



FEATURING: JOHNNY G, THE CREATOR OF THE WORLDWIDE PHENOMENON, SPINNING AND DAVID SNIVELY THE STAR OF THE CARIBBEAN WORKOUT.

Dare to be **excellent!** **Conference 2005**

NEW SESSIONS



CYCLE REEBOK TRAINING

AGENDA:

9:00-3:00PM CYCLE REEBOK BASIC FOUNDATIONS

This specialized training covers the physiology, biomechanics, psychology and motivational techniques for indoor cycling. Safety guidelines for set-up and class structure. Two hours of practical training include a master class and an interactive class.

3:00-5:00PM CYCLE REEBOK INTERVAL TRAINING, INTERACTIVE TECHNIQUES AND PRO-TECHNIQUES

True interval training can maximize the fitness returns on the time your members invest with you, but research shows that typical cycling classes are not performing true interval training. Understand the science behind interval training and then learn how to apply that science using specific drills and techniques that will thrust you forward as a knowledgeable advanced cycling instructor. Learn how to monitor intensity in a group of mixed ability riders. You will be provided with a comprehensive resource manual and a certificate of completion with continuing education credits for Can-Fit-Pro and ACE.

WHAT TO BRING: Pen, Highlighter, Water, Towel, Change of Workout Attire, Lunch

TIME: 9:00am – 5:00pm

FEE: \$199.00

CEC: 4 CPTN, Can-Fit-Pro, ACE

TO REGISTER: Call (480) 515-9595 or e-mail verabond@cox.net

CONFERENCE 2005 SESSION UPDATES

Due to an extremely unfortunate circumstance well beyond the control of the CPTN, Mad Dogg Athletics and the Spinning program will not be present at the conference. In place of the Spinning sessions the following sessions have been substituted. Additionally, due to the overwhelming registration response, a few new sessions have been added to the conference in order to enhance your learning experience. If you wish to participate in one of the following sessions, and did not receive it in your session confirmation, please visit the ADD/DROP booth at the conference AFTER you have picked up your conference registration package and have your session tickets.

CPTN INFORMATION SERVICES

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Visit us online at www.cptn.com for more information.

Conference 2005 Sessions

SATURDAY, JUNE 11TH, 2005

7:00AM-8:00AM

SA1A NORDIC WALKING (WO)

VERA BOND SPONSORED BY NORDIC WALKING

Nordic walking is regular walking made up to 40% more effective by the use of specifically designed hand-held Exel Nordic Walker®Poles. Benefits of Nordic Walking include: increased upper body strength, less stress on joints, same intensity as running without the impact, more balance and stability with the poles, it promotes group interaction and most of all are it is a lot of fun! **NB: Register for this course and have a chance to win a pair of Nordic Walking poles.

SA1F GRAVITY: AMPLIFIED RESISTANCE (WS)

DAVID SNIVELY – SPONSORED BY FITNESS SOURCE

What's intense, exciting, lightning fast and works? This muscular endurance full body group workout performed on the GTS™ by efi Sports Medicine! Pull your way to enhanced muscle development, core stability and increased joint range of motion. Learn how using body weight as resistance against gravity individualizes workouts within a group setting. This GRAVITYGroup™ class is your opportunity to amplify resistance in a brand new way!

SA1G MIND, BALL AND SOUL (WO)

FARHAN DHALLA

Take time to harmonize your body, mind and soul through a blended yoga, strength and core conditioning workout. Mind, Ball and Soul is a total body workout combined with the holistic benefits of yoga and breathing exercises that will give you an intense workout yet leaves you in a state of relaxation. Leading Physiotherapist and Reebok Master Trainer Farhan Dhalla has created a program that does it all. This workout features a functional warm-up, three dimensional resistive training and core conditioning exercises followed by a mind centering yoga cool down all on the ball.

8:30AM-10:00AM

SA2F GRAVITY: PILATES WITH A SLANT (WS)

JOSH GOFFMAN – SPONSORED BY FITNESS SOURCE

This course puts a slant on your thinking about traditional Pilates! Discover a revolutionary Pilates-evolved repertoire where traditional mat and reformer exercises meld on the approachable GTS™ by efi Sports Medicine. This GRAVITYPilates™ course challenges core strength, dynamic stability and coordination. Learn how clients of any level can experience success right from the start!

Conference 2005 Sessions

SATURDAY, JUNE 11TH, 2005 CONT...

SA2G FIT FOR FILM (WS) GREG ISAACS

Most people have their own “start date” in the form of an event; a wedding, a holiday, or a special birthday. Clients tend to have a dream body in mind, “If I could have Cameron Diaz’ legs”, or Brad Pitt’s TROY arms, or some athlete’s or role model’s body. Whatever the final desire, FIT FOR FILMS builds upon a trainer’s knowledge of health and fitness with a focused motivation and a direct goal path; to have clients be photo ready in 8 – 12 weeks.

10:30AM-12:00NOON

SA3A CYCLE REEBOK: PRO TECHNIQUES (WS) VERA BOND – SPONSORED BY NFP

Physical power is a necessary component for success in mountain biking. Indoor cycling provides a terrific environment to train for power. Power will greatly enhance road biking. Experience how subtle changes in position and technique can improve performance.

SA3F GRAVITY: CLOSE AND PERSONAL TRAINING (WS) DAVID SNIVELY – SPONSORED BY FITNESS SOURCE

Energize and revitalize your private, semi-private and small group personal training sessions! The extensive exercise library developed for use on the highly adaptable GTS™ by efi Sport Medicine lets you guide your variety of clients toward increased strength, flexibility, balance, power and endurance. This course in GRAVITYPersonalTraining™ gives you a new way to make the most of your valuable time.

