

2009 IDEA World Fitness Convention™
Anaheim, California
Wednesday, August 12 – Sunday, August 16, 2009
(Preconference sessions held on Wednesday, August 12, 2009)

The World Instructor Training School (W.I.T.S.) will accept credits for sessions approved by ACE and AFAA. **Please note:
 NATABOC is now referred to as the BOC or Board of Certification, Inc.

IDEA does not determine which sessions qualify for credit or the number of credits. Please contact your certifying agency with any
 questions.

Session No.	Title	Presenter	ACE	ACSM	AFAA	BOC	NASM-CGT	NASM-CPT	NFPT	
PRECONFERENCE SESSIONS										
WEDNESDAY, AUGUST 12, 2009										
010	IDEA's Fitness Business Forum	Derrick Nicki Tricia Todd	Wilburn, MBA Anderson Schafer, JD Durkin, MA	0.7	7.0	8.0	0.0	0.7	0.7	0.7
011	Focus on Fitness Management—Success Through Synergy	Bob Sherri PJ Darren Lawrence	Esquerre, MA McMillan, MSc O'Clair Jacobson Biscontini, MA	0.5	5.0	8.0	0.0	0.7	0.7	0.5
012	Nutrition in the News!	Jenna Scott Shawn	Bell-Wilson, PhD, RD Josephson, MS, RD Dolan, PhD, RD	0.3	3.0	3.0	0.3	0.3	0.3	0.3
013	Schwinn® Cycling: Indoor Cycling Instructor Training Course	Juliane "Julz" Jay	Arney Blahnik	0.0	9.0	7 n/c	0.9	0.9	0.9	0.9
014	STOTT PILATES® Athletic Conditioning on the V2 Max Plus™ Reformer	John	Garey, MS	0.0	3.0	3.25	0.3	0.3	0.3	0.3
015	Just 2 Dance Instructor Training	MaDonna	Grimes	0.0	4.0	3.0	0.4	0.4	0.4	0.4
016	New Science of the Human Body: The MELT Living-Body Model™	Sue	Hitzmann, MS	0.6	6.0	4.5	0.6	0.6	0.6	0.6
017	STOTT PILATES® Intermediate Reformer on the V2 Max Plus™: Angle Advantage	PJ	O'Clair	0.0	4.0	3.0	0.4	0.4	0.4	0.4
018	Just 2 Dance Master Class	MaDonna	Grimes	0.0	0.0	0.0	0.0	0.1	0.1	0.0
TIME BLOCK C										
THURSDAY, AUGUST 13, 2009, 10:15AM–12:05PM										
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)										
130	Speed Demons—Youth Fatness to Youth Fitness	Brett	Klika	0.20	2.0	1.5	0.20	0.2	0.2	0.20
131	Improving Hip and Trunk Rotation	Evan	Osar, DC	0.20	2.0	1.5	0.20	0.2	0.2	0.20
132	Innovative Drills for Small-Group Training	Janice Peter	Hutton, MA Twist, MSc	0.20	2.0	1.5	0.20	0.2	0.2	0.20
133	dance del.icio.us: boogie blend	Juliane "Julz"	Arney	0.20	2.0	1.5	0.20	0.2	0.0	0.20
134	Three Canadians and a Step	Sherri Lynne Robert	McMillan, MSc Skilton-Hayes Steigele	0.20	2.0	1.5	0.20	0.2	0.2	0.20
135	Two Worlds Collide	Debbie	Bellenger, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
136	BOSU® Skills and Drills	Rob Stacey Lei	Glick Krauss	0.20	2.0	1.5	0.20	0.2	0.2	0.20

137	GRAVITY® :: Up Close and Personal	Jeffrey	Groh	0.20	2.0	1.5	0.20	0.2	0.2	0.20
138	Krinking®—The Next Revolution in Fitness	Jim	Karanas, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
139	TRX® Circuits for Metabolic Training	Fraser Jonathan	Quelch Ross	0.20	2.0	1.5	0.20	0.2	0.2	0.20
140	STOTT PILATES® Pilates for Men	John	Garey, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
141	BBU: Reforming the Lower Body	Lizbeth Portia	Garcia Page	0.20	2.0	1.5	0.20	0.2	0.2	0.20
142	Peak Pilates®: MVe® Perfect Pair—Chair and Reformer Combo	Sonia Zoey	Rodriguez Trap, MSc	0.20	2.0	1.5	0.20	0.2	0.2	0.20
143	Yoga for the Hips and Back	Helen	Vanderburg	0.20	2.0	1.5	0.20	0.2	0.2	0.20
144	Strategies to Achieve More in Less Time	Todd	Durkin, MA	0.20	2.0	2.0	0.20	0.2	0.2	0.20
145	Are You Hungry or Stressed?	Jenna	Bell-Wilson, PhD, RD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
146	The Aging Club Member Crisis	Sue	Hitzmann, MS	0.20	2.0	2.0	0.20	0.2	0.2	0.20
147	How We Can Save Our Industry: Putting the “R” Back Into Customer Service	Bob Jolyn	Esquerre, MA Esquerre	0.20	2.0	2.0	0.0	0.2	0.2	0.20
148	Schwinn® Cycling: Ride a Century!	Keli	Roberts	0.20	2.0	1.5	0.20	0.2	0.2	0.20
149	Keiser® Cycling: Outdoor Ride	Suzette	O'Byrne	0.20	2.0	1.5	0.20	0.2	0.2	0.20
150	Indo-Row®: The Perfect Calorie Burn	Jay Douglas Josh	Blahnik Brooks, MS Crosby	0.20	2.0	1.5	0.20	0.2	0.2	0.20
151	3 Degrees of Functional Freedom (Water Fitness)	Laurie	Denomme	0.20	2.0	1.5	0.20	0.2	0.2	0.20
152	<i>Special Time: 10:15am–1:15pm</i> Mind-Body Triathlon (InTensive)	Lawrence	Biscontinini, MA	0.30	3.0	1.5	0.30	0.3	0.3	0.30

