

Helen Vanderburg

Workshop and Lecture Series 2009

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BOSU®

BOSU® SKILLS AND DRILLS

W/s – 1.5 –2 hours

Learn dozens of exercises, drills, skills and activities that can be done on the BOSU® Balance Trainer in a group or personal training setting. Discover how to progress, regress and adapt each exercise to accommodate almost all fitness and skill levels with minimal equipment. Walk away with ideas that can be used next week with clients and in classes.

Equipment: Balance Trainer

BOSU® ATHLETIC BALANCE

W/s – 1.5-2 hours

Using the BOSU® Balance Trainer and BOSU® Ballast® Ball you will explore the theoretical and the mechanical foundations of dynamic integrated balance under changing conditions of instability and varied movement requirements. Innovative drills, technique cues and coaching commands are designed to help anyone move better by improving proprioception, stability, balance and muscular coordination.

Equipment: Balance Trainer and Ballast Ball

BOSU® CARDIO EXPRESS

W/S – 1.5-2 hours

This action packed workshop will deliver an explosion of cardio drills guaranteed to raise your heart rate and workout fun factor. Innovative movement patterns can be linked for group fitness or used independently for personal training or circuit workouts. Using the BOSU Balance Trainer, learn unique drills that will challenge your cardio fitness as well as improve your balance, agility, coordination and athletic power.

Equipment: Balance Trainer

BOSU® CORE FLOW

W/S – 1.5-2 hours

Add fresh elements to your core training by using innovative exercise sequences and drills to challenge your core musculature like never before. Explore the unique properties of the BOSU® Balance Trainer and BOSU® Ballast Ball and discover new ways to challenge every muscle in your “power center” while simultaneously improving your overall movement capability. Enhance both variety and effectiveness as you learn to link “chains” of core movement patterns that will give you creative new ways to deliver serious results.

Equipment: Balance Trainer and Ballast Ball

BOSU® Block Party

Master Class – 1 hour

Join Helen for a block party workout that will blow your mind! Learn to develop high-energy athletic workouts using the BOSU® Balance Trainer, soft fitness balls and stability balls. Whether you own one or all three pieces of equipment, take home exercise progressions to help improve power torso training, dynamic flexibility, core strength, shoulder stability, proprioceptive skills and hand-eye coordination common to many sports. This workshop is not only enlightening, but lots of fun, and will provide plenty of new challenges for all athletes, clients and students.

Equipment: Balance Trainer and Ballast Ball

BOSU® TOTAL BODY TRAINING

W/S – 1.5-2hours

Learn how to format all BOSU® workouts, and train your students and clients from head to toe! You'll get cardio, strength, flexibility, agility and speed exercises that will blow your mind, and energize your clients and students! Perfect for group exercise instructors, personal trainers and coaches who are looking for ways to use the BOSU® Balance Trainer for total body conditioning, and want appropriate templates for formatting total body workouts.

Equipment: Balance Trainer

BOSU® TOTAL STRETCH

W/S – 1.5-2 hours

Get stretched, strong and centered using the BOSU® Balance Trainer and BOSU® Ballast Ball to add new elements of balance, agility and coordination to your flexibility routines. Learn stretching techniques to help prevent injuries, improve posture and reduce stress levels, as well as proprioceptive and sensory challenges that will produce results for both the body and mind.

Equipment: Balance Trainer and Ballast Ball

BOSU Complete Lower Body Overload

Workshop – 1.5-2 hours

Blast your legs, glutes, hamstrings and quads while strengthening your core and improving your balance! Using the protocol from the new BOSU® Complete Workout System, this workshop focuses on lower body exercises that will challenge even the most serious client or student. Plus you will learn clever, simple ways to progress, regress and adapt each exercise to accommodate even your beginner clients or students. This workshop is your solution to lower body overload!

Equipment: Balance Trainers

Bender Ball™

Bender Method Foundation

W/s - 4 hours

This course is the basis of all Bender Method Training programs and teaches the principles behind the theory of the Bender Method using the Bender Ball. Strengthening the core assists in posture restoration - the "basics" of postural analysis will be covered to help you understand how different exercises assist your students achieve better posture. Acquire a better understanding of deep core muscle activation and walk away with cutting edge core training exercises that you can implement in your class or with your clients right away. Great for all fitness professionals, personal trainers and mind-body instructors. We highly recommend taking Foundation prior to taking the other modules.

Equipment: Benderball

Bender Method Lower Body Conditioning™

W/s 4 - hours

This Bender Method course will teach you innovative methods to build muscle strength of the buttocks and thighs. You will discover how to recognize weak muscles that could potentially lead to poor posture and faulty gait patterns. Using the Bender Ball you will learn exercises that develop the muscles surrounding the hip joints, which is crucial to a healthy back. You will gain an understanding of how improving the firing patterns of deep gluteal muscles will result in a better walking pattern and greater stability of the sacrum. You will be able to introduce these exercises to clients of all fitness levels in a safe and effective manner.

