

2010 IDEA World Fitness Convention™
Los Angeles, California
Wednesday, August 4 – Sunday, August 8, 2010
(Premier Seminars held on Wednesday, August 4, 2010)

National Council of Certified Personal Trainers (NCCPT) will accept credits for session approved by ACE and NASM

National Exercise & Sports Trainers Association (NESTA), National Exercise Trainers Association (NETA) and National Federation of Professional Trainers (NFPT) will accept credits for sessions approved by ACE

World Instructor Training School (W.I.T.S.) will accept credits for sessions approved by ACE and AFAA

**Please note, NATABOC is now solely referred to as the BOC or Board of Certification, Inc. and NASM offers a maximum of 1.9 CEUs per event.

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

Session #	Title	Presenter		ACE	ACSM	AFAA	BOC	NASM CGT/ CPT	NCCPT	NESTA	NETA	NFPT	NSCA CPT/ CSCS	WITS
Time Block A - Premier Seminars – Wednesday, August 4, 2010														
Workouts do not qualify for CECs														
010	<i>8:00am-11:30am</i> STOTT PILATES® Muscular Strength and Endurance and Reformer Resistance Training for Teens	STOTT PILATES® Faculty		0.3	3.0	2.5	3.0	.3/.3	.3	0.3	3.0	1.0	0.15/ 0.15	3.0
011	<i>8:00am-5:00pm</i> Spinning® Instructor Orientation	Sabrina	Fairchild	0.8	8.0	8.0	0.0	.8/.0	.8	0.8	8.0	1.0	0/0	8.0
012	<i>8:00am-5:00pm</i> Zumba® Basic Skills Instructor Training	Gina Jani	Grant Roberts	0.7	7.0	5.5	0.0	.8/.0	.8	0.7	7.0	1.0	0/0	7.0
013	<i>8:00am-5:00pm</i> Gray Institute: Optimize Your Current Skills in 3-D	Gary	Gray, PT	0.8	8.0	6.0	7.0	.0/.0	.8	0.8	8.0	1.0	0.8/0.8	8.0
014	<i>8:00am-5:00pm</i> Twist Sport Performance Summit	Douglas Peter	Brooks, MS Twist, MSc	0.8	8.0	6.0	7.0	.8/.8	.8	0.8	8.0	1.0	0.8/0.8	8.0
015	<i>8:00am-5:00pm</i> Peak Pilates®: MVe® Chair Foundations Workshop	Stacey Lei	Krauss	.8	.8	6.5	0.0	.8/.8	.8	.8	8.0	1.0	0.8/0.8	8.0
017	<i>8:00am-6:00pm</i> Schwinn® Indoor Cycling Instructor Training Course	Julz Jay	Arney Blahnik	0.9	9.0	8.0	0.0	.9/.0	.9	0.9	9.0	1.0	0.9/0.9	9.0
018	<i>9:00am-3:30pm</i> Mixed Martial Arts Conditioning Strategies: MMA Fitness for Beginners to Pros	Scott	Gaines, MS	.6	.6	4.5	0.0	.6/.6	.6	0.6	6.0	1.0	0.6/0.6	6.0
019	<i>9:00am-3:30pm</i> The New ACE Integrated Fitness Training Model	Fabio Todd Pete	Comana, MA, MS Galati, MA McCall, MS	0.6	6.0	4.5	6.0	.6/.6	.6	0.6	6.0	1.0	0.6/0.6	6.0

