



Host Site Details

Contact us today to book your
2017 Educational Event

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We are excited to bring you workshops that will deliver cutting edge programming and education that can be implemented at your facility. Each workshop will also provide continuing education credits for your staff. We realize the importance of training your staff on the basics and the latest trends. We will provide you with relevant material that suits the needs of your staff and members. We believe in education and we will teach your staff how to teach and how to continue to deliver quality classes to your members.

- **Custom Training for your Staff:** Each facility will be quoted a flat workshop or weekend conference rate for their event. You have the option to charge your staff or other attendees a fee and to keep the remaining funds. Please contact us for your event pricing. Our fee is inclusive and includes: custom courses, travel expense, PDF materials, CEC accreditation, CEC Form and live workshop training.
- A deposit and signed contract confirms your event.
- Each course is presented in two hour blocks with options for 3 hours on designated courses. An energy break is provided during the last - 15 minutes of each the workshop for conference events.
- A typical event runs 9-5pm or 10-6pm on either a Saturday or Sunday. Lunch break after two workshops. A single workshop runs as either a morning or afternoon session.
- **Land events** require a lecture area (as requested), group fitness studio with equipment, sound system and microphone. Once workshops are selected a list of required equipment will be e-mailed to facility.
- **Aquatic events** require a lecture area, an indoor heated shallow pool with equipment. Sound system and microphone are requested. Practical portions may be presented in a classroom setting.
- Workouts that are noted as land or aqua are developed for both formats and will be presented per your facility request as either land or aqua or both.
- All workshops are approved by AFAA/NASM with a range of 2.0-3.0 per course. You may petition to other certifying bodies by submitting our course work materials and CEC form.
- If inclement weather conditions or presenter illness/family emergency arises, an alternative date will be offered and scheduled.
- Fit In The City is a distributor for group fitness equipment and equipment may be delivered to events. Contact Renee@fitinthecity.com with your request.
- **Credit Policy:** Should a medical emergency or death in the family arise, attendees may transfer their registration to another person or may apply registration towards a future event (less \$30.00 processing fee) Credits are valid from one year of issue. No refunds, No Exceptions

FIT U Workshops

All workshops include a lecture and practical material.

Barre Body: (Land or Aqua Workshop) This total body workout program starts with the basics of ballet that can be applied to both land and aquatic classes. The program continues with a blend of toning exercises for both lower and upper body and yoga and Pilates moves that challenge the core. Each class is structured with toning signature moves, pulsing sequences and isometric contractions. (Up to 3 hours)

Bodyweight Skills and Drills: Bodyweight exercises are a simple, effective way to improve balance, flexibility and real-life functional strength. Train in a way the body was made to move through a series of exercises that challenges the body in all directions. All you need for this workout is YOU!

Cycle Diversion: Spend time on and off the cycle bike in this dual power class. Complete a 20- minute cardio ride followed by a 20 minute segments of either flexibility, strength or core. Keep physically fit on and off the saddle. (Up to 3 hours available)

Fit Camp: (Land or Aqua Workshop) 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 session, learn how to design your “signature” class that provides your clients with the results they are looking for. So instead of making them work, give them work that will help them with tangible improvements. Assessing stamina and strength through time, reps, and teamwork focused workouts.

Fusion Flow: Yoga and Pilates exercises blended together for an integrative mind/body approach to exercise. Increase strength, promote flexibility with yoga; strengthen abdominal and low back muscles with Pilates; the intent for both is to bring overall awareness to the mind/body connection.

Hard Core Circuit: Targeting cardio, strength, and core all in one workout, circuit training is one of the most time efficient and effective ways to exercise. With each station lasting 60-90 seconds, experience total body conditioning in this easy-to-follow format.

Kettlebell Fitness: There is nothing a kettlebell can't do for you from a fitness standpoint. Enhance your coordination, accuracy, timing, balance, strength and endurance. You will intensify and amplify your teaching skills by reviewing the essential movements of kettlebell. We then focus on the technique of instructing by rounds and will incorporate sequences that are appropriate for beginners and those seeking to be challenged. (Up to 3 hours)

Roll and Release: This innovative workshop will focus on loosening connective tissues to increase flexibility, recover muscles faster, prevent injuries and promote overall wellness. We instruct specific poses and methods that involve the body rolling over the foam roller. This uses bodyweight as pressure to relax the surrounding fascia in your body, to release knots in your muscles, and provide a therapeutic massage.

