

2009 Bio and Workshop Descriptions

Juliane "Julz" Arney

Juliane "Julz" Arney, is a dance-fitness expert, choreographing over a dozen DVD programs for the consumer and instructor and creating premier class formats for global club chains like CRUNCH and 24 Hour Fitness. As the Lead Master Trainer for Schwinn® Cycling, Julz draws on her background in competitive athletics, and she rounds out her 20 years in the industry as an author, marketing consultant, and committed student of Yoga. ACE and AFAA certified.

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DANCE

dance del.icio.us: hip hop hits

Easy to follow steps-with-style, or choreography throw-down ready for YouTube? Both can work for your health club classes and both are del.icio.us! Let Julz put some KRUMP in your cardio! Then, get down to bizness with a "dance show worthy" routine that would make a preteen pick up the phone and vote. Teaching tips, choreography ideas and music resources included.

masterclass or workshop (.2/.1 ACE, 1.5/1.0 AFAA)

dance del.icio.us: boogie blend

From song to song we'll dance along, every one a hit. You'll master each, take home to teach, and it won't hurt a bit! Hip hop, Latin, Jazzy styles, Country, Disco, Pop. Turn up the volume on your moves and work it 'til you drop! Let Julz give you new ideas, and music sources too. A dozen dances in one blend are waiting here for you.

masterclass or workshop (.2/.1 ACE, 1.5/1.0 AFAA)

dance del.icio.us: cardio choreo

Let's bring back low-impact in an off the charts workout influenced by dance styles from here, there and everywhere! It's like a non-stop "cardio-smoothie" sure to satisfy the most demanding choreography connoisseur, complete with progressions and teaching tips to successfully deliver this classic calorie killer. *masterclass or workshop (.2/.1 ACE, 1.5/1.0 AFAA)*

dance totally 80's

Wham! Rick Springfield. Culture Club. Duran Duran. **C'mon 80's babies! Let's dance like we did back then.** The tempo was upbeat, and the song lyrics were fluff, but they made dancing completely cardio. Come learn simple but sweat-inducing routines to the 80's hits you love, each broken down in a way that's entertaining and painless to teach. These routines are perfect to use as the last song in any cardio-style class, or link them all together for your very own specialty workout. (master class only, no CECs)

YOGA

del.icio.us yog-ahh

Yoga is yummy for the body, mind and soul. And popular yoga teachers know how to turn their classes into cravings students' can't live without. In this workshop designed for group fitness instructors making the transition to yoga teachers, you'll learn six secrets that can make your next fitness yoga class a real treat, and experience a del.icio.us yoga workout just for you. *masterclass or workshop (.2/.1 ACE, 1.5/1.0 AFAA)*

the eight-step path™ for yoga class design

Known for creating simple systems that produce great moments in group exercise, Julz Arney now brings you The Eight-Step Path™ for assembling your fitness-focused Yoga class. This turnkey solution guarantees an engaging Yoga experience with easy-to-remember progressions, consistent flow, and plenty of variety. If you have a working knowledge of Yoga, but hesitate to take on a class of your own – *or if you just feel stale with the sequences you know* - come learn a method that will keep your health club Yogis fully satisfied while making class design quick and smart for you. (.2/.1 ACE, 2.0/1.5 AFAA)

come to the mat: yoga for fitness

Increase your strength and flexibility, calm your mind and breath stress away. In this strong, Vinyasa-Flow style, you'll be offered multiple options for each yoga pose to ensure you find the expression of the pose that's just right for your body...Challenging your edge, without crossing the line. Come to the mat, and leave your worries behind! (master class only, no CECs)

PROFESSIONAL DEVELOPMENT

digital music & technology: get up to speed!

As a group fitness instructor, have you kept up with the changes in music and technology, or does it feel like everyone around you is downloading new tunes daily, making their own mixes and manipulating their iPods to enhance their classes? Know you need to get there, but not sure where to start? This interactive lecture will give you the full rundown on what's available to you, how to get your hands on it, and answer your tech questions with live demonstrations so you can get up to speed! *Lecture (.2/.1 ACE, 2.0/1.5 AFAA)*

that's your CUE

Take your cueing from good to great with drills and tips to fine-tune cueing for any group exercise format that moves to music. Avoid pitfalls and expand your repertoire with ways to connect with each and every student. Julz draws on 18 years' teaching experience and a career training instructors and video stars to help you cue like a pro. (.2/.1 ACE, 2.0/1.5 AFAA)

KIDS

the kidz wanna dance!

