

2009 IDEA Fitness Fusion Conference™
Rosemont, IL
Thursday, April 23 – Sunday, April 26, 2009
(Preconference sessions held on Thursday, April 23, 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. **All CECs have been pre-approved. No petition is necessary.**

Session No.	Title	Presenter		ACSM	ACE	NASM CGT	NASM CPT	AFAA	BOC	NFPT
PRECONFERENCE SESSIONS										
THURSDAY, APRIL 23, 2009										
010	<i>Special Time: 11:00am – 6:00pm</i> Keiser® M3 Indoor Cycling Training Course	Suzette Krista	O'Byrne Popowych	6.5	0.0	0.7	0.7	5.0	6.5	6.5
011	<i>Special Time: 12:00 – 4:00pm</i> Five Vital Elements of Function	Fraser	Quelch	4.0	0.4	0.4	0.4	3.0	4.0	4.0
012	<i>Special Time 1:00 – 5:00pm</i> STOTT PILATES® Pilates With Props, Levels 1 & 2	Jill	Winegar, MPT	4.0	0.0	0.5	0.5	3.0	4.0	4.0
TIME BLOCK A										
FRIDAY, APRIL 24, 2009, 7:30AM – 8:30AM										
Sessions in this time block are 1 hour (unless otherwise indicated)										
104	Partner Training With Tubes and Balls	Alex Sherri	McMillan McMillan, MSc	1.0	0.1	0.1	0.1	.5	1.0	1.0
105	Who Trains the Inexperienced Trainers?	Wendy	Williamson, PhD	1.0	0.1	0.1	0.1	1.0	1.0	1.0
106	Fueling the Female Athlete	Scott	Sehnert, MS, RD	1.0	0.1	0.1	0.1	1.0	1.0	1.0
108	Energy Fusion Flow	Petra	Kolber	1.0	0.1	0.1	0.1	.5	1.0	1.0
111	Fiber Training	Lorne	Goldenberg	1.0	0.1	0.1	0.1	1.0	1.0	1.0
TIME BLOCK B										
FRIDAY, APRIL 24, 2009, 8:45AM – 10:35AM										
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)										
120	Core Off the Floor	Shannon	Fable	2.0	0.2	0.2	0.2	1.5	2.0	2.0
121	Group Gets Functional!	Sherri	McMillan, MSc	2.0	0.2	0.2	0.2	1.5	2.0	2.0
122	Intervals "Stepped" Up	Eve	Fleck, MS	2.0	0.2	0.2	0	1.5	2.0	2.0
123	#1's Dance Sensation	Patrick	Goudeau	2.0	0.2	0.2	0	1.5	2.0	2.0
124	Rock and Stroll for Active Older Adults	Carey	Fraley	2.0	0.2	0.2	0	1.5	2.0	2.0
125	CONNECTED! Networking for Busy Fitness Professionals	Nicki	Anderson	2.0	0.2	0.2	0.2	2.0	2.0	2.0
126	The Coaching Approach to Fitness	Melissa	Baumgartner	2.0	0.2	0.2	0.2	2.0	2.0	2.0
127	Powerful Teaching: Group Ex Essentials	Carol	Murphy	2.0	0.2	0.2	0	2.0	2.0	2.0
128	Strength Ball Training	Lorne	Goldenberg	2.0	0.2	0.2	0.2	2.0	2.0	2.0
129	Keiser® Cycling: Outdoor Ride	Nancy	Fudacz, MFA	2.0	0.0	0.2	0	1.5	2.0	2.0
130	STOTT PILATES® Total-Body Toning	Jill	Winegar, MPT	2.0	0.0	0.2	0.2	1.5	2.0	2.0

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131	TRX® Training for the Deconditioned	Fraser	Quelch	2.0	0.2	0.2	0.2	1.5	2.0	2.0
132	<i>Intensive 8:45am – 12:35pm</i> Yoga I.S.® Primary Series Analysis	Lauren	Eirk	4.0	0.4	0.4	0.4	3.0	4.0	4.0