Short Circuit:(Land or Aqua Workshop) This short duration circuit training workout is a great way to jumpstart routines for those wanting a structured workout in the group setting. The land circuits are designed with either time or reps and consist of compound exercises that challenge both upper and lower body. The aqua circuits are designed with cardio, suspended cardio, power cardio and core. (Up to 3 hours)

Simply Stretch: This participant friendly class is great for those looking for an alternative to a yoga class. Tight hamstrings, low back pain, shoulders tight? This is a basic stretch and release class that will focus on creating a greater range of motion in all your joints with 'EXTRA' time spent on creating flexibility in the back.

Strength on Step (SOS): Heart pumping, muscle building; the S.O.S. format is simple and effective. Traditional strength training exercises followed by Step endurance drills using light hand weights help create a strong and balanced toned body.

Strength to Stability: Stability Ball training offers the ability to train your body for improved mobility and stability. Pair up your favorite strength training exercises with fun and functional stability ball exercises for a muscular strength and core focused workout.

Strength Zone: (Land or Aqua Workshop) Whether you teach a 60- minute strength class, express class, or a small section after your cardio class, The Strength Zone is a perfect way to define and tone for a complete total body workout. Design each ZONE like a personal trainer, but teach each exercise with the flair of a group fitness instructor for a workout to help firm up all muscle groups.

3-2-1 Kick: (Land or Aqua Workshop) Are you ready to mix up your martial arts moves? 3-2-1 Kick is an interval kickboxing class that integrates cardio, strength and core work. In each round of the work phase, innovative cardio kickboxing combinations, martial arts inspired strength work, and core moves are performed in quick intervals to keep participants engaged, motivated and challenged.

Total Body Sport: Utilizing a step bench, medicine balls, and body weight, this basic, no nonsense, sweat-and-hard-work class will train your entire body. Through multiple athletic movements and sports drills that are a cinch to follow, you will complete a workout that moves quickly from one exercise to the next, guaranteeing to condition the body. Walk away with three complete workouts and step by step instructions for bodyweight, medicine ball and plyometric step bench drills.

Tabata Interval Training: (Land or Aqua Workshop) Tabata workouts are total body movements following a 2:1 work/rest ratio. Short in duration, this high intensity program is designed to boost post exercise caloric burn so your metabolism keeps burning calories long after the exercise is over.

Total Fitness Boxing: This equipment based fitness boxing class will take your training to the next level. Learn how to format your classes to provide an authentic boxing workout in the group setting. This workshop will cover safety, form, technique, hand wrapping, partner mitt and shadow boxing rounds.

Triad Training: (Land or Aqua Workshop) Triad training has it all-cardio, strength and abdominal conditioning for a well-rounded workout. Begin with cardio, move to hybrid strength training, and finish up with exercises to target your midsection. All good things come in 3's and Triad Training has exactly what you need to feel heart healthy and strong.

Water Revival: (Aqua) Need some new moves? Feeling like you are teaching the same aqua movements repeatedly? Feel like you lost your creative edge? We will revisit traditional aqua patterns and then revive them with rhythmic changes, equipment, and level changes; which will lead you to create new choreography and add the spice that you are looking for. Let the revival begin!

Water Power: (Aqua) Use more than just your feet to increase the intensity of your pool workout. Understand and explore the use of power, jumping and speed in your aquatic classes and how you modify intense movements for all students in your classes. Movements are included that are both grounded to the pool bottom, suspended, and rebounding.

Water Goes Deep: (Aqua) Explore the various zones of the deep water: strength, endurance, steady state cardio, and aerobic/anaerobic intervals. Experience how each zone individually, or combined together, can create a solid total body workout, all while reaping the benefits of training in the deep aquatic environment.

Yoga 32: (Land or Aqua-Warm Water Pools only) Venture into yoga patterns that flow with the music phrasing and experience movements that provide a better balance and flow for your students. From warm up, poses and cool down, your class will be able to mentally tune in for a successful mind/body class.