

RETREAT WEDNESDAY, JULY 12

LIFCON 2023
IGNITE

8AM-5PM: CHAIR FITNESS CERTIFICATION*

8AM-5PM: SPLASH CERTIFICATION*

8-10AM: L.A.B. ACTIONS*

LEARNING MORE ABOUT MOVEMENT AND DEPTH OF HUMAN BEHAVIOR WILL GIVE YOU GREATER TOOLS TO CREATE A LIFESTYLE AMONG YOUR STUDENTS IN YOUR LABLAST CLASSES. EXPAND YOUR HORIZONS AND BUILD LONG-LASTING RELATIONSHIPS WITH YOUR STUDENTS BY DIVING DEEPER INTO THE MOVEMENT PHILOSOPHY.

11AM-1PM: L.A.B. DYNAMICS*

A DEEPER UNDERSTANDING OF THE DIFFERENT DYNAMIC ENERGIES IN MOVEMENT WILL IMPROVE YOUR CUEING, ADD VARIETY TO YOUR PERSONALITY, AND INCREASE CREATIVITY AMONG YOUR STUDENTS. BRING DEPTH AND A NEW FOUND ENERGY TO YOUR LABLAST CLASSES.

2-4PM: L.A.B.: SPACE*

IMPROVE YOUR STUDENT'S INVOLVEMENT IN EXERCISING BY BECOMING MORE COORDINATED AND INCREASING BALANCE. LEARN ABOUT INTERNAL AND EXTERNAL SPATIAL AWARENESS, WHICH TRULY BUILDS CONFIDENCE FROM THE INSIDE OUT.

*CERTIFICATIONS AND L.A.B.S ARE NOT INCLUDED IN THE CONVENTION RATE AND REQUIRE SEPARATE REGISTRATION AND PAYMENT

L.A.B. = LABLAST ADVANCED BOOSTER

5-7PM: LIFCON2023 CHECK-IN

5-6.30PM: DINNER WITH LOUIS (SOLD OUT)

7-8.30PM: WELCOME RECEPTION



RETREAT

THURSDAY, JULY 13



8-8:50AM WORKOUT: LABLAST FITNESS

9AM-12PM: BEACH/POOL OR SPA TIME

12-12:50PM KEYNOTE: "THE PURPLE ENGINE THAT COULD"

"THE LITTLE ENGINE THAT COULD" IS A WELL-KNOWN CHILDREN'S BOOK BY WATTY PIPER THAT TEACHES US THAT HARD WORK AND OPTIMISM OVERCOMES DIFFICULTY AND CHALLENGES. IT'S TIME TO IGNITE YOUR PURPLE ENGINE WITH LABLAST CORPORATE TEAMMATES DONNA, JEN, LAURA & LEXI.

1-2PM BREAK

2-2:40PM WORKOUT: LABLAST FITNESS WITH LEXI, APY AND SUZANNE

2:45-3:30PM BREAKOUT SESSION: BALLROOM TECHNIQUE

LOUIS WILL DISCUSS HOW TO INCREASE YOUR STEP SIZE PROPERLY, IMPROVE YOUR BALANCE, AND BEAUTIFY YOUR TRANSITIONS IN WALTZ, TANGO, VIENNESE WALTZ, FOXTROT AND QUICKSTEP.

3:45-4:30PM WORKOUT: LABLAST CHAIR FITNESS

4:30-6:30PM BREAK

6:30-7:15PM WORKOUT: LABLAST SPLASH (+ COOLDOWN ON THE BEACH)

7:30-8:15PM WORKOUT: LABLAST SPLASH (+ COOLDOWN ON THE BEACH)

8:30-10PM DINNER WITH LOUIS



RETREAT

FRIDAY, JULY 14



8-8:50AM WORKOUT: LABLAST FITNESS

9AM-12PM: BEACH/POOL OR SPA TIME

2-2:40PM WORKOUT: LABLAST FITNESS WITH JEN & DUSTY

2:45-3:30PM BREAKOUT SESSION: BALLROOM TECHNIQUE

AN IN-DEPTH LOOK AT FLAMENCO ARM TECHNIQUES AND HOW THEY ARE INCORPORATED IN THE PASO DOBLE.

DID YOU KNOW PASO DOBLE WAS LOUIS' MOST SUCCESSFUL DANCE? COME LEARN WHY!

3:45-4:30PM DANCING WITH THE STARS Q&A

THE SESSION YOU'VE BEEN WAITING FOR! LOUIS WILL ANSWER ANY AND ALL OF YOUR QUESTIONS REGARDING DWTS.

HE WILL ALSO SHARE HOW DWTS HAS INFLUENCED LABLAST FITNESS, HOW IT STARTED, AND WHY HE BELIEVES THE SHOW AND LABLAST HAVE SO MUCH IN COMMON.

4:30-6PM BREAK

6-6:45PM WORKOUT: LABLAST SPLASH (+COOLDOWN ON THE BEACH)

7-7:45PM WORKOUT: LABLAST SPLASH (+ COOLDOWN ON THE BEACH)

8:30-10PM DINNER WITH LOUIS



RETREAT

SATURDAY, JULY 15



8-8:45AM WORKOUT: LABLAST SPLASH

9-9:45AM WORKOUT: LABLAST SPLASH

9AM- 12PM: BEACH/POOL OR SPA TIME

12- 12:50PM WORKOUT: LABLAST FITNESS

1-2PM: BREAK

3-3:50PM BREAKOUT SESSION: BALLROOM TECHNIQUE

EXPLORE THE FOOTWORK AND LEG ACTION OF THE LATIN DANCES. LEARN HOW THE ACTION CREATED WAIST DOWN AFFECTS THE EMOTIONAL SELF WAIST UP.

4-7PM BREAK

7-8PM PHOTOGRAPHS WITH LOUIS

8PM- 12AM GALA DINNER AND DANCING 'THE OSCARS'

SUNDAY, JULY 16

9 - 10:15AM WORKOUT: LABLAST FITNESS

9AM-5PM: LABLAST FITNESS CERTIFICATION*

12-6PM: LABLAST LINE DANCE CERTIFICATION*

*CERTIFICATIONS ARE NOT INCLUDED IN THE CONVENTION RATE AND REQUIRE SEPARATE REGISTRATION AND PAYMENT

