

PROGRAMMING GRID	PERSONAL TRAINING Exercise Techniques, Biomechanics, Assessment, Corrective Exercise, Sports Training	SMALL-GROUP & PARTNER TRAINING	SESSIONS FOR HYBRID PROFESSIONALS Those who train clients and teach group classes	GROUP EXERCISE Group Strength, Circuit Training, Interval Training, Flexibility	GROUP EXERCISE Choreography, Kickboxing, Dance, Teaching Techniques	INDOOR CYCLING INDOOR ROWING STRIDING	MIND-BODY Pilates, Yoga, Flexibility	Exercise Science/Research Nutrition Behavior Special Populations Inspire The World to Fitness®	Business Management Program Director Personal Development
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THURSDAY, APRIL 22 (PRECONFERENCE SESSIONS)

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PRECONFERENCE SESSIONS	012 Twist Sport Conditioning Summit <i>LWS Twist</i> 9:30am–6:30pm	011 Group TRX® Suspension Training® <i>ws Quelch</i> 9:00am–1:00pm	011 Group TRX® Suspension Training® <i>ws Quelch</i> 9:00am–1:00pm			010 Schwinn® Indoor Cycling Instructor Training Course <i>ws Arney/Blahnik</i> 8:30am–6:30pm	013 STOTT PILATES® Foam Roller Plus <i>ws</i> 1:00–5:00pm		
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FUSION PRODUCT SHOWCASE: 4:00–7:00pm

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FRIDAY, APRIL 23

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TIME BLOCK A 7:30–8:30am <i>No CEC hours available (Workouts do not qualify for CECs)</i>	100 BOSU® Amped! <i>wo BOSU Presenter Team</i> 101 Partner Play: Game On! <i>wo Twist</i> 104 TRX® Circuits for Metabolic Training <i>wo Ross</i> 105 Triple Threat <i>wo Murphy</i> 7:45–8:30am 107 Body-Weight Boot Camp <i>wo Klika</i> 7:45–8:30am	100 BOSU® Amped! <i>wo BOSU Presenter Team</i> 101 Partner Play: Game On! <i>wo Twist</i>	104 TRX® Circuits for Metabolic Training <i>wo Ross</i> 105 Triple Threat <i>wo Murphy</i> 7:45–8:30am 107 Body-Weight Boot Camp <i>wo Klika</i> 7:45–8:30am	100 BOSU® Amped! <i>wo BOSU Presenter Team</i> 104 TRX® Circuits for Metabolic Training <i>wo Ross</i> 105 Triple Threat <i>wo Murphy</i> 7:45–8:30am 106 Step 4-Play <i>wo Goudeau</i> 7:45–8:30am 107 Body-Weight Boot Camp <i>wo Klika</i> 7:45–8:30am	106 Step 4-Play <i>wo Goudeau</i> 7:45–8:30am	102 Schwinn® Cycling: The MPower™ Workout <i>wo Arney</i> 103 Keiser® Cycling: Watts It All About? <i>wo O'Byrne</i>	108 STOTT PILATES® Mini Stability Ball Workout <i>wo Eklund</i> 7:45–8:30am		
TIME BLOCK B 8:50–10:40am <i>Up to 2 CEC hours</i>	110 BOSU® Elevation <i>ws Brooks</i> 118 TRX® Functional Fusion <i>ws Quelch</i> 120 Joint Integrity and Injury Prevention: Shoulder and Spine <i>L Dalcourt</i> 123 Movement Preparation and Recovery <i>L Hopson</i> 124 Crucial Components for Training Older Adults <i>InTensive Lang</i> 8:50am–12:40pm	114 Small Group: Big Results! <i>ws Twist</i>	110 BOSU® Elevation <i>ws Brooks</i>	110 BOSU® Elevation <i>ws Brooks</i> 111 Strong From All Angles <i>ws Glick/Spreen</i> 112 Step-Tonic™ <i>ws Douglass/Nixon</i> 113 Zumba® Cardio Party! <i>ws Masceri</i>	121 Your Club: The Place to Be on a Friday Night! <i>L Gray</i>	116 Schwinn® Cycling: Break It Up! <i>ws Arney</i> 117 Keiser® Cycling: The Competitive Edge <i>ws Lanman</i> 119 Indo-Row®: The Perfect Calorie Burn <i>ws Blahnik/Crosby</i>	115 Progressive Pilates <i>ws Kahn</i>	122 The Latest Scoop—Sports Supplements <i>L Comana</i> 123 Movement Preparation and Recovery <i>L Hopson</i> 124 Crucial Components for Training Older Adults <i>InTensive Lang</i> 8:50am–12:40pm	121 Your Club: The Place to Be on a Friday Night! <i>L Gray</i>
TIME BLOCK C 11:00am–12:50pm <i>Up to 2 CEC hours</i>	130 BOSU® Multiplied <i>ws Glick</i> 131 Speed Demons—Youth Fatness to Youth Fitness <i>ws Klika</i> 134 That's Not Cardio...Is It? <i>ws Hopson</i> 138 TRX® Sports Performance <i>ws Ross</i> 140 When a Regression Is Really a Progression <i>L Carey</i> 143 Lactate Training: The "Acid Bath" You Need to Know About <i>L Brooks</i>		130 BOSU® Multiplied <i>ws Glick</i>	130 BOSU® Multiplied <i>ws Glick</i>	132 The Final Step <i>ws Goudeau</i> 133 Inspired Cardio Dance <i>ws Murphy</i>	136 Schwinn® Cycling: Total Time Trial Redux <i>ws Roberts</i> 137 Keiser® Striding: Stride-Tastic <i>ws O'Byrne</i> 139 Indo-Row®: The Perfect Calorie Burn <i>ws Blahnik/Crosby</i>	135 STOTT PILATES® Athletic Conditioning on Stability Cushions <i>wo Eklund</i>	131 Speed Demons—Youth Fatness to Youth Fitness <i>ws Klika</i> 134 That's Not Cardio...Is It? <i>ws Hopson</i> 142 What's New in the Food Industry <i>L Bell</i> 143 Lactate Training: The "Acid Bath" You Need to Know About <i>L Brooks</i>	141 Superb Scheduling—Done in a Snap! <i>L Fable</i>