020	<i>9:00am-4:00pm</i> YogaWorks®: SmartFlow Yoga— Deconstructing the Sun Salutation	Jesse	Schein	.0	.0	4.75	0.0	.7/0	.6	.0	6.0	1.0	0.6/0.6	6.0
021	<i>9:00am-4:00pm</i> Celebrity Fortune and Fame!	John Spencer	Ellis, EdD, MBA	.6	.6	4.75	0.0	.0/0	0	0.6	6.0	1.0	0/0	6.0
022	<i>10:00am-3:00pm</i> YogaWorks®: Rock and Roll Flow Yoga for Athletes and Fitness Buffs	Vinnie	Marino	.0	.0	3.75	0.0	.5/0	.4	.0	4.0	1.0	0/0	4.0
023	<i>1:00-5:00pm</i> STOTT PILATES® Pilates with Props, Level 1 & 2	STOTT PILATES® Faculty		0.2/ 0.2	4.0	3.0	4.0	.4/4	.4	0.4	4.0	1.0	0.4/0.4	4.0
025	<i>9:00am-4:00pm</i> Help All Clients With Partner-Assisted PNF and AIS Stretching	Felix	Doval	0.6	6.0	3.0	6.0	.0/6	.6	0.6	6.0	1.0	0.6/0.6	6.0
Time Block D – Thursday, August 5, 2010, 8:00-9:50am														
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)														
130	BOSU® Elevation	Douglas	Brooks, MS	0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
		Melanie	Douglas, RN, RD											
131	Step-Tonic™	Amy	Nixon	0.2	2.0	1.5	0.0	.0/2	.2	0.2	2.0	1.0	0/0	2.0
132	EMPOWER™ Stepping	Gin	Miller	0.2	2.0	1.5	0.0	.0/2	.2	0.2	2.0	1.0	0/0	2.0
133	Resist-A-Ball® Hard Core	Carol	Murphy	0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
134	willpower & grace®	Stacey Lei	Krauss	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
135	TRX® Functional Fusion	Fraser	Quelch	0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
136	Introduction to Kettlebell Training for Fitness Professionals	Steve	Cotter	0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
137	Boot Camp 2010!	Todd	Durkin, MA	0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
138	Bridging the Gap Between Rehabilitation and Performance: Linear Movement	Sue	Falsone, PT, MS	0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
139	Schwinn® Cycling: Make Your Mark	Julz	Arney	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
140	Spinning®: 101	Josh	Taylor	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
141	Keiser® Circuit Bootcamp	Krista	Popowych	0.2	2.0	1.5	0.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
142	CycleOps® Power Indoor Cycling— Training With Power 101	Danielle Angie	Foster Sturtevant	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
143	GRAVITYGroup® :: Compound Structure Two™	Rob	Glick	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
144	Kranking®—The Next Revolution in Fitness	Jim	Karanas, MS	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
145	Movement Observation and Coaching	Paul	Juris, EdD	0.2	2.0	1.5	2.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
146	Cross Currents (Aqua)	Bethany	Diamond	0.2	2.0	1.5	0.0	.0/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
147	STOTT PILATES® Reformer Workout for Men	STOTT PILATES® Faculty		0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
148	YogaWorks®: Back Bending Flow	Malachi	Melville	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0		0.2/0.2	2.0

