

EMPOWER!

Minneapolis, MN

Knowledge is Power - Be Empowered!

September 18-20, 2009

**EARLY BIRD
DEADLINE
August 10th!**



***A Continuing Education Weekend for Fitness Professionals
brought to you by Global Fitness Solutions, LLC***

www.globalfitnesssolutions.com

EMPOWER!

SCHEDULE

Fantastic Friday Pre-cons, September 18th

10:00pm-7:00pm			Schwinn® Cycling Instructor Training <i>Keli Roberts</i>		
11:00pm-3:00pm				The Vinyasa-Chakra Connection <i>Chris Delarosa</i>	Functional Training: The Foundation to Sports Conditioning <i>Fabio Comana</i>
4:00pm-8:00pm	IFTA Kickboxing Specialty Certificate* <i>Greg Sims</i>	The Bender Method of Fitness Pilates <i>Leslee Bender</i>			

*The IFTA Kickboxing Specialty Certificate does not offer ACE CEC's

Saturday, September 19th

8:00am-9:30am	Cardio Kickbox Max <i>Greg Sims</i>	SPRI F.I.R.S.T. <i>Keli Roberts</i>		Grace Anatomy <i>Holly Krohn</i>	From Good to Excellent <i>Fabio Comana</i>
9:45am-11:00am	All Star Step <i>Rob Glick</i>	SPRI Complex Training <i>Keli Roberts</i>	Rockstar Cycle <i>Jen Ryan</i>	The Joy of Vinyasa Yoga <i>Chris Delarosa</i>	High Octane Fueling <i>Fabio Comana</i>
11:30am-1:00pm	The Mixx <i>Jen Ryan</i>	Core Cuts <i>Rob G/Kimberly S</i>	Intervalocity <i>Greg Sims</i>	Urban Yoga Groove <i>Jan Johnson</i>	Stardate 2009: The Next Generation Research <i>Len Kravitz</i>
1:00pm-2:00pm	Lunch & Shopping				
2:00pm-3:30pm	Dance Floor Fusion <i>Katie Haggerty</i>	H.E.A.T. <i>Greg Sims</i>	Schwinn® Cycling Ultimate Time Trial <i>Keli Roberts</i>	Build a Better Back <i>Leslee Bender</i>	Metabolism: Facts, Myths, Mystery and Controversy <i>Len Kravitz</i>
4:00pm-5:30pm	Reformer on the Mat <i>Leslee Bender</i>	Total Conditioning <i>Jodee Thomas-Hollenbeck</i>		Progressive Yoga <i>Rob G/Kimberly S</i>	Current Controversies in Resistance Training <i>Len Kravitz</i>

Sunday, September 20th

8:00am-9:30am	Now Let Me See You 1-2 Step <i>Katie Haggerty</i>	SPRI Hard & Soft <i>Robert Sherman</i>	Schwinn® Cycling My Favorite Ride <i>Rob Glick</i>	Build a Better Bottom & Legs <i>Leslee Bender</i>	Water, Sports Drinks and Energy Drinks: Facts, Fables and Fibs <i>Len Kravitz</i>
9:45am-11:00am	STRIKE! <i>Kimberly Spreen</i>	SPRI Slanted Riser Circuit <i>Holly Krohn</i>	Virtual Vibe <i>Robert Sherman</i>	Open Heart Yoga <i>Chris Delarosa</i>	Tap Into Your Fat Burn <i>Fabio Comana</i>
11:30am-1:00pm	Cardio Dance for the Non-Dancer <i>Jodee Thomas-Hollenbeck</i>	SPRI Stability Ball: Strength & Endurance <i>Robert Sherman</i>		Fluid Strength <i>Rob G/Kimberly S</i>	

EARN YOUR CECS!! ACE & NASM credits available



SESSION DESCRIPTIONS

**CECs will be provided for ALL pre-cons and main conference sessions unless otherwise noted.*

Friday, September 18th

10:00am-7:00pm

Schwinn® Cycling Instructor Training with Keli Roberts (GF)  **SCHWINN**

This information-packed day offers you the industry's finest and most comprehensive indoor cycling instructor training, giving you everything you need to become the best instructor you can be. Bike fit, cycling physiology and mechanics, proper technique, the Schwinn® Cycling Coaching Pyramid, and class design, are thoroughly explained and experienced in an interactive format. You'll receive a detailed resource manual, certificate of course completion, and two power-packed master class formats you can use to start teaching right away.

