



# Virtual Training

With Sara Kooperman

 Lights  Camera  Action



**SCW**

SCW FITNESS EDUCATION  
[www.scwfit.com](http://www.scwfit.com)  
[www.sarakooperman.com](http://www.sarakooperman.com)  
[sjkooperman@gmail.com](mailto:sjkooperman@gmail.com)

# About SCW Fitness

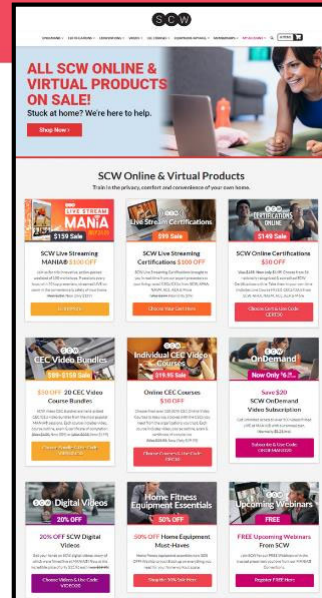
35 Years Strong!

SCW Fitness has been in business for over 35 years and is the largest provider of continuing education conferences in the world, focusing on Group Fitness and Personal Training with an emphasis on execution, leadership, and management.

- 75,000+ organic emails
- 62,000 cell phone numbers
- 8,000 annual convention attendees
- 90% female audience
- 300,000 organic virtual reaches
- 7 annual live conventions held in major U.S. cities
- 3 streaming conventions annually
- 74% GX / 60% PTs / 27% owners & managers