Simple to teach, and way too much fun for kids to jam too, come learn five complete fitness dance routines for your 7-12 year-olds. Pop, swing, disco, hip hop and more, each routine is cardio-based but contains strength or fun activities camouflaged in with the grooves to keep kids motivated and sneak in a great workout! Minimal equipment, maximum fun. And, before you're done you'll have mastered a simple formula for creating dozens of these smashing dance numbers all on your own. (.2/.1 ACE, 2.0/1.5 AFAA)

SCHWINN® CYCLING

Schwinn® Cycling Instructor Training Course

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 taught by Schwinn® Lead Master Trainer, Julz Arney. You'll receive a detailed resource manual, certificate of course completion, and two power-packed master class formats you can use to start teaching right away. (.8 ACE CECs/7.25 AFAA CEUs)

Schwinn® Cycling: Get Smart

Don't be satisfied with "what" to do or not do in your indoor cycling classes, come explore "why", and then practice "how"! This workshop guides you through the top five current controversies in indoor cycling related to pedal speed, power, riding techniques, and more. You'll hear clear, research-based explanations and learn tangible drills you can use to answer the tough questions from your students and fellow instructors. *Especially designed for instructors who have not attended the Schwinn® Cycling Instructor Training Course.* (.2/.1 ACE, 2.0/1.5 AFAA)

Schwinn® Cycling: World Class Coaching

The best instructors know how to get the most out of their students' performance, and they make it look easy! This workshop reviews the characteristics of world class coaches and shows you how to apply these principles in your indoor cycling workouts to maximize your student's results and YOUR popularity as an instructor. Designed for instructors who use the Schwinn Cycling Coaching Pyramid and want to take their skills to the next level. (.2/.1 ACE, 2.0/1.5 AFAA)

Schwinn® Cycling: Make Your Mark

Good coaches aren't known by name, they're known by reputation...a reputation rooted in the ability to make a unique mark on each athlete's training experience. For indoor cycling instructors, embracing a personal trademark adds the finishing touch to each workout and makes your classes memorable. Come learn the Top 10 trademarks used by the Schwinn® Cycling Master Trainer Team, and discover a mark of your own to brand every class you teach. (.2/.1 ACE, 2.0/1.5 AFAA)

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 offers a new approach to class design, making it easy for you to develop great workouts in no time! Learn to compartmentalize and catalog “sets” based on intensity 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 workshop is for you. (.2/.1 ACE, 2.0/1.5 AFAA)

Schwinn® Cycling: Ride a Century!

The cycling “century,” 100 miles of pure endurance, is quickly becoming the new fund-raiser favorite for amateur riders! The thought of riding triple digits can be daunting, but your indoor cycling classes are perfectly suited to help students prepare to stay the course. In this workshop you’ll learn the key components of a century and walk away with two complete program designs, including class notes and music. (.2/.1 ACE, 2.0/1.5 AFAA)

Schwinn® Cycling: Music Magic

Music matters! And this workshop is designed to teach you where to find, how to choose, and how to use music in your classes to create rides that are motivating and inspiring beyond belief! From purchasing music online to playing amateur DJ with editing software, making class play lists in minutes to using your iPod in class, Music Magic will inform and inspire you to move in a digital direction. Come ready to unleash the power of your music and embrace the technology available to enhance every class you teach. (.2/.1 ACE, 2.0/1.5 AFAA)

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. Cycling instructors who practice or teach yoga will love this member-pleasing blend that can be done in the cycling studio. A tiered approach to the yoga section and thoughtful design for the ride ensure a truly integrated yoga/cycling experience. (.2/.1 ACE, 2.0/1.5 AFAA)

Schwinn® Cycling: InterACTION!

This workshop provides you with skills, drills, and clever tricks of the trade to create more interaction, motivation and teamwork in each cycling class without having to completely change the way you teach. Learn to create interactive moments that have purpose and power, and how to access them to be sure you meet your objectives. Take away new ideas to infuse your rides with energy that you can use with your students Monday morning. (.2/.1 ACE, 2.0/1.5 AFAA)

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 can expect world-class coaching, motivation, and incredible energy. Your master trainer will 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. (.2/.1 ACE, 2.0/1.5 AFAA)

Team Arney, Inc.
427 E. 17th Street, #491, Costa Mesa, CA 92627,
p: 949.872.5859 e: julzarney@cox.net w: www.julzarney.com