SA3G BASIC PILATES FUNDAMENTALS (WS) JOANNE FOURNIER

“Imprint and neutral spine, hip release and knee sway, hundred, spine twist , swan, shell stretch.” Like any other fitness subculture, the world of Pilates has its own language. In this introductory session you will learn the principles of Pilates that will allow you to train your clients effectively and safely. This class prepares you to learn the exercises with ease. This is the prerequisite to the other Pilates classes for those who have no formal Pilates training.

1:00PM-2:00PM

SA4F GRAVITY: PILATES WITH A SLANT (WS) JOSH GOFFMAN – SPONSORED BY FITNESS SOURCE

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Conference 2005 Sessions

SATURDAY, JUNE 11TH, 2005 CONT...

SA4G FIT FOR FILM: ONE ON ONE (WS) GREG ISAACS

During Greg Isaacs' 20 years of experience working Hollywood bodies, he has transformed physiques to compliment certain roles, using fitness as both a sculpting tool and a mental discipline to better understand a role. His theory works beyond the lights and action. In this interactive session, Greg will work one on one with attendees to help hone your verbal and non-verbal communication skills in preparation to work with the high end client.

2:15PM-4:15PM

SA5A RIDING ROLLERS (WS) JOHNNY G

Johnny G created a fitness phenomenon in the 80's with an indoor cycling program called Spinning. This program spawned multiple training programs around the world. Taking his 30 years of experience on the bicycle on the road, racing, training and coaching Johnny offers participants the opportunity to experience a training tool specifically used by cyclists in the 60s and 70s. In this unique workshop experience participants will be selected to participate in learning to ride rollers. Rollers will challenge you physically, psychologically, and emotionally.

SA5F GRAVITY: AMPLIFIED RESISTANCE (WS) DAVID SNIVELY – SPONSORED BY FITNESS SOURCE

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SA5G CORE PILATES (WS) JOANNE FOURNIER

Learn how to create an express program that will incorporate upper, and lower body while challenging your clients core strength. Pre-requisite – Basic Pilates fundamentals or Previous Pilates background.

4:30PM-5:30PM

SA6A INDOOR CYCLING: QUEST FOR THE INNER FIRE RIDE (R)

Soft rhythmic music, peaceful serene coaching, and a quest to find the true fire that burns within us. A ride to turn our thoughts toward introspection, deepening our understanding of the mental and physical changes within our body and mind as we approach our anaerobic threshold. Heart rate monitors strongly advised.

Conference 2005 Sessions

SATURDAY, JUNE 11TH, 2005 CONT...



Nordic Walking
www.nordicwalker.com

SA6F GRAVITY: PILATES WITH A SLANT (WS) JOSH GOFFMAN – SPONSORED BY FITNESS SOURCE

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SA6G NORDIC WALKING (WO) VERA BOND

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SPINNING, JOHNNY G.
www.spinning.com



EFI Sports Medicine
www.efisportsmedicine.com

Conference 2005 Sessions

SUNDAY, JUNE 12TH, 2005

8:00AM-9:00AM

SU1A ONE HOUR RIDE WITH JOHNNY G (R)
JOHNNY G

Join Johnny G for a one hour ride. Bring your water bottle, towel and heart rate monitor to get the most from this ride.

SU1F GRAVITY: PILATES WITH A SLANT (WS)
JOSH GOFFMAN – SPONSORED BY FITNESS SOURCE

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9:15AM-10:45AM

SU2A CYCLE REEBOK: RHYTHMIC RIDE (WS)
FARHAN DHALLA

Do you captivate and motivate your class with effective use of music? Take your coaching skills to the next level by learning to use music to create excitement, energy, and enthusiasm! Fine-tune your skill in selecting the best music for specific techniques. Experience how exceptional use of music can make your riders feel like they don't want the ride to end! Learn how to use the music's phrasing and rhythm to improve your cueing skills. Psychologically motivate your riders to a new level.

SU2F GRAVITY: AMPLIFIED RESISTANCE (WS)
DAVID SNIVELY – SPONSORED BY FITNESS SOURCE

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11:00AM-12:00NOON **SU3A** INDOOR CYCLING: THE PLUNGE

The ultimate heart rate game. This ride provides the most effective heart rate training - regardless of the level of fitness that you possess. Dropping 20 - 30 - 40 - 50 beats before moving back to your most efficient heart rate. Test your ability to recover in different ranges from moderate to extreme and take advantage of your skills to move you up the mountain.

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Conference 2005 Sessions

SUNDAY, JUNE 12TH, 2005 CONT...

SU4G OVERCOMING ADVERSITY (L) JOHNNY G

We all know Johnny G, the figurehead, trainer, relentless athlete, and triumphant RAAM finisher. It's time to meet the real man behind the machine, the husband, father, philosopher, student of life, and finally, the hard-earned title of which he is most proud – the human being. Join Johnny in this intimate setting as he discusses overcoming the hardships of lifelong Bi-polar Disorder, the abusive training of a dedicated athletic life, and the reality of heart surgery. Learn the strategies he used to help him find a way to heal his broken spirit and find the inner strength and perseverance to heal his body, his mind, and reinvent himself in a gentler, more heartfelt way.

3:15PM-4:15PM

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SU5G PILATES FOR THE OLDER/DECONDITIONED CLIENT (WS) JOANNE FOURNIER

Learn modifications and key elements of form and technique to observe so that you keep your clients safe and working effectively without compromising their training. Prerequisite – Basic Fundamentals of Pilates or previous training in Pilates.