11:00am-3:00pm

Functional Training: The Foundation to Sports Conditioning with Fabio Comana (PT) 

Sports conditioning programming continues to enjoy tremendous popularity, but is your client truly ready to take on this challenge? Success with this programming depends upon movement efficiency which must serve as a foundation to participating in most sports drills. This workshop focuses around integrated movement and the relationship between mobility and stability of respective joints throughout the entire kinetic chain when moving in all three planes. Learn how to effectively perform the primary movement patterns that activate key muscles while learning how to move efficiently in all three planes. Use these movement drills as warm-ups as teaching exercises to improve your client's efficiency and performance. Feel and see the difference it makes!

11:00am-3:00pm

The Vinyasa-Chakra Connection with Chris Delarosa (MB/GF)

In this intensive, we will explore the 7 chakras or energy centers. The balance of the chakras can have an impact on our emotional well being as well as our physical health. We will move through an invigorating vinyasa flow along with focusing on each chakra center to release blocked energy. When the chakras are balanced we are more alive and radiant. Become more empowered through balanced energy. Includes discussion, asana and meditation.

4:00pm-8:00pm

IFTA Kickboxing Specialty Certificate* with Greg Sims (GF)  **Interactive Fitness Trainers**

This 4-hour challenge course is for those wanting to gain or improve the skills and knowledge necessary to teach great, yet safe kickboxing classes. It will include the learning of proper kickboxing form, technique and alignment. We will also cover cueing, music selection and of course, a fun Cardio Kickboxing master class! **This session does not offer ACE CEC's*

4:00pm-8:00pm

The Bender Method of Fitness Pilates with Leslee Bender (GF/PT/MB) 

This is a non-traditional out of the box course for instructors who want much more than canned choreography. You must be the instructor who wants to learn the purpose of an exercise and who it will benefit. Not all traditional exercises of Pilates are safe and are actually potentially dangerous for many clients find out why and understand why most clients are experiencing back pain in classes. You will learn researched based exercises that are safer and accommodate everyone from advanced to the total beginner. And best of all you will not spend an hour lying on your back!!! This session will address how to look at students' posture and dramatically change it!!



Saturday, September 19th

8:00am-9:30am

Cardio Kickbox Max with Greg Sims (GF)

Continual training - fat burning - calorie blasting.....all the things we need to tone up and slim down. You'll learn easy to follow routines that are ready to be added into your class on Monday.



SPRI® F.I.R.S.T.-Functional Integrated Rubber Resistance Strength Training with Keli Roberts (GF/PT)

This workshop goes beyond the basics and examines methods and techniques that functionally strengthen the body with integrated exercise progressions and partner drills involving coordination, balance and body control. Learn critical body alignment, movement patterns and cueing techniques for each exercise progression and partner drill in an interactive, hands-on training session. Learn how to apply the 3C's - Communicate, Coordinate, Cooperate!

Grace Anatomy with Holly Krohn (GF)

It's time to let your body go and move in ways you never knew possible - with no dance experience required! This fun, easy to follow low impact routine incorporates various styles of dance and freestyle movement guaranteed to keep you dancing all day long!

From Good to Excellent - Personal Training Strategies to Improve your Practice with Fabio Comana (PT-Lecture)

What differentiates good from great trainers? It is their ability to engage and empower clients towards self-sufficiency, and deliver memorable experiences that keeps them coming back. This requires more than exercise science - requires rapport-building and communication skills; knowledge of behavioral change and stage of behavior; understanding personality styles and avoiding personality conflict; implementing appropriate motivational and adherence strategies; and creatively building business within and outside the confines of the health club.

