

Schedule — Saturday, March 13

Times	Coaches tract	Learn	Move	Feel	Dance
8-8:45 a.m.	Pre-conference Continuing Education Class, Stability ball boot Camp; Instructor: Katie Haggerty; Stability Ball Boot Camp class focuses on total body integrated movements and drills. Participants will learn physical execution techniques, and exercise guidelines. (.2 ACE CECs) Additional \$25 fee.				
9-10 a.m.	Registration; Services available include brow waxing, airbrush tanning, eyelash extensions, chair massages, make-up application, beauty advice and more!				
10-11 a.m.	Welcome, introductions and large group jam session; Instructor: Katie Haggerty; Kick off your day with this fun warm up and a light stretch. Join this very interactive group warm up — you will be sweating away the seconds not only feeling amazed at what your body is capable of doing, but also affirming the capabilities your body has! You will be guided through a full warm up with positive affirmations to get you into the mindset to LOVE your body and to ACHIEVE your ultimate greatness!				
11-11:30 a.m.	Break; In addition to expo services, professional, retouched photos are available until 12:45 p.m. and are great for use on Facebook, Linked In, or as a headshot.				
11:30-12:30 p.m.	From the judges perspective; Panel: Lisa Hart, JAM; Katie Ohlund, JAM; Meghan Hutton, MADT, former coach, judges liason; Kelly Hegarty, MADT, former coach, JAM trained affiliate member; Allison Drusch, UPA; Tami Krause, UPA; Learn from the judges perspective how different aspects of the score sheet are evaluated, and what judges look for when scoring a routine.	Spring fashion trends for 2010; Instructor: Catherine Loose; Learn about the top spring fashion trends for 2010 and how to accessorize them for a fresh, current look.	Adult ballet; Instructor: Lisa Orth; This class is ideal for the dance team coach looking for tips on incorporating basic ballet with their team or for anyone who wants to try ballet for the first time.	Yoga sculpt; Instructor: Mia Lund from Lifetime Fitness; Come challenge yourself with a total body workout designed to sculpt all major muscle groups in a calorie blasting combination of yoga and traditional strength training using light hand weights.	Advanced tap; Instructor: Cathy Keane Wind of Keane Sense of Rhythm Tap Company; An amazing tap class for those that have had tap instruction.
12:34-1:45 p.m.	Luncheon; Keynote speaker: Carrie Tollefson; Tollefson is an Olympian and former track-star who parlayed her role as a world-class athlete into a career as a vibrant motivational speaker. She'll share her story and encourage everyone to GET AFTER IT in all areas of their lives.				
1:45-2 p.m.	Break; Services available include brow waxing, airbrush tanning, eyelash extensions, chair massages, make-up application, beauty advice and more!				
2-3 p.m.	Music — from selection and editing, to practice and competition; Instructors: Cindy Clough, Just For Kix and Brainerd Kixters and Mark Henderson, Dirty Dog Productions; Cindy Clough will discuss the use of technology during your practices/classes. Topics covered will include running your music from a lap top to use your practice time more efficiently. Simple tips, such as how to adjust the speed of your music, that will help you maximize time and efficiency at your practice.	Women's Overuse Injuries 101; Instructor: Dr. Moser and Meredith Butulis; Is that foot pain normal? Are my knees supposed to hurt? Come and learn the basics of identifying overuse injuries, as well as some pearls of wisdom to avoid them. Appropriate for dancers, fitness enthusiasts, those just getting started in an active lifestyle, and those who lead others in dance and fitness. (ACE CECs)	Nutrition for a healthy and energized life; Instructor: Allison Seifert; A simple yet complete overview of the information you need for a healthy nutrition plan.	Hip hop for fitness and fun; Improve your groove and melt away fat with this fun, nonstop movement fitness dance class by Flex Appeal Studios. Beginners welcome- leave your inhibitions at the door and come ready to work out and get down!	Nia; Instructor: Marie McKay, Nia Black Belt teacher; Nia is a dynamic blend of dance, martial arts (T'ai Chi, Tae Kwon Do, Aikido) and healing arts (Yoga, Alexander Technique, Feldenkrais®) that balances technical precision with free-form expression. Practiced in bare feet, Nia is an exhilarating and fun technique that brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression, guided by the sensation of Pleasure. No experience necessary.
3-3:30 p.m.	Break; Services available include brow waxing, airbrush tanning, eyelash extensions, chair massages, make-up application, beauty advice and more!				
3:30-4:30 p.m.	Practice planning for peak performance; Instructors: Kelly Hegarty; Sara Marek, St. Cloud Cathedral; Learn how to plan your season so that your dancers reach their physical and mental peak at the right time. Strategies for practice planning and how to balance time spent on kick AND jazz will be shared.	Beauty makeover panel; Featuring an expert panel lead by Tami Krause; Ever watch TV makeovers and say "I wish someone would do that for me?" Now is your chance as the panel will offer INDIVIDUAL ONE ON ONE CONSULTATIONS on hair, makeup, and other beauty concerns.	Costumes on a budget; Instructor: Deb Erickson; Explore ways to get similar looks at different price points and maximize your costume budget- a great class for dance team coaches or studio directors.	Vinyasa yoga for all levels; Instructor: Allison Drusch, RYT 200 certified yoga instructor; New to Yoga or experienced Yogi's, all are welcome! Come discover the unique path toward health and well-being through Yoga as you're guided through a 60 minute vinyasa class. Come ready to challenge yourself and leave feeling rejuvenated!	Advanced contemporary dance; Instructor: Deb Johnson of Breaking Boundaries Dance Company and Training Center
4:30-5 p.m.	Break; Services available include brow waxing, airbrush tanning, eyelash extensions, chair massages, make-up application, beauty advice and more!				
5-6 p.m.	Beyond basic turn and leap technique; Instructor: Stacey Weyandt; What is the proper technique and "tricks of the trade" for advanced turn and leap combinations.	Stress management and healthy living for women; Instructor: Dr. Jim Alexander of Finish Line Chiropractic; Learn to take control of stress and put your own health and well-being first. In caring for everyone else's needs, women often neglect their own health which ultimately harms those they are trying to care for. Break this cycle and prioritize your own health and happiness.	Total body at home fitness plan; A simple and effective full body strengthening routine that you can do at home with minimal equipment and time.	Fitness pilates; Instructor: Meredith Butulis; Learn to utilize and strengthen your powerhouse: deep abdominal muscles, obliques and lower back. In this one-hour class that combines the precise movements of Pilates with traditional fitness elements.	Advanced jazz; Instructor: Nikki Bergene