# scwfit.com/Online

Live Streaming and Online Sale



# 10 MANIA® Fitness Pro Conventions



DC MANIA®  
February



CALIFORNIA MANIA®  
March



FLORIDA MANIA®  
May



ATLANTA MANIA®  
July



DALLAS MANIA®  
August



MIDWEST MANIA®  
October



BOSTON MANIA®  
December



LIVE STREAM MANIA®  
April/ June / Sept



# Live Stream MANIA®



1,125  
Online Attendees



150  
Sessions



70  
Presenters



16  
Sponsors

LIVE STREAM MANIA		A	B	C	D	E	F	G	H	I		
PRE-CON CERTIFICATIONS		PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	PRE-CON CERTIFICATIONS	Download & Print The Schedule Here >>>
FRIDAY, JULY 24	FR1	10:00am-10:30am EST 10:00am-9:30am CST 10:00am-9:30am PST	Weight Free Endurance Workout Howard Download: 10:00am-10:30am EST	Lakshmi Fitness: Endless The New Normal Van Ansel Download: 10:00am-10:30am EST	Prinos on the Ball Mat, Stability Ball Download: 10:00am-10:30am EST	HIIT for All Katie Download: 10:00am-10:30am EST	Extreme HIIT CX McConnell Download: 10:00am-10:30am EST	Agua Aquatic Certification Aqua Aerobics Download: 10:00am-10:30am EST	Nutrition Coaching For Fitness Pros Download: 10:00am-10:30am EST	Techniques to Engage Your Life Anastasia Download: 10:00am-10:30am EST	Live Streaming Like a Boss E. Williams Download: 10:00am-10:30am EST	FR1
	FR2	10:35am-11:05am EST 10:35am-10:05am CST 10:35am-10:05am PST	Unleashing Your Body Workout Howard Download: 10:35am-11:05am EST	Active Aging Chair Yoga Kempson Download: 10:35am-11:05am EST	Heart Party Yoga: Cardio Flow Download: 10:35am-11:05am EST	Balance & Power-Training Active Flow Download: 10:35am-11:05am EST	Hiit for All Katie Download: 10:35am-11:05am EST	Agua Aquatic Certification Aqua Aerobics Download: 10:35am-11:05am EST	Nutrition Coaching For Fitness Pros Download: 10:35am-11:05am EST	Techniques to Engage Your Life Anastasia Download: 10:35am-11:05am EST	Live Streaming Like a Boss E. Williams Download: 10:35am-11:05am EST	FR2
	FR3	12:10pm-12:40pm EST 12:10pm-12:40pm CST 12:10pm-12:40pm PST	Training for Endurance Howard Download: 12:10pm-12:40pm EST	MARSDP: MindBody Aptiva & Strength, HIIT Class Download: 12:10pm-12:40pm EST	Medical Movement for Blue Yoga Download: 12:10pm-12:40pm EST	Soal Yoga Kempson Download: 12:10pm-12:40pm EST	Hiit for All Katie Download: 12:10pm-12:40pm EST	Agua Aquatic Certification Aqua Aerobics Download: 12:10pm-12:40pm EST	Nutrition Coaching For Fitness Pros Download: 12:10pm-12:40pm EST	Techniques to Engage Your Life Anastasia Download: 12:10pm-12:40pm EST	Live Streaming Like a Boss E. Williams Download: 12:10pm-12:40pm EST	FR3
	VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST - 12:25pm-1:05pm CST - 11:15am-12:05pm PT											
	FR4	12:50pm-2:30pm EST 12:50pm-2:30pm CST 12:50pm-12:05pm PST	Take Your Spine Sofia Download: 12:50pm-2:30pm EST	Coach by Color with Myriam Fitzpatrick Download: 12:50pm-2:30pm EST	Tai Chi + Yoga + Bamboo Fusion Renee Download: 12:50pm-2:30pm EST	LIVE HIIT Workout Download: 12:50pm-2:30pm EST	Agua Aquatic Certification Aqua Aerobics Download: 12:50pm-2:30pm EST	Nutrition Coaching For Fitness Pros Download: 12:50pm-2:30pm EST	Techniques to Engage Your Life Anastasia Download: 12:50pm-2:30pm EST	Live Streaming Like a Boss E. Williams Download: 12:50pm-2:30pm EST	FR4	
	FR5	3:40pm-4:55pm EST 3:40pm-3:55pm CST 3:40pm-3:55pm PST	The Ultimate Fitness Equation Download: 3:40pm-4:55pm EST	Resistance Training - Essentials to Work Management Download: 3:40pm-4:55pm EST	Beige Core Download: 3:40pm-4:55pm EST	Spine Flexibility for a 30 Life M. Williams Download: 3:40pm-4:55pm EST	Agua Aquatic Certification Aqua Aerobics Download: 3:40pm-4:55pm EST	Nutrition Coaching For Fitness Pros Download: 3:40pm-4:55pm EST	Techniques to Engage Your Life Anastasia Download: 3:40pm-4:55pm EST	Live Streaming Like a Boss E. Williams Download: 3:40pm-4:55pm EST	FR5	
FR6	5:10pm-6:30pm EST 5:10pm-5:30pm CST 5:10pm-5:30pm PST	Pushing Movement for Virtual Class & Member Download: 5:10pm-6:30pm EST	Walking the Fine Line Download: 5:10pm-6:30pm EST	Vertically Fit Download: 5:10pm-6:30pm EST	Yoga Sculpt - Bridging Yoga & Meditation Download: 5:10pm-6:30pm EST	Agua Aquatic Certification Aqua Aerobics Download: 5:10pm-6:30pm EST	Nutrition Coaching For Fitness Pros Download: 5:10pm-6:30pm EST	Techniques to Engage Your Life Anastasia Download: 5:10pm-6:30pm EST	Live Streaming Like a Boss E. Williams Download: 5:10pm-6:30pm EST	FR6		
SATURDAY, JULY 25	SA1	10:00am-10:30am EST 10:00am-9:30am CST 10:00am-9:30am PST	The Cognitive Base Download: 10:00am-10:30am EST	Yoga for Healthy Backs Download: 10:00am-10:30am EST	Strength Training for Longevity & Vitality Download: 10:00am-10:30am EST	Agua Aquatic Certification Aqua Aerobics Download: 10:00am-10:30am EST	Nutrition Coaching For Fitness Pros Download: 10:00am-10:30am EST	Techniques to Engage Your Life Anastasia Download: 10:00am-10:30am EST	Live Streaming Like a Boss E. Williams Download: 10:00am-10:30am EST	SA1		
	SA2	10:35am-11:05am EST 10:35am-10:05am CST 10:35am-10:05am PST	The Fit Pro Model: "Cash Cow" Download: 10:35am-11:05am EST	Flexibility for the Inflexible Download: 10:35am-11:05am EST	AAI Download: 10:35am-11:05am EST	Agua Aquatic Certification Aqua Aerobics Download: 10:35am-11:05am EST	Nutrition Coaching For Fitness Pros Download: 10:35am-11:05am EST	Techniques to Engage Your Life Anastasia Download: 10:35am-11:05am EST	Live Streaming Like a Boss E. Williams Download: 10:35am-11:05am EST	SA2		
	SA3	12:10pm-12:40pm EST 12:10pm-12:40pm CST 12:10pm-12:40pm PST	Mobility, Motor Download: 12:10pm-12:40pm EST	Myers' Squared Backway Download: 12:10pm-12:40pm EST	Tai Chi for Women & Recovery Download: 12:10pm-12:40pm EST	Training the Active Aging Female Download: 12:10pm-12:40pm EST	Agua Aquatic Certification Aqua Aerobics Download: 12:10pm-12:40pm EST	Nutrition Coaching For Fitness Pros Download: 12:10pm-12:40pm EST	Techniques to Engage Your Life Anastasia Download: 12:10pm-12:40pm EST	Live Streaming Like a Boss E. Williams Download: 12:10pm-12:40pm EST	SA3	
VIRTUAL EXPO BREAK: 1:25pm-2:05pm EST - 12:25pm-1:05pm CST - 11:15am-12:05pm PT												
SA4	12:50pm-2:30pm EST 12:50pm-2:30pm CST 12:50pm-12:05pm PST	30 Minute Chair Circuit Download: 12:50pm-2:30pm EST	Lakshmi Fitness: Fitness Day Download: 12:50pm-2:30pm EST	Hot Body Roll Download: 12:50pm-2:30pm EST	Barre Right Download: 12:50pm-2:30pm EST	Agua Aquatic Certification Aqua Aerobics Download: 12:50pm-2:30pm EST	Nutrition Coaching For Fitness Pros Download: 12:50pm-2:30pm EST	Techniques to Engage Your Life Anastasia Download: 12:50pm-2:30pm EST	Live Streaming Like a Boss E. Williams Download: 12:50pm-2:30pm EST	SA4		
SA5	3:40pm-4:55pm EST 3:40pm-3:55pm CST 3:40pm-3:55pm PST	Open Family Download: 3:40pm-4:55pm EST	The Warrior Workout Download: 3:40pm-4:55pm EST	Power of the Pelvic Floor Download: 3:40pm-4:55pm EST	Training Older Clients with Chronic Pain Download: 3:40pm-4:55pm EST	Agua Aquatic Certification Aqua Aerobics Download: 3:40pm-4:55pm EST	Nutrition Coaching For Fitness Pros Download: 3:40pm-4:55pm EST	Techniques to Engage Your Life Anastasia Download: 3:40pm-4:55pm EST	Live Streaming Like a Boss E. Williams Download: 3:40pm-4:55pm EST	SA5		
SA6	5:10pm-6:30pm EST 5:10pm-5:30pm CST 5:10pm-5:30pm PST	Build a Better Butt Download: 5:10pm-6:30pm EST	Resistance Training for Active Aging Download: 5:10pm-6:30pm EST	Drinking the Mind Modification Download: 5:10pm-6:30pm EST	Recovery: The Forgotten Variable Download: 5:10pm-6:30pm EST	Agua Aquatic Certification Aqua Aerobics Download: 5:10pm-6:30pm EST	Nutrition Coaching For Fitness Pros Download: 5:10pm-6:30pm EST	Techniques to Engage Your Life Anastasia Download: 5:10pm-6:30pm EST	Live Streaming Like a Boss E. Williams Download: 5:10pm-6:30pm EST	SA6		
SUNDAY, JULY 26	SU1	10:00am-10:30am EST 10:00am-9:30am CST 10:00am-9:30am PST	Developed Steps for All Ages Download: 10:00am-10:30am EST	Competition Prep Download: 10:00am-10:30am EST	Barre Day Download: 10:00am-10:30am EST	Agua Aquatic Certification Aqua Aerobics Download: 10:00am-10:30am EST	Nutrition Coaching For Fitness Pros Download: 10:00am-10:30am EST	Techniques to Engage Your Life Anastasia Download: 10:00am-10:30am EST	Live Streaming Like a Boss E. Williams Download: 10:00am-10:30am EST	SU1		
	SU2	10:35am-11:05am EST 10:35am-10:05am CST 10:35am-10:05am PST	Resistance Training: Science Download: 10:35am-11:05am EST	MARSDP: MindBody Aptiva & Strength, HIIT Class Download: 10:35am-11:05am EST	Wellness: The Forgotten Variable Download: 10:35am-11:05am EST	Performance Circuit Training Download: 10:35am-11:05am EST	Agua Aquatic Certification Aqua Aerobics Download: 10:35am-11:05am EST	Nutrition Coaching For Fitness Pros Download: 10:35am-11:05am EST	Techniques to Engage Your Life Anastasia Download: 10:35am-11:05am EST	Live Streaming Like a Boss E. Williams Download: 10:35am-11:05am EST	SU2	
	SU3	12:10pm-12:40pm EST 12:10pm-12:40pm CST 12:10pm-12:40pm PST	Special Art Download: 12:10pm-12:40pm EST	Circle & Square Fitness Download: 12:10pm-12:40pm EST	Lakshmi Fitness: Yoga, Pilates Download: 12:10pm-12:40pm EST	Barre Download: 12:10pm-12:40pm EST	Agua Aquatic Certification Aqua Aerobics Download: 12:10pm-12:40pm EST	Nutrition Coaching For Fitness Pros Download: 12:10pm-12:40pm EST	Techniques to Engage Your Life Anastasia Download: 12:10pm-12:40pm EST	Live Streaming Like a Boss E. Williams Download: 12:10pm-12:40pm EST	SU3	
	SU4	12:50pm-2:30pm EST 12:50pm-12:05pm CST 12:50pm-12:05pm PST	The Active Approach to Program Design Download: 12:50pm-2:30pm EST	The Art of 12 Download: 12:50pm-2:30pm EST	Yoga Flow - Soothe the Back Download: 12:50pm-2:30pm EST	Barre Download: 12:50pm-2:30pm EST	Agua Aquatic Certification Aqua Aerobics Download: 12:50pm-2:30pm EST	Nutrition Coaching For Fitness Pros Download: 12:50pm-2:30pm EST	Techniques to Engage Your Life Anastasia Download: 12:50pm-2:30pm EST	Live Streaming Like a Boss E. Williams Download: 12:50pm-2:30pm EST	SU4	

