity into opportunity. Short hills, long sustained hills, loops and attacks are all creative ways to make the most out of your climbs. (Limit of 20)-***Presenter-Colleen Henely***

Rhythm is Gonna Getcha: Rhythmic variations are a great way to add challenge, intensity, and fun to any aquatic cardio pattern. From tempo changes to syncopated rhythms, walk away with a thorough list of the top cardio exercises and their rhythmic changes for an amazing resource for your aquatic toolbox. (Lecture & Pool Practical) ***Presenter-Stephanie Thielen***

SUNDAY, MARCH 11: 1130-230 PM

Aqua Programming for Weight Loss: Science meets practicality in this program designed to help you develop aquatic programming for weight loss in group fitness or personal training. By understanding the science of weight loss combined with aquatic research you will get the skinny on how and why aquatic programming for weight loss works. (Lecture) ***Presenter-June Chewing***

Hit the Dance Floor: Based on Stephanie's years as a collegiate cheerleader, dancer, and choreographer, this workshop not only brings hot moves, but the attitude with it. Bring out the performer in you and your class and hit the dance floor with fun, stylized hip-hop and urban inspired choreography. ***Presenter-Stephanie Thielen***

Strength with Structure: There are many outlines that can be used to provide a structured strength program to provide the desired training results. Experience and learn about common methods such as super setting, circuit training or giant sets. Learn how you can adapt these methods to achieve the goals of your client. These basic outlines can also be used in both the personal training and group fitness setting, providing organization and structure to help multiple fitness levels experience great results. ***Presenter-Amber Long***

Yoga Choreography: Unlike other yoga workshops that only teach Sun Salutation, this workshop will use the creativity that lies within each of us to create an endless number of possible vinyasa flow patterns. Together we will build movements that unite the body, mind, and spirit. ***Presenter-Melissa Baumgartner***

SUNDAY, MARCH 11: 300-600 PM

Hard CORE and More: A CORE intensive workout focusing on exercises targeting your abs and back, and everything in between. Functional movements using BOSU's, Gliding Disks, Stability Balls, and body weight help to make you strong from the inside out. This workshop has it all for just more than the core. ***Presenter-Stephanie Thielen***

Interval Integration: A variety of Interval work can be incorporated to challenge participants in new ways. Explore how to safely progress clients and participants in interval training practices. Explore HIIT (High Intensity Interval Training), Tabata Training and traditional interval based training. This workshop will cover work to rest ratios and monitoring clients via RPE and heart rate. Practical interval strategies can be used in both the group fitness and personal training setting. ***Presenter-Amber Long***

The SMART Way to Set Goals: Helping our clients turn their dreams into reality starts with setting SMART goals. Learn the science behind this proven, strategy-based method. You will leave this workshop with communication techniques and sample worksheets to ensure that you are moving your clients toward their desired results. (Lecture) ***Presenter-Melissa Baumgartner***

Expo Shopping and networking open the duration of the event

7:30am-6:30pm

Energy Snacks provided between events.

Event Details

- Each 3 hour workshop is approved for up to .3 ACE/ACSM/3.0 AFAA CEC's for land and lecture types.
- Each 3 hour workshops is approved for up to 3.0 AEA CEC's for water and water lecture courses.
- We are a green event and will e-mail 7 days prior to your event your workshop outlines. You may also e-mail us up to 30 days after the event for workshop outlines.
- What to bring: Pencils, paper, change of clothing, snacks, lunch, water and a towel.
- No cameras, video/audio taping. All electronic devices must be silenced during events.
- Please arrive at your event 30 minutes prior to your first course and proceed to registration/check in area.
- Fit In The City reserves the right to cancel, add or make changes to all events.
- If event choices are not available you will be contacted.
- You will receive a CEC form at check in. If you need a replacement form sent to you after the event you may have one reissued to you for a \$25.00 fee.
- **Event Door Prizes**-You will receive a ticket at each workshop from the room monitor. Drawings will be held at the end of each workshop.
- **Weekend Shopping Expo**-Stop by the registration/check in area for ongoing clothing, music and product specials. Also free energy snacks. Open each day 7:30am-6:30pm.

- **Parking**-You will receive an e-mail with parking and building entrance instructions seven days prior to the event.
- **Weekend Contact-Info or Emergency**
Renee 402-740-3282
Colleen 402-880-1241
- **Credit Policy**- Should a medical emergency or death in the family arise you may transfer your registration to another person or you may apply registration towards a future event (less \$30.00 processing fee) Credits are valid from one year of issue. No refunds. No Exceptions.