149	Caffeinated Pilates	June	Kahn	0.2	2.0	1.5	0.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
150	The Intrinsic Core Utilizing the ChiBolster	Leslee	Bender	0.2	2.0	1.5	0.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
151	Indo-Row®: The Perfect Calorie Burn	Jay Keli	Blahnik Roberts	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
152	Are We Speaking the Same Language? Functional Nomenclature Defined!	Doug Gary	Gray Gray, PT	0.2	2.0	1.75	2.0	.0/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
153	No Bones About It! Osteoporosis Update	Scott	Josephson, MS, RD	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
154	From Baby Steps to Starting Blocks	Paul	Stricker, MD	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
156	<i>Extended Education: 8:00-11:50am</i> Isolation to Integration: Corrective Exercise from a Functional Perspective	Justin	Price, MA	0.4	4.0	3.0	4.0	.0/.3	.4	0.4	4.0	1.0	0.4/0.4	4.0
157	Group Ex Pro: Streamlining Group Ex Management	Shannon	Fable	0.2	2.0	1.75	0.0	.2/0	.2	0.2	2.0	1.0	0/0	1.0
Time Block E – Thursday, August 5, 2010, 10:10am-12 Noon														
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)														
160	BOSU® Multiplied	Jay	Blahnik	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
161	Quadristseps	Yoav	Avidar	0.2	2.0	1.5	0.0	.0/.2	.2	0.2	2.0	1.0	0/0	2.0
162	Strong From All Angles	Rob Kimberly	Glick Spreen	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
163	S.O.S. (Seniors On Strength)...The Sequel	Carey	Fraleay	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0	2.0
164	Zumba® Toning	Jani	Roberts	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
165	4 Top Guns, 4 Training Zones—Athletic Training That Brings It!	Douglas Todd Fraser Peter	Brooks, MS Durkin, MA Quelch Twist, MSc	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
166	Energy Systems For the Game of Life	Scott	Hopson	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
167	MELT®—Adding Hands-Off Bodywork to Group Exercise	Sue	Hitzmann, MS	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
168	Bridging the Gap Between Rehabilitation and Performance: Multidirectional Movement WS	Sue	Falsone, PT, MS	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
169	Schwinn® Cycling: Break It Up!	Mindy	Mylrea	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
170	Spinning®: Ladder Up	Sabrina	Fairchild	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
171	Keiser® Cycling: A Powered-Up Experience	Suzette	O'Byrne	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
172	GRAVITY® :: Pilates with a Slant	Helen	Vanderburg	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
173	YogaWorks®: Vinyasa—The Art of Moving Safely	Kia	Miller	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
174	The-WOW-Factor: Wellness of Water	Leslie	Hewitt, DC	0.2	2.0	1.5	0.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
175	STOTT PILATES® Programming for	STOTT PILATES®												

	Hormone Highway!		MS, RD	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
384	Growing Your Business In Spite of a Challenging Economy	Todd	Durkin, MA	0.2	2.0	1.75	2.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
Time Block M – Friday, August 6, 2010, 2:45pm-4:35pm														
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)														
390	BOSU® Xplode	Keli	Roberts	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
391	Short Circuits	Eve	Fleck, MS	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
392	Take the Next Step	Rob Kimberly	Glick Spreen	0.2	2.0	1.5	0.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
393	Resist-A-Ball® Cardio/Strength	Carol	Murphy	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
394	Zumba® Gold	Joy	Prouty	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
395	Personalizing Small Group Training	Brett	Klika	0.2	2.0	1.75	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
396	The Progression Pyramid	Peter	Twist, MSc	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
397	Assessment and Problem Solving for the Hip	Lenny	Parracino	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
398	Optimal Workouts Need Optimal Recovery	Mark	Kovacs, PhD, MEd	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
399	Schwinn® Cycling: The Trend Report	Shannon	Fable	0.2	2.0	1.75	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
400	Spinning®: Energy Zone Sampler	Scott	Schlesinger	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
401	Indo-Row®: The Perfect Calorie Burn	Jay Daniel	Blahnik Walsh	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
402	The Power of 3 (Aqua)	Bethany	Diamond	0.2	2.0	1.5	0.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
403	STOTT PILATES® Functional Athletic Core Conditioning on the Cardio Tramp	STOTT PILATES® Faculty		0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
404	Bodyblade®: Core Like Never Before!	Connie	Borho	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
405	BBU: Reforming the Knee	Nora	St. John	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
406	The Franklin Method™: Imagery for a Strong, Flexible and Healthy Spine	Eric	Franklin	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
407	Training (and Retaining) Beginners	Tom	Purvis, PT	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0	2.0
408	Got Muscle? Want Some More?	Scott	Josephson, MS, RD	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
409	Universal Secrets to Client Retention	Mary	Bratcher, MS	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0/0	2.0
410	So You're THE New Training/Program Director?	Krista	Popowych	0.2	2.0	1.75	0.0	.0/.2	.2	0.2	2.0	1.0	0/0	2.0
411	Healthy-Steps: Exercise for a Healthy Lymphatic System	Marc Sherry	Davis, MD Lebed Davis	0.2	2.0	1.75	0.0	.0/.2	.2	0.2	2.0	1.0	0.2/0	2.0
Time Block N – Friday, August 6, 2010, 4:50pm-6:00pm														
Sessions in this time block are 1 hour, 10 minutes (unless otherwise indicated)														
420	Core Cuts	Rob Kimberly	Glick Spreen	0.1	1.0	.75	0.0	.0/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
421	Twisted Step	Christi	Taylor	0.1	1.0	.75	0.0	.0/.1	.1	0.1	1.0	0.5	0/0	1.0
423	Rock and Stroll	Carey	Fraley	0.1	1.0	.75	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
425	SilverSneakers™ Cardio Circuit	Deborah	Redder	0.1	1.0	.75	0.0	.1/0	.1	0.1	1.0	0.5	0.1/0	1.0
426	The Metabolic Playground	Rodney	Corn, MA	0.1	1.0	.75	1.0	.0/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
427	Movements, Not Muscles: A Multi-Planar Training Approach to Training	Fraser	Quelch	0.1	1.0	.75	1.0	.0/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0