# Health & Fitness Business Summit

At Every MANIA® Location

**CALIFORNIA BUSINESS SUMMIT**  
March

**DALLAS BUSINESS SUMMIT**  
August

**ATLANTA BUSINESS SUMMIT**  
July

**FLORIDA BUSINESS SUMMIT**  
May

**DC BUSINESS SUMMIT**  
February

**BOSTON BUSINESS SUMMIT**  
December

**MIDWEST BUSINESS SUMMIT**  
October

**LIVE STREAM BUSINESS SUMMITS**  
April / June / Sept

**HEALTH & FITNESS BUSINESS SUMMIT**



- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- T'AI CHI
- WATERINMOTION®
- WEIGHT MANAGEMENT
- YOGA I & II



# LIVE STREAM CERTIFICATIONS

## 35+ NATIONALLY RECOGNIZED CERTIFICATIONS FROM THE COMFORT & CONVENIENCE OF HOME.

[www.scwfit.com/online](http://www.scwfit.com/online)









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(Norm. \$8.25 month or \$99/year)

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500+


Educational Videos

150+

Leading Presenters

20+

Fitness & Health Topics Available



# On Demand

[www.scwfit.com/online](http://www.scwfit.com/online)

## SCW OnDemand

Always On.

SCW OnDemand is an extensive premium video subscription service that puts instant access to over 500 unique workouts right at your fingertips, 24/7. Available on your computer or mobile device, this exciting collection grows every MANIA as our sessions are filmed live with the top Fitness Industry Presenters. [www.scwfit.com/OnDemand](http://www.scwfit.com/OnDemand)



# ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

## Online CEC Videos

Earn CECs at Home.

SCW CEC Online Video Courses allows you to gain continuing education credits (CECs) while broadening your fitness skills. Accepted by SCW, ACE, AFAA, NASM, ACSM, AEA, NFPT and other organizations, these courses include 24/7 streaming videos (filmed live at conventions), power point presentations, exams and downloadable certificates of completion. [www.scwfit.com/CECs](http://www.scwfit.com/CECs)



**Exercise & Aging**  
Best Practice Programming  
With Sara Koopman, JD



**Tab-aqua Bootcamp**  
With Jill Howard



**Barre Defined**  
With Abbie Appel



**E.S.P. 123:**  
Performance Circuit Training  
With Irene Lewis-McCormick, MS, CECs



**Metabolism Makeover**  
With Schella Dupuy, STIX, LD



**Dynamic Anatomy**  
With Peter McCall, MS



**Flowing Yoga**  
for Chakra Balancing  
With Marissa Delaney



**Relax & Restore**  
Foam Roller Training  
With Irene Lewis-McCormick, MS, CECs




**Aquatic Kickboxing:**  
Out of the Box  
With Patricia Lopez, PhD

140+

More Videos

[scwfit.com/CECs](http://scwfit.com/CECs)



Enjoy this one-of-a-kind educational series on how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level. Perfect for the novice instructor or professional presenter and everyone in between. Leave with a blueprint for successful execution of all you're online, virtual programming.

SATURDAY \* SEPT 12 \* 10am-2pm EST

[www.scwfit.com/online](http://www.scwfit.com/online)

# Virtual Training Certification

Lights

Camera

Action

[www.TrainWithTheTrainers.com](http://www.TrainWithTheTrainers.com)



We're bringing the world's finest trainers directly to you by offering real-time classes through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home.



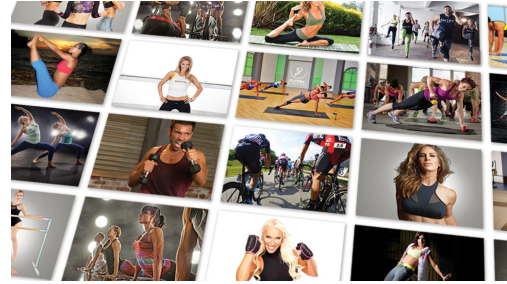
## Upon Return – Live & OnDemand

- There is no NEW NORMAL
- It is just NEW
- Look at benefits of Plague
  - Longer Life Spans
  - Paved Streets
  - Plumbing
  - Transportation – trade
  - Produce, goods services
  - Government influence increased
    - Control food prices, women could wear expensive clothing



## Session Description

- Learn impactful tips on how to engage with your virtual audience. Review everything from sign-ups to send offs. Lighting, cameras, music, and more. Review the systems and financial set-up to survive this pandemic and succeed long into the future.



water  motion 

## Topics for discussion

- Launch & integration techniques for a virtual platform
- Set-up & training your GX & PT teams for success
- System strategies
- Pricing approaches

Success  Demand



## Influence of Group Exercise

- Realization that Group Fitness is the heart & soul of a facility
  - They were the 1<sup>st</sup> to connect
  - Didn't realize the pandemic would last
- Personal Trainers are PERSONAL – loyalty ?
- Retain our Influencers?
- How do we get them back?



water  motion

SCW

## Connect

- Email. Text. Call. Handwritten note.
- Put up short videos (free)
- Testimonials
- Members Connections
  - Use Video (30 seconds)
  - Use Influencers (staff & members)



SCW

## Remind them why they should COME BACK

- Physical Qualities of facility
  - Emphasize cleanliness & safety
  - Fitness builds immunities
- Sense of Belonging
  - Replace FOGO with FOMO
  - Fear Of Going Ot
  - Fear Of Missing Ot



## Set-up OnDemand Classes

- Are they FREE or do we charge
  - Purchase outside source
  - Local/Favorite Instructor
- Instructor Driven – Facebook?
- Always provide & build “value”
- Begin to charge NOW!



## Internet Connection

- Direct Plug-In to Router
- WIFI (Google Wifi or Router)
- Check the speed of your WIFI
- Close all essential applications
- Limit amount of devices in the house
- Scare your family!