Equipment: Benderball, tubing

Bender Method Strong Healthy Back™

W/s – 4 hours

The Journal of Applied Research has recognized the Bender Method – Strong Healthy Back as one of the most effective ways of creating stronger postural muscles. Many people suffer from low back pain related to incorrect bio-mechanics. Often the low back issues increase due to inappropriate exercises that were supposed to help alleviate the pain. This program will teach you how to detect postural problems and muscle imbalances. You will learn specific exercises with the Bender Ball that address the postural issues of the spine and help promote better movement patterns. These training method can easily be included in group fitness or personal training.

Equipment: Benderball

Bender Method Total Body Conditioning™

W/s – 4 hours

This program will introduce you to the latest and most up-to-date applications of Bender Method exercises. The versatile Bender Ball is used in conjunction with Gliding discs and Tubing to target specific muscle groups, resulting in a progressive and efficient workout. The unstable surface of the Bender Ball provides a balance challenge that requires better muscle firing patterns and enhanced body bio-mechanics. Personal trainers and group fitness leaders will walk away with a number of new and effective exercises that will add value to their training sessions and programs.

Equipment: Benderball, tubing, gliding discs

Bender Method Selective Stabilization™

W/s – 4 hours

This in-depth course gets to the root of selective core training and includes a detailed look at the alignment of the spine, stabilization of the spinal column and spinal mobility. This knowledge will allow you to focus on specific areas of the core and you will learn how to activate the deep core muscles using the Bender Ball. With Leslee's techniques, you will understand how to target and isolate a specific area of your core. This course is designed for the personal trainer and/or fitness professional who is looking to create a more progressive program that can lead to greater client benefits.

Equipment: Benderball

Fusion Fitness Training: Stretch/ Yoga/ Pilates

Fusion Core Ball Training - New

W/s – 1.5-2 hours

This workout is design to build core strength in multiple planes of movement using the stability ball as a tool of training. This workout fuses teaching techniques and exercises from fitness, yoga and pilates to give you a functional core workout. Learn new ideas and experience challenging combinations of ball core exercise series.

Equipment: Ballast ball or stability ball and yoga mats

Fusion Yoga Stretch for Cyclist – New

W/s – 1.5- 2 hours

Learn a series of dynamic stretching exercises to benefit your cyclist. In this workshop you will experience a stretching series using a variety of flexibility techniques and yoga postures specifically design for the biomechanical stresses of cycling. As well learn exercises that will assist in athletic performance.

Fusion Yoga Stretch for Runners - New

W/s – 1.5- 2 hours

Learn a series of dynamic stretching exercises to benefit runners. In this workshop you will experience a stretching series using a variety of flexibility techniques and yoga postures specifically design for the biomechanical stresses of running. As well learn exercises that will assist in athletic performance

Fusion Yoga Stretch for Swimmers - New

W/s – 1.5- 2 hours

Learn a series of dynamic stretching exercises to benefit your swimmers. In this workshop you will experience a stretching series using a variety of flexibility techniques and yoga postures specifically design for the biomechanical movement of swimming. As well learn exercises that will assist in athletic performance

Fusion Yoga Stretch for Golf – New

W/s – 1.5-2 hours

Learn a series of dynamic stretching exercises to benefit golfers. In this workshop you will experience a stretching series using a variety of flexibility techniques and yoga postures specifically design for the biomechanical stresses of golf. As well learn exercises that will assist in athletic performance

Yoga Tribal Groove - New

W/s or masterclass – 1.5 hours

Experience the groove of tribal music combined with a vinyasa – style yoga practice that blends tribal dance and movement to rejuvenate your soul. Feel the

pulse of the music and the vibrations of your body in the exploration of mind, body and spirit. Let your spirit go free as you release tension through your body.

Equipment: Yoga mats

Athletic Yoga – New

Ws or masterclass

Combining the flow of a vinyasa yoga class and the detailed cueing of an Iyengar yoga practice, Athletic Yoga is a challenging and dynamic yoga practice. This physical practice of yoga suits the needs of athlete and fitness participant by giving them an intense strength, balance and flexibility workout, at the same time teaching them how to perform the postures to get the most benefit.

Equipment: yoga mats

Assisted Partner Stretching - New

This workshop will give you tons of ideas for assisted stretching techniques. Personal trainers or group exercise instructors will leave this session with a stretch program for the total body. You will learn static and dynamic stretch techniques and exercises that are easy to use with your clients.

Equipment: yoga mats, belts and blocks

Assisted Strength and Flexibility - New

Ws – 1.5 hours

Whether you are a personal trainer or group exercise instructor this workshop will give you new ideas and techniques for stretching and strengthening all of the major muscle groups. With the assistance of a partner or props such as tubing, towels, straps and blocks you can add variety to your programs. Learn specific techniques, alignments and verbal cues that will help you clients increase their flexibility as well achieve strength and stability.

