

LIFCON 2025

10th Anniversary

WEDNESDAY, JULY 16

8AM-5PM: SPLASH CERTIFICATION*

PALMS POOL DECK & JASMINE

Clubs, community centers, and gyms are eager for innovative aqua fitness programs to keep their water-loving members engaged. In just one day, get certified in LaBlast Splash and elevate your teaching repertoire with a fun, dance-inspired aquatic workout.

8AM-5PM: CHAIR FITNESS CERTIFICATION*

ORCHID

Senior centers, rehab facilities, and fitness studios are seeking engaging chair-based workouts for their active aging communities. In this one-day certification, you'll gain the skills to teach LaBlast Chair Fitness and bring the joy of dance to seated participants.

11AM-1PM: LABLAST ADVANCED BOOSTER (L.A.B) DYNAMICS*

EVERGLADES BALLROOM

This two-hour workshop will help you boost student engagement, enhance expressiveness, and maximize calorie burn. Learn to harness dynamic movement energies to improve cueing, add variety, and inspire creativity—deepening connections and elevating your LaBlast classes.

5-7PM: PRIVATE DINNER WITH LOUIS*

SOLD OUT *ADD LOCATION

5-7PM: LIFCON 2025 CHECK-IN

EVERGLADES BALLROOM FOYER

Grab your welcome bag, name tag, and itinerary to kick off an exciting few days ahead! Be sure to browse the clearance merchandise for exclusive deals before the new collection launches on Thursday.

7-8.30PM: WELCOME RECEPTION

EVERGLADES BALLROOM

Louis Van Amstel takes the stage to officially welcome you to LIFCON 2025 – our 10th Anniversary celebration! Get ready to move as we come together to dance this year's signature line dances—ones you've had the chance to master ahead of time. Connect with new friends, reunite with your LaBlast family, and kick off the unforgettable experience that is LIFCON!

*CERTIFICATIONS, LABS AND PRIVATE DINNERS ARE NOT INCLUDED IN THE CONVENTION RATE AND REQUIRE SEPARATE REGISTRATION AND PAYMENT

THURSDAY, JULY 17

7:30-8AM: 2025 LABLAST SHOP IS OFFICIALLY OPEN!

EVERGLADES BALLROOM FOYER

The moment you've been waiting for—the reveal of the 2025 LaBlast merchandise line! The shop will be open throughout the convention, but act fast—early birds get the best selection of sizes and styles.

8-8:50AM WORKOUT: LABLAST FITNESS

EVERGLADES BALLROOM

The first LaBlast Fitness class of LIFCON is a must-attend. Led by Louis Van Amstel and supported by the Master Trainer team, this high-energy session will take your excitement to new heights!

8:50-10AM: BREAK

10-10:45AM WORKOUT: LABLAST SPLASH



PALMS POOL

Grab your sunscreen, suit, and a smile—it's time for LaBlast Splash with Louis Van Amstel under the palm trees! Check the color dot on your name tag to find the Splash class that matches your schedule and dive into the fun!

11-11:45AM WORKOUT: LABLAST SPLASH



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11:45AM-1PM: BREAK

1-1:50PM KEYNOTE: BEYOND FEAR AND COMPARISON: FINDING YOUR AUTHENTIC DANCE WITH ALISON JONES

EVERGLADES BALLROOM

Step out of the shadows of fear and comparison and rediscover the bold, joyful version of who you truly are. This talk explores how external pressures and self-doubt can block authentic self-expression, offering actionable steps to reclaim confidence and embrace your unique rhythm. Step into your purpose and live with renewed authenticity, gratitude, and possibility—both on and off the dance floor.

2-2:50PM BREAKOUT SESSION: THE MAGIC OF 4: MASTERING REPS, RHYTHM, AND RESULTS

EVERGLADES BALLROOM *INSTRUCTORS ONLY

The number 4 is a staple in every LaBlast class—appearing in reps, counts, patterns, variations, and beyond. "Just 4 more" is a phrase every fitness instructor knows well, and now it's time to explore the power of 4. In this session, we'll dive into how this simple number enhances rhythm, flow, and structure in your classes, helping you create a seamless and energizing experience for your students.

THURSDAY, JULY 17 (CONTINUED)

3-3:50PM BREAKOUT SESSION: THE ART OF EXTREMITIES: MASTERING UPPER AND LOWER BODY INTEGRATION

EVERGLADES BALLROOM

In this session, you'll learn the distinction between arm styling and utilizing the entire upper body, as well as the difference between stepping and engaging the lower body fully. We'll explore various techniques to integrate both arms and legs, ensuring you maintain a holistic, full-body movement while enhancing your dance technique.