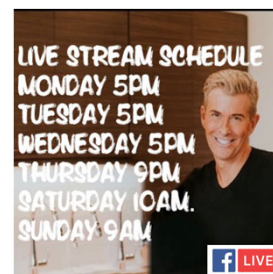


## Online is not FREE

- Set a Schedule
  - Watch Local Governor's Postings
  - Be ready to adjust
- Let your clients know the schedule
  - Publish on site & social media – Sunday
  - Email the schedule / or Text
- If you were FREE
  - Remind them of reason for transition
  - Set a time ... let them plan and consider

GROUP FITNESS SCHEDULE		July 20th - August 2nd	
Day	Time	Activity	Location
Monday	5:00 PM	Group Fitness	Community Center
Tuesday	5:00 PM	Group Fitness	Community Center
Wednesday	5:00 PM	Group Fitness	Community Center
Thursday	9:00 AM	Group Fitness	Community Center
Friday	10:00 AM	Group Fitness	Community Center
Saturday	10:00 AM	Group Fitness	Community Center
Sunday	9:00 AM	Group Fitness	Community Center

\*Sessions with an "X" are included in the Monthly fee.  
 \*Sessions with an "X" are included in the Group Cycling fee.  
 Legend: Green = Group Fitness, Yellow = Group Cycling, Red = Other



### inVIVO 2020 JULY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FITNESS HIIT CLASS</b> Sat. 8:00 am Twin Falls		<b>FITNESS HIIT CLASS</b> Sun. 8:00 am Cotton	<b>YOGA Chair Yoga</b> Sun. 8:00 am Cotton	<b>FITNESS HIIT CLASS</b> Sat. 8:00 am Twin Falls		
			<b>FITNESS Power Yoga</b> Mon. 11:00 am Twin Falls		<b>FITNESS Specialty Circuit</b> Sun. 8:00 am Twin Falls	<b>YOGA Vinyasa Flow</b> Sun. 11:00 am Lakota
	<b>YOGA for Body, Mind &amp; Spirit</b> Mon. 10:00 am Twin Falls	<b>YOGA Chair Yoga</b> Tue. 10:00 am Cotton	<b>YOGA Hatha Flow</b> Wed. 11:00 am Twin Falls	<b>FITNESS 90 / 30</b> Thu. 11:00 am Twin Falls	<b>YOGA for Body, Mind &amp; Spirit</b> Fri. 10:00 am Lakota	
	<b>YOGA Hatha Flow</b> Tue. 10:00 am Lakota	<b>YOGA Yoga Sculpt</b> Wed. 10:00 am Cotton				
<b>FITNESS HIIT CLASS</b> Sat. 8:00 am Twin Falls	<b>FITNESS HIIT CLASS</b> Sun. 8:00 am Cotton		<b>FITNESS HIIT CLASS</b> Sat. 8:00 am Twin Falls			

2060 N. Humboldt Ave., Milwaukee, WI 53212 • inVivoWellness.com • 414-265-5405 • REGISTER Here! /inVivo-register

### WORLD GYM MT. GRAVATT VIRTUAL TIMETABLE

FREE BOXING AND GROUP FITNESS STUDIO USE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
1:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
2:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
3:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
4:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
5:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
6:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
7:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
8:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
9:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
10:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
11:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS

NAME AND CHECKOUT ARE SUBJECT TO CHANGE WITHOUT NOTICE. ALL CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

### WORLD GYM LIVE TIMETABLE

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
1:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
2:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
3:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
4:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
5:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
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9:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
10:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS
11:00	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS	GROUP FITNESS

FREE BOXING AND GROUP FITNESS STUDIO USE

### Group Fitness Schedule - Zoom/Live

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:30-9:00 <b>ABS/Conditioning</b> Kathryn ID 875 3880 8560 Live in Studio		8:15-9:00 <b>Embodied Resilience Yoga</b> Paid ID 838 1869 0160	8:30-9:00 <b>Pound</b> ID 814 9298 1422	8:30-9:00 <b>ABS/Conditioning</b> Jessica ID 827 4813 2848		
9:10-9:55 <b>Zumba</b> Jessica ID 831 5875 0766	9:10-9:55 <b>Muscle Mania</b> Paid ID 821 3715 2594	9:10-9:40 <b>Tabata</b> Kathryn ID 827 3516 5972 Live in Studio	9:10-9:55 <b>Cardio Sculpt</b> Jessica ID 835 4006 4388	9:10-9:55 <b>Gentle Yoga</b> Jessica ID 865 2216 8959		
10:00-10:45 <b>Dynamic Yoga</b> Paid ID 838 4091 5579	10:00-10:45 <b>Yin Yoga</b> Jenn ID 819 5678 2416	10:00-10:45 <b>Vinyasa Yoga</b> Jenn ID 821 2618 1567	10:00-10:45 <b>Restorative Yoga</b> Jenn ID 879 5479 7292		Studio Classes will be Simulcast on Zoom	

### VIRTUAL WORKOUTS CARLISLE FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am BOOTCAMP with Anna (60 minutes)	10am BOOTCAMP with Anna (60 minutes)	10am BOOTCAMP with Anna (60 minutes)	11am BOOTCAMP with Anna (60 minutes)	11am BOOTCAMP with Anna (60 minutes)	11am BOOTCAMP with Anna (60 minutes)	11am BOOTCAMP with Anna (60 minutes)
2pm ZUMBA with Brooke (55 minutes)	2pm ZUMBA with Brooke (55 minutes)	2pm ZUMBA with Brooke (55 minutes)	3pm ZUMBA with Brooke (55 minutes)	3pm ZUMBA with Brooke (55 minutes)	3pm ZUMBA with Brooke (55 minutes)	3pm ZUMBA with Brooke (55 minutes)
5:30pm HIIT with Brooke (55 minutes)	5:30pm HIIT with Brooke (55 minutes)	5:30pm HIIT with Brooke (55 minutes)	6:30pm HIIT with Brooke (55 minutes)	6:30pm HIIT with Brooke (55 minutes)	6:30pm HIIT with Brooke (55 minutes)	6:30pm HIIT with Brooke (55 minutes)
7pm FULL BODY with Brooke (60 minutes)	7pm FULL BODY with Brooke (60 minutes)	7pm FULL BODY with Brooke (60 minutes)	8pm FULL BODY with Brooke (60 minutes)	8pm FULL BODY with Brooke (60 minutes)	8pm FULL BODY with Brooke (60 minutes)	8pm FULL BODY with Brooke (60 minutes)
8:30pm ZUMBA with Brooke (55 minutes)	8:30pm ZUMBA with Brooke (55 minutes)	8:30pm ZUMBA with Brooke (55 minutes)	9:30pm ZUMBA with Brooke (55 minutes)	9:30pm ZUMBA with Brooke (55 minutes)	9:30pm ZUMBA with Brooke (55 minutes)	9:30pm ZUMBA with Brooke (55 minutes)
11am GRIT with Anna (60 minutes)	11am GRIT with Anna (60 minutes)	11am GRIT with Anna (60 minutes)	12pm GRIT with Anna (60 minutes)	12pm GRIT with Anna (60 minutes)	12pm GRIT with Anna (60 minutes)	12pm GRIT with Anna (60 minutes)
1:30pm GRIT with Anna (60 minutes)	1:30pm GRIT with Anna (60 minutes)	1:30pm GRIT with Anna (60 minutes)	2:30pm GRIT with Anna (60 minutes)	2:30pm GRIT with Anna (60 minutes)	2:30pm GRIT with Anna (60 minutes)	2:30pm GRIT with Anna (60 minutes)
3:30pm GRIT with Anna (60 minutes)	3:30pm GRIT with Anna (60 minutes)	3:30pm GRIT with Anna (60 minutes)	4:30pm GRIT with Anna (60 minutes)	4:30pm GRIT with Anna (60 minutes)	4:30pm GRIT with Anna (60 minutes)	4:30pm GRIT with Anna (60 minutes)
5:30pm GRIT with Anna (60 minutes)	5:30pm GRIT with Anna (60 minutes)	5:30pm GRIT with Anna (60 minutes)	6:30pm GRIT with Anna (60 minutes)	6:30pm GRIT with Anna (60 minutes)	6:30pm GRIT with Anna (60 minutes)	6:30pm GRIT with Anna (60 minutes)
7:30pm GRIT with Anna (60 minutes)	7:30pm GRIT with Anna (60 minutes)	7:30pm GRIT with Anna (60 minutes)	8:30pm GRIT with Anna (60 minutes)	8:30pm GRIT with Anna (60 minutes)	8:30pm GRIT with Anna (60 minutes)	8:30pm GRIT with Anna (60 minutes)
9:30pm GRIT with Anna (60 minutes)	9:30pm GRIT with Anna (60 minutes)	9:30pm GRIT with Anna (60 minutes)	10:30pm GRIT with Anna (60 minutes)	10:30pm GRIT with Anna (60 minutes)	10:30pm GRIT with Anna (60 minutes)	10:30pm GRIT with Anna (60 minutes)
11:30pm GRIT with Anna (60 minutes)	11:30pm GRIT with Anna (60 minutes)	11:30pm GRIT with Anna (60 minutes)	12:30pm GRIT with Anna (60 minutes)	12:30pm GRIT with Anna (60 minutes)	12:30pm GRIT with Anna (60 minutes)	12:30pm GRIT with Anna (60 minutes)