Equipment: elastic tubing or yoga belt and yoga mats

Yoga Ball Fusion

W/s – 1.5 hours

Blend yoga posture and the ball to create an invigorating and energizing class. The stability ball can enhance and compliment many yoga postures. In this workshop you will learn a series of yoga postures that can be adapted to the stability ball to help develop greater balance, stability and range of motion. The dynamic surface of the ball can be used to assist participants in their performance or the posture or increase the intensity of the posture.

Equipment: yoga mats

Integrated Yoga and Strength

W/s – 1.5-2 hours

In this workshop you will learn to integrate traditional body weight resistance exercises with yoga postures to create an invigorating strength, balance and flexibility challenge for your clients. As fitness professionals, we can expand our horizons and learn new way of teaching by exploring yoga. You will learn to perform and teach basic yoga poses, body alignment and integrated muscular activation. The focus will be on creating a flow of powerful movements to train strength and flexibility with an internal focus. This innovative program is a great mind body workout to complement any fitness program

Equipment: yoga mat

Sun Salutations

Ws – 1.5 hours

This workshop is designed to give instructors a powerful method to teach sun salutations. You will learn alignment, foundation, breath and precision of each of the postures of the sun salutation series. Then you will experience a flow of breath and movement to give you and your students an experience of the essence of sun salutation.

Equipment: yoga mats

Strength, Balance and Flexibility

Masterclass or workshop – 1.5 hours

Explore dynamic flexibility training techniques that will increase range of motion at the same time increase strength and balance. As a personal trainer or group exercise instructor this workshop will give you a variety of ideas to add to your stretching and strengthening programs. In this workshop we will combine dynamic and passive flexibility techniques with balance exercises to create a strong physical workout. Learn a series of exercises and postures that will strengthen, lengthen and re-energize your body and your soul.

Equipment: yoga mats, elastic tubing or yoga belt

Pilate for 2 – Pre and Post Natal

Ws – 2 hours

This workshop is designed to give you the most current information regarding Pilates exercises during and after pregnancy. Research in pregnancy and exercise is applied to pilates including exercise precautions at each stage of pregnancy, exercises to strengthen your client's changing body and stretches to increase the level of comfort during pregnancy. From her own experience, Helen, who gave birth by a C-section to a healthy baby on October 2004, will share her personal experience and applied research to offer modification and alternative exercise for your pregnant client.

Equipment: data projector and screen, stability ball, hand weights or elastic tubing and mat

Yoga for the Hips and Back

Yoga postures can be ideal for building strength and freeing the hips and lumbar spine of tension. In this session you will explore the anatomy of the lumbar and pelvic and the common misalignments and imbalances. We will practice and analysis a series of yoga postures that are ideal for lumbar and pelvic mobility and stability. Learn what to include and what to avoid in a yoga practice for a healthy back.

Equipment needed: data projector, yoga mats, blocks, belts and bolsters

Lumbar and Pelvic Biomechanics and Yoga postures

Workshop – 2 hours

Pre Con – 4 hours

Co presented with Terry Kane

In this session, physical therapist Terry Kane and Helen Vanderburg will discuss the anatomical and biomechanical considerations of the lumbar spine and pelvis to yoga postures. Review lumbar and pelvic anatomy and perform a series of practical biomechanical tests with the objective to help yoga teachers critically evaluate certain yoga postures for their appropriateness. As well learn a series of postures and modifications to prevent injury or to accommodate for an injury.

Equipment needed: data projector

Shoulder Girdle Architecture and yoga postures

Workshop – 2 hours

Pre Con – 4 hours

Co presented with Terry Kane

In this session, physical therapist Terry Kane and Helen Vanderburg will discuss the anatomical and biomechanical considerations of the shoulder girdle to yoga postures. A series of practical biomechanical tests will be presented with the objective to help yoga instructors critically evaluate certain yoga postures for their appropriateness. Learn a series postures and modifications to prevent injury or to accommodate for an injury.

Equipment needed: data projector

Fusion Fitness Training™ Workshops

Fusion Fitness Training™ Blended

Workshop – 1.5-2 hours

Join the evolution of mind and body training with this unique blend of fitness conditioning, yoga, Pilates and other mindful movement methods. Fusion

Fitness Training™ is based on a progressive series of exercises and postures that focus on function, core and stabilizing techniques to improve strength, balance and flexibility. Integrate mind-body awareness that involves breathing techniques, attention to form, controlled exercise execution and mindfulness. This program is designed to give fitness leaders a blended class format that is simple to follow and integrates mind-body practices into their fitness programs leading to a more meaningful workout.

Equipment: yoga mats

Pilates and Yoga inspired Core Training - NEW

Workshop – 1.5 hours

Inspired by pilates and yoga core training this workshop will challenge the core utilizing the new gliding disc. The gliding disc allows for greater range of motion, to help you improve your coordination and enhance your strength, balance and flexibility. The gliding motion of the disk in combination with pilates and yoga inspired exercises will create a graceful flow of core integrated exercises. Learn progressive core training sequences to challenge your clients in a new and innovative way.