9:45am-11:15am

All Star Step with Rob Glick (GF)

In this workshop we will take the Step Super Star moves; repeaters, basics, alternating knees to make all star combinations. If you feel like you have taken your moves as far as possible and done all there is to do on the step with the basics then this is the workshop for you.



SPRI® Complex Training with Keli Roberts (GF/PT)

Harness momentum and enhance sports performance with progressive explosive movement drills using one simple tool: the Body Bar. Explore motor learning techniques to more effectively teach your students and clients how to eccentrically decelerate and rapidly accelerate. With progressive plyometric and sports drills, this super effective program design trains the body through all ranges and planes of motion with an emphasis on functional movement. Each drill develops from slow, controlled movement to dynamic, momentum-based drills to improve power, balance, coordination and agility.

RockStar Cycle with Jen Ryan (GF)

Cycle classes are fun, athletic cardiovascular workouts. You burn a ton of calories, get lean, increase lower body strength and improve cardiovascular endurance. But, there's more to it than just the science. Join Jen as she balances out the art and the science to create a rockstar cycle experience!

The Joy of Vinyasa Yoga with Chris Delarosa (MB/GF)

Let your practice be your art. Express yourself as you flow and move through your asana practice as only you can. Let go of self-judgment and find inner joy and freedom as you flow. We know the body alignment so trust it, get out of your mind and into your conscious bliss as we dance the joy of vinyasa.

High Octane Fueling: Nutritional and Hydration Strategies with Fabio Comana (PT-Lecture)

Confused with misinformation regarding carbohydrates, proteins and fluids to improve your or your client's workouts? Learn effective carbohydrate and protein feeding, and hydration strategies that will improve the quality of your workout. This session will focus on strategies to follow prior to, during exercise to improve the workout, and following exercise to improve recovery and replenishment. You too can learn how to fuel your body like a champion.

Innovative Programming for Fitness Professionals!

Find your area of Interest or Expertise

PT=Personal Training GF = Group Fitness MB = Mind/Body

The Mixx with Jen Ryan (GF)

Combine cardio kickboxing, athletic drills, high impact moves and low impact/dynamic moves and you have one high energy, tough cardio routine. Sprinkle in some fun, stimulating funk moves and you have "The Mixx"! This class will explore the core of all choreography, how to manipulate it and weave movement styles together seamlessly. You will leave this workshop with a great routine and the ability to choreograph a 32-count combination with variations in one minute or less!

Core Cuts with Rob Glick & Kimberly Spreen (GF/PT)

In this workshop you will learn 6 individual ten minute core routines. Each one can easily stand on its own when time efficiency is a primary focus or used as a great addition to any existing workout. You can also combine any number of them to create a core challenge with a longer duration.

Intervalocity with Greg Sims (GF)

Bring your water and your towel. Join Greg as he guides you through a fun-filled, drenching indoor cycling workout filled with intervals and speed drills.

Urban Yoga Groove with Jan Johnson (MB/GF)

Experience a magical eclectic dance of various forms of Yoga coupled with deep earthy urban soul music. This groove is one that will touch you deep in your soul and leave you completely satisfied as it concludes with a full guided meditation, centering, refocusing ...and self empowerment!



Stardate 2009: The Next Generation Research "To Practice" with Len Kravitz (PT-Lecture)

Join Len for an eclectic presentation covering several 'red alert' topics such as resistance training and age reversal, VO2max and age independence, updated guidelines for exercise, imagery and client goal success, abdominal obesity and health risk, 10 ways to combat childhood obesity, getting optimal sleep, 10 preventative steps to prevent cancer risk, neck pain relief and more. In addition, using multimedia Len will share over 15 innovative exercise ideas. Be a part of this 'away team' of fitness professionals learning from the past and present to prepare for the future.