### July Timetable with Classes Livestream:

- Monday 5pm - Zumba
- Tuesday 10am - Zumba Gold (Low Impact)
- Wednesday 10am - Zumba Toning
- Friday 10am - Zumba Step

All Classes on-line available on demand everyday

### OUTDOORS:

- Wednesday 6:30 pm - Millbrook - Zumba
- Thursday 10am - Millbrook Park - Zumba Gold
- Thursday 6:30pm - Millbrook - Zumba Toning
- Saturday 10 am - Millbrook Park - Zumba

### GROUP FITNESS

MONDAY - FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:30pm	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm	12:00-12:30pm
1:00-1:30pm	1:00-1:30pm	1:00-1:30pm	1:00-1:30pm	1:00-1:30pm
2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm
3:00-3:30pm	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm
5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm
6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm
7:00-7:30pm	7:00-7:30pm	7:00-7:30pm	7:00-7:30pm	7:00-7:30pm
8:00-8:30pm	8:00-8:30pm	8:00-8:30pm	8:00-8:30pm	8:00-8:30pm
9:00-9:30pm	9:00-9:30pm	9:00-9:30pm	9:00-9:30pm	9:00-9:30pm
10:00-10:30pm	10:00-10:30pm	10:00-10:30pm	10:00-10:30pm	10:00-10:30pm
11:00-11:30pm	11:00-11:30pm	11:00-11:30pm	11:00-11:30pm	11:00-11:30pm

# Digital solutions for sign-ups (OnDemand)

- Forte <https://www.forte.net/index>
- Virtuagym <https://business.virtuagym.com/>
- Gympass <https://www.gympass.com/us>
- Mindbody <https://www.mindbodyonline.com/>
- FitGrid <https://www.fitgrid.com>
- Virtuagym <https://business.virtuagym.com/>
- Uscreen <https://www.uscreen.tv/>
- Teachable <https://teachable.com/>
- Uscreen <https://www.uscreen.tv/>
- Yondo <https://www.yondo.com/>
- Classfit <https://www.getclassfit.com>
- Vimeo <https://vimeo.com/>
- YouTube <https://www.youtube.com/>
- Facebook Live





### Ring Light

- Purpose
  - Desk
  - Studio
- Camera
- Height
- Angle

**BALL HEAD HOT SHOE & PHONE HOLDER**  
Compatible with most DSLR cameras and smartphone within 2.16

DSLR Camera MOBILE PHONE

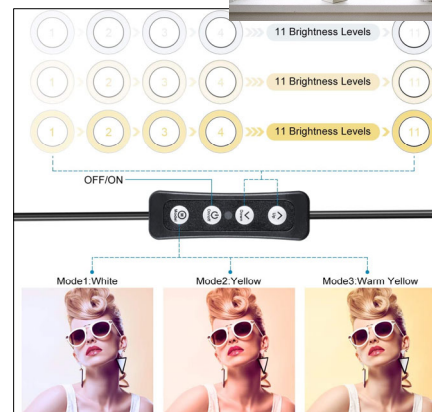
## Studio Lighting

- Size of Room
- Green Screen?
- Extension Cords
- Lumens
- Color



## Lighting

- From the Front
- Natural Light
- Check your brightness
- Check your color
- No back light - covering



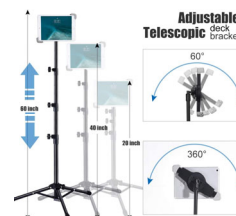
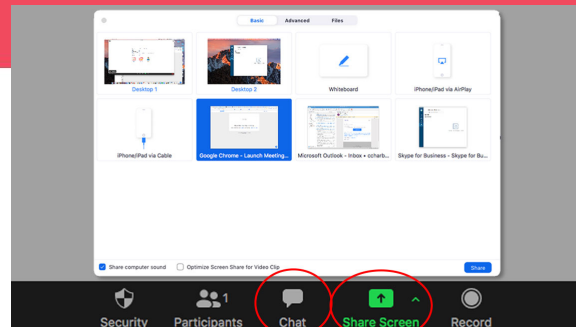
## Cameras

- Camera unnecessary
- Ipad
- Iphone
- Computer
- Stand



## Filming a group

- Alone or with others
- Remind Social Distancing
- Include the Group
  - Talk to the Group
  - Bring people on
  - Look who is joining
  - Use names of virtual attendees
- Someone in Charge of Camera
- Get Help



## Camera & Stands



## AirPods Pro as microphones

- Noise Cancelling
- Integration with computer or portable device
- Multi-function
- Falling out?
- One in - disconnect from zoom
- Must RECHARGE!





