



# LIFCON Convention Itinerary

## Wednesday, July 18

- 8:00 - 5:00 pm LaBlast Fitness Certification (8 AFAA/ 0.8 ACE CEC's)
- 8:00 - 5:00 pm LaBlast Splash Certification (8 AFAA/ 0.8 ACE/ 8 AEA CEC's)
- 9:00 - 11:00 am LAB: Actions (2 AFAA/ 0.2 ACE CEC's)
- 1:00 - 3:00 pm LAB: Space (2 AFAA/ 0.2 ACE CEC's)
- 7:00 - 9:00 pm Convention Check-In!
- 9:00 - 11:00 pm Welcome Reception!

## Thursday, July 19

- 8:00 - 9:00 am LaBlast Fitness
- 9:00 - 11:00 am BREAK
- 11:00 - 12:00 pm Welcome & Keynote Speaker
- 12:00 - 1:00 pm The Art of Cueing
- 1:00 - 2:00 pm The Power of the Perfect Playlist
- 2:00 - 3:00 pm BREAK
- 3:00 - 4:00 pm How To: Teach Multi-Level Group Classes
- 4:00 - 5:00 pm Market Like a Millennial
- 5:00 - 6:00 pm LaBlast Fitness feat. New Master Trainers

## Friday, July 20

- 8:00 - 8:45 am LaBlast Splash
- 9:15 - 10:15 am LaBlast Fitness
- 10:15 - 12:30 pm BREAK
- 12:30 - 1:30 pm 80/20: Interchangeable Patterns vs. Choreographed LIF Dances
- 1:30 - 2:30 pm The Do's & Don'ts as a LaBlast Instructor
- 2:30 - 3:00 pm BREAK
- 3:00 - 4:00 pm LaBlast Health & Wellness: Honoring Your Rhythm
- 4:00 - 5:00 pm SILK vs. SHAPE
- 7:00 - 8:00 pm LaBlast Line Dancing at Sunset

## Saturday, July 21

- 8:00 - 8:45 am LaBlast Splash
- 9:15 - 10:15 am LaBlast Fitness
- 10:15 - 12:30 pm BREAK
- 12:30 - 1:30 pm It's All About Form: Plyo & Weight/Interval Training
- 1:30 - 2:30 pm Shake Up Your Format: Face-Off, Circles, Partnering
- 2:30 - 3:00 pm BREAK
- 3:00 - 4:00 pm What's New in LaBlast
- 4:00 - 5:00 pm LaBlast as a Lifestyle
- 5:00 - 6:00 pm Q&A Expert Panel
- 8:00 - 12:00 am LaBlast Dance Extravaganza - Awards Gala

## Sunday, July 22

- 9:30 - 11:00 am LaBlast Fitness (Silk & Shape)
- 11:00-1:00 pm Farewell Brunch!
- 12:00 - 6:00 pm LaBlast Line Dance (6 AFAA/ 0.5 ACE CEC's)
- 1:00 - 3:00 pm LAB: Dynamics (2 AFAA/ 0.2 ACE CEC's)



Social Event



Workout Class



Lecture Session

#LIFCON2018

#LaBlastFitness