TIME BLOCK D

THURSDAY, AUGUST 13, 2009, 2:45–4:35PM

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

160	Functional Training: Muscles and Movement in 3-D	Rodney Michol	Corn, MA Dalcourt	0.20	2.0	1.5	0.20	0.2	0.2	0.20
161	The New Science of the NeuroCore™	Sue	Hitzmann, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
162	Buddy Up!	Todd Brett	Durkin, MA Klika	0.20	2.0	1.5	0.20	0.2	0.2	0.20
163	Drums, Dance and Rhythm—Moving the World!	MaDonna	Grimes, MA	0.20	2.0	1.5	0.20	0.2	0.0	0.20
164	Step Mastery—Class Design Basics	Yoav	Avidar	0.20	2.0	1.5	0.20	0.2	0.2	0.20
165	Dry Land Conditioning for Surfing	Lenita	Anthony, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
166	BOSU® Athletic Balance, Strength and Power	Keli	Roberts	0.20	2.0	1.5	0.20	0.2	0.2	0.20
167	STOTT Pilates® Introduction to Vertical Frame Workshop	Matthew	Comer, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
168	BBU: Reforming Lower-Back Pain	Nora	St. John	0.20	2.0	1.5	0.20	0.2	0.2	0.20
169	Peak Pilates®: MVe® Chair Flex and Flow Workout	Stacey Lei	Krauss	0.20	2.0	1.5	0.20	0.2	0.2	0.20
170	Foundational Beaming™	June David	Kahn Mesirov	0.20	2.0	1.5	0.20	0.2	0.2	0.20

171	A New Approach to Strength Training for Runners and Triathletes	Fraser	Quelch	0.20	2.0	2.0	0.20	0.2	0.2	0.20
172	The Link Between the Foot and the Pelvic Core	Christina Rich	Christie, PT Colosi, DPT	0.20	2.0	2.0	0.20	0.2	0.2	0.20
173	10 Nutrition Tactics of Top Athletes	Jenna	Bell-Wilson, PhD, RD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
174	From Canvas to Closing	Darren	Jacobson	0.20	2.0	2.0	0.0	0.2	0.2	0.20
175	Schwinn® Cycling: Make Your Mark	Juliane "Julz"	Arney	0.20	2.0	1.5	0.20	0.2	0.2	0.20
176	Keiser® Striding and Cycling: An Indoor Collision	Suzette Krista	O'Byrne Popowych	0.20	2.0	1.5	0.20	0.2	0.2	0.20
177	Indo-Row®: The Perfect Calorie Burn	Jay Douglas Josh	Blahnik Brooks, MS Crosby	0.20	2.0	1.5	0.20	0.2	0.2	0.20
178	Water Warm-Ups and Cool-Downs	Tatiana	Kolovou, MBA	0.20	2.0	1.5	0.20	0.2	0.2	0.20

TIME BLOCK E

THURSDAY, AUGUST 13, 2009, 4:50–6:00PM

Sessions in this time block are 1 hour, 10 minutes (unless otherwise indicated)