Event Registration Details

www.fitinthecity.com

- http://fitinthecity.myvolo.ca/club/store/store.jsp?category_id=14
- Use the link above for online payment
- Then e-mail renee@fitinthecity with your workshop selections and note in RE-FITC Spring Event Selections
- **Mail option: Please complete registration form on page 6**
- **Fax option: Please complete registration form on page 6 and fax to 402-763-2891**
- **Registrations received less than 48 hours prior to the event will include a \$20.00 fee to your total registration.**
- **On-site registrations accepted based on space availability plus \$25.00 late fee to your total registration.**
- **Discount pricing applies to FITC/UNO/UNL/ Staff and Students, College Student or WELCOM member and Area Teachers/See page 6 for pricing.**

Mailing Address

Fit In The City
500 Oakwood Drive
Papillion, NE 68133
Information
402-740-3282

Registration Form for Mail/Fax/On-site

Registrations received less than 48 hours prior to the event will include a \$20.00 fee to your total registration.

On-site registrations accepted based on space availability plus \$25.00 late fee to your total registration.

Event Pricing
Up to 6 Courses: \$249.00
Up to 3 Courses: \$149.00
Per 3 Hour Course: \$59.00

Receive up to 1.8 ACE/ACSM or 18 AFAA/AEA CEC's

Name _____
 Address _____
 City _____ State _____ Zip _____ Phone(Day) _____ (Evening) _____
 Email address _____

If discounted rate applies to you please check one of the boxes below

FITC Staff/Student UNO/UNL Staff/Student College Student WELCOM Area teachers

All university and college students must bring valid student I.D. to event check in.

Please circle one: Visa MasterCard Discover Money Order

Name on Credit Card _____
 Credit Card Number _____
 Expiration Date _____
 3-Digit Bank Code _____
 Signature _____
 CC# use same address as above CC# use address below

Address _____
 City _____ State _____ Zip _____ Phone _____

Regular Event Pricing

Discounted Event Pricing

Up to 6 Courses \$249. FITC/UNO/UNL/College/WELCOM/Teachers Up to 6 Courses \$199.
 Up to 3 Courses \$149. FITC/UNO/UNL/College/WELCOM/Teachers Up to 3 Courses \$119.
 Per 3 Hour Course \$59. FITC/UNO/UNL/College/WELCOM/Teachers Per 3 Hour Course \$47.

20lb Kettlebell: \$25.00each _____ Qty -You will receive your kettlebell at event check in.

Sub Total \$ _____

Late fees: _____ \$20.00 _____ \$25.00

Grand Total \$ _____

Choose one course per time slot. You will be contacted if selections are not available.

Saturday	Workshop Title	Sunday	Workshop Title
8:00-11:00 am		8:00-11:00 am	
11:30-2:30 pm		11:30-2:30 pm	
3:00-6:00 pm		3:00-6:00 pm	

Mail to:

Fit In The City, 500 Oakwood Drive Papillion, NE 68133

Fax to: 402-763-2891 Phone: 402-740-3282

Presenter Bios

Amber Long, Assistant Director of Fitness at the University of Kansas has been actively involved in the fitness field for 10 years as a group fitness instructor, personal trainer, manager CEC provider and programmer. She uses experiences in various positions to bridge theory to practice in her CEC workshops.

Colleen Henely, Senior Vice President for Fit In The City, manages the day to day business operations including scheduling and overseeing all fitness and nutrition classes as well as all Fit In The City personal trainers and instructors. She has a passion for helping others lose weight, believe in themselves and live healthier lives. Through her coaching techniques, she has help a countless number of clients achieve their goals by empowering them to believe in themselves.

June Chewing, is president of Fitness Learning Systems, a company that provides innovative eLearning continuing education products for the health-fitness industry. June has been presenting educational health/ wellness lectures and fitness classes to corporations and instructors, personal training, and teaching group fitness since 1985. She serves on the Aquatic Exercise Association (AEA) Research Committee and is recipient of the AEA 1995 Achievement Award Industry.

Melissa Baumgartner, is co-owner of Midwest Fitness Consulting, LLC; a company specializing in worksite health promotion, and founder of Wellness Speaks; a lifestyle Wellness coaching practice and training program. Melissa has worked in the health and fitness industry for twenty-five years, spending the last twelve as an educator, speaker and author.

Renee Hardester, CEO and founder of Fit In The City, holds over 20 years experience in the corporate and fitness field. Renee is responsible for developing several successful corporate fitness and wellness programs in Omaha, NE. She prides herself in knowing that Fit In The City provides opportunities for her clients' employees to achieve a healthier lifestyle through fitness, and wellness programs. Renee is also a faculty instructor for the University of Nebraska-Omaha in the Exercise Science Department.

Sarah Perrings, Onsite Wellness Coordinator for Fit In The City, overseeing one of Fit In The City's corporate sites for their wellness and health promotions as well as their fitness center. She excels in helping individuals improve their strength, flexibility and cardiovascular endurance. She is an avid fitness enthusiast who participates in local events and enjoys motivating others into finding their passion with exercise.

Stephanie Thielen, is the Event Coordinator and Group Fitness Coordinator for Fit In The City and has a fitness career that spans over 20 years. An international presenter, AEA trainer, and NETA trainer, Stephanie provides land and aquatic continuing education workshops that teach logical methods for class construction, providing the "tools of the trade" to assist fitness professionals develop their teaching skills.

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INTERACTIVE