LUNCH BREAK: 12:50–2:15pm • **FUSION PRODUCT SHOWCASE:** 12:30–2:30pm & 4:00–6:30pm

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TIME BLOCK D 2:15–4:05pm <i>Up to 2 CEC hours</i>	150 BOSU® Xplode <i>ws Roberts</i> 154 Trainer's Toolbox: Exercise Complexity <i>ws Twist</i> 158 Buddy Up! Strategies for Small-Group Training Success <i>ws Klika</i> 161 Attract New Clients With Program Design <i>L McCall</i> 163 Functional Proprioceptive Training <i>LWS Quelch</i> 164 Training the Pregnant and Postpartum Client <i>LWS Lang</i>	158 Buddy Up! Strategies for Small-Group Training Success <i>ws Klika</i>	150 BOSU® Xplode <i>ws Roberts</i>	150 BOSU® Xplode <i>ws Roberts</i>	151 Take the Next Step <i>ws Glick/Spreen</i> 152 Step Swap <i>ws Douglass/Nixon</i> 153 dance del.icio.us: boogie blend <i>ws Arney</i>	156 Schwinn® Cycling: Ride a Century! <i>ws Vanderburg</i> 157 Keiser® Circuit Challenge <i>ws Lanman</i> 159 Indo-Row®: The Perfect Calorie Burn <i>ws Blahnik/Crosby</i>	155 Foundational Beaming™ <i>ws Biscontini/Kahn</i>	160 The Health-Food Store Shopper's Guide <i>L Bell</i> 164 Training the Pregnant and Postpartum Client <i>LWS Lang</i>	161 Attract New Clients With Program Design <i>L McCall</i> 162 Evolved Evaluations <i>L Fable</i>
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SATURDAY, APRIL 24