180	Partner Tubing	Sherri	McMillan, MSc	0.10	1.0	.75	0.10	0.1	0.1	0.10
181	Improving Balance in the Baby Boomer	Evan	Osar, DC	0.10	1.0	.75	0.10	0.1	0.1	0.10
182	Train the Joes Like the Pros 2009	Todd	Durkin, MA	0.10	1.0	.75	0.10	0.1	0.1	0.10
184	Step Medley: Mix It Up!	Tal	Yahalom	0.10	1.0	.75	0.10	0.1	0.1	0.10
187	Step N Sprint	Lynne	Skilton-Hayes	0.10	1.0	.75	0.10	0.1	0.1	0.10
188	STOTT PILATES® Postnatal Pilates	PJ	O'Clair	0.10	1.0	.75	0.10	0.1	0.1	0.10
189	Group Reformer Harmony	Erika	Quest	0.0	1.0	.75	0.10	0.1	0.1	0.10
190	Unleashing the Power of Pilates: An Inside-Out Approach	Paul	Ciske, PhD	0.10	1.0	.75	0.10	0.1	0.1	0.10
191	Nia® Barefoot Cardio Arts	Debbie	Rosas	0.10	1.0	.75	0.10	0.1	0.1	0.10
192	Personalized Aquatic Group Training	Laurie	Denomme	0.10	1.0	1.25	0.10	0.1	0.1	0.10
193	Implementing Mind-Body Into Your Personal Training Practice	Lawrence	Biscontini, MA	0.10	1.0	1.25	0.10	0.1	0.1	0.10
194	Popular Diets: Promises and Pitfalls	Scott	Josephson, MS, RD	0.10	1.0	1.25	0.10	0.1	0.1	0.10
195	Programming for Success and Profitability	Debbie	Bellenger, MA	0.10	1.0	1.25	0.0	0.1	0.1	0.10
196	Schwinn® Cycling: More Music Magic	Rob	Glick	0.10	1.0	.75	0.10	0.1	0.0	0.10
197	Mix It Up! (Indoor Cycling)	Sandy	Blumberg	0.10	1.0	.75	0.10	0.1	0.0	0.10
198	Aqua Zumba®	Joy Eliza	Prouty Stone	0.10	1.0	.75	0.10	0.1	0.0	0.10

TIME BLOCK G

FRIDAY, AUGUST 14, 2009, 8:05–9:55AM

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

230	Exercise Program Design for Falls Prevention	Rodney Christian	Corn, MA Thompson, PhD	0.20	2.0	1.5	0.20	0.2	0.2	0.20
231	The Movement Triad	Anthony	Carey, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
232	Fun Games and Drills for Small-Group Training	Sherri	McMillan, MSc	0.20	2.0	1.5	0.20	0.2	0.2	0.20
233	Nia®—Voices of the Body	Debbie	Rosas	0.20	2.0	1.5	0.20	0.2	0.2	0.20
234	Drums Alive®: Step and Drum	Carrie	Ekins, MA	0.20	2.0	1.5	0.20	0.2	0.0	0.20

235	Golf Foundations: Training for the Fitness Professional	Don	Bahneman, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
236	Heart–Core Circuit Training	Fred	Hoffman, MEd	0.20	2.0	1.5	0.20	0.2	0.2	0.20
237	Step—The Best Is Yet to Come!	Robert	Steigele	0.20	2.0	1.5	0.20	0.2	0.2	0.20
238	GRAVITYGroup® :: Functional Fun™	Rob	Glick	0.20	2.0	1.5	0.20	0.2	0.2	0.20
239	Krinking® Biomechanics and Physiology	Jim	Karanas, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
240	TRX® Techniques to Assess and Improve Foundational Movements	Fraser Bill	Quelch Sonnemaker, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
241	STOTT PILATES® Prenatal Pilates on the V2 Max Plus™	PJ	O'Clair	0.20	2.0	1.5	0.20	0.2	0.2	0.20
242	BBU: Reformer—Journey From Stability to Mobility	Nico	Gonzalez	0.20	2.0	1.5	0.20	0.2	0.2	0.20
243	Achieving Core Strength Throughout the Pilates Repertoire	Rael	Isacowitz, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
244	The Hips Don't Lie: Yoga Solutions	Stacy	McCarthy	0.20	2.0	1.5	0.20	0.2	0.2	0.20
245	Stand Up Straight! Understanding Posture	Joshua	Rubin	0.20	2.0	2.0	0.20	0.2	0.2	0.20
246	It's Harder Than You Think! The Job of the Successful Fitness Manager	Bob	Esquerre, MA	0.20	2.0	2.0	0.0	0.2	0.2	0.20
247	Journey to Personal Training Older Adults	Terry	Eckmann, PhD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
248	Blogging Basics	Biray	Alsac, MS	0.20	2.0	2.0	0.0	0.2	0.2	0.20
249	Schwinn® Cycling: Instant InterACTION!	Juliane "Julz"	Arney	0.20	2.0	1.5	0.20	0.2	0.2	0.20
250	Keiser® Cycling: Core Stability	Suzette	O'Byrne	0.20	2.0	1.5	0.20	0.2	0.2	0.20
251	Aqua Buddha-Camp: Aggressive Mind-Body	Lawrence	Biscontinini, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20