2:00pm-3:30pm

Dance Floor Fusion with Katie Haggerty (GF)

Dance to define your body! This workshop is designed to boost your dance and teaching skills that you never knew you had by learning how to combine the intricacy of Hip Hop dance with the intensity of a Cardio workout!

H.E.A.T. with Greg Sims (GF/PT)

High Energy Athletic Training is the name of the game here. In this session, you will learn how to teach incredible sports conditioning moves that will absolutely wear your students out! This workshop is all about boot-camp and sports conditioning drill, perfect for the Personal Trainer or GF Instructor.

Schwinn® Cycling: Ultimate Time Trial with Keli Roberts (GF)

Your opponent: the clock. Your goal: a personal record. Your intensity: high-end endurance. It's a test of legs and lungs in a simulation of cycling's most challenging competition. Learn how both individual and team time trials work, how athletes train for them, and how to incorporate these techniques and challenges into your classes! Don't miss your chance to ride with a champion cyclist through an authentic time trial challenge where the road is flat, the pace intense and the only rider you can count on is you.

Build a Better Back with Leslee Bender (GF/PT)

We live in a society of flexion – from sitting at our desks to lengthy car rides. Our lower back muscles become weak and tight, eventually leading to back pain. Learn specific exercises to address specific postural issues. You will also learn the difference in postural deviations and how to apply appropriate training techniques to improve your client's posture, thus ultimately leading to less back pain.

Metabolism: Facts, Myths, Mystery and Controversy with Len Kravitz (PT-Lecture)

Perhaps one of the most controversial and misunderstood topics is metabolism, and specifically resting metabolic rate (RMR). This engaging lecture will explain the components of metabolism, factors that affect RMR, the latest biomedical research understandings on RMR regulation, and how exercise affects metabolism. In addition, controversial topics such as proposed ways to "rev up your metabolism" will be discussed. Participants will leave with an honest, practical and all-inclusive understanding of this complex phenomenon known as metabolism.

Registration is EASY!

Mail, Fax or Go Online to www.globalfitnesssolutions.com!

4:00-5:30pm

Reformer on the Mat with Leslee Bender (MB/GF)

Simulating traditional reformer exercises utilizing small equipment that either the Pilates trainer or fitness professional can utilize instead of large equipment. This class offers the understanding of muscular weaknesses and how to address exercises for specific postural needs. Traditional Pilates was designed for dancers and not the general population. It is important to recognize today's society and the way we move and the activities we are involved in. This class gives you the ability to put the student with the specific exercise.

Total Conditioning with Jodee Thomas-Hollenbeck (GF)

This is one of Life Time Fitness' Signature classes, designed to provide an interval workout that is comprised of strength training with continuous cardio through compound and dynamic movements. Learn how to push your limits and increase your body's fitness level through heart rate interval training driven by strength and muscle-power movements.

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

This is a powerful vinyasa style, yoga-themed session designed for the fitness enthusiast who enjoys both a mental and physical challenge. Our movement will be inspired by various forms of traditional yoga. Inversions will be included but are completely optional.

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

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

Sunday, September 20th

8:00am-9:30am

Now Let Me See You 1-2 Step with Katie Haggerty (GF)

Read between the lines of not 1, but 2 steps! Learn how to use basic step patterns and layering techniques that will create a sequence of non-stop choreography that will have your students dancing between the lines in no time!

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

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



Schwinn® Cycling: My Favorite Ride with Rob Glick (GF)

Chosen just for this event, come experience a complete ride sure to give you plenty of ideas for your classes! You might do a race day simulation, or you might do short sets of powerful hills and flats. You might even do team challenges that give you a chance to compete with the other riders in the room. Whatever happens, you can expect world-class coaching, motivation and high-energy. Rob will then break down all the components of his favorite ride, including music, cueing, imagery and coaching techniques so you can successfully replicate the experience for your own classes.

Build a Better Bottom and Legs with Leslee Bender (GF)

This class will give you the tools to build better glutes. By utilizing the Bender ball you will learn all new exercises that will tone and lift the glutes. You will learn great new standing exercises that also challenge your balance that ultimately train the deep stabilizing glute muscles. The days of old donkey kicks are gone and bring in the new with efficient training for the glutes and hamstrings.