428	Ultimate Six	Cassidy	Phillips	0.1	1.0	.75	1.0	.1/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
429	Schwinn® Cycling: My Favorite Ride	Amy	Dixon	0.1	1.0	.75	0.0	.1/.0	.1	0.1	1.0	0.5	0/0	1.0
432	STOTT PILATES® Power Paced Fitness Circle®	STOTT PILATES® Faculty		0.1	1.0	.75	0.0	.1/.1	.1	.1	1.0	0.5	0.1/0.1	1.0
433	Peak Pilates®: MVe® Reformer JUMP!	Zoey	Trap, MSc	0.1	1.0	.75	0.0	.1/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
434	Mat Pilates and Stretch with Flexcushion®	Katherine Kimberly	Corp Corp	0.1	1.0	.75	0.0	.1/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
435	EMPOWER™ Mind-Body	Gin	Miller	0.1	1.0	.75	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
436	Programming for Profit	Darren	Jacobson	0.1	1.0	1.0	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
437	The 8 Essentials of Program Design	Tony	Ambler-Wright, MS	0.1	1.0	1.0	1.0	.0/0	.1	0.1	1.0	0.5	0.1/0.1	1.0
438	Networking—The Key to Your Net Worth	Nicki	Anderson	0.1	1.0	1.0	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
439	Ignite! Fitness	Biray Ryan	Alsac, MS Halvorson	0.1	1.0	1.0	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
440	Small Group Training: A Win-Win for All!	Linda	Kennedy	0.1	1.0	1.0	2.0	.2/0	.2	0.1	1.0	0.5	0/0	2.0
441	Muscle-TECH: Elastic Resistance	Lauren	Eirk	0.1	1.0	1.0	2.0	.0/2	.2	0.1	1.0	0.5	0.1/0.1	2.0
Time Block P – Saturday, August 7, 2010, 7:30-9:20am														
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)														
500	BOSU® Total Stretch	Helen	Vanderburg	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
501	Step Success	Petra	Kolber	0.2	2.0	1.5	0.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
502	360—Complete Body Training	Robert	Sherman	0.2	2.0	1.5	0.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
503	Resist-A-Ball® Creative Choreography	Carol	Murphy	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
504	Functional Conditioning for Group	Rebecca	Small	0.2	2.0	1.5	0.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
505	TRX® Corrective Exercise	Fraser	Quelch	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
506	Metabolic Conditioning Games-Playing Your Way Into Shape!	Jay	Dawes, MS	0.2	2.0	1.5	2.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
507	Squatology	Lenny	Parracino	0.2	2.0	1.5	2.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
508	Functional Training in 3-D	Rodney	Corn, MA	0.2	2.0	1.5	2.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
509	Schwinn® Cycling: Digital Music Mastery	Rob	Glick	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
510	Spinning®: Accelerations vs. Sprints	Sabrina	Fairchild	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
511	Keiser® Striding: Stride-Tastic	Suzette	O'Byrne	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
512	CycleOps® Power Indoor Cycling—Training With Power 101	Danielle Angie	Foster Sturtevant	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
513	GRAVITY® :: Up Close & Personal	Jeff	Groh	0.2	2.0	1.5	2.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
514	Krinking®—The Next Revolution in Fitness	Jim	Karanas, MS	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
515	Indo-Row®: The Perfect Calorie Burn	Jay Daniel	Blahnik Walsh	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
516	<i>Special Time: 8:00-9:20am</i> The Water Warrior Workout	Stephanie	Thielen	0.1	1.0	1.0	0.0	.2/0	.2	0.1	1.0	1.0	0.15/ 0.15	1.0
517	STOTT PILATES® Reformer for the Older Adult	STOTT PILATES® Faculty		0.2	2.0	1.5	0.0	.2/2	.2	.2	2.0	1.0	0.2/0	2.0
518	Peak Pilates®: Reformer Rhythms	Zoey	Trap, MSc	0.2	2.0	1.5	0.0	.2/2	.2	0.2	2.0	1.0	0/0	2.0