Fusion Fitness Training™ for Personal Trainers

Workshop – 2 hours

Pre Con – 4-6 hours

With the explosion of yoga and Pilates into the fitness environment, more and more people are turning to these forms of exercises. Whether your clients are training for an athletic endeavor, for general fitness or for rehabilitation, having knowledge and understanding of basic yoga postures and fundamental Pilates exercises can assist you in creating unique and effective programs for your clients. Developed by physiotherapist Terry Kane and fitness expert Helen Vanderburg, join in this practical session. Explore biomechanics of yoga and pilates and practical exercises to implement into personal training programs. Learn the similarities and differences of yoga and Pilates base exercises and how they can Enhance your current exercise coaching and cueing. Capitalize on the latest trend in fitness and grow your personal training services to a new level. This workshop is a must for any personal trainer who wants to stay on the leading edge. No previous yoga or Pilates experience required.

Equipment needed: yoga blocks, yoga mats, yoga straps and foam rollers or stability balls

Fusion Fitness Training™: Pilates Infused Core

W/s – 2 hours

(alternate name: Core Integration)

This creative new workshop combines the movement from Pilates with traditional core strengthening exercises. Learn in depth cueing techniques; increase body

awareness, breathing techniques and functional abdominal training. Come away with new and innovative ways to train and cue exercises for the core.

Equipment: yoga mats

Fusion Fitness Training™ for Strength

Workshop – 1.5 – 2hours

Create a challenging Fusion Fitness Training workout for Strength. Combine traditional and functional Fitness and pilates exercises with yoga postures that focus especially on strength. Learn a series of innovative exercise and/or posture sequences that work on balance, stability and strength. Add variety to your Fusion Fitness Training classes...

Equipment needed: yoga mats

Fusion Fitness Training™ with Stability Ball

Workshop – 1.5 – 2hours

Fusion Fitness Training with Stability Ball combines the disciplines of Fitness training, Yoga and Pilates with the dynamic nature of the Stability Ball. In this workshop you will learn a series of exercises and/or postures on the stability ball that will strengthen, lengthen and re-energize your body. Slow controlled movements will be emphasized to increase strength, balance and flexibility and to bring more attention to form, execution and purpose.

Equipment needed: yoga mats, stability balls

Fusion Fitness Training™ Toolbox

Workshop – 1.5 –2 hours

Fusion Fitness Toolbox combines Fitness conditioning, yoga and Pilates with the use of small equipment such as weighted plyo-balls, yoga blocks, pilates rings, pilates bands, yoga straps and fit discs. In this session you will experience a combination of yoga, Pilates and traditional Fitness exercises that can be blended together to create a dynamic challenge for your personal training clients and group exercise students. The integration of small equipment is used as a tool to help participants achieve better alignment in postures and/or exercises, to increase resistance and challenge strength, balance and flexibility to a higher degree. Learn how to incorporate small equipment and yoga/pilates blended classes into your classes and programs.

Equipment needed : yoga mats, plyo balls 1-5 lbs, pilates rings, pilates bands, yoga straps, fit discs.

Fusion Fitness Training™ on a Foam Roller

Workshop – 1.5-2 hours

Fusion Fitness Training with the foam roller combines the disciplines of yoga, Pilates and fitness conditioning with additional challenge of the foam roller. The instability of the foam roller adds greater neuromuscular challenge to traditional postures and exercises. In this workshop you will learn a series of exercises and postures for strength, balance and flexibility with a focus on form, execution and purpose. This workshop is formatted to give personal trainers and group exercise instructor's specific techniques blending yoga, pilates and fitness based movements with the foam roller to bring back to your clients

Equipment needed: yoga mats, _ and full foam rollers

Conditioning

Foam Roller Body Blast – New

W/s – 1.5-2 hours

The foam roller is an ideal tool for training. Learning to use the foam roller effectively can add more variety to your training techniques. Whether you are a group exercise instructor or personal trainer the foam roller will add variety to your fitness programming. In this body blast you will experience a series of exercise combinations that will challenge strength and balance followed by muscular release techniques.

Equipment: Foam rollers (full and half) and yoga mats

Multi Directional Ball Training - New

W/s – 1.5-2 hours

Add new ideas to your stability ball training session with multi-directional ball training. Experience exercises using multiple planes of movement to develop functional and effective ball exercises. In this session you will take base stability ball training exercises and explore how to challenge your clients with multi direction ball training.

Equipment: Stability Ball

Ball Blast

W/s – 1.5 – 2 hours

Blast your stability ball training workouts to a new level of intensity. Experience an intense yet fun workout by combining unique sequences of ball exercises together to create a challenging workout. Ball training heightens postural awareness, spinal stabilization and trunk strengthening. This session will give you a total body workout. Have a blast!