Water, Sports Drinks and Energy Drinks: Facts, Fables and Fibs with Len Kravitz (PT-Lecture)

Sports drinks and energy drinks are multi-billion dollar industries. How good are these products? When is water the best hydration fuel and when are sports drinks truly needed to optimize the exercise performance. This all-inclusive lecture will discuss the many physiological mysteries of water in the human body, the need for hydration during exercise, hydration and disease, hydration and mental performance, and answer numerous pertinent questions about hydration, sports drinks and energy drinks.

**All attendees receive a FREE 6-month IDEA e-membership!
(\$45-\$55 value!)**



9:45am-11:15am

Strike! with Kimberly Spreen (GF)

Strike! is a powerful signature format offered only at Life Time Fitness. It is an intense, kickboxing-inspired workout, sponsored by Everlast. Learn how to challenge yourself in new ways with this full-body interval workout that incorporates traditional kickboxing combinations done with optional weighted gloves, controlled weight-bearing movements and athletic drills. This is NOT your typical kickboxing workshop!



SPRI® Slanted Riser™ Circuit with Holly Krohn (GF)

Come enjoy a unique cardio/strength circuit challenge. The Slanted Risers from SPRI Products provide a platform for a variety of new exercises as well as new twists on current exercises we know and love. Learn how to implement this new, innovative tool in one of our most popular classes.

Virtual Vibe with Robert Sherman (GF)

Virtual Vibe is a cycle journey that is connected to mood and emotion with the use of teaching methods such as breathing techniques, guided imagery, visualization and music variety. The instructor will learn new ways to motivate and inspire their classes with a ride that will ignite the senses. Learn ways to increase focus and deeper levels of concentration to keep rider's "dialed in" the entire journey. After this experience, indoor cycling will never be the same.

Open Heart Yoga with Chris Delarosa (MB/GF)

Come enjoy the freedom of an open heart. The heart is a powerful energy center as well as physical organ in the body. When we hold on to energy and emotion it can be exhausting to the physical heart as well as the energetic and spiritual heart. In this heart opening vinyasa flow with prana and feel the oneness and energy of an open heart.

Tap into your Fat Burn - Fat Metabolism and Exercise Strategies for Fat Loss with Fabio Comana (PT-Lecture)

Metabolism and fat loss remain highly popular, but controversial and often misunderstood topics in fitness. This session explains key physiological principles of metabolism and fat utilization within the body, and discusses the impact of exercise upon fuel utilization and metabolism. It will include information on the integrated roles of diet, exercise metabolism and behavior (emotional and cognitive thinking). Learn some of the latest strategies and applications to influence fatness and fitness.

11:30am-1:00pm

Cardio Dance for the Non- Dancer with Jodee Thomas-Hollenbeck (GF)

Have you ever wanted to teach a dance class, but been intimidated that you couldn't create a routine that students could follow? In this workshop, we'll learn how to teach various styles of dance by taking simple movements and adding flavor & style. No complex choreography here, just a lot of fun and a great workout!

SPRI® Stability Ball for Strength & Endurance with Robert Sherman (GF)

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



Fluid Strength with Rob Glick & Kimberly Spreen(GF)

Experience the newest signature format to be offered at Life Time Fitness. Fluid Strength is an energized fusion of easy to follow rhythmic movement, yoga and strength. The learning focus of this motivational, give back to your body session is awareness, stability, strength and mobility.

DON'T FORGET!!!

- ✓ Register before the 8/10 Early Bird Deadline
- ✓ Add any pre-con to a Full Conference Registration and receive a FREE buffet lunch!
- ✓ Select the "Buffet Lunch" option and join us for our Saturday feast!

