

BOSU Workshops

BOSU® Complete Workout System

BOSU has launched a brand-new workout system, and here is your chance to learn all about it! This workshop will take you through the system, step by step, and provide you with the formula to make the BOSU Balance Trainer more effective in your club, your classes and with your clients. In addition, you will get to experience two sample workouts that bring the entire system to life. Whether you purchase the system or not, you will still walk away with the new tools and ideas for designing BOSU workouts and accommodating all fitness levels of fitness.

Equipment needs: Per person-BOSU, set of dumbbells

Suited for: Group Fitness Instructors, Personal Trainers

CARDIO Workshops

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 easy, fun, stylized moves from hip-hop to latin and everything in between.

Equipment needs: None

Suited for: Group Fitness Instructors

Cardio Comeback

Long gone are the days of cassette tapes, leotards, and leg warmers. With the evolution of fitness and so many formats to choose from, one thing continues to stay tried and true; a good ole heart pumpin' and jumpin' cardio class. We'll THROWBACK with classic cardio moves, but COMBACK with a present day twist, for an updated yet retro feel.

Equipment needs: None

Suited for: Group Fitness Instructors

The 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.

Equipment needs: 1 step bench per person

Suited for: Group Fitness Instructors

Heat it Up, Cool it Down

In this workshop, you will learn to create "hot" warm-ups and "cool" post-cardio segments for a variety of group fitness formats. Discussing how the body responds to movement, the 3 key warm up components, and choreography sequencing, you will re-think the way you begin and end your classes. Walk away with six complete warm-up and cool-down patterns, and how to create appropriate choreography to meet the physical demands of each class.

Equipment needs: 1 step bench

Suited for: Group Fitness Instructors, Personal Trainers

World Grooves

This is Stephanie's signature class-go around the world in this eclectic mix of Latin, Tribal, and Belly dancing inspired moves. With easy to teach and easy to learn patterns, turn your traditional cardio class not just into a party, but into a destination. By simply adding stylized moves to your existing patterns, everyone can be a world traveler and explore the energy, passion, and freedom of these world beats.

Equipment needs: None

Suited for: Group Fitness Instructors

Tribal Trance*

Come alive in this one of a kind cardio class full of energy, spirit and passion. Feel the power of just letting go and giving in to your unique way of moving. Strong, vibrant movement patterns combined with rhythmic beats will invigorate your mind and help you tap into your own freedom of expression.

Equipment needs: None

Suited for: Group Fitness Instructors

Bellylicious Fitness*

East meets West when you take your basic cardio class and add the unique, characteristic movements of bellydancing. Exotic arms, hip drops, and shoulder shimmies offer cardiovascular and muscle strengthening benefits, as well as self expression and the freedom to find your inner goddess. This session will first focus on basic alignment, isolations, and technique, and then move to simple combinations for a complete routine that is fluid, dramatic, and most of all, fun.

Equipment needs: None

Suited for: Group Fitness Instructors

GROUP STRENGTH Workshops

Tubular Creations

This is a must workshop for any group fitness instructor or personal trainer who is looking to incorporate resistance tubing into their workouts.. Whether in a group fitness class, one-on-one, or small group training, resistance tubing is one of the most versatile equipment to use for strength, endurance, coordination, and fun. Using only the xertube, learn creative, yet effective exercises for the upper body, lower body, core, and explore creative options utilizing different body positions, multiple tubes, and partner work.

Equipment needs: 1 xertube per person

Suited for: Group Fitness Instructors, Personal Trainers

The Super Series

Learn to make better use of your student's time by programming your group strength training classes or personal training sessions the Super Series way for maximum results. Learn 5 training methods that link exercises together, in a sequenced order, for better muscle definition, total body strength, and overall body conditioning.

Equipment needs: 1 set of dumbbells, 1 stability ball, 1 exercise mat per person

Suited for: Group Fitness Instructors, Personal Trainers

Get to the Core in Four

We all know that the foundation of all movement begins with the core. Target your mid section from all directions for a complete middle management workout in 4 moves. Flexion, extension, rotation and stabilization-your core won't know what hit them!

