

Sick and tired of your ideas for your fitness classes?  
Stuck in a rut using the same music? Then the...

**Region I Conference  
2009**

# Choreography Exchange

**is for you...**

Date: Thursday November 12, 2009

Time: 10:00 am to 5:00 pm

Cost: \$20.00



**Bring your choreography, music, & expertise to share  
with fitness professionals across the region.**

We will also offer specialized focus groups on various different types of group fitness classes including, Step, Kickboxing, Yoga, Weight Training, and more! We are also in search for Focus Group Leaders. If you are interested please contact Jillian Salvatore via email or phone.

# Free Registration!

We will be asking for nominations for TWO master presenters!

- One Student
- One Professional

Master presenters will teach a master class to the entire group.

Nomination forms will be sent out on October 12, 2009.

Those chosen to present will earn the Choreography Exchange registration for free!

Jillian Salvatore

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