## Wireless Headset Microphone

- Visible
- Skin tone
- Plug (adaptors)
- Compatibility
- [KIMAFUN Skintone Mic](#) (\$59)
  - Blue Tooth
  - Plug piece into Computer Audio input



water in motion SCW

## Speakers

- Bluetooth Speaker
- Portable/Case
- Waterproof
- \$99 Bose
- \$12.50 for charger
- Look at space
- Hours of playtime



water in motion SCW

## Sound System

- Portability
- Weight
- Height
- Wheels
- Wireless Mic
- Music input
- Volume Output



## MAKE SURE YOU CAN RETURN IT!!

- Can you Return
- Full Refund
- Warranties – product & service
- Reputation
- Always review
- Meet face-to-face or Zoom
- Get names & numbers
- Extended Warranties
  - Parts & Labor



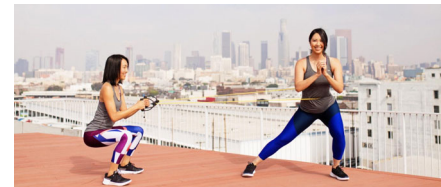
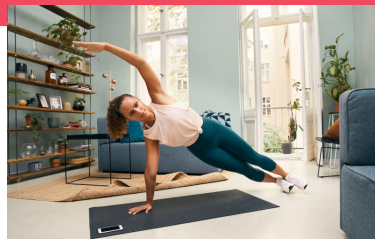
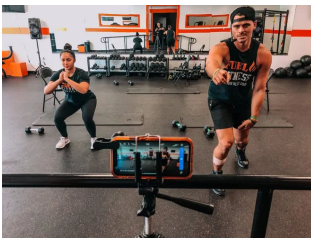
## Clothing

- Simple & Clean
- No Patterns
- Make sure you can move
- Google what you like & copy
- Take a selfie
- Film yourself & check



water in motion SCW

## Backdrop/ background



water in motion SCW

## Outdoor Workouts

- Governmental Regulations
- Insurance
- Landlord
- Neighbors
- Ground
  - Edge of Golf Course
  - Backyards
  - Dogs? Bugs?
- Visibility
  - Student Preference



## Capacity – Indoor & Outdoor

- Tents
- PVC Pipes
- Ballet Barres
- Obstacle Courses
- Heat Index
- Humidity
- Timing – morning vs evening
- ALWAYS 6 ft apart (even if it doesn't look like it!)



# Parking Lot Workouts





## Payment for Services Rendered

- Membership Structure
  - Live Membership
  - Streaming Membership
  - Online Recorded Membership
  - Combination of all 3
- Personal Instructor Classes
  - Donations
    - Paypal, Venmo, Square, Stripe
  - Contributions for Professional Services
  - Charge with set-up fee




## Membership CHARGING

- \$59 Platinum
  - Live
  - Streaming
  - OnDemand
  - 2 Free PT Sessions
- \$49 Gold
  - Live
  - Streaming
  - 1 Free PT Session
- \$39 Silver
  - Streaming
  - OnDemand
- \$29 Basic
  - OnDemand

- Insider \* VIP\* Elite
- Starter \* Extra \* Excel
- Standard \* Performance\* Exec

### MEMBERSHIP OPTIONS

	Access	Enhanced	Team Training	Personalized Coaching
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
✓	✓	✓	✓	✓
		✓	✓	✓
			✓	✓*
				✓
SELECT	SELECT	SELECT	SELECT	SELECT




## ARE YOU READY, VENICE?

BEFORE YOUR FIRST WORKOUT  
Read & Accept the New Code of Conduct

All Members are required to sign & update their Code of Conduct prior to their first workout. **Accepting now will help minimize contact and crowding at the front desk.**

[Read & Accept the Code of Conduct](#)



YOUR SAFETY IS OUR #1 GOAL

SEE CLUB FOR JOINING DETAILS

	BEST VALUE GOLD Month-To-Month <b>\$21.99/MO.</b> <small>PLUS \$1 startup fee</small>	EXPRESS Month-To-Month <b>\$9.99/MO.</b> <small>PLUS \$1 startup fee</small>
Free Weights	✓	✓
Weight Machines	✓	✓
Cardio Equipment	✓	✓
2 FREE Personal Training Sessions	✓	✓
Free Tanning	✓	
Free Massage	✓	
UNLIMITED Guest Privileges (1 per visit)	✓	
FREE Group Exercise Classes	✓	
Free Multi-club Access to all 7 Locations	✓	
Free Kids Club (2 Kids Included)	✓	
Free Travel Pass (Outside 50 miles)	✓	
FREE Gold's Gym T-Shirt	✓	
FREE Gold's Gym "Gold" Key Tag	✓	
Pool Access (Willow Lawn)	✓	

Amenities and hours vary by location. Annual fees apply. See club for details.

**OPEN 24/7**



## BASIC FITNESS

# \$29<sup>99</sup>

PER MONTH

ONE TIME ENROLLMENT FEE \$99

**JOIN TODAY**



BEST VALUE

## VIP MEMBERSHIP

# \$49<sup>99</sup>

PER MONTH

ONE TIME ENROLLMENT FEE \$99

**JOIN TODAY**

### MEMBER BENEFITS

- ↑ One FREE CROSSFIT Demo Workout
- ↑ Unlimited Facility Use
- ↑ FREE Towel Service
- ↑ All Weight Training and Cardio Equipment
- ↑ Cardio Cinema Movie Room
- ↑ Gold's Gym Travel Program

### MEMBER BENEFITS

- ↑ UNLIMITED GROUP EXERCISE CLASSES AND SPINNING!
- ↑ Including: BodyPump, BodyCombat, BodyFlow, BodyAttack, BodyVive, Zumba, CXWORX, Body Blast, RPM Cycle-Spinning, Silver Sneakers and more
- ↑ Two FREE Personal Training Sessions with a Certified Trainer
- ↑ One FREE Holistic Health Consultation with a Lifestyle Coach
- ↑ One FREE Consultation with our Physical Therapist
- ↑ One FREE Chiropractic Health Screening
- ↑ One FREE Tanning Session
- ↑ One FREE Personal Training with a Certified Trainer
- ↑ One FREE CROSSFIT Demo Workout
- ↑ Unlimited Facility Use
- ↑ FREE Towel Service
- ↑ All Weight Training and Cardio Equipment
- ↑ Cardio Cinema Movie Room
- ↑ Gold's Gym Travel Program

**SIGNATURE CIRCLE MEMBERSHIP \$19.95 PER MONTH**

- Access to over 35 Locations
- Signature Circle Gift
- Free Personal Training Session
- Free Guest Privileges
- Weekly Virtual Training Workouts
- Signature Circle Key Tag
- Free TEAM Training Session

**OUR MOST POPULAR PACKAGE!**

**JOIN ONLINE!**

**UNDERGROUND STRENGTH GYM "USG"**

MEMBERSHIP TYPE	Monthly Fee
2 Mos. Adult	\$ 195.00
Mos. Adult	\$ 250.00
Mos. Adult	\$ 295.00
2 Mos. Adult AM ONLY	\$ 125.00
2 Mos Middle School & High School	\$ 195.00
Mos. Middle School & High School	\$ 250.00
Mos. Middle School & High School	\$ 295.00
1st Responder 12 Mos	\$ 115.00
1st Responder 6 Mos	\$ 135.00
1st Responder 3 Mos	\$ 150.00

**Upgrade your site plan**

<b>Silver</b> \$16.16/month	<b>webCommerce</b> \$34.99/month	<b>Gold</b> \$30.79/month
Downgrade	current plan	Upgrade

**FITWORKZ**

3690 Sycamore Rd., Dallas, TX 75215  
953.756.1188

"This membership is for one user and billed weekly to checking acct, savings acct, or credit/debit card."