Equipment needs: 1 set of dumbbells, 1 xertube, 1 stability ball, 1 exercise mat per person

Suited for: Group Fitness Instructors, Personal Trainers

Single Dumbbell Workout *New for 2010*

You've got 30 people in class, but only 20 pairs of dumbbells! This is a scenario that happens all too often in our popular muscle conditioning classes. With logical sequencing to keep the class moving, learn to use 1 dumbbell to create a unique strength and conditioning experience that focuses on unilateral movement, core conditioning, and cardio inspired movement patterns.

Equipment needs: 1 dumbbell, 1 exercise mat per person

Suited for: Group Fitness Instructors, Personal Trainers

CARDIO/STRENGTH COMBO Workshops

Build a Better Body: Total Conditioning

Combine full-body resistance training and continuous cardio training and you get nothing but the best of Total Body Conditioning. Cycles of cardio, strength, and core with a no-nonsense approach to choreography, this class is simple, athletic, intense, and your ticket to building cardio and resistance strength and endurance.

Equipment needs: 1 step bench, 1 set of dumbbells, 1 xertube, 1 exercise mat, per person

Suited for: Group Fitness Instructors, Personal Trainers

Back to Basics: Boot Camp Training

Simple yet solid workouts are the key to a successful boot camp class. Whether you choose to put this kind of workout on your regular group fitness schedule, or market this as a group training class, learn what makes boot camp different from the rest. Experience an intense, yet fun workout that includes functional exercises, agility, plyometrics, and partner work, all in a challenging and competition friendly environment.

Equipment needs: 1 step bench, agility ladders, dumbbells, exercise mat

Suited for: Group Fitness Instructors, Personal Trainers

CardioPUMP *New for 2010*

The CardioPUMP format is easy to teach, easy to follow and delivers the perfect mix of intensity that members are looking for. 4 minutes of moderate cardio followed by 4 minutes of strength patterns combining upper and lower body together, create a balanced workout to help maximize efforts in minimal time. Cardio formats include hi/lo, step, kickboxing, and athletic drills, while simple strength training exercises utilize dumbbells and tubing.

Equipment needs: 1 set of dumbbells, 1 step bench, per person

Suited for: Group Fitness Instructors

Ultimate Kickbox Conditioning *New for 2010*

Ultimate Kickbox is the intense kickboxing class that you have been waiting for. No dancing, no fluff, just hard-hitting intense kickboxing moves to challenge and condition the body from head to toe. A revolving non-stop 9 minute cycle of kickboxing inspired cardio, kicks, and upper body/abs strength moves makes this class, well, not for the faint of heart. Guards Up! Are you ready to rumble?

Equipment needs: 1 set of dumbbells, 1 xertube, per person

Suited for: Group Fitness Instructors

PERSONAL TRAINING Workshops

Successful Client Assessments *New for 2010*

This course is designed to help the personal trainer recognize and logically assess their clients' current physical fitness/ exercise readiness. It will give the trainer better straight forward tools to providing their clients with the appropriate exercise prescription for their needs...not just wants. Workshop focus is on administering successful assessments, evaluating the results, and exercise selection based on assessment findings.

Equipment needs: None

Muscular Imbalances and Corrective Exercises *New for 2010*

This course is designed to help the personal trainer recognize and logically assess their clients' current physical fitness readiness. Workshop focus is on administering 4 physical assessments, identifying muscular imbalances for each, and selecting appropriate exercises based on their findings.

Equipment needs: None

MIND/BODY Workshops

Yoga by Design *New for 2010*

Venture into new territory with these specialized workouts designed for specific body parts. Teaching with this goal in mind, students mentally and physically tune in, become aware, moving forward towards a successful yoga class experience. Learn unique patterns for hips/glutes, upper body, spinal mobility/stability, power/speed, balance and flow; and with 3 formatting styles of sequencing, it couldn't be easier to be the designer.

Equipment needs: exercise/yoga mat

Suited for: Group Fitness Instructors, Mind/Body Instructors