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TIME BLOCK E 7:30–9:20am <i>Up to 2 CEC hours</i>	200 The Best Balance Exercises Are Moving! <i>ws Lang</i> 201 The Metabolic Playground <i>ws Corn</i> 204 Cut to the Core <i>ws Murphy</i> 208 TRX® Corrective Exercise <i>ws Quelch</i> 210 50 Secrets to Being a Top Trainer <i>L Anderson</i> 211 Above and Beyond the Set and Rep <i>L Comana</i> 213 Coaching Movement <i>L McCall</i> 214 Play, Passion and Profit: The Winning Formula for Designing Youth Athletic Programs <i>InTensive Klika</i> 7:30–11:20am	204 Cut to the Core <i>ws Murphy</i>	204 Cut to the Core <i>ws Murphy</i>	202 Cirque du Step <i>ws Biscontini</i> 203 dance del.icio.us: cardio choreo <i>ws Arney</i>	206 Schwinn® Cycling: The Trend Report <i>ws Fable</i> 207 Keiser® Cycling: A Powered-Up Experience <i>ws O'Byrne</i> 209 Indo-Row®: The Perfect Calorie Burn <i>ws Blahnik/Crosby</i>	205 BEAM-LATES™ <i>ws Kahn</i>	200 The Best Balance Exercises Are Moving! <i>ws Lang</i> 211 Above and Beyond the Set and Rep <i>L Comana</i> 214 Play, Passion and Profit: The Winning Formula for Designing Youth Athletic Programs <i>InTensive Klika</i> 7:30–11:20am	206 Schwinn® Cycling: The Trend Report <i>ws Fable</i> 210 50 Secrets to Being a Top Trainer <i>L Anderson</i> 212 Website Wellness—Winning Strategies for Success <i>L Gray</i> 214 Play, Passion and Profit: The Winning Formula for Designing Youth Athletic Programs <i>InTensive Klika</i> 7:30am–11:20am
TIME BLOCK F 9:40–11:30am <i>Up to 2 CEC hours</i>	221 Vital Anatomy: Functional Applications <i>L Dalcourt</i> 224 Fascia: The Rising Star in Human Movement <i>ws Carey</i> 228 TRX® Power Stretch <i>ws Ross</i> 230 Training (and Retaining) Beginner Exercisers <i>L Purvis</i> 232 Getting More From Your Assessments <i>LWS Roskopf</i>	228 TRX® Power Stretch <i>ws Ross</i>	228 TRX® Power Stretch <i>ws Ross</i>	222 Step Extraordinaire <i>ws Taylor</i> 223 Clubbing! <i>ws Goudeau</i>	226 Schwinn® Cycling: Digital Music Mastery <i>ws Glick</i> 227 Keiser® Striding: Stride-Tastic <i>ws Lanman</i> 229 Indo-Row®: The Perfect Calorie Burn <i>ws Blahnik/Crosby</i>	220 BOSU® Studio Pilates <i>ws Vanderburg</i> 225 STOTT PILATES® Programming for Osteoporosis Management <i>ws Eklund</i>	231 Research Update: Your Brain...On Exercise! <i>L Eckmann</i> 233 Tap Into Your "Fat Burn" <i>L Comana</i>	230 Training (and Retaining) Beginner Exercisers <i>L Purvis</i>

LUNCH BREAK: 11:30am–1:00pm • **FUSION PRODUCT SHOWCASE:** 11:00am–2:00pm & 4:00–6:00pm