PRESENTER BIOS



Leslee Bender is the founder of The Pilates Coach and The Bender Method of training. She has been in the fitness industry for over 25 years, is ACSM, NASM, ACE and AFAA certified and has presented internationally. She has produced over 25 DVD's and written several articles for IDEA as well as many other fitness publications. Leslee was the first to bring a safer approach to Pilates training for today's society for which her work has been published in The Journal of Applied Research.



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



Chris Delarosa is a 200 hr Yoga Alliance certified instructor who has been practicing Kundalini and Vinyasa yoga for over 10 years. She creates and leads workshops throughout the Minneapolis/Saint Paul area and has worked as a consultant and facilitator to the Sports Science Department at the College of St. Catherine. Chris infuses her passion for music and dance into her classes, creating intention and awareness through movement and breath. She believes the yoga practice should be joyful, fun, inspiring and filled with gratitude opening us to our true essence of radiance and joy.



Rob Glick was named the 2006 International Presenter of the Year by CanFitPro and the 2005 Best Male Presenter by ECA. He holds a B.S. in exercise science and is a continuing education provider for both ACE and AFAA. Rob is known for creating cutting-edge education, programming and choreography for the fitness industry as well as starring in several highly acclaimed exercise videos. He is one of the Star Trainers on ExerciseTV and a master trainer for Schwinn Cycling, and BOSU.



Katie Haggerty is a Master Instructor Team Leads for the MN Region, and the Department Head for the St. Louis Park and Saint Paul Life Time Fitness Clubs. She loves teaching various formats from Yoga, Cycle, Strength and Athletic Training, to Step and Dance. Katie has a Kinesiology degree from the University of Minnesota, along with an ACE Group Fitness Certification.



Jan Johnson is a Life Time Fitness Master Instructor and Group Fitness Department Head at the White Bear Lake club. Her education experience includes ACE, AFFA, NASM, Yogafit Levels1-4, Stott Pilates, and RYT certifications



Holly Krohn is a Life Time Fitness Master Instructor Team Lead in the Ohio Region. A National Fitness Presenter/CEC Provider and Lemond Cycling Master Trainer, She earned a Bachelor of Arts Degree in Exercise Science from Youngstown State University in Ohio. Holly also holds certifications from ACE and AFAA in Group Fitness and NASM in Personal Training.



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





Jen Ryan has been Group Fitness Instructor for 21 years and is a C.E.C. provider for 15 years. Jen has worked with Life Time Fitness for the past 14 years and is currently the Group Fitness Department Head and National Operations Manager for Group Fitness. She holds her masters degree in Kinesiology from the University of MN,



Robert Sherman has over 25 years in fitness that and is a much sought after presenter worldwide. He holds a BA degree in business administration and marketing from the University of Maryland, and is a Gold Certified Personal Trainer and Fitness Instructor by ACE, AFAA and ACSM. Robert was recently published in the January 2008 Self Magazine and can be seen in numerous exercise videos and television appearances.



Greg Sims is a native of Raleigh, NC, Greg holds a Business Finance degree from Liberty University. Greg has worked as a Master Trainer for national certification companies and has been a presenter at Sara City Mania conventions, DCAC and AAI conventions. With over 14 years of experience, Greg is certified by ACE, AFAA, IFTA, AEA, PACE, and Cycle Reebok certified along with being a Gliding Master Trainer and star of 25 IFTA workout videos.



Kimberly Spreen is the National Director of Group Fitness for Life Time Fitness, a premier 'healthy way of life' company that operates over 80 centers across the US. She is a member of the IDEA Program Director Committee, one of Exercise TV's Star Trainers and has led several popular exercise videos. Known for her passion, enthusiasm and humor, Kimberly travels the world as a Presenter, Motivational Speaker and Continuing Education Provider for ACE. Kimberly's philosophy: *Do what you love – LOVE what you do!*



Jodee Thomas Hollenbeck is the Group Fitness Department Head at the Life Time Fitness in Coon Rapids. She is a Master Instructor Team Lead in the MN region and is also a Certified Personal Trainer, Group Fitness Instructor, as well as Pilates and Yoga teacher. Her passions include dance, running, triathlons and inspiring others to live a full, healthy life that includes exercise and play.