TIME BLOCK H

FRIDAY, AUGUST 14, 2009, 10:15am–12:05pm

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

260	No Pain, Big Gains!	Brett	Klika	0.20	2.0	1.5	0.20	0.2	0.2	0.20
261	Zumba® Gold: The Toning Workout	Josie Joy	Gardiner Prouty	0.20	2.0	1.5	0.20	0.2	0.2	0.20
262	One-on-One Partner Training	Janice Peter	Hutton, MA Twist, MSc	0.20	2.0	1.5	0.20	0.2	0.2	0.20
263	Mambo Mania	Clara	Bassett	0.20	2.0	1.5	0.20	0.2	0.0	0.20
264	4-Day Rotation: Limitless Options for Group Strength	Keli	Roberts	0.20	2.0	1.5	0.20	0.2	0.2	0.20
265	Effective Strength Training for the Shoulder Girdle	Don	Bahneman, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
266	BOSU® All Core	Candice	Copeland-Brooks	0.20	2.0	1.5	0.20	0.2	0.2	0.20
267	Steps...Blocks...Numbers	Rebecca	Small	0.0	2.0	1.5	0.20	0.2	0.2	0.20
268	GRAVITYPilates® :: Corework™	Annika	Carlson	0.20	2.0	1.5	0.20	0.2	0.2	0.20
269	Krinking® and the Athlete	Jim	Karanas, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
270	TRX® Suspension Training® for Functional Strength	Leigh Jonathan	Crews Ross	0.20	2.0	1.5	0.20	0.2	0.2	0.20
271	STOTT PILATES® Advanced Reformer	John	Garey, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
272	BBU: Reforming the Upper Body	Lizbeth Portia	Garcia Page	0.20	2.0	1.5	0.20	0.2	0.2	0.20
273	Reformer as Functional Training	Leslee	Bender	0.20	2.0	1.5	0.20	0.2	0.2	0.20

274	Designing Flow in a Mat Class	Rael	Isacowitz, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
275	Cardiovascular Recipes for Special Populations	JJ	Mayo, PhD, RD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
276	Starting a Successful Personal Training Business	Nicole	Clancy	0.20	2.0	2.0	0.0	0.2	0.2	0.20
277	Eating for Energy	Scott	Josephson, MS, RD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
278	Marketing Your Blog in All the Right Places	Biray	Alsac, MS	0.20	2.0	2.0	0.0	0.2	0.2	0.20
279	Schwinn® Cycling: Class Design in No Time	Tatiana	Kolovou, MBA	0.20	2.0	1.5	0.20	0.2	0.0	0.20
280	Keiser® Striding and Cycling: An Indoor Collision	Suzette Krista	O'Byrne Popowych	0.20	2.0	1.5	0.20	0.2	0.0	0.20
281	Indo-Row®: The Perfect Calorie Burn	Jay Douglas Josh	Blahnik Brooks, MS Crosby	0.20	2.0	1.5	0.20	0.2	0.2	0.20
282	Stretch Fusion III: Core Work for Function (Water Fitness)	Laurie	Denomme	0.20	2.0	1.5	0.20	0.2	0.2	0.20

TIME BLOCK I

FRIDAY, AUGUST 14, 2009, 2:45–4:35PM

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

290	Creative Total-Body Exercises Your Client Will Love	Rodney	Corn, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
291	Female Chain Reaction—Inner Pelvic Core	Christina Rich	Christie, PT Colosi, DPT	0.20	2.0	1.5	0.20	0.2	0.2	0.20
292	Neural Complexity—The New Overload Variable	Peter	Twist, MSc	0.20	2.0	1.5	0.20	0.2	0.2	0.20
293	Born to Dance	Yoav	Avidar	0.20	2.0	1.5	0.20	0.2	0.0	0.20
294	The Sweet Step	Petra	Kolber	0.20	2.0	1.5	0.20	0.2	0.2	0.20
295	Metabolic Training: Sequencing Strategies	Fraser	Quelch	0.20	2.0	1.5	0.20	0.2	0.2	0.20
296	BOSU® Total-Body Training	Janice	Hutton, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
297	Zumba® Toning	Linda Eliza	Shelton Stone	0.20	2.0	1.5	0.20	0.2	0.2	0.20
298	STOTT PILATES® Reformer Resistance Training for Teens	PJ	O'Clair	0.20	2.0	1.5	0.20	0.2	0.2	0.20
299	BBU: Reformer for Seniors	Nora	St. John	0.20	2.0	1.5	0.20	0.2	0.2	0.20
300	Integrating Physiological Principles Into a Comprehensive Pilates Program	Rael	Isacowitz, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
301	BEAM-LATES™	June	Kahn	0.20	2.0	1.5	0.20	0.2	0.2	0.20
302	Optimal Performance Bodywork and Flexibility: Secrets to Improved Performance	Todd	Durkin, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
303	50 Ways to Increase Your Older-Adult Market	Terry	Eckmann, PhD	0.20	2.0	2.0	0.0	0.2	0.2	0.20
304	Controversy and Current Concepts of Pulling Exercises	Joshua	Rubin	0.20	2.0	2.0	0.20	0.2	0.2	0.20
305	Digital Music and Technology: Get Up to Speed!	Juliane “Julz”	Arney	0.20	2.0	2.0	0.0	0.2	0.0	0.20
306	Schwinn® Cycling: Cycle Sculpt	Stacey Lei	Krauss	0.20	2.0	1.5	0.20	0.2	0.2	0.20
307	Keiser® Cycling: One-2-One	Krista	Popowych	0.20	2.0	1.5	0.20	0.2	0.2	0.20