519	Yoga with Flexcushion®	Stacy	McCarthy	0.2	2.0	1.5	0.0	.2/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
520	Tenets of Tai Chi	Lawrence	Biscontini, MA	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
521	Eating Out—The Right Way!	Jenna A	Bell, PhD, RD	0.2	2.0	1.5	0.0	.0/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
522	Determine Your Destiny with Communication	Nicki	Anderson	0.2	2.0	1.75	0.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
523	Why Should You Consider Corporate Wellness?	Margie	Kidd, MBA	0.2	2.0	1.75	0.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
524	Make Your Passion Your Fortune	Brett	Klika	0.2	2.0	1.75	2.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
525	<i>Extended Education: 7:30-11:50am</i> Starter Secrets to Becoming a Fitness Video Star!	Gin Christi Tamilee	Miller Taylor Webb, MA	0.4	4.0	4.0	0.0	.0/0	.4	0.4	4.0	1.0	0/0	4.0
526	<i>Special Time: 7:30-11:20am</i> The Biomechanics of Function	Paul	Juris, EdD	0.4	4.0	4.0	4.0	.4/4	.4	0.4	4.0	1.0	0.4/0.4	4.0
Time Block Q – Saturday, August 7, 2010, 9:40-11:30am														
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)														
530	TurboKick™	Chalene	Johnson	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
531	Play Hard	Eve	Fleck, MS	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
532	Strike! 2010	Kimberly	Spreen	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
533	3-Dimensional Step—Extended!	Rebecca	Small	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
534	Zumba® Toning	Jani	Roberts	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
535	Advanced Concepts in Body-Weight Training	Bill	Sonnemaker, MS	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
536	Functional Pushing and Pressing Exercises	Josh	Rubin	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
537	MELT® Hand and Foot Self-Treatment	Sue	Hitzmann, MS	0.2	2.0	1.5	2.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
538	Abdominal and Core for the Aging Spine	Shari	Kalkstein	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0	2.0
539	Schwinn® Cycling: MPower™	Jay	Blahnik	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
540	Spinning®: Bike Fit	Josh	Taylor	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
541	Keiser® Cycling: A Creative Connection	Buddy	Macuha	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
542	CycleOps® Power Indoor Cycling—Boosting Threshold Power	Danielle Angie	Foster Sturtevant	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
543	GRAVITY® :: Mindful Mechanics	Robert	Sherman	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
544	Krinking® and the Athlete	Jim	Karanas, MS	0.2	2.0	1.5	2.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
545	Rockin' Senior's Circuit (Aqua)	Ken	Baldwin	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0	2.0
546	Yoga I.S.®: Better Adjustments	Lauren	Eirk	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
547	STOTT PILATES® Introduction to Athletic Conditioning on the V2 Max Plus™ Reformer*	STOTT PILATES® Faculty		0.2	2.0	1.5	2.0	.2/.2	.2	.2	2.0	1.0	0.2/0.2	2.0
548	Foundational Beaming™	Lawrence	Biscontini, MA	0.2	2.0	1.5	0.0	.0/0	.2	0.2	2.0	1.0	0.2/0.2	2.0