OUR PREMIER PARTNERS



EVENT INFORMATION

Dates:

Friday, September 18th – Sunday, September 20th

Location:

Life Time Fitness
5525 Cedar Lake Road
St Louis Park, MN 55416
952-546-5474
www.lifetimefitness.com



How to Register:

- By Mail or Fax
 - Mail completed registration form with payment to:
Global Fitness Solutions
Attn: Rob Glick
11 Woodswallow Lane
Aliso Viejo, CA 92656
 - Please make checks/money orders payable to Global Fitness Solutions (GFS).
 - Registration forms can also be faxed to: 1-949-786-2977
- Online
 - Go to www.globalfitnesssolutions.com and select "Register Online". We accept all major credit cards and Paypal online!

Registration Specials:

- ✦ Early Birds!! Register before 8/10 and receive the best main conference pricing!
- ✦ Add a pre-con to a Full Conference Registration and receive a FREE buffet lunch!
- ✦ All attendees receive a FREE 6-month e-membership with the IDEA Health & Fitness Association
- ✦ Life Time Fitness Team Members - Main Conference: receive \$30 off the 2-day registration
- ✦ IDEA Members - Main Conference: receive \$20 off the 2-day registration

Cancellation Policy:

Any request for a refund must be in writing and include cancellation reason. Cancellations and refund requests received after September 1st will be subject to a \$50 administrative fee.

TRAVEL INFORMATION

Airport:

Minneapolis/Saint Paul International(MSP).

Ground Transportation:

The event location is approximately 20 minutes from the MSP airport, approximately a \$40-45 taxi ride. You can grab a cab at the MSP airport or connect with Airport Taxi - www.airporttaxicabs.com, 612-721-0000

Event Hotel

DoubleTree Hotel Minneapolis Park Place
1500 Park Place Blvd.
Minneapolis, MN 55416
(952) 542-8600
www.doubletreeminneapolis.com

Special Rates for EMPOWER! Attendees:

Room	Single Rate	Double Rate	Triple Rate	Quad Rate
Standard	\$84	\$84	\$99	\$114
Deluxe	\$104	\$104	\$119	\$134
Suite	\$124	\$124	\$139	\$154



September 18th-20th

REGISTRATION FORM

Name: _____ E-mail Address: _____

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

Phone(day): _____ (evening): _____

Friday Pre-con Options/Prices*:

- Swinn® Cycling Instructor Training w/Keli Roberts \$199.00
Functional Training...Sports Conditioning w/Fabio Comana \$79.00
The Vinyasa-Chakra Connection w/Chris Delarosa \$79.00
IFTA Kickboxing Specialty Certificate w/Greg Sims \$79.00
The Bender Method of Fitness Pilates w/Leslee Bender \$79.00

TOTAL DUE: _____

PAYMENT OPTIONS:

- Check # _____ (make checks payable to Global Fitness Solutions)
Mail to: GFS * 11 Woodswallow Ln * Aliso Viejo, CA * 92656
Money Order
Visa Mastercard Card #: _____ Exp: _____ 3-Digit Code: _____
Name on Card: _____ Please add billing address below if different than above.

Main Convention Options/Prices*:

- FULL CONFERENCE
Regular: \$179 before 8/10; \$199 8/10 - 9/10
LTF Staff: receive \$30 off 2-Day Price
IDEA Members: receive \$20 off 2-Day Price
Saturday Only: \$149 Sunday Only: \$89
Buffet Lunch on Saturday: \$10

*All Registrations submitted after 9/10: add \$20

Main Conference Session Selections

Table with 3 columns: Time, Session Name, and Description for Saturday, September 19th.

Table with 3 columns: Time, Session Name, and Description for Sunday, September 20th.

EARLY BIRD DEADLINE: August 10th!
Be sure to make a copy of your sessions selections for your records.
We'll see in September!

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How did you hear about EMPOWER!?