

# **OCTOBER 24-25, 2020 GLOBAL FITNESS WEEKEND**

## **LIVE STREAM THROUGH ZOOM**

**On the website registration we put the type of class and named the titles of the classes so that they are descriptive as to what content to expect.**

WHETHER IT IS A STRENGTH CLASS, YOGA, STEP, DANCE, ETC – THE CONTENT IS BASED ON WHAT THE PRESENTER FEELS IS RELEVANT AND POPULAR. REGARDLESS OF THE DESCRIPTION – WE BELIEVE YOU ARE GOING TO ENJOY THE EXPERIENCE AND YOU WILL OBTAIN YOUR CEC'S EVEN IF YOU WATCH WITHOUT PARTICIPATING IN THE WORKOUT. .

YOU DO NOT HAVE TO TAKE CLASSES THAT RELATE TO YOUR CERTIFICATION...YOU MAY TAKE ANY CLASS AND OBTAIN THE CEC'S TOWARDS RENEWAL YOUR CERTIFICATION.

NOTE: YOU WILL RECEIVE THE ADVERTISED CEC'S THAT YOU HAVE PAID FOR.

**A LOT OF CERTIFICATIONS ARE OFFERED** All information is listed on the website calendar.

**ALL AQUA CLASSES TAUGHT AS THOUGH TEACHING ON THE DECK OF A POOL.**

**Below are some titles in which we have the exact descriptions:**

### **Move & Groove: Funk!**

Hey passionate MOVERS! Let the joy and happiness that comes with this addictive retro dance moves class format, transform you!! Interval training, music and rhythmic movement are delivered for muscle strength and cardio endurance. Retro Funk- clubhouse and hip-urban influences are going to engage every-body fiber in this rhythmic, joyful and liberating metabolic dance experience.

### **Dynamic & Functional Strength:**

Understand the role that functional movement and purposeful exercise has to play in achieving, preserving and maximizing fitness, health and wellness. Multi-plane action movement is what we do to achieve and execute our daily tasks efficiently and effectively. Combine range of motion, lever length and speed with movement combinations similar to activities of daily living with the purpose of sculpt, tone and strengthen your entire body. Dynamic Flexibility Dynamic flexibility is important to increase range of motion, core temperature and nervous system activity, all of which prepare your body for enhanced movement and activities of daily living. Learn how to apply a variety of flexibility and stretching techniques as a warm-up, as a recovery after a session or even as a workout in itself. This session will explore range of motion and muscle length in 3D\* three planes of motion to enhance your body mobility and abilities.

### **Tai Chi: Simplify 24 Yang**

The Yang style is the most popular Tai-Chi form consisting in link together 24 moves or exercises in a slow continuous, soft circular fluid way. Each posture or move is going to challenge your entire body in terms of timing, muscle engagement, control coordination and breathing always moving. The slower and lower the movement the greater the strength and endurance benefit. You will be able to learn a this powerful form with only 24 moves for a more invigorating, functional and balance life.

### **Fancy Feet:**

When it comes to training, most people overlook two of the most critical parts of body – their feet! Developing flexible ankles and strong feet is the key for improving gait patterns and lowering your chances of injury.

Learn the top 15 exercises while enjoying the choreography of movement to music.

### **Barre to Barreless = More**

This workshop will explore exercise patterns borrowed from Ballet, Yoga, Pilates and Fitness. Barre or Barre-less discover movement patterns that will blend into any barre class you teach. Practice choreography that incorporates balance, improved proprioception, coordination, endurance cardiovascular, strength and flexibility. This workshop will utilize a soft touch ball, light hand weights, tubing and a chair for external support.

### **Total Body Chisel**

In this workshop you will discover a specific strategy on teaching a total body muscle conditioning and endurance class. Discover there are many ways to train strength in a group setting. Learn warm-up options as well as class design. Discuss proper sequencing while adding CREATIVITY to your exercise experience. You will need weights and a mat.

### **Flex-Ability**

Strengthen & lengthen your muscles, giving them the R&R they deserve. This class focuses on elements of active, PNF, and mobility focused flexibility training to provide you the tools you need to increase your range of motion and prevent workout-related injuries.

### **Yoga for Warriors**

This workshop is designed for the fitness/yoga professional to learn creative ideas to let your inner strength shine. You will learn the power of a warrior through a Vinyasa flow to compliment your strength and balance. Explore mindful movement patterns through the power of breath and discover the beauty of balance in mind, body and spirit.

### **Push it to the Max: Strength and Cardio**

Non-stop weight training that will keep you breathless as you burn the maximum amount of calories and fat. This class will use weights and a mat.

### **Dominatrix**

This strength workshop is all about unilateral training so that one side is not dominant over the other.

### **Wet & Dry Dance Party!**

This is what we consider a “fun” cec workout based on dance and allowing your body to feel the rhythm. It is for Land and Aqua at the same time...and if in the pool, it is not your typical aqua class. Let the music invite how your body moves...go with the flow and groove to your own vibe!

**Cardio Kickbox intervals** (Ester Marsh is 2nd Dan black belt kodokan Judo, brown belt Japanese jiu jitsu and used boxing as cross training for her judo career  
Using cardio kick box moves and basic high intensity interval moves and mixing them up together for an amazing high intensity fun awesome cardio workout! High and low impact options!

### **Training Your Senior**

Learn how to assess the needs of prospective clients in their 60's, 70's, 80's, 90's, and 100's! Formatting workouts for 'seniors' can be quite challenging! We will start with the all important 'interview', work through the assessment, and into the workout options that are critical for this season of life. The one thing you can say about this group of clients is you can't say one thing about them! They are diverse and complicated. Let's dive in!

### **Group Personal Training for Seniors:**

This workshop outlines how to successfully program small group personal training for clients in their 60's, 70's, & 80's. These are NOT boot camps' or 'HIIT' sessions with tire flipping and box jumps. It's tougher 😊 and much more precise. You will learn the dynamics of accurate scheduling, session formatting, and creating individualized workouts within a group modality. Maximize your earning potential while capitalizing on this large & growing group of potential students!

### **Power Driven TRX:**

Trx basic moves worked into an interval of dynamic movement vs static holds.. followed by a cardio finisher

### **Estalatte Yoga Flow**

Using tai chi, stretching, yoga, Pilates and just pure core using very eclectic international music. An Uplifting, touching, spiritual journey using yoga, stretching, meditating, core strength while breathing and relaxing and clearing your mind.

Ester designed this routine for the ones who had a hard time with traditional yoga. As the ADHD poster child 😊 Ester came up with a way to use yoga, stretches core and relax and is very popular with any age and fitness level.