549	BBU: Reformer Choreography to the Core!	Lizbeth Portia	Garcia Page	0.2	2.0	1.5	0.0	.0/.0	.2	0.2	2.0	1.0	0/0	2.0
550	Fitness Podcasting	Biray	Alsac, MS	0.2	2.0	1.75	0.0	.0/.0	.2	0.2	2.0	1.0	0/0	2.0
551	The Fine Line: Counseling Clients in Nutrition	Nicki Jenna A. Scott Brett	Anderson Bell, PhD, RD Josephson, MS, RD Klika	0.2	2.0	1.75	0.0	.0/.2	.2	0.2	2.0	1.0	0/0	2.0
552	Flexibility Highways "In Motion"	Chuck	Wolf, MS	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
553	Overtraining: It's All Relative	Greg	Roskopf, MA	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
Time Block S – Saturday, August 7, 2010, 2:45pm-4:35pm														
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)														
560	Variable Resistance	Aileen	Sheron	0.2	2.0	1.5	0.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
561	Step On The Fly!	Kim	Miller	0.2	2.0	1.5	0.0	.0/.0	.2	0.2	2.0	1.0	0/0	2.0
562	Essential Step Skills	Rebecca	Small	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
563	Resist-A-Ball® Fusion	Carol	Murphy	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
564	Baby Boomer Bounce	Milo	Levell	0.2	2.0	1.5	0.0	.0/.0	.2	0.2	2.0	1.0	0/0	2.0
565	TRX® Circuits for Metabolic Training	Fraser	Quelch	0.2	2.0	1.5	2.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
566	Sport Specific Training For Youth	Brett	Klika	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
567	Learning to Function...On The Ground	Lenny	Parracino	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
568	Practical Approach to Posture Re-Education	Shari	Kalkstein	0.2	2.0	1.5	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0	2.0
569	Schwinn® Cycling: MPower™	Jay	Blahnik	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
570	Spinning®: Riding the Chorus and Verse	Sabrina	Fairchild	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
571	Yoga I.S.®: Teaching to Multiple Levels	Lauren	Eirk	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
572	Aqua Zumba® Party	Maria Joy	Browning Prouty	0.2	2.0	1.5	0.0	.0/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
573	STOTT PILATES® Mini Stability Ball™ Workout	STOTT PILATES® Faculty		0.2	2.0	1.5	0.0	.2/.2	.2	.2	2.0	1.0	0.2/0.2	2.0
574	Balanced Boxing	Tricia	Murphy-Madden	0.2	2.0	1.5	0.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
575	Mat Pilates and Stretch with Flexcushion®	Katherine Kimberly	Corp Corp	0.2	2.0	1.5	0.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
576	YogaWorks®: Introduction to Pranayama and Meditation	YogaWorks® Faculty		0.2	2.0	1.5	0.0	.2/.0	.2	.2	2.0	1.0	0.2/0.2	2.0
577	The Real Bottom Line: Understanding Profit	Darren	Jacobson	0.2	2.0	1.75	0.0	.2/.0	.2	0.2	2.0	1.0	0/0	2.0
578	Integrated Functional Solutions for Low Back Pain	Chuck	Wolf, MS	0.2	2.0	1.75	2.0	.2/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
579	Exercise Prescription—Going Backwards Before You Go Forward	Greg	Roskopf, MA	0.2	2.0	1.75	2.0	.0/.2	.2	0.2	2.0	1.0	0.2/0.2	2.0
580	What's New in the Food Industry	Jenna A.	Bell, PhD, RD	0.2	2.0	1.75	0.0	.0/.0	.2	0.2	2.0	1.0	0.2/0.2	2.0
581	<i>Extended Education: 2:45-6:35pm</i>	Nicki Shannon	Anderson Fable						.2					

