

fusion programming grid

GROUP EXERCISE

Choreography, Dance, Martial Arts/
Kickboxing, Teaching Techniques

GROUP EXERCISE

Group Strength, Circuit Training,
Interval Training, Flexibility

INDOOR CYCLING WATER FITNESS

BODY-MIND

Pilates, Yoga, Flexibility

PERSONAL TRAINING

Exercise Techniques Biomechanics, Assessment,
Corrective Exercise, Sports Training

EXERCISE SCIENCE NUTRITION WEIGHT MANAGEMENT SPECIAL POPULATIONS

BUSINESS MANAGEMENT PROGRAM DIRECTOR CAREER DEVELOPMENT

LIFE COACHING PSYCHOLOGY/ MOTIVATION INSPIRE THE WORLD

FRIDAY, APRIL 4

TIME BLOCK A 7:30–8:00am	Inspirational Welcome With Fred Hoffman, MEd			Inspirational Welcome With Fred Hoffman, MEd				
TIME BLOCK B 8:15–10:05am <i>Up to 2 CEC hours</i>	111 Step—The Rhythm is Gonna Get You! (WS) <i>Glick</i> 113 Boogie Remix 2008 (WS) <i>Arney</i> 114 Ringtime Boxing (WS) <i>Rodriguez-Ogren</i>	112 BOSU® Ballast™ Ball Core Challenge (WS) <i>Roberts</i>	110 Keiser® Cycling: M3 Geared Up (WS) <i>O'Byrne</i>	116 STOTT PILATES® Power Paced Fitness Circle (WS) <i>LePage</i>	115 Back in Action: Helping Clients With Back Pain (WS) <i>Schwahn</i> 117 The Inflammation Cascade—Are You Causing It? (L) <i>Hoolihan</i> 120 Fitness Anywhere™: TRX® Suspension Training Techniques for Functional Strength and Core Conditioning (WS) <i>Quelch</i> 121 Movement Training for Special Populations (InTensive) <i>Wolf 8:15am–12:15pm</i>	121 Movement Training for Special Populations (InTensive) <i>Wolf 8:15am–12:15pm</i>	118 Your Image, Your Success (L) <i>Anderson</i> 119 But I Want It! Budget Management for Program Directors (L) <i>Fable</i>	
TIME BLOCK C 10:25am–12:15pm <i>Up to 2 CEC hours</i>	131 Fat-Free Step (WS) <i>Hoffman</i> 134 Hip-Hop Hit List (WS) <i>Arney</i> 135 Drums Alive™: Kids Beats (WS) <i>Ekins</i>	133 Sport Stretch on the Ball (WS) <i>Murphy</i>	130 Perfect Class Planning for Indoor Cycling (WS) <i>Quelch</i>	136 Peak Pilates® Mindful Mat—Pilates Mat for Better Backs (WS) <i>Trap</i>	132 Off-Center Ball Training (WS) <i>Ross</i> 139 Trainer Accountability—Are We Prepared to Train Clients Who Are in Pain? (L) <i>Roskopf</i>	135 Drums Alive™: Kids Beats (WS) <i>Ekins</i> 137 Winning at Losing—The TRUTH About Successful Weight Loss! (L) <i>Kravitz</i> 138 Review of Protein Intake for Clients and Athletes (L) <i>Piattoly</i>	140 Creating Longevity in Fitness (L) <i>Popowych</i>	135 Drums Alive™: Kids Beats (WS) <i>Ekins</i>
LUNCH BREAK 12:15–2:30pm								
TIME BLOCK D 2:30–4:20pm <i>Up to 2 CEC hours</i>	151 The 3 C's of Foot Fitness: Comfort, Care and Change (WS) <i>Fable</i> 154 Sassified! (WS) <i>Lenart</i>	152 BOSU® Skills and Drills (WS) <i>Blahnik</i> 153 No More Boring Circuits (WS) <i>Glick/Myrrea</i>	150 Keiser® Cycling: M3 Empowerment (WS) <i>Popowych</i> 161 Water Class Design (L) <i>Diamond</i>	156 Eight-Step Path™ for Yoga Class Design (WS) <i>Arney</i>	155 JAMS: Joint Alignment and Muscle Sequencing (WS) <i>Hoolihan</i> 159 The Real Deal—Functional Anatomy (L) <i>Quelch</i> 160 Small-Group and Partner Training Makes Big Business Sense, Part I (L) <i>Collins</i>	157 Chronic Pain and Exercise: Fibromyalgia, Myofascial Pain Syndrome, Chronic Fatigue Syndrome, Arthritis (L) <i>Schwahn</i> 158 Boosting Lifelong Learning and Brain Health (L) <i>Eckmann</i> 159 The Real Deal—Functional Anatomy (L) <i>Quelch</i>	160 Small-Group and Partner Training Makes Big Business Sense, Part I (L/D) <i>Collins</i>	
TIME BLOCK E 4:45–6:00pm <i>No CECs available</i>	170 BOSU® Block Party (WO) <i>Blahnik/Fable/Roberts</i> Registration Limited							