4-4:50PM WORKOUT: LABLAST FITNESS

EVERGLADES BALLROOM

Louis Van Amstel will pass the spotlight to the LaBlast Master Trainer team, representing regions from around the globe, as they lead you through a dynamic and energizing LaBlast Fitness class that will have you moving from the inside out!

5-5:30PM YOGA STRETCH & MEDITATION

EVERGLADES BALLROOM

End your invigorating day with a serene yoga session with Master Trainer and Manager, Donna Tomassi. She'll guide you through a calming flow, stretching and releasing tension from head to toe, followed by a peaceful meditation to leave you feeling relaxed and restored.

FRIDAY, JULY 18

8-8:50AM WORKOUT: LABLAST FITNESS

EVERGLADES BALLROOM

Day #2 kicks off with an exciting LaBlast Fitness workout led by Louis Van Amstel, joined by the talented Master Trainers. Get ready for a high-energy session that combines dance, cardio, and fun, all designed to push your limits and elevate your fitness while keeping the LaBlast spirit alive!

8:50-10AM: BREAK

9:30-9:50AM: SPLASH IN A FLASH: MASTERING ENGAGEMENT IN THE WATER

PALMS POOL *INSTRUCTORS ONLY

In this quick 20-minute session, we'll address how to manage distractions, small talk, and inattentive behaviors in water fitness classes. Learn strategies to maintain focus, keep participants engaged, and handle challenging situations with confidence and professionalism.

10-10:45AM WORKOUT: LABLAST SPLASH



PALMS POOL

Dive into the ultimate aquatic workout with LaBlast Splash! This high-energy class blends the fun of ballroom dancing with the resistance of water, providing a full-body workout that tones, strengthens, and improves endurance.

11-11:45AM WORKOUT: LABLAST SPLASH



PALMS POOL

Dive into the ultimate aquatic workout with LaBlast Splash! This high-energy class blends the fun of ballroom dancing with the resistance of water, providing a full-body workout that tones, strengthens, and improves endurance.

11:45AM-1PM: BREAK

1-1:50PM BREAKOUT SESSION: THE DELL'ARTE TRIANGLE: THE 'CORE' OF LABLAST

EVERGLADES BALLROOM *INSTRUCTORS ONLY

Explore the Dell'Arte Triangle, the foundational concept behind LaBlast that shaped its creation. Learn how the three pillars—Physical, Mental, and Emotional—form the core of every LaBlast class, and discover how integrating these elements into your teaching can create a more dynamic, balanced, and impactful experience for your students.

2-2:50PM BREAKOUT SESSION: MASTERING MUSICALITY

EVERGLADES BALLROOM *INSTRUCTORS ONLY

In this session, Louis Van Amstel will explore the art of musicality, one of the most essential elements of dance. Gain valuable insights into enhancing your own musical skills and learn effective strategies to inspire your students to become more in tune with the rhythm, dynamics, and flow of the music.

FRIDAY, JULY 18 (CONTINUED)

2-2:50PM BREAKOUT SESSION: EMOTIONAL INTELLIGENCE: BUILDING STRONG LABLAST RELATIONSHIPS

ORCHID *RETREATERS ONLY

Explore how Emotional Intelligence enhances success as a student in LaBlast classes, focusing on empathy, individual needs, and group dynamics. Participants will build stronger connections, collaborate more effectively, and foster meaningful relationships, empowering them to fully engage and grow within the LaBlast community.

3-3:50PM BREAKOUT SESSION: LET'S SWING!

EVERGLADES BALLROOM

Louis will break down the proper technique for swinging in a six-count basic in Jive or any rotating figures. You'll gain a deeper understanding of how to let your spine move freely like a pendulum and learn why swinging can be particularly challenging in ballroom dance, leaving you feeling more confident and fluid in your movement.

4-4:50PM WORKOUT: LABLAST CHAIR FITNESS

EVERGLADES BALLROOM

Take a seat and experience LaBlast Chair Fitness, a dynamic program designed for the active aging population. This uplifting ballroom-inspired workout seamlessly combines dance and gentle weight training with simple, easy-to-follow movements for a fun and effective fitness experience.

5-5:30PM DANCERS STRETCH

EVERGLADES BALLROOM

Join Master Trainer Jennifer Venezia for a 30-minute Dancer's Stretch to close out Day #2. By focusing on movements that reflect the dynamic work we've done today, you'll leave feeling balanced, refreshed, and ready to take on the rest of the conference with ease.