	Become a Presenter!	Aprile	Peishel, MA	0.4	4.0	3.5	0.0	.0/0		0.4	4.0	1.0	0/0	4.0
Time Block T – Saturday, August 7, 2010, 4:50-6:00pm														
Sessions in this time block are 1 hour, 10 minutes (unless otherwise indicated)														
592	Rotational Circuit	Petra	Kolber	0.1	1.0	.75	0.0	.0/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
593	Up On Stage!	Ilyse	Baker	0.1	1.0	.75	0.0	.1/.0	.1	0.1	1.0	0.5	0/0	1.0
596	Motion Drivers :: What Turns YOU On?	Jeff	Groh	0.1	1.0	1.0	1.0	.0/0	.1	0.1	1.0	0.5	0.1/0.1	1.0
597	Total Massage and Relaxation	Norma	Shechtman, MA, MEd	0.1	1.0	1.0	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
598	Group Xcellence—Evaluating Your Staff	Christi	Taylor	0.1	1.0	1.0	0.0	.1/.0	.1	0.1	1.0	0.5	0/0	1.0
599	Schwinn® Cycling: My Favorite Ride	Ken	Baldwin	0.1	1.0	.75	0.0	.1/.0	.1	0.1	1.0	0.5	0/0	1.0
600	Spinning®: Energy Zone Sampler	Scott	Schlesinger	0.1	1.0	.75	0.0	.1/.0	.1	0.1	1.0	0.5	0.1/0.1	1.0
601	California Yoga Groove	Buddy	Macuha	0.1	1.0	.75	0.0	.0/.1	.1	0.1	1.0	0.5		1.0
602	H.E.A.T. (High Energy Aquatic Training)	Dolly	Banks-Stokes	0.1	1.0	.75	0.0	.1/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
603	STOTT PILATES® Prenatal on the Mat	STOTT PILATES® Faculty		0.1	1.0	.75	0.0	.1/.1	.1	.1	1.0	0.5	0.1/0.1	1.0
605	YogaFit™—Seven Principles of Alignment	Beth	Shaw	0.1	1.0	.75	0.0	.1/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
606	Career Options in the Fitness Industry	Ryan	Halvorson	0.1	1.0	1.0	0.0	.0/.1	.1	0.1	1.0	0.5	0/0	1.0
607	Social Media for Dollar\$	Biray	Alsac, MS	0.1	1.0	1.0	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
608	How Should Protein Supplements Be Used To Optimize Athletic Performance and Health?	Jeff	Leighton, Phd	0.1	1.0	1.0	1.0	.0/.1	.1	0.1	1.0	0.5	0.1/0.1	1.0
609	Juggling It All: Navigating Through Information Overload!	Tom	Purvis, PT	0.1	1.0	1.0	1.5	.0/0	.1	0.1	1.0	0.5	0.1/0.1	1.0
Time Block U – Sunday, August 8, 2010, 7:30-9:20am														
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)														
702	Partner Play: Assist and Resist	Lawrence	Biscontini, MA	0.2	2.0	1.5	0.0	.0/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
703	Coordinated Movements for Aging Adults	Shari	Kalkstein	0.2	2.0	1.5	2.0	.0/2	.2	0.2	2.0	1.0	0.2/0	2.0
706	"Big Bang" Exercises	Josh	Rubin	0.2	2.0	1.5	2.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
708	Mat Moves	Petra	Kolber	0.2	2.0	1.5	0.0	.0/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
709	Schwinn® Cycling: The Yoga Connection	Helen	Vanderburg	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
710	Spinning®: A Reason to Jump	Sabrina	Fairchild	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0/0	2.0
711	YogaWorks®: Arm Balance Flow	Vinnie	Marino	0.2	2.0	1.5	0.0	.2/0	.2	0.2	2.0	1.0	0.2/0.2	2.0
712	STOTT PILATES® Intermediate Matwork™	STOTT PILATES® Faculty		0.2	2.0	1.5	0.0	.2/2	.2	.2	2.0	1.0	0.2/0.2	2.0
713	Peak Pilates®: Pilates for Rotational Sports	Connie	Borho	0.2	2.0	1.5	2.0	.2/2	.2	0.2	2.0	1.0	0.2/0.2	2.0
714	The Write Stuff: Become a Published Fitness Author	Sandy Todd	Webster											
		Alexandra	Williams, MA	0.2	2.0	1.75	0.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
715	50 Secrets to Being a Top Trainer	Nicki	Anderson	0.2	2.0	1.75	2.0	.0/0	.2	0.2	2.0	1.0	0/0	2.0
716	Metabolic Syndrome: What You Need	Roberta	Anding, MS,						.2					