308	Indo-Row®: The Perfect Calorie Burn	Jay Douglas	Blahnik Brooks, MS Crosby	0.20	2.0	1.5	0.20	0.2	0.2	0.20
309	Webbed-n-Wild	Stephanie	Thielen	0.20	2.0	1.5	0.20	0.2	0.0	0.20

TIME BLOCK J

FRIDAY, AUGUST 14, 2009, 4:50–6:00PM

Sessions in this time block are 1 hour, 10 minutes (unless otherwise indicated)

320	Triple Threat	Carol	Murphy	0.10	1.0	.75	0.10	0.1	0.1	0.10
321	Creating Boot Camps for Zoomers	Leigh	Crews	0.10	1.0	.75	0.10	0.1	0.1	0.10
322	Deceleration—The Secret of Quickness!	Janice	Hutton, MA	0.10	1.0	.75	0.10	0.1	0.1	0.10
323	Bust a Move With BODYJAM®	Gandalf Rachael	Archer Cohen	0.0	1.0	.75	0.10	0.1	0.1	0.10
324	Up, Down and All Around (Step)	Robert	Steigele	0.10	1.0	.75	0.10	0.1	0.1	0.10
325	Boot Camp—The Airopo™ Sampler Workout	Don Irene	Bahneman, MS Lewis-McCormick, MS	0.10	1.0	.75	0.10	0.1	0.1	0.10
326	BOSU® Athletic Balance	Douglas	Brooks, MS	0.10	1.0	.75	0.10	0.1	0.1	0.10
328	STOTT PILATES® Reformer for the Older Adult	Sally	Belanger	0.10	1.0	.75	0.10	0.1	0.1	0.10
329	The Integrated Reformer	Kathy	Corey	0.10	1.0	.75	0.10	0.1	0.1	0.10
331	Major League Yoga	Stacy	McCarthy	0.10	1.0	.75	0.10	0.1	0.1	0.10
332	Be a Fitness Video Star!	Tamilee	Webb, MA	0.10	1.0	1.25	0.0	0.1	0.1	0.10
333	Measure Service for Success	Tatiana	Kolovou, MBA	0.10	1.0	1.25	0.0	0.1	0.1	0.10
334	Recovery: The Secret to Optimal Performance	JJ	Mayo, PhD, RD	0.10	1.0	1.25	0.10	0.1	0.1	0.10
335	Beyond a Website: Virtual Tools for Attracting Real-World Clients	Amanda	Vogel, MA	0.10	1.0	1.25	0.0	0.1	0.1	0.10
336	Schwinn® Cycling: My Favorite Ride!	Helen	Vanderburg	0.10	1.0	.75	0.10	0.1	0.0	0.10
337	Keiser® Cycling: Stretch and Extend	Suzette	O'Byrne	0.10	1.0	.75	0.10	0.1	0.1	0.10
338	Aqua Dance II	Carrie	Ekins, MA	0.10	1.0	.75	0.10	0.1	0.0	0.10

TIME BLOCK K

SATURDAY, AUGUST 15, 2009, 8:00–9:50AM

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

400	Tandem Training—Two Can Be Better Than One!	Marc Mindy	Lebert Mylrea	0.0	2.0	1.5	0.20	0.2	0.2	0.20
401	dance del.icio.us: cardio choreo	Juliane "Julz"	Arney	0.20	2.0	1.5	0.20	0.2	0.0	0.20
402	Metabolic Fat-Torching Protocols	Juan Carlos	Santana, MEd	0.20	2.0	1.5	0.20	0.2	0.2	0.20
403	Graceful Grand Finales—Make a Lasting Impression	Shannon	Fable	0.20	2.0	1.5	0.20	0.2	0.2	0.20
404	Applying Movement Assessments Effectively	Justin	Price, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
405	From the R-KAIDE™ to the Aerobics Room: Video Games Get Active	Biray Fred	Alsac, MS Hoffman, MEd	0.20	2.0	1.5	0.20	0.2	0.2	0.20
406	Done in 30 Minutes!	Abbie	Appel	0.20	2.0	1.5	0.20	0.2	0.2	0.20
407	Born to Step	Yoav	Avidar	0.20	2.0	1.5	0.20	0.2	0.0	0.20
408	GRAVITY® :: Up Close and Personal	Jeffrey	Groh	0.20	2.0	1.5	0.20	0.2	0.2	0.20
409	Kranks® and the Athlete	Jim	Karanas, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
410	STOTT PILATES® Total-Body Toning	Matthew	Comer, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
411	BBU: Reformer for Pregnancy	Nora	St. John	0.20	2.0	1.5	0.20	0.2	0.2	0.20