Equipment: Stability Ball

Abs Lab – Part 1

W/s – 1.5-2 hours

The body functions in a kinetic chain. Each body part is linked to another and is activated in a sequence to create the desired movement. In this workshop we will look at the abdominal muscles specifically in their role as stabilizers and movers. With so much information available regarding abdominal and core training this session will take an in-depth look into the function of the abdominal muscles in their role of strength, stability and mobility of the core.

Equipment: data projector, mats

Abs Lab - Part 2 - New

W/s – 1.5-2 hours

Abdominal training has always been a focal point for trainers and participants. In Part 1 of Abs Lab we looked at the function of the abdominal muscles in their role as key postural muscles. Building a foundation of core strength through systematic training. In Abs Lab, Part 2 we will take core training into whole body movements. You will learn new techniques of training the abs as an integrated whole. Learn a series of core exercises to challenge your clients.

Equipment: data Projector, gliding disc, foam rollers, BOSU, hand weights.

Abs Lab Intensive (4 hours: A combination of Abs Lab- Part 1 and 2)

Abdominal training has always been a focal point for trainers and participants. In abs lab intensive we look at the function of the abdominal and related core muscles in their role as key postural muscles and the center of power. Learn how to determine which stage your client should be training. Walk away with take home ideas for core training, all based on a systematic 4-step progression model.

Equipment: BOSU, Ballast ball, Bender ball, foam rollers and anything else available.

Core Blast - New

Blast your client's core with a series of core training workouts. In the session you will be given 4 Core Blast exercise routines to train the core for stability and mobility. Each exercise series will give you a core workout in a variety of body positions and intensity variations to use with multiple clients or in a group exercise class. Join Helen and blast your Core!

Equipment: elastic tubing, weighted balls, pilates balls

Athletic Training

This ain't no Playground – New

W/s – 1.5-2 hours

Bring back the play in fitness in this fun circuit class. Using whatever equipment you have available develop a challenging cardio and strength based workout. Remember how fun and yet challenging playing in the park can really be. This is a great session for group fitness instructors and trainers teaching small group training. It's interactive, intense and fun.

Equipment: BOSU, stability balls, soft weighted balls, tubing

Body Weight Resistance Training – New

W/s – 1.5-2 hours

Wouldn't it be nice for a change to not have to haul a bunch of equipment to give your clients an effective workout? In this workshop you will learn a variety of exercises for the upper body, lower body and core using your own body weight as resistance. Whether you are a personal trainer or group exercise instructor you will be able to use these efficient exercise routines with absolutely no equipment and achieve results.

Equipment: None required.

Extreme Interval Training

W/s – 1.5 hours

Master class – 1 hour

Have fun in this intense workshop that brings back the work in workout! Maximize your time and results with interval training. Learn a variety of interval formats combining strength, cardio conditioning, plyometrics and functional movements that can be mixed and match to create a challenging workout for your participants. Bump up your intensity with these innovative and energetic exercises and interval formats.

Equipment: Steps, Elastic tubing and gliding discs

No Equipment Required Total Body Circuit – New

W/s – 1.5 hour

Learn how to design a dynamic and challenging circuit training workout without any equipment. Whether you are a personal trainer or group exercise instructor this workshop will give you novel and fun circuit ideas for your clients. With no equipment required this circuits is time efficient and can be used anywhere and anytime. Join me in this fun and functional workshop

Equipment: None required

Ultimate Bootcamp (Indoor or Outdoor) - New

W/s – 1.5-2 hours

With Bootcamp classes becoming a huge business learn how to design and delivery a high energy and effective bootcamp program. This workshop is designed for personal trainers and group exercises instructors. Get in on the action and learn how to be really good at it! Give your clients the results they want.

Equipment: based on location

Specialty

Fit For Two

Workshop/Lecture - 1.5 hours

This session is designed to give you the most current information regarding exercise during pregnancy. Topics include exercise precautions at each stage of pregnancy, specific exercises to increase fitness for labor, exercises to strengthen your clients' changing body and stretches to increase the level of comfort during pregnancy. This workshop will give you the information needed to design a successful fitness program for your pre and postnatal clients.

Equipment: yoga mat, stability ball, elastic tubing, data projector

Instructor Development

Systematic Cueing – New

Lecture/ workshop – 1.5 hours

Develop the systematic technique for coaching and cuing exercise technique that helps your clients and class participants get more from every exercise you teach. From yoga to resistance training this systematic approach to exercise technique and alignment cueing will bring mindfulness to everything you teach. Learn how you can advance your coaching and cueing skills to assist your clients in achieving their goals.

Equipment: Data Projector and screen

Management and Personal Training Business Workshops

In it for Life - New

The fitness industry is an exciting and dynamic profession. With over 25 years of experience as a club owner, international fitness presenter, writer, DVD producer and consultant, Helen Vanderburg will share with you her secrets to creating longevity in this ever-changing industry. Find out how you can carve out your niche in the fitness industry and continue to evolve you career for life!

