

OCTOBER 22-24, 2021 RALEIGH FITNESS WEEKEND

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 ARE TAUGHT 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.

Barre to Barreless

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 Training

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.

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.

Aqua Dance Dance Dance!

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!

Pilates 55+

Senior Pilates can be a perfect alternative to jumping around and slamming impact. Learn from a pro with Lilly showing you the way.

HIIT Me With Your Best Mat:

All Mat and a lot of HIIT...Lilly gets her clients results with this format...you will too!

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.

D.I.G Ladders- You can't climb to the top of the mountain without climbing back down. In this class we will take you to your peak and then help you learn to reach past your normal and find the strength within. It is a form oriented slower pace strength mixed with bursts of cardio in between. You will remember to put that ladder away when your done with this class hahaha!!!

4,3,2,1 Done- Another fun way to push yourself. You will be doing 4 exercises each set. Every round you will take an exercise away until you are done with that set. As the instructor you choose the amount of sets and it can be used with anything. TRX, Ropes, Kettlebells, Weights, Bodyweight. Or you can mix and match.

Cycle Merry Go Round: Round and round, up and down, ride the ride, ebb and flow like the tide! This ride will focus on improving transitions between body positions and drills during a challenging class.

Fitcamp Reboot: Get back to basics! No need to reinvent classic movements that are proven to provide results. Learn to sequence them differently to provide maximum returns!

Movement with MAR - Seated Cardio Interval Training

In a recent study from the University of Western Australia in Perth, high-intensity interval training — brief bursts of exercise followed by short rest periods not only ate less right after their workouts, but improved their regulation of appetite overall.

Senior 50 Reps

Muscular endurance is the ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time. The greater your muscular endurance the higher number of repetitions you could complete

Strengthening Stretch

Combines stretching and strengthening exercises to tone the entire body and strengthen the muscles around the joints. Increases range of motion, flexibility and improves balance.

Aqua Bootcamp Bonanza... Tons of effective bootcamp games

Yoga Pilates Fusion.. blend of yoga and pilates in a flowing workout

Ab Ripper... creative core class designed to add to your current routines

Be The Considerate Trainer – 1 and 2: Attend either or both of these lectures...Brian will discuss the concepts he has learned over the years in training hundreds of clients. It is ALSO the title of his latest book!

Kettlebell Krush is the latest title of Gay Gasper's kettlebell routine...Cardio, Strength, Balance, Core.....it's all there!