SATURDAY, JULY 19

8-8:50AM WORKOUT: LABLAST FITNESS

EVERGLADES BALLROOM

This exhilarating class will feature the most popular songs and patterns from the past decade of conventions, led by Louis Van Amstel and the Master Trainer team. Get ready to relive the highlights of LaBlast history, dance to fan-favorite tracks, and celebrate a decade of fun, fitness, and community!

8:50-10AM: BREAK

9:30-9:50AM: SPLASH IN A FLASH:

PALMS POOL *INSTRUCTORS ONLY

10-10:45AM WORKOUT: LABLAST SPLASH



PALMS POOL

This invigorating water workout merges the energy of ballroom dance with the natural resistance of water, offering a dynamic full-body workout that improves strength, flexibility, and endurance, all while keeping things exciting and refreshing.

11-11:45AM WORKOUT: LABLAST SPLASH



PALMS POOL

This invigorating water workout merges the energy of ballroom dance with the natural resistance of water, offering a dynamic full-body workout that improves strength, flexibility, and endurance, all while keeping things exciting and refreshing.

11:45AM-1PM: BREAK

1-1:50PM BREAKOUT SESSION: IT TAKES TWO TO TANGO

EVERGLADES BALLROOM

No pun intended, Louis won't be discussing the Tango in this session. Instead, he'll focus on essential partnering techniques that not only enhance your connection with a dance partner but also improve the overall group dynamic in LaBlast classes. Whether you're an instructor or participant, learn how to build stronger connections, creating a more engaging and supportive class experience for everyone involved.

2-2:50PM BREAKOUT SESSION: THE 'PLAYLIST CHALLENGE': LET THE MUSIC LEAD

ORCHID *INSTRUCTORS ONLY

Earlier this year, we introduced the Playlist Challenge, and now it's time to dive deeper! In this session, we'll discuss the impact of allowing your participants to curate your class playlist and how to teach it live without prior listening. Using rhythm and LaBlast's interchangeable patterns, you'll learn to adapt seamlessly to the music and stay connected with your students.

SATURDAY, JULY 19 (CONTINUED)

2-2:50PM WORKOUT: LABLAST FITNESS

JASMINE *RETREATERS ONLY

Join the fun with a special LaBlast Fitness class led by the Online Master Trainers you know and love—Jen, Lexi, Apy, Suzanne, and Dusty! Get ready for an energizing session filled with dance, fun, and the familiar faces that bring excitement and motivation to your LaBlast experience.

3-3:50PM BREAKOUT SESSION: START STRONG, END STRONGER: THE POWER OF WARM-UPS AND COOLDOWNS

ORCHID *INSTRUCTORS ONLY

The warm-up and cooldown are the bookends of every LaBlast class, playing a crucial role in connecting with your students. Learn how to choose the right exercises and music to effectively engage your students at the start and leave them feeling relaxed and satisfied at the end, ensuring a seamless experience from beginning to finish.

3-3:50PM LABLAST LINE DANCE

JASMINE *RETREATERS ONLY

This social dancing session will focus on easy-to-follow line dance patterns set to great music, providing a perfect opportunity to socialize, connect with fellow attendees, and get in the groove for the evening ahead.

3:50-7PM BREAK

7-8PM PHOTOGRAPHS WITH LOUIS

EVERGLADES BALLROOM FOYER

Step onto the purple carpet and capture unforgettable moments with Louis Van Amstel! Strike a pose, snap some photos, and celebrate this exciting opportunity to connect with Louis in style.

8PM-12AM GALA DINNER AND DANCING

EVERGLADES BALLROOM

Get ready for an unforgettable evening at the Dress to Impress Gala! Enjoy a fabulous night of dinner, dancing, and celebration as you mingle with fellow LaBlast enthusiasts. Come dressed in your finest and make this night one to remember as we celebrate a decade of LaBlast in style!

SUNDAY, JULY 20

9 - 10:15AM WORKOUT: LABLAST FITNESS

EVERGLADES BALLROOM

The final workout of LIFCON 2025—your chance to leave it all on the dance floor! This exhilarating session will bring together everything you've learned throughout the weekend for an unforgettable finale. Give it your all, celebrate the connections you've made, and finish strong as you close out an amazing experience!

9AM-6PM: LABLAST FITNESS CERTIFICATION*

EVERGLADES BALLROOM

The perfect ending to the perfect convention... becoming a LaBlast Fitness Instructor! Share your passion for dance and fitness with your community and make a lasting impact, one LaBlast class at a time. Inspire others to move, groove, and live healthier lives while embracing the joy and connection that LaBlast brings to the world.

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