	Weeks	Exhibition 1 week	Exhibition 1/2 week	Local Shows 1/2 week	1/3 Personal 1/2 week	1/3 Personal 1/2 week	1/3 Personal 1/2 week
Open House - 1000 - 1500	✓	✓	✓	✓	✓	✓	✓
Training	✓	✓	✓	✓	✓	✓	✓
1/3 Month Program	✓	✓	✓	✓	✓	✓	✓
Call by Client Reception	✓	✓	✓	✓	✓	✓	✓
1/3 Month Personal Training	✓	✓	✓	✓	✓	✓	✓
Exhibition 1/2 week	✓	✓	✓	✓	✓	✓	✓
1/3 Training	✓	✓	✓	✓	✓	✓	✓
Price*	\$20.00	\$27.50	\$26.00	\$32.25	\$42.50	\$42.50	\$28.00

**JOIN THE CLUB**

**MONTHLY DUES \$52.99**

**MONTHLY ADD-ONS**

<b>ADULT ADD-ON \$39.99</b>	<b>1ST CHILD ADD-ON \$29.99</b>	<b>ADDITIONAL CHILD ADD-ONS \$19.99</b>
PERSONAL TRAINING \$65.**	SMALL GROUP TRAINING \$59.99	

**Choose Your Pricing Plan**

<b>Beginner \$110/month</b>	<b>Pro \$100/month</b>	<b>VIP \$125/month</b>
Select	Select	Select

<b>1 CORE</b> Individual \$6 mo/\$40 yr Family \$16 mo/\$160 yr	<b>2 CORE PLUS ADD-ONS</b> Build your own membership! Enjoy all the amenities of a Core membership plus your choice	<b>3 THE ULTIMATE EXPERIENCE</b> Individual \$25 mo/\$250 yr Family \$35 mo/\$350 yr
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# Virtual GX

**VIRTUAL FITNESS**

TRY FREE WORKSHOPS TO SAMPLE CLASSES!

NCPRD.COM/VIRTUAL-FITNESS

**HOME WORKOUT ONLINE FITNESS**

**GET TO KNOW US BETTER**

- ONLINE SESSIONS
- VIDEO LIFESTYLE CLASSES

**DON'T LIMIT YOURSELF EVEN AT HOME**

- ONLINE PERSONAL TRAINING
- ONLINE WEIGHT TRAINING
- CUSTOM ONLINE SERVICE

**30 MINUTES WILL YOU MAKE IT?**

**VIRTUAL ONLINE FITNESS BOOTCAMP**

**VIRTUAL FITNESS CLASSES**

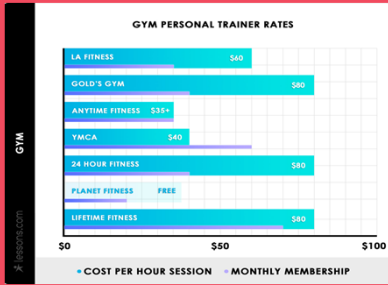
the **y**

**QUARANTINE MADNESS VIRTUAL FITNESS CLASS SCHEDULE**

MON	FRI	SAT	SUN
8AM WORKOUT	7AM WORKOUT	7AM WORKOUT	
2:30PM WORKOUT	7PM WORKOUT	5AM STRETCH	
		WALO G	
		6:30PM STRETCH	



# Small Group & Personal Training



MONTHS	PRICE PER MONTH	TOTAL PRICE
1	130	130
3	120	360
6	110	660

DAY PASS 20

**NEVER TRAIN ALONE**

FOR MORE INFO CALL 71-670370 OR VISIT [WWW.LEGYMBERRUT.COM](http://WWW.LEGYMBERRUT.COM)

Unlimited access to all small group classes for the duration of one, three, or six months. Does not grant access to the facility when there is no class. No refunds.

## GROUP PERSONAL TRAINING TIPS & TRICKS

**Program Design for Group Personal Training**

- Plan every session in advance. Don't wing it.
- Make adjustments from one session to the next based on participants' goals and accomplishments.
- Group sessions and participants in each session by goal and experience and ability levels.
- Plan each series of sessions around themes, like preparing for a triathlon or losing weight, so that program design is easier.
- Make sure in advance that everything needed for your program is available in the space you're using.
- Design training series that last four to six weeks to get adequate compensation for the time you put into planning and running them.

**Marketing Small Group Sessions**

- Advertise the cost savings of group training compared to individual training.
- Also point out that participants get more individualized attention than in group fitness classes.
- Sell prospective clients on the goal-oriented nature of sessions. Be specific.
- Market your sessions at locations where you can target groups of people who already know each other, like local companies, church groups, community centers, and running clubs.

**Balancing the Individual and the Group**

- Keep groups small enough that you can get to know each person.
- Evaluate each individual's goals, abilities, and interests before starting.
- Assess clients in each session and adjust plans and programming as needed.
- Aim to spend individual time with each participant at least once per session.
- Mix that individual attention with group instruction in each session.



Recreation  
**VIRTUAL PROGRAMS**

On Demand Classes | Live Virtual Fitness Classes | Online Personal Training | Challenges | Virtual IM Games | EIM-OC Coaching

SESSIONS	PRIVATE PACKAGE PRICE	PARTNER PACKAGE PRICE
1	50	60
10	450	550
20	800	1000
30	1050	1350
40	1200	1600

**NEVER TRAIN ALONE**

FOR MORE INFO CONTACT HIM DIRECTLY FOR MORE INFO CALL 71-670370 OR VISIT [WWW.LEGYMBERRUT.COM](http://WWW.LEGYMBERRUT.COM)

Unlimited access to all personal training sessions for the duration of one, three, or six months. Does not grant access to the facility when there is no class. No refunds.

**CROSSFIT UNLIMITED**  
\$147/MONTH

**3X PER WEEK**  
\$117/MONTH

**2X PER WEEK**  
\$87/MONTH

**LEANFIT UNLIMITED**  
\$117/MONTH

**ENDURANCE**  
2X/WEEK  
\$87/MONTH

**913-441-2300**

**PERSONAL TRAINING**

CUSTOMIZED TRAINING PACKAGES AVAILABLE

- 1-ON-1 & COUPLES TRAINING
- FOCUS ON YOUR SPECIFIC GOALS
- NUTRITION COACHING
- CONVENIENT SCHEDULING

**TRY ANY TRAINING OPTION FOR FREE!**

**SOLUTION 1 CROSSFIT MEMBERSHIP OPTIONS**

# Personal Training

**LIVE 1-ON-1 VIRTUAL TRAINING**

Stay on track with your goals, from the comfort of your home.

**FT FITNESS TOGETHER**

**LIVE 1-ON-1 VIRTUAL PERSONAL TRAINING**

- 1 MEET VIRTUALLY with your personal trainer
- 2 complete a virtual WELLNESS ASSESSMENT
- 3 set goals and GET STARTED

**IN-CLUB & VIRTUAL 1-ON-1 PERSONAL TRAINING**

**GET 12 SESSIONS FOR PRICE OF 10!**

THRU AUGUST 31ST

Online Personal Trainer

**HITCVFIT**

[www.hitcvfit.com](http://www.hitcvfit.com)

## Live Classes

- 10 persons, 25% of space
- 6 ft by 6 ft – 36 square feet/person
- No movement
- Own equipment
  - Yoga
  - Pilates
  - Strength – no equipment
- No high-intensity with heavy breathing
- No contact like martial arts
- Stickers on the floor



# LEVERAGE YOUR AQUA PROGRAM



### Pools Are Safe

- ✓ Beginners
- ✓ Older Adults
- ✓ Rehab
- ✓ Cross Training



### Pools Are Sanitary

According to the CDC, pool chemicals provide 6 times the strength needed to kill the coronavirus (Covid-19).