Equipment Needed: Data Projector

The Power of a Group

Lecture - 1.5 hours

Research has shown that retention is clearly linked to the connection members have to staff and other members. The least loyal member is the one who exercises on his or her own: the most loyal member is the one who participates in a group environment. Explore innovative ways to program activities in your club to cultivate a loyal membership and harness the power of a group.

Equipment needed: data projector

If I only knew then what I know now!

Lecture – 1.5 hours

After 23 years of managing staff and members Helen shares the hard lessons she has learned. If only we knew then what we know now we wouldn't have to deal with some of the unpleasant situations that rise when something isn't managed well. We will look at common scenarios that arise in club and fitness management and how we can better manage the situation to create a win-win environment. Join me in this interactive management session.

Equipment needed: data projector

If I only knew then what I know now!

Personal training lecture – 1.5 hours

With over 23 years of experience in successful programming for clubs and personal trainers, Julie and Helen will share the hard lessons they have learned along the way. Live vicariously through their lessons and gain the wisdom to create success in your personal training business while building win-win relationships with fitness clubs and facilities.

“If only we knew then what we know now, we wouldn't have wasted as much time, would have been more efficient, won't have made as many mistakes and ultimately, would have been more profitable”. Join us in this insightful and interactive session.

Equipment needed: Data projector

Building your Brand - New

Lecture – 1.5 hours

Whether you are an independent contractor or an employed in a large organization you are a brand. How will you define your brand? All businesses with long-term vision realize the importance of building a brand. When people think of a copier they think Xerox and when you cut yourself you reach for a BandAid. When people think of your product or service the first brand that

comes to mind should be yours. In this session you will look at how successful companies have built their brand and explore ideas to build your own personal brand and take your business to the next level.

Equipment needed: data projector

Managing a Quality Driven Business - New

Lecture – 1.5 hours

We all know that quality is "the name of the game" in the service business however it isn't as easily achieved as one may think. Whether you manage a club, a department, as few staff or just yourself, quality driven business will lead to long term success. What is quality in your business? Do you meet and exceed the expectation of quality in your industry? How do you manage it? In this session you will look at practical ways to manage a quality driven business.

Equipment needed: data projector

Building your Business – New

Lecture – 2 - 4 hours

Stepping out on your own and building a business is both exciting and frightening at the same time. With solid planning, preparation and practice you can take away the fear and focus on what you need to accomplish. In this workshop you will learn the levels of the business development pyramid. Get practical ideas within each stage of business development. Answer key questions to build your business and begin to develop and write your business plan

Equipment needed: data projector

10 Steps to Elevate your Business to Success - New

Lecture 1.5 – 2 hours

Get out of your comfort zone! The passion that drove you to creating your own business needs your unwavering commitment and nurturing to endure the test of time. With over 25 years of successful business ownership, Helen Vanderburg, will share 10 steps to elevate your business to success. In this workshop Helen will share the top 10 steps to excel in business. She will reveal how your business can stay healthy, vibrant and endure the test of time. Learn the steps to elevate your business to long-term success.

Equipment: data projector

BODYBAR Workshop

Integrated Ball and Bar

Workshop – 1.5 hours

This intermediate to advanced level workout is designed to train the body in all planes of movement. Every exercise will challenge strength, stability and stamina through the creative use of the body bar and ball. The combination of the strength challenge of the body bar and the stability challenge of the ball will train the body from deep inside the core.

Balance and Bar

Workshop – 1.5 hours

This workout will challenge the mind and body through a series of well-designed exercises that will stimulate balance while increasing strength. Using training techniques of concentration, focus, control, precision and quality of movement you will train the muscles through the powerful use of the mind. This functional training workshop will help you find balance and strength (This workshop can also be done with the BOSU as an added training feature)

Body Bar Interval Training

W/s – 1.5 hours

Master class – 1 hour

Have fun in this intense workshop that brings back the work in workout! Maximize your time and results with interval training. This workshop combines cardio and sculpting in an interval training format. Learn to use the Body Bar to create an exciting and dynamic cardio plus the power and focus of strength training. Understand how to choose exercises, structure the intervals and sequence moves to challenge the body in different ways while creating a workout that is safe and effective. Bump up your intensity these innovative and energetic exercises.

Fusion Fitness Training with the mini Bodybar

Workshop – 1.5 hours

This enlightening program integrates mind-body activities such as Yoga and Pilates with dance and Fitness Conditioning. It is based on a progressive series of exercises and postures that focus on core and stabilizing techniques to improve strength, balance and flexibility. It also integrates mind-body awareness that involves breathing techniques, attention to form, controlled exercise execution and mindfulness. In this program the integration of the mini bodybar is used as a tool to help participants achieve better alignment in postures and/or exercises, to increase resistance and challenge strength, balance and flexibility to a higher degree.