SATURDAY, APRIL 5

TIME BLOCK F 7:30–9:20am <i>Up to 2 CEC hours</i>	201 Zensational Step (WS) <i>Hoffman</i> 204 Kickboxercise—Combinations That Work! (WS) <i>Rodriguez-Ogren</i> 205 Drums Alive™: Golden Beats (WS) <i>Ekins</i>	202 BOSU® Ballast™ Ball Core Challenge (WS) <i>Roberts</i> 203 Hard Core and More! (WS) <i>Murphy</i>	200 Keiser® Cycling: M3 Imagine (WS) <i>Popowych</i> 210 Water 4-1-1 (L) <i>Diamond</i>	201 Zensational Step (WS) <i>Hoffman</i> 206 Peak Pilates® Circle of Power (WS) <i>Trap</i>	207 Brain-Based Personal Training (L) <i>Eckmann</i> 209 A Unique Look at Spinal Stability (L) <i>Roskopf</i> 211 Fitness Anywhere™: TRX® Suspension Training for Core Performance (WS) <i>Quelch</i>	205 Drums Alive™: Golden Beats (WS) <i>Ekins</i> 207 Brain-Based Personal Training (L) <i>Eckmann</i> 208 "They Say"...Nutrition Questions Answered (L) <i>Bell-Wilson</i>		205 Drums Alive™: Golden Beats (WS) <i>Ekins</i> 212 Your Visual Quest—YOU, a Year From Now! (InTensive) <i>Larsen 7:30–11:30am</i>
TIME BLOCK G 9:35–11:25am <i>Up to 2 CEC hours</i>	221 Cardio Crazy (WS) <i>Myrrea</i> 224 Aerobic Phobic No More (WS) <i>Steigele</i>	223 Just a Little B.I.T. (WS) <i>Appel</i> 225 Circuit Training Partner Challenge (WS) <i>Blahnik</i>	220 Keiser® Cycling: M3 Power (WS) <i>O'Byrne</i>	222 BOSU® Mind-Body Training (WS) <i>Fable</i> 226 STOTT PILATES® Matwork for Breast Cancer Rehabilitation (WS) <i>LePage</i>	229 Breaking Away—From Club Trainer to Entrepreneur (L) <i>Anderson</i> 230 Movement Analysis—Under the Microscope! (L/D) <i>Eirk</i>	227 The Female Training Advantages (L) <i>Kravitz</i> 228 Childhood Obesity—Treatment and Outreach (L) <i>Varela</i>	229 Breaking Away—From Club Trainer to Entrepreneur (L) <i>Anderson</i>	228 Childhood Obesity—Treatment and Outreach (L) <i>Varela</i>
LUNCH BREAK 11:25am–1:10pm								
TIME BLOCK H 1:10–3:00pm <i>Up to 2 CEC hours</i>	241 Are You Ready to Zumba®? (WS) <i>Thompson/Witt</i>	242 More for the Core! (WS) <i>Steigele</i> 243 S.O.S.—Seniors on Strength (WS) <i>Fraleley</i> 244 Boot Camp (WS) <i>Klika</i>	240 Keiser® Cycling: M3 Power (WS) <i>Popowych</i>	245 Yoga Plus (WS) <i>Eirk</i> 246 ELEVATE—Mindful Movement (WS) <i>Diamond</i>	244 Boot Camp (WS) <i>Klika</i> 247 Posture Analysis—From Head to Toe (L) <i>Schwahn</i> 250 Bridging the Gap Series: Blending Traditional Exercise With Functional Movement Patterns (InTensive) <i>Wolf 1:10–5:10pm</i>	243 S.O.S.—Seniors on Strength (WS) <i>Fraleley</i> 248 Protein, Carbs and Fats—The Real Ergogenic Aids! (L) <i>Bell-Wilson</i>		249 The Unique and Powerful Coach/Client Relationship (L) <i>Larsen</i> 251 Alliance for a Healthier Generation—How You Can Get Involved (L) <i>Parks 1:30–2:30pm</i>
TIME BLOCK I 3:15–4:45pm <i>Up to 2 CEC hours</i>	261 Cardio Dance (WS) <i>Glick</i> 264 Fit for Kids 2008 (WS) <i>Myrrea</i>	263 Resist-A-Ball® Boot Camp (WS) <i>Appel/Murphy/Steigele</i> 265 Core-ography—FORM Meets FUNCTION (WS) <i>Hoffman</i>	260 Keiser® Cycling: M3 Extend (WS) <i>O'Byrne</i>	266 Peak Pilates®: The Art of Teaching Group Classes (WS) <i>Trap</i>	262 Exceptional Small-Group and Partner Training for Special Populations, Part II (WS) <i>Collins</i> 267 TOMA—Marketing Magic for Your Small Business (L) <i>Anderson</i> 269 Strength Training for Triathletes and Runners (L) <i>Quelch</i> 270 Be a Successful In-Home/Mobile Trainer (L) <i>Andrews/Lee</i>	264 Fit for Kids 2008 (WS) <i>Myrrea</i>	267 TOMA—Marketing Magic for Your Small Business (L) <i>Anderson</i> 268 Positive Steps to Improved Teamwork (L) <i>Fable</i> 270 Be a Successful In-Home/Mobile Trainer (L) <i>Andrews/Lee</i>	