### Pools Are Valuable

- ✓ Members “need” a pool – can’t exercise in their bathtub or church basement
- ✓ Your instructors won’t leave
- ✓ Your clients won’t zoom

## Use Your Most Expensive Space

**What do you spend monthly?**

-  Rent/Mortgage - % Of Facility Space
-  Heating/Electricity
-  Chlorine/Bromine/Salt
-  Repairs/Cleaning
-  Staffing – Lifeguards & Instructors



## It's in the Details

- Know your Clients
- Know your program
- Be ON TIME
- Greet People ... be there EARLY!
- Test & Record



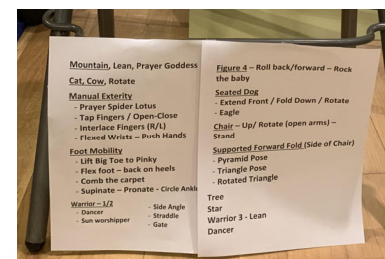
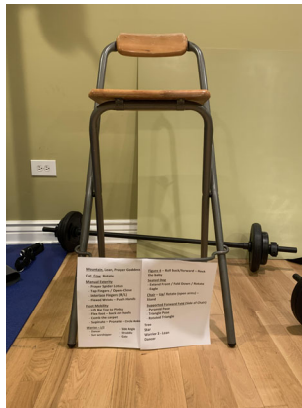
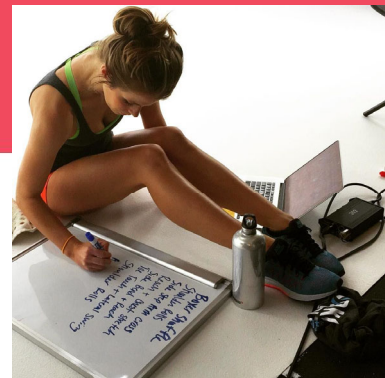
## Start your workouts

- Get Certified
- CPR
- Branded Format
- Class/Session Description (50 words)
- Biography of Teacher/Trainer (50 words)
- Length of Class – 30, 45, 60, more?



## Choreography or Program

- Write it down
- 28 Bold Arial Font
- Handwrite



## Music

- Energize – lowers the perception of fatigue
- Have it prepared and pre-selected
- Be organized
- Don't fiddle
- Build & Set a pace
- Recording
  - Live Stream
  - Recording
  - Republishing



waterinmotion SCW

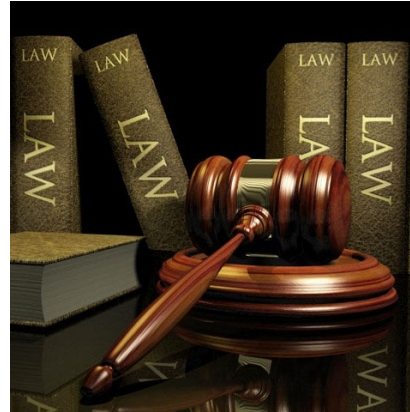
### What can I do with RoyaltyFreeFitnessMusic.com that I can't do with a Power Music NOW subscription?

BENEFITS	POWER MUSIC NOW	ROYALTY FREE FITNESS MUSIC.COM
Access to 32-count virtual class music premixed albums and create custom mixes	✓	✓
Rights to live stream & catalog videos using virtual class music on social media*	✓	✓
License to upload, distribute and monetize unlimited pre-recorded videos	✗	✓
Rights to distribute videos via on-demand services	✗	✓
License to distribute videos worldwide in perpetuity	✗	✓
Ability to download virtual class music files to a computer	✗	✓

\*Power Music NOW members can not monetize content using Virtual Class Music. Click here for full Terms & Conditions.

## Legal

- General Waivers
- Covid-19 Waivers for live
- Insurance
  - [www.sportsfitness.com/SCW](http://www.sportsfitness.com/SCW) (-15%)
  - Can you exercise outside?
- Exclusivity
- Non-Competes



water in motion SCW

## Visual Cuing

- 8 feet back from the camera
- Camera Lifted Slightly
- Can they see you?
- Can you lay down & stand Up?
- Move Freely
- Turn sideways periodically – rehearse



water in motion SCW



## Comfortable yet Creative

- Systematic
- Students know what to expect
- Introduce new things at the beginning
  - Review them before you begin
- Take your time to demonstrate
- Be encouraging
- Supportive
- Think about your audience



## Teach to the camera

- Over-perform
  - Energy, vitality, enthusiasm, FUN!
- Over-deliver
- Smile
  - Hardwired to look/be happy
- Stay in the frame
- Mark your spots before you begin
- “This is the MOST AMAZING thing I am about to share with you!”



water in motion 

## Set Your Intention

- Set a focus or inspiration
  - Focus on Strength, flexibility, coordination
- Remember this is THE MOST exciting part of your day
- Connect with your people



water in motion 



## Ask for Feedback

- Ask for Feedback
- Facebook/Instagram questions
  - Open-ended / MUST respond
- Anonymous Surveys
  - SurveyMonkey.com
  - Short questions w/dropdowns
- Get colleagues to review honestly



6 Question Types  
That Guarantee  
More Facebook  
Page Comments

[www.socialmarketingwriting.com](http://www.socialmarketingwriting.com)

water in motion

SCW

## Give Yourself Feedback

- Film Yourself
- 3 things I did well
- 3 things I could improve



water in motion

SCW



SCW Fitness on  YouTube

Just Search "SCW Fitness!"



MANIA CERTIFICATIONS ON DEMAND Live Streaming

SCW Fitness Education - MANIA Fitness Convention  
10 subscribers

HOME VIDEOS PLAYLISTS CHANNELS

MANIA Fitness Pro Convention  
SCW Fitness Education - MANIA Fitness Con

 **Subscribe**

**& you're automatically entered to win a FREE SCW Certification!**

[www.YouTube.com/SCWfit](http://www.YouTube.com/SCWfit)

The advertisement features a red background. On the left, there are three images: a group of people in a gym setting, a group photo of people in front of a banner, and a woman in a neon green shirt. In the center, a laptop displays the YouTube channel page for 'SCW Fitness Education - MANIA Fitness Convention'. On the right, a black circle contains a 'Subscribe' button and promotional text. At the bottom, the website URL is provided.



**GRAND OPENING**



The image features a large graphic on the left with the text 'GRAND OPENING' in bold, red and black letters, surrounded by red and gold stars and streamers. On the right, there are two photographs: the top one shows two women in athletic wear and face masks posing in a gym; the bottom one shows a group of women in pink shirts standing in front of a white tent with 'SHAPES' branding at an outdoor event. A sign with 'open' written vertically is also visible.



[www.scwfit.com/GOLDS](http://www.scwfit.com/GOLDS)



Lights



Camera



Action