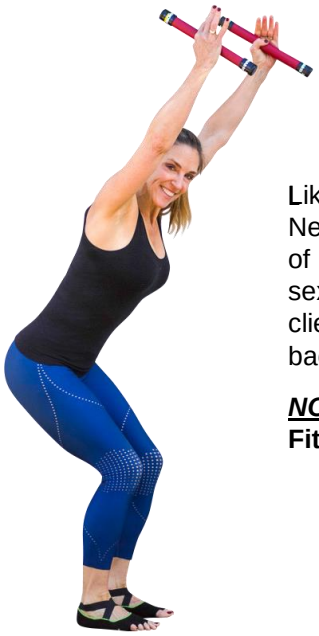
FITNESSFEST FITNESS & WELLNESS CONFERENCE 2018

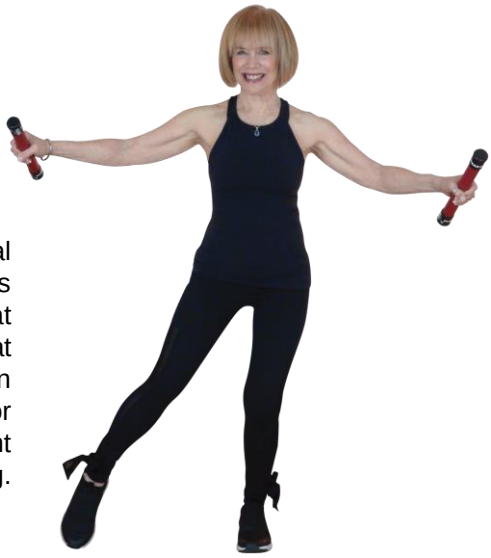
MICRO BAR – BODY BAR'S NEWEST PRODUCT –
will be presented in these great sessions!



CHOREOGRAPHY OVERLOAD – with Tricia Murphy-Madden

Like any other format, our minds and bodies need new choreography when it comes to Barre. New sequences and new ways for creating change in the body sometimes comes in the form of equipment. By incorporating the Body Bar MICRO BAR, your Barre room will feel fresh, sexy, and on-trend. Adding upper body training during your intense leg work will leave your clients begging for more. This session will be your choreography overload and will send you back to your classes with enough unique movement patterns to last you months!

NOTE: Tricia will also be using MICRO BAR in her **Barre Above® Powered by Savvier Fitness** POST-CON on Sunday!!



BODY BAR BRAIN BODY BALANCE – with June Kahn

Choosing the right movement patterns along with having the necessary mental focus are key to proper sequential movement patterning. This patterning allows for improved brain function and enhanced functional body progressions that improve activities of daily living. Experience patterns and visual stimulation that challenge mind and body to cultivate balance -- physically and mentally. Learn the seven tips for mind/body balance, how visual stimulation can enhance motor response, and how to progress and add balance challenges to the movement patterns. Incorporate three drills that work with your students in a group setting. Introduces the new Body Bar MICRO BAR!

AND ALL CLASS BARS WILL BE ON SALE…come see us at the Booth!

April 27-29, 2018
Sheraton Hotel
Mesa, Arizona

www.fitnessfest.org/arizona