Gliding

Ultimate Balance - NEW

Workshop – 1.5 hours

Learn how to use the gliding disc in combination with the BOSU to give you an effective and efficient balance training workout. The gliding disc is a simple and

inexpensive training tool to enhance your clients workouts. As balance training is one of the most important elements of training for sport and everyday life you will find this workshop invaluable. Prepare to train both cardio and strength in a non-stop fitness explosion.

Integrated Muscle Conditioning

Workshop – 1.5 hours

This workshop introduces you to integrated muscle conditioning using the gliding disc. Each exercise variation will give you progressive strength and balance exercise that you can immediately introduce to your personal training clients or in classes. Learn a series of exercises from entry level to your advanced students.

Ultimate Total Gliding Workout - NEW

Workshop – 1.5 hours

Come experience the latest and greatest in total body training. Gliding turns traditional exercises into smooth, consistent, flowing patterns for unparalleled success. Using the Gliding discs, Helen will guide you through exercises for every major muscle group. She will transform classic exercise staples into Gliding motion. It is hard to believe an idea so simple, can produce such graceful power. Experience Gliding for yourself and see how every exercise is enhanced with the Gliding discs.

Schwinn® Indoor Cycling

Schwinn® Indoor Cycling Instructor Training Course

Workshop – 7 hours

This information-packed day offers you the industry's finest and most comprehensive indoor cycling instructor training, giving you everything you need to become the best instructor you can be. Bike fit, cycling physiology and mechanics, proper technique, the Schwinn® Cycling Coaching Pyramid, and class design, are thoroughly explained and experienced in an interactive format. Each attendee receives a detailed resource manual, certificate of course completion, and two power-packed bonus day-end master class coached by their Schwinn® Cycling master trainer.

.8 CECs/ACE, 7.25 CEUs/AFAA

Schwinn® Cycling: World Class Coaching

The best indoor cycling instructors know how to get the most out of their students' performance, and they make it look easy! This workshop will review the characteristics of world class coaches, and show you how to apply these

principles in your indoor cycling workouts to maximize your student's results and YOUR popularity as an instructor. Specifically designed for instructors who have already learned the Schwinn Cycling Coaching Pyramid and want to take their skills to the next level. Don't miss this chance to perfect your coaching style and make your classes more effective than ever!

Schwinn® Cycling: Class Design in No Time

Creating, organizing and finding music for your cycling classes can take a tremendous amount of time. This workshop will provide you with a whole new way to approach class design, making it easy for you to develop your own great workouts in no time! Learn how to compartmentalize and catalog indoor cycling sets so classes are simple to remember, inspiring to coach, and highly motivating for your students. If you struggle with putting together great cycling workouts, this is the workshop for you.

Schwinn® Cycling for Yogis

Yoga offers cyclists the perfect cross-training tool, a powerful blend of focus, flexibility and strength to increase joint range of motion and reduce fatigue on and off the bike. And, yoga feels amazing when the body is fully warm just after a powerful cardio workout! Cycling instructors who practice or teach yoga will love this member-pleasing blend that can be done successfully in the cycling studio. A tiered approach to the yoga section ensures this fusion class works whether you feel confident teaching a little bit of yoga or a lot, and a thoughtful approach to the cycling portion sets the tone for a truly integrated yoga/cycling experience through music, breath awareness and the mind/body connection.

Equipment needed: Yoga mat

Schwinn® Cycling: My Favorite Ride

Chosen just for this event by your Schwinn® Master Trainer, come experience a complete ride sure to give you plenty of ideas for your classes and one heck of a workout! You might do a race day simulation, or you might do short sets of powerful hills and flats. You might even do team challenges that give you a chance to compete with the other riders in the room. Whatever happens, you can expect world-class coaching, motivation, and high-energy. Your master trainer will then break down all the components of their favorite ride, including music, cueing, imagery, and coaching techniques so you can successfully replicate this workout for your own classes.

GRAVITY® WORKSHOPS

GRAVITY® :: Pilates with a Slant (w/s)

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 easily 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!

Equipment: GTS & Pilates Accessories (Leg Pulley Systems, Telescoping Toe Bar)

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GRAVITYPilates® :: Reformat Amplified (w/s)

Pick up the pace in this dynamic, new Pilates session and give your clients a taste of intensity that isn't standard fare for most Pilates workouts. Of course, they will get the traditional, and then you will amp it up by plugging them into some innovative movement patterns to rejuvenate their breath and make their hearts throb. Inspire participant success at any fitness level while challenging greater stability, strength and control. Reach beyond traditional Pilates movements and experience a faster paced workout blending familiar and new exercises in GRAVITYPilates® :: Reformat Amplified.

Equipment: GTS & Pilates Accessories (Leg Pulley Systems, Telescoping Toe Bar)

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GRAVITYPilates® :: Fresh Breath One *NEW for 2009!* (w/s)

Fresh Breath is an energetic, vibrant and fluid workshop that progressively incorporates full body movements. Inspired by traditional and evolved mat, reformer and cadillac exercises, *Fresh Breath* progresses from isolation of smaller muscles into larger, more integrated movement patterns. Included 3-D movement design takes the participant from singular to multiple planes of motion that encourage fluidity and precision of movement execution. Focus on control and strength will pique the interest of your resistance training enthusiasts' while satisfying all participants who attend.