	to Know!		RD	0.2	2.0	1.75	2.0	.0/.2		0.2	2.0	1.0	0.2/0.2	2.0
717	<i>Extended Education: 7:30-11:20am</i> Zone in on Lower-Back Postrehabilitation—Synergy, Science and Income!	Wendy	Williamson, PhD	0.4	4.0	3.0	4.0	.4/.4	.4	0.4	4.0	1.0	0.4/0.4	4.0
Time Block V – Sunday, August 8, 2010, 9:40-11:00am														
Sessions in this time block are 1 hour, 20 minutes (unless otherwise indicated)														
730	Plyometric Cardio Intervals	Tony	Horton	0.1	1.0	1.0	1.5	.0/.2	.1	0.1	1.0	0.5	0.1/0.1	1.0
731	Super Step!	Rebecca	Small	0.1	1.0	1.0	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
732	Pole Precision: The Linear Effect	Robert	Sherman	0.1	1.0	1.0	1.5	.0/0	.1	0.1	1.0	0.5	0.1/0.1	1.0
733	Cirque du Balle	Buddy	Macuha	0.1	1.0	1.0	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
735	Movement Preparation for All Clients	Jay	Dawes, MS	0.1	1.0	1.25	1.5	.0/.2	.1	0.1	1.0	0.5	0.1/0.1	1.0
736	Schwinn® Cycling: My Favorite Ride	Kimberly	Spreen	0.1	1.0	1.0	0.0	.2/0	.1	0.1	1.0	0.5	0/0	1.0
737	Spinning®: Hill Assault	Scott	Schlesinger	0.1	1.0	1.0	0.0	.2/0	.1	0.1	1.0	0.5	0.1/0.1	1.0
739	STOTT PILATES® Ultimate Body Sculpting, Flex-Band® Level 3	STOTT PILATES® Faculty		0.1	1.0	1.0	0.0	.2/.2	.1	.1	1.0	0.5	0.1/0.1	1.0
740	Standing Pilates	Kathy	Corey	0.1	1.0	1.0	0.0	.0/.2	.1	0.1	1.0	0.5	0.1/0.1	1.0
741	Power Yoga For Fitness Professionals	Stacy	McCarthy	0.1	1.0	1.0	0.0	.0/.2	.1	0.1	1.0	0.5	0.1/0.1	1.0
742	From Great Instructor to Outstanding Ambassador	Linda Ingrid Mary	McHugh Owens Pilney, MBA	0.1	1.0	1.25	0.0	.0/0	.1	0.1	1.0	0.5	0/0	1.0
744	Diabetes and Exercise	Robertta	Anding, MS, RD	0.1	1.0	1.25	1.5	.0/.2	.1	0.1	1.0	0.5	0.1/0.1	1.0
745	Understanding the Powerful Relationship Between Omega-3 and Protein	Jeff	Leighton, Phd	0.1	1.0	1.25	1.5	.0/.2	.1	0.1	1.0	0.5	0.1/0.1	1.0