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TIME BLOCK G 1:00–2:50pm <i>Up to 2 CEC hours</i>	240 Cage Training—Small-Group Training for the Athlete in All of us! <i>ws Brooks</i> 241 Core Training: Going Global <i>ws Corn/Dalcourt</i> 244 Sequencing for Success <i>ws Lang</i> 250 Overtraining: It's All Relative <i>L Roskopf</i> 251 Metabolic Training for Results <i>L Comana</i> 252 Introduction to Function First Corrective Exercise and Program Design <i>L Carey</i> 253 ABS LAB <i>InTensive Vanderburg</i> 1:00pm–4:50pm	240 Cage Training—Small-Group Training for the Athlete in All of us! <i>ws Brooks</i>	253 ABS LAB <i>InTensive Vanderburg</i> 1:00pm–4:50pm	242 Obstacle Course <i>ws Goudeau</i> 253 ABS LAB <i>InTensive Vanderburg</i> 1:00pm–4:50pm	243 High-Low Fusion 2010 <i>ws Glick</i>	246 Schwinn® Cycling: MPower™ <i>ws Blahnik</i> 247 Keiser® Circuit Challenge <i>ws O'Byrne</i>	245 Yoga Body: Hip Openers <i>ws McCarthy</i> 248 SilverSneakers® YogaStretch <i>ws Kozacek</i>	248 SilverSneakers® YogaStretch <i>ws Kozacek</i> 249 Healing Hunger <i>L Anderson</i> 250 Overtraining: It's All Relative <i>L Roskopf</i> 251 Metabolic Training for Results <i>L Comana</i>
TIME BLOCK H 3:10–4:40pm <i>Up to 1 CEC hour</i>	260 Training the Hippocampus: Remember? <i>ws Lang</i> 261 Smokin' Small-Group Training <i>ws Dawes</i> 264 Rhythmic Stretch and Strength <i>ws Murphy</i>	261 Smokin' Small-Group Training <i>ws Dawes</i>	261 Smokin' Small-Group Training <i>ws Dawes</i> 264 Rhythmic Stretch and Strength <i>ws Murphy</i>	261 Smokin' Small-Group Training <i>ws Dawes</i> 263 No Equipment Necessary—Take Two <i>ws Fable</i> 264 Rhythmic Stretch and Strength <i>ws Murphy</i>	262 CardioSTEP <i>ws Taylor</i>	266 Schwinn® Cycling: My Favorite Ride <i>ws Spreen</i> 267 Keiser® Cycling: A Creative Connection <i>ws Lanman</i>	265 Fitness Body—Yoga Mind <i>ws McCarthy</i> 268 Caffeinated Pilates <i>ws Kahn</i>	260 Training the Hippocampus: Remember? <i>ws Lang</i> 269 Marketing Programs and Services to Baby Boomers, Silents and the GI Generation <i>L Eckmann</i> 272 Cream Rises: Promoting Excellence in Yourself! <i>L Biscontini</i> 270 Banishing Fat Talk <i>L Crate</i> 271 Changing the Fitness Game! <i>L Quelch</i>

SUNDAY, APRIL 25

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TIME BLOCK I 8:00–9:50am <i>Up to 2 CEC hours</i>	301 Ultimate Program Design—Upper Body and Core <i>ws Roberts</i> 304 Ladder Training Revolution <i>ws Dawes</i> 309 Functional Exercise—From Bias to Continuum <i>L Purvis</i>	301 Ultimate Program Design—Upper Body and Core <i>ws Roberts</i>	301 Ultimate Program Design—Upper Body and Core <i>ws Roberts</i> 303 Graceful Grand Finales—A Lasting Impression! <i>ws Fable</i>	300 Line Designs for Boomers and Beyond <i>ws Eckmann</i> 302 Seven-Layer Step <i>ws Glick</i> 303 Graceful Grand Finales—A Lasting Impression! <i>ws Fable</i>	306 Schwinn® Cycling: MPower™ <i>ws Blahnik</i> 310 Keiser® Cycling: A Powered Up Experience <i>ws O'Byrne</i>	305 Power Yoga for Fitness Professionals <i>ws McCarthy</i>	300 Line Designs for Boomers and Beyond <i>ws Eckmann</i> 308 Intuitive Eating Coaching <i>L Crate</i> 309 Functional Exercise—From Bias to Continuum <i>L Purvis</i>	307 Authentic Leadership <i>L Taylor</i>
TIME BLOCK J 10:10am–12 Noon <i>Up to 2 CEC hours</i>	321 Movement Preparation for All Clients <i>ws Dawes</i> 323 Medicine Ball Power Training <i>ws Roberts</i> 326 TRX® Personal Training Profit Centers <i>L Quelch</i> 327 Personal Trainer v2.0—Changing Your Business Model <i>L Ross</i>	323 Medicine Ball Power Training <i>ws Roberts</i>	320 Strike! 2010 <i>ws Spreen</i> 323 Medicine Ball Power Training <i>ws Roberts</i> 324 Body Weight, Mind-Body and BOSU®: The Perfect Blend <i>ws Biscontini</i> 328 SilverSneakers® Muscular Strength and ROM <i>ws Kozacek</i>	322 Global Grooves <i>ws Krohn</i>	325 Schwinn® Cycling: The Yoga Connection <i>ws Vanderburg</i> 329 Keiser® Cycling: The Competitive Edge <i>ws Lanman</i>	324 Body Weight, Mind-Body and BOSU®: The Perfect Blend <i>ws Biscontini</i> 325 Schwinn® Cycling: The Yoga Connection <i>ws Vanderburg</i>	328 SilverSneakers® Muscular Strength and ROM <i>ws Kozacek</i>	326 TRX® Personal Training Profit Centers <i>L Quelch</i> 327 Personal Trainer v2.0—Changing Your Business Model <i>L Ross</i>