Equipment: GTS & Pilates Accessories (Leg Pulley Systems, Telescoping Toe Bar)

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GRAVITYPilates® :: Fresh Breath Two *NEW for 2009!* (w/s)

Fresh Breath Two is an energetic, vibrant and fluid workshop that progressively incorporates full body movements. Inspired by traditional and evolved mat, reformer and Cadillac exercises, and gradually progresses participants with respect to coordination, temp, control and strength. Participants build on awareness and strength by incorporating compound movements that require synchronicity and coordination.

Equipment: GTS & Pilates Accessories (Leg Pulley Systems, Telescoping Toe Bar)

GRAVITY® :: CoreDynamics™ (w/s)

Think fusion. This 30-minute group session, on efi Sports Medicine's adaptable GTS® machine, integrates strength training and Pilates to zero-in on the core. It's a zenergetic, mind/body experience with plenty of variety and challenge, pulling Pilates and resistance training into the same orbit.

GRAVITY® :: Up Close & Personal (w/s)

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.

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GRAVITYGroup® :: Amplified Resistance (w/s)

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® training is your opportunity to amplify resistance in a brand new, time efficient way!

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GRAVITYGroup® :: Blast & Furious (w/s)

Sample a variety of classes, each one an intense 15-minute superset on the GTS® by efi Sports Medicine. Work Shoulders, Biceps & Triceps, Back & Chest, Buns & Legs and of course, Abs! All five GRAVITYBlast® sessions in sequence challenge a different muscle group for effective full-body resistance training designed for everyone.

GRAVITYGroup® :: Compound Structures™ (w/s)

Discover exciting ways to integrate compound movements with this dynamic new GRAVITYGroup workout! Rob Glick demonstrates inventive strategies targeting complementary and opposing muscle groups. Connect instability, muscle group progressions and dynamic motion to challenge the core. You'll learn how to create compound movements using the GTS® and how exercise sequences progress by joining elements that build upon one another. Challenge your clients to greater flexibility, coordination, functional strength and focus! Get motivated from the industry's best!

Equipment: GTS

AV: Screen, Projector, Sound System, CD Player, iPod Adapter, 2 Wireless Head Mic

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GRAVITY® MASTER CLASS WORKOUTS

GRAVITYPilates® :: Reformat (m/c)

Reformat blends traditional Pilates 'mat' and 'reformer' exercises with a revolutionary Pilates-evolved repertoire to fit everyone's fitness and experience level on the GTS® by efi Sports Medicine. This amazing workout utilizes gravity for resistance or assistance and incorporates a dynamic pulley system and free-rolling glideboard to create an extensive repertoire of movement that challenges core strength, dynamic stability and coordination.

GRAVITYGroup® :: Strength (m/c)

This high intensity, full-body, muscular endurance training is a fun, time-efficient and effective group workout performed on the GTS® by efi Sports Medicine. This workout combines stretching with controlled concentric and eccentric movement that focuses on core stability, functional strength and joint range of motion. Using body weight as resistance against gravity individualizes this workout to accommodate or challenge anyone's level of fitness.

GRAVITY® :: CoreDynamics™ (m/c)

Think fusion. This 30-minute group session on efi Sports Medicine's adaptable GTS® machine integrates strength training and Pilates to zero-in on the core. It's a zenergetic, mind/body experience with plenty of variety and challenge, pulling Pilates and resistance training into the same orbit.

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Any of the GRAVITY Workshops can be offered as Master Class Workouts running from 30 to 60 minutes.

GRAVITY® PRE-CONS

GRAVITYPersonalTraining®

***Personal Training certification required**

Certified personal trainers will learn how to utilize the most versatile fitness modality in the industry, the GTS®. The award-winning GTS, the equipment component of the GTS GRAVITY Training System®, offers eight calibrated levels of incline resistance. Its dynamic cable pulley system and rolling glideboard pit body weight against gravity to challenge global stability and all components of fitness. The course covers movement execution for the entire GTS Library Series™ including more than 80 resistance-training exercises with modifications and progressions to challenge all clients of any fitness level.

The training includes both lecture and practical applications regarding movement, biomechanics and a review of the existing protocols for improvements in strength, endurance, power and hypertrophy. Trainers will walk away with a new and efficient way of training clients that will not only add value to training sessions but also demonstrate how to increase earning potential by designing streamlined programming.

Participants will also experience several 15-minute muscle isolation programs to feel what GRAVITYTraining® is all about!

Course includes: GRAVITYBasics™ & GRAVITYPersonalTraining Manuals
(.6 ACE, 5.0 AFAA, .6 NASM) for a 6 hour course
(.8 ACE, 5.0 AFAA, .6 NASM) for a 8 hour course

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