412	Peak Pilates®: MVe® Chi Flow Chair	Zoey	Trap, MSc	0.20	2.0	1.5	0.20	0.2	0.2	0.20
413	Foundational Beaming™	June David	Kahn Mesrirow	0.20	2.0	1.5	0.20	0.2	0.2	0.20
414	The Science Behind Menopause	Jan	Schroeder, PhD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
415	Myofascial Matrix	Chuck	Wolf, MS	0.20	2.0	2.0	0.20	0.2	0.2	0.20
416	Energy Substrates: Truths and Misconceptions!	Carla	Sottovia, PhD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
417	Training and Development Strategies for Your Dream Team	Kimberly	Spreen	0.20	2.0	2.0	0.0	0.2	0.2	0.20
418	Schwinn® Cycling: World-Class Coaching	Jay	Blahnik	0.20	2.0	1.5	0.20	0.2	0.2	0.20
419	Keiser® Cycling: Ultimate Power	Suzette	O'Byrne	0.20	2.0	1.5	0.20	0.2	0.2	0.20
420	Team Up—Winning Water Workouts	Tatiana	Kolovou, MBA	0.20	2.0	1.5	0.20	0.2	0.0	0.20
421	<i>Special Time: 8:00–11:50am</i> The Female Chain Reaction—Core Conversion (InTensive)	Christina Rich	Christie, PT Colosi, DPT	0.40	4.0	3.75	0.40	0.4	0.4	0.40

TIME BLOCK L

SATURDAY, AUGUST 15, 2009, 10:10AM–12 NOON

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

430	Firmly Planted: Ankle and Foot Pre- and Postrehabilitation	Don	Bahneman, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
431	Cardio-Cognition—Enhanced Brain Function for Aging Well	Laura	Sachs	0.20	2.0	1.5	0.20	0.2	0.2	0.20
432	Top 40 Exercises for Training the Four Pillars	Juan Carlos	Santana, MEd	0.20	2.0	1.5	0.20	0.2	0.2	0.20
433	It's All in the Mix!	Petra	Kolber	0.20	2.0	1.5	0.20	0.2	0.0	0.20
434	Core Power	Mindy	Mylrea	0.20	2.0	1.5	0.20	0.2	0.2	0.20
435	Cut to the Core	Carol	Murphy	0.20	2.0	1.5	0.20	0.2	0.2	0.20
436	BOSU® Total Stretch	Helen	Vanderburg	0.20	2.0	1.5	0.20	0.2	0.2	0.20
437	STOMP FX—Step	Rebecca	Small	0.0	2.0	1.5	0.0	0.2	0.0	0.0
438	GRAVITYGroup® :: Compound Structure Two™	Rob	Glick	0.20	2.0	1.5	0.20	0.2	0.2	0.20
439	Krinking®—The Next Revolution in Fitness	Jim	Karanas, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
440	TRX® Suspension Training® for Core Performance	Jonathan Bill	Ross Sonnemaker, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
441	STOTT PILATES® Matwork for Teens	John	Garey, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
442	Are You Cheating on Your Reformer?	Erika	Quest	0.0	2.0	1.5	0.20	0.2	0.2	0.20
443	Peak Pilates®: MVe® Chair—Spring Into Action	Stacey Lei	Krauss	0.20	2.0	1.5	0.20	0.2	0.2	0.20
444	Transformational Postural Conditioning	Leslee	Bender	0.20	2.0	1.5	0.20	0.2	0.2	0.20
445	25 Things Your Client Must Know About Lower-Back Pain	Anthony	Carey, MA	0.20	2.0	2.0	0.20	0.2	0.2	0.20
446	Panel Discussion: The Future of Pilates	Facilitator: Kathy Panelists: PJ Nora Zoey	Corey O'Clair St. John Trap, MSc	0.0	2.0	2.0	0.0	0.2	0.2	0.20
447	Assessing Our Assessments	Greg	Roskopf, MA	0.20	2.0	2.0	0.20	0.2	0.2	0.20

448	Climbing the Fitness Leadership Ladder	Amanda	Vogel, MA	0.20	2.0	2.0	0.0	0.2	0.2	0.20
449	Schwinn® Cycling: Ultimate Time Trial	Keli	Roberts	0.20	2.0	1.5	0.20	0.2	0.2	0.20
450	Keiser® Cycling: The Experience	Krista	Popowych	0.20	2.0	1.5	0.20	0.2	0.2	0.20
451	H ₂ O Power Plunge	Margie	Caldwell-Cooper	0.20	2.0	1.5	0.20	0.2	0.0	0.20