SUNDAY, APRIL 6

TIME BLOCK J 8:00–9:50am <i>Up to 2 CEC hours</i>	301 Step—EVOLVED (WS) <i>Glick</i>	303 Strong, Stretched and Centered (WS) <i>Murphy</i> 305 Medicine Ball Madness (WS) <i>Roberts</i> 310 Better Balance for Boomers (L) <i>Osar</i> 311 Female Chain Reaction—Core Conversion Integration (InTensive) <i>Christie/Colosi 8:00am–12 Noon</i>	300 Keiser® Cycling: M3 Stable (WS) <i>O'Byrne</i>	303 Strong, Stretched and Centered (WS) <i>Murphy</i> 306 STOTT PILATES® Intense Sculpting Challenge Flex-Band® Level 4 (WS) <i>LePage</i>	302 The Sports Training Revolution (WS) <i>Klika</i> 305 Medicine Ball Madness (WS) <i>Roberts</i> 307 Developing a Top-Notch Personal Training Team (L) <i>Popowych</i> 309 Continuum-Based Program Design (L/D) <i>Corn</i> 310 Better Balance for Boomers (L) <i>Osar</i> 311 Female Chain Reaction—Core Conversion Integration (InTensive) <i>Christie/Colosi 8:00am–12 Noon</i>	304 Can't Stop the Mama: Prenatal Training for the Active Woman (WS) <i>Rodriguez-Ogren</i> 308 Strategies to Enhance Fat Metabolism (L) <i>Kravitz</i> 310 Better Balance for Boomers (L) <i>Osar</i> 311 Female Chain Reaction—Core Conversion Integration (InTensive) <i>Christie/Colosi 8:00am–12 Noon</i>	307 Developing a Top-Notch Personal Training Team (L) <i>Popowych</i>	
TIME BLOCK K 10:05–11:55am <i>Up to 2 CEC hours</i>	320 Step—From Mystery to Mastery (WS) <i>Steigele</i> 321 Zumba®—The Next Step! (WS) <i>Thompson/Witt</i> 326 Great Instructors—Born or Made? (L) <i>Hoffman</i>	322 Keep on Rollin' (WS) <i>Fraleley</i> 323 Total-Body Training With Tubing (WS) <i>Appel</i> 324 Take the Curl Out! (WS) <i>Diamond</i>		325 Vinyasa Yoga Sequencing (WS) <i>Eirk</i>	324 Take the Curl Out! (WS) <i>Diamond</i> 328 Stretching and Exercise—The Truth! (L) <i>Corn</i> 329 Integrating Personal Training Into the Corporate World (L) <i>Kidd/Sonnemaker</i>	322 Keep on Rollin' (WS) <i>Fraleley</i>	326 Great Instructors—Born or Made? (L) <i>Hoffman</i> 327 Pick Me, Pick Me (L) <i>Myrrea</i> 329 Integrating Personal Training Into the Corporate World (L) <i>Kidd/Sonnemaker</i>	

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TIME BLOCK A 7:30–8:00am	Inspirational Welcome With Fred Hoffman, MEd			Inspirational Welcome With Fred Hoffman, MEd				
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SATURDAY, APRIL 5

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