Schedule — Sunday, March 14

Times	Learn	Move	Feel	Dance
8-8:45 a.m.	Pre-conference Continuing Education Class, Making sense of functional training ; Instructor: Meredith Butulis; (Group Fitness Instructors/Personal Trainers/Coaches ONLY) Should we use the BOSU or the ball for this exercise? Is there a proper progression for fitness 'toys'? This seminar will be hands-on as well as offering guidelines and principles to follow when implementing exercises with your own groups. (.2 ACE CECs) Additional \$25 fee.			
9-10 a.m.	Registration and expo time; Services available include brow waxing, airbrush tanning, eyelash extensions, chair massages, make-up application, beauty advice and more!			
10-11 a.m.	Welcome, introduction and large group jam session; Instructor: Trey Barber; Experience Hip-hop like never before! No experience necessary! Trey will get your blood pumping and your body moving! Participate in the class- or watch and enjoy the show!			
11-11:30 a.m.	Break; In addition to expo services, professional, retouched photos are available until 12:45 p.m. and are great for use on Facebook, Linked In, or as a headshot.			
11:30-12:30 p.m.	Skincare; Instructor: Expressions MD; Discover essential skincare techniques to improve the look and health of your skin. Also learn about botox, fillers, microderm-abrasion, laser treatments, and other anti-aging techniques and ways to bring out the best in your skin.	All levels zumba; Instructor: Cindy Reistad; A Latin-inspired fitness/dance class.	No class this hour	Advanced hip-hop Instructor: Trey Barber
12:34-1:45 p.m.	Luncheon; Keynote speaker: Ross Bernstein; Bernstein is the best-selling author of nearly 50 sports books and has appeared on thousands of television and radio programs over his career, including CNN and ESPN, as well as in the pages of the Wall Street Journal, New York Times and USA Today.			
1:45-2 p.m.	Break; Services available include brow waxing, airbrush tanning, eyelash extensions, chair massages, make-up application, beauty advice and more!			
2-3 p.m.	Who are you?; Instructor: John Montague; Each year, companies and organizations spend billions of dollars developing and building their brands to communicate who they are and the value they provide. In this interactive workshop, the best practices and principles of "branding" will be applied to individuals: What is your look and feel? Your tag line? Your mission statement? Your key differentiators? Your value proposition? Your brand? Truly answer the question... "who are you?"	Latin ballroom; Instructor: Amy Laliberte; Here is your chance to try the Salsa as seen on Dancing with the Stars! Learn the fundamental movements for Salsa dancing. The focus of this class will be basic steps and women's styling for partnering. No experience needed.	10 and 10; Instructor: Meredith Butulis; Learn the top 10 core exercises to avoid in a group fitness/team practice setting or in your own fitness program, as well as 10 alternatives to achieve the desired purpose. This class is interactive, and will also cover basic related anatomy of the "core". (ACE CECs)	Cardio Bar ; Instructor: Katie Haggerty; Welcome to the happy hour of sexy, hot cardio. This class takes Striptease to the next level with the body bar as your prop. This class will make you lose all inhibition, love your body, own your moves... and oh yeah, we'll make you sweat.
3-3:30 p.m.	Break; make sure to visit the vendor expo!			
3:30-4:30 p.m.	Beauty makeover panel; Featuring an expert panel lead by Tami Krause; Ever watch TV makeovers and say "I wish someone would do that for me?" Now is your chance as the panel will offer INDIVIDUAL ONE ON ONE CONSULTATIONS on hair, makeup, and other beauty concerns.	Beginner Jazz; Instructor: Pam Sylvestre; Do you watch so you think you can dance but know that you cant? Here is the perfect class for you! Learn a fun jazz routine with innovative choreography without the difficult turns and leaps of an advanced class.	Yoga for beginners; Instructor: Heather Pilakowski; Learn about the benefits of yoga, the proper technique of various poses, and the terminology associated with popular yoga forms. Also appropriate for experienced yogis that want some extra instruction on proper alignment and technique.	Advanced lyrical dance; Instructor: Lindsay Danielson
4:30-5 p.m.	Break; Services available include brow waxing, airbrush tanning, eyelash extensions, chair massages, make-up application, beauty advice and more!			
5-6 p.m.	Nutrition for a healthy and energized life; Instructor: Allison Seifert	Lyrical dance for beginners or former dancers; Instructor: Lindsay Danielson; No experience or skill required.	Strong and sculpted; Instructor: Beth Hammerlund of Lifetime Fitness; How do you boost your metabolism as you get older? 2 words: STRENGTH TRAINING! Learn how to train your entire body using multi-muscle groups and balance challenges. Stabilize your core and create a lean and centered body!	Advanced zumba; Instructor: Cindy Reistad; A Latin-inspired fitness/ dance class.