TIME BLOCK M

SATURDAY, AUGUST 15, 2009, 2:30–4:20PM

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

460	Bridging the Gap: Movement for the Lower Extremity	Chuck	Wolf, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
461	Body Weight Training: Perception Meets Reality	Bill	Sonnemaker, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
462	Structural Assessments and Movement Analysis	Justin	Price, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
463	Blast! The Boxer's Workout	Kimberly	Spreen	0.20	2.0	1.5	0.20	0.2	0.2	0.20
464	4-Day Rotation: Limitless Options for Group Strength	Keli	Roberts	0.20	2.0	1.5	0.20	0.2	0.2	0.20
465	Dance Diversity for Older Adults	Terry	Eckmann, PhD	0.20	2.0	1.5	0.20	0.2	0.0	0.20
466	Step Thrills and Body Bar® Drills	Abbie	Appel	0.20	2.0	1.5	0.20	0.2	0.2	0.20
467	Topless Step	Kim	Miller	0.20	2.0	1.5	0.20	0.2	0.0	0.20
468	STOTT PILATES® Rotational Disks on the Mat	Sally	Belanger	0.20	2.0	1.5	0.20	0.2	0.2	0.20
469	BBU: Pilates Props Playground	Nico	Gonzalez	0.20	2.0	1.5	0.20	0.2	0.2	0.20
470	Peak Pilates®: Reformer on the Mat	Zoey	Trap, MSc	0.20	2.0	1.5	0.20	0.2	0.2	0.20
471	YogaFit®: S.A.F.E. Yoga	Beth	Shaw	0.20	2.0	1.5	0.20	0.2	0.2	0.20
472	The Science and Practice of Bone Health	Shawn Jan	Dolan, PhD, RD Schroeder, PhD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
473	"Eat Your Vegetables!" and Other Mistakes Parents Make	Natalie	Digate Muth, MD, MPH, RD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
474	Panel Discussion: Managing a Multigenerational Staff	Biray Fred Amanda	Alsac, MS Hoffman, MEd Vogel, MA	0.0	2.0	2.0	0.0	0.2	0.2	0.20
475	Evolved Evaluations to Maximize Group Exercise Programming	Shannon	Fable	0.20	2.0	2.0	0.0	0.2	0.2	0.20
476	Schwinn® Cycling: Heart Rate Monitor Training	Jay	Blahnik	0.20	2.0	1.5	0.20	0.2	0.2	0.20
477	Keiser® Striding and Cycling: An Indoor Collision	Suzette Krista	O'Byrne Popowych	0.20	2.0	1.5	0.20	0.2	0.0	0.20
478	Aqua Anthology	Stephanie	Thielen	0.20	2.0	1.5	0.20	0.2	0.0	0.20
479	<i>Special Time: 2:30–6:20pm</i> Be a Successful In-Home/Mobile Trainer (InTensive)	Ryan Machelle	Andrews, MA Lee	0.40	4.0	3.75	0.40	0.4	0.4	0.40

TIME BLOCK N

SATURDAY, AUGUST 15, 2009, 4:40–6:30PM

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

490	Advanced Strategies for Correcting Kyphosis	Anthony	Carey, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
491	Resistance Flexibility and Strength Training	Steven Anne	Sierra Tierney, MS	0.0	2.0	1.5	0.20	0.2	0.2	0.20
492	Lower-Back Pain—Prevention and Intervention	Rodney	Corn, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
493	America's Best Dance Class	Milo	Levell	0.20	2.0	1.5	0.20	0.2	0.0	0.20

494	Suddenly Senior: Functional Training Solutions	Sandra	Stessun	0.20	2.0	1.5	0.20	0.2	0.2	0.20
495	Boxing for a Better Core	Albert	Isordia	0.20	2.0	1.5	0.20	0.2	0.2	0.20
496	Drums Alive®: Family and Kids Beats	Carrie	Ekins, MA	0.20	2.0	1.5	0.20	0.2	0.0	0.20
498	STOTT PILATES® Ultimate Body Sculpting, Flex-Band®, Level 3	Sally	Belanger	0.20	2.0	1.5	0.20	0.2	0.2	0.20
499	Ebb and Flow: Chakra-Energized Power Yoga	Connie	Borho	0.20	2.0	1.5	0.20	0.2	0.2	0.20
500	Props in Pilates Mat—Bring Them On!	Laura	Sachs	0.20	2.0	1.5	0.20	0.2	0.2	0.20
501	Small-Ball Training Evolution	Leslee	Bender	0.20	2.0	1.5	0.20	0.2	0.2	0.20
502	Personal Training Prosperity in a Troubled Economy	Phil	Kaplan	0.20	2.0	2.0	0.0	0.2	0.2	0.20
503	The Midlife Makeover Program—Transform Lives!	Juan Carlos	Santana, MEd	0.20	2.0	2.0	0.20	0.2	0.2	0.20
504	Exergaming: Program Outside the Xbox®	Biray	Alsac, MS	0.20	2.0	2.0	0.0	0.2	0.0	0.20
505	10 Great Programs That Increase Profit and Retention	Laurie	Cingle, MEd	0.20	2.0	2.0	0.20	0.2	0.2	0.20
506	Schwinn® Cycling for Yogis	Helen	Vanderburg	0.20	2.0	1.5	0.20	0.2	0.2	0.20
507	Keiser® Cycling: TechnoRide	Krista	Popowych	0.20	2.0	1.5	0.20	0.2	0.2	0.20
508	Gentle Aqua for Rheumatoid Conditions	Irene	Lewis-McCormick, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20

