AAAI/ISMA FITNESS CONFERENCE – COLORADO SPRINGS 2019

Body Bar Sessions – with our new MICRO BAR



Presented by **JUNE KAHN**

YOGA SCULPT

When muscle meets yoga, Sculpt is born. Yoga Sculpt combines yoga, bodyweight and light weight training to tone the full body. You'll combine free weights with Vinyasa Flow and mild cardio to intensity each pose while mixing in strength training moves likes squats, lunges and upper body movements. Yoga sculpt is designed to help one move more effectively into yoga poses, and incorporating hand weights forces you to slow down and focus on achieving good form and alignment. Experience sequences that are readily adaptable to all fitness levels and learn the two levels of the Sun Salutation that help progress students to achieve success.

AGELESS PILATES with MICRO BAR

To provide an upbeat, challenging, and unique approach to the traditional Pilates method while still maintaining the integrity of traditional Pilates methods. The workout goes beyond the basics delivering (1) standing and body weight progressions, (2) working the body in three planes of motion for complete functionality, (3) a variety of options to accommodate many fitness levels, (4) stays true to the Pilates original principles, and (5) yet gives the participant an opportunity to challenge their participants through balance, strength & flexibility options, while incorporating popular trends that yield profound results. The new Micro Bar is introduced for both assistance, balance & intensity options & variation

Presented by **Janis Saffell**

AAAI/ISMA'S - TOTAL BODY STRENGTH CERTIFICATION

Total Body Strength Training with the newest, hottest fitness toys for Personal Trainers and Group Fitness.