TIME BLOCK O

SUNDAY, AUGUST 16, 2009, 7:30–9:20AM

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

600	Flexibility Highways	Chuck	Wolf, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
601	R and R Training	Aileen	Sheron	0.20	2.0	1.5	0.20	0.2	0.2	0.20
602	Corrective Exercise and Personal Training	Justin	Price, MA	0.20	2.0	1.5	0.20	0.2	0.2	0.20
603	Dance Mastery—Successful Layering	Yoav	Avidar	0.20	2.0	1.5	0.20	0.2	0.0	0.20
604	Step Turns 20!	Fred	Hoffman, MEd	0.20	2.0	1.5	0.20	0.2	0.0	0.20
605	Tubing Challenge—Total Body	Carol	Murphy	0.20	2.0	1.5	0.20	0.2	0.2	0.20
606	Warrior in Motion	Kimberly	Spreen	0.20	2.0	1.5	0.20	0.2	0.2	0.20
607	STOTT PILATES® Total-Body Sculpting, Flex-Band®, Level 2	Matthew	Comer, MS	0.20	2.0	1.5	0.20	0.2	0.2	0.20
608	Innovations and Choreography in Pilates	Kathy	Corey	0.0	2.0	1.5	0.20	0.2	0.2	0.20
609	Yoga Therapy: The Shoulder Girdle	Suzette	O'Byrne	0.20	2.0	1.5	0.20	0.2	0.2	0.20
610	Progressive Pilates	June	Kahn	0.20	2.0	1.5	0.20	0.2	0.2	0.20
611	Practice What You Preach! Setting New Nutrition Habits	Shawn	Dolan, PhD, RD	0.20	2.0	2.0	0.20	0.2	0.2	0.20
612	Mindset and Miracles	Phil	Kaplan	0.20	2.0	2.0	0.20	0.2	0.2	0.20
613	Understanding Pain: The Muscle System's Role	Greg	Roskopf, MA	0.20	2.0	2.0	0.20	0.2	0.2	0.20
614	What Women Want—Attracting, Servicing and Retaining Women in Today's Fitness Environment	Karen	Wischmann	0.20	2.0	2.0	0.0	0.2	0.2	0.20
615	Schwinn® Cycling: World-Class Coaching	Amy	Dixon	0.20	2.0	1.5	0.20	0.2	0.2	0.20

616	Threshold Metabolic Training (For Cycling)	Laura	Sachs	0.20	2.0	1.5	0.20	0.2	0.2	0.20
617	Super-Charged Circuits	Abbie	Appel	0.20	2.0	1.5	0.20	0.2	0.2	0.20
618	<i>Special Time: 7:30-11:20am</i> ABS LAB (InTensive)	Helen	Vanderburg	0.40	4.0	2.75	0.40	0.4	0.4	0.40
619	<i>Special Time: 8:00-9:20am</i> Take Another Look at Water Fitness	Irene	Lewis-McCormick, MS	0.20	2.0	1.5	0.20	0.1	0.1	0.20

TIME BLOCK P

SUNDAY, AUGUST 16, 2009, 9:35-11:00AM

Sessions in this time block are 1 hour, 25 minutes (unless otherwise indicated)

630	Small-Group Sport Workouts for Non-Athletes	Krista	Popowych	0.10	1.0	1.25	0.10	0.1	0.1	0.10
631	Aquatic Fitness for Mom and Baby	Leah	Esplen	0.10	1.0	1.25	0.10	0.1	0.1	0.10
632	Progression Periodization for Power	Chris	Ecklund, MA	0.10	1.0	1.25	0.10	0.1	0.1	0.10
633	Preschool Fitness: Unlimited Profit Potential	Michelle	Clemens-Silence, MA	0.10	1.0	1.25	0.0	0.1	0.1	0.10
634	Step Outside the Box	Rob	Glick	0.10	1.0	1.25	0.10	0.1	0.1	0.10
635	Boot Camp Boogie 2009!	Petra	Kolber	0.10	1.0	1.25	0.10	0.1	0.0	0.10
638	BBU: Mat Perplexity to Simplicity	Nico	Gonzalez	0.10	1.0	1.25	0.10	0.1	0.1	0.10
639	Peak Pilates®: Mat With Props	Zoey	Trap, MSc	0.10	1.0	1.25	0.10	0.1	0.1	0.10
640	Double the Power: Pilates Precision and Yoga Flow	Connie	Borho	0.10	1.0	1.25	0.10	0.1	0.1	0.10
641	Current Concepts in Post-Op Care: Lumbar Spine	Scott	Cheatham, DPT	0.10	1.0	1.5	0.10	0.1	0.1	0.10
642	Going Veg	Julieanna	Hever, MS, RD	0.10	1.0	1.5	0.10	0.1	0.1	0.10
643	Chasing Pheidippides: Marathon Training 101	Jason	Karp, PhD	0.10	1.0	1.5	0.10	0.1	0.1	0.10
644	Small-Group Training: A Win-Win!	Linda	Kennedy	0.10	1.0	1.5	0.10	0.1	0.1	0.10