TIME BLOCK C

FRIDAY, APRIL 24, 2009, 10:50AM – 12:40PM

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

140	BOSU® Core Flow	Keli	Roberts	2.0	0.2	0.2	0.2	1.5	2.0	2.0
141	Low-Back Pain—Prevention and Intervention	Rodney	Corn, MA	2.0	0.2	0.2	0.2	1.5	2.0	2.0
142	Powerful Teaching: Step Choreography	Rob Petra	Glick Kolber	2.0	0.2	0.2	0	1.5	2.0	2.0
143	Blast! The Boxer's Workout	Kimberly	Spreen	2.0	0.2	0.2	0	1.5	2.0	2.0
144	Practical Ways to Train Multiple Clients	Alex Sherri	McMillan McMillan, MSc	2.0	0.2	0.2	0.2	1.5	2.0	2.0
145	Women and the Lumbo-Pelvic Puzzle	Wendy	Williamson, PhD	2.0	0.2	0.2	0.2	2.0	2.0	2.0
146	Nutrition Periodization	Scott	Sehnert, MS, RD	2.0	0.2	0.2	0.2	2.0	2.0	2.0
147	Metabolic Training: The New Cardio Program	Fabio	Comana, MA, MS	2.0	0.2	0.2	0.2	2.0	2.0	2.0
148	Postpartum Training for Results	Farel	Hruska	2.0	0.2	0.2	0.2	1.5	2.0	2.0
149	Keiser® Striding and Cycling: An Indoor Collision	Suzette Krista	O'Byrne Popowych	2.0	0.2	0.2	0	1.5	2.0	2.0
150	MVe™ Fitness Chair—Spring Into Action	Cherry	Herzog	2.0	0.2	0.2	0.2	1.5	2.0	2.0
151	TRX® Techniques to Assess and Correct	Fraser	Quelch	2.0	0.2	0.2	0.2	1.5	2.0	2.0
152	Indo-Row®: The Perfect Calorie Burn	Jay Josh	Blahnik Crosby	2.0	0.0	0.2	0.2	1.5	2.0	2.0

TIME BLOCK D

FRIDAY, APRIL 24, 2009, 2:40PM – 4:30PM

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

160	BOSU® Athletic Balance	Douglas	Brooks, MS	2.0	0.2	0.2	0.2	1.5	2.0	2.0
161	Synergy Circuit	Carol	Murphy	2.0	0.2	0.2	0.2	1.5	2.0	2.0
162	The Sweet Step	Petra	Kolber	2.0	0.2	0.2	0	1.5	2.0	2.0
163	High-Low Cardio Dance Fusion 2009	Rob	Glick	2.0	0.2	0.2	0	1.5	2.0	2.0
164	Get a Leg Up on Balance Training	Fabio	Comana, MA, MS	2.0	0.2	0.2	0.2	2.0	2.0	2.0
165	Helping Clients Move Beyond Diets and Into Health	Nicki	Anderson	2.0	0.0	0.2	0.2	2.0	2.0	2.0
166	Powerful Teaching: Group Strength Foundations	Shannon	Fable	2.0	0.2	0.2	0.2	2.0	2.0	2.0
167	Leadership Skills for Personal Training and Program Directors	Alex	McMillan	2.0	0.2	0.2	0.2	2.0	0.0	2.0
168	Tricks, Toys and Advanced Variables for Strength Training	Lorne	Goldenberg	2.0	0.2	0.2	0.2	1.5	2.0	2.0
169	Keiser® Cycling: Ultimate Power	Nancy	Fudacz, MFA	2.0	0.0	0.2	0	1.5	2.0	2.0
170	Yoga I.S.® Intention	Lauren	Eirk	2.0	0.2	0.2	0.2	1.5	2.0	2.0
171	Indo-Row®: The Perfect Calorie Burn	Jay Josh	Blahnik Crosby	2.0	0.0	0.2	0.2	1.5	2.0	2.0
172	An Integrated Approach to Program Design	Bill	Sonnemaker, MS	2.0	0.2	0.2	0.2	2.0	2.0	2.0

TIME BLOCK E

SATURDAY, APRIL 25, 2009, 7:30AM – 9:20AM

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

200	Linked Rotary Strength for Better Core Function	Douglas	Brooks, MS	2.0	0.2	0.2	0.2	1.5	2.0	2.0
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201	Strength Training Program Design (For Group Ex)	Shannon	Fable	2.0	0.2	0.2	0.2	1.5	2.0	2.0
202	Step Outside the Box	Rob	Glick	2.0	0.2	0.2	0	1.5	2.0	2.0
203	It's All in the Mix	Petra	Kolber	2.0	0.2	0.2	0	1.5	2.0	2.0
204	Creative Total Body Exercises Your Client Will Love	Rodney	Corn, MA	2.0	0.2	0.2	0.2	1.5	2.0	2.0
205	Staying a Step Ahead—A Unique Look at the Feet	Greg	Roskopf, MA	2.0	0.2	0.2	0.2	2.0	2.0	2.0
206	Making Money at Small-Group and Partner Training	Alex Sherri	McMillan McMillan, MSc	2.0	0.2	0.2	0.2	2.0	0.0	2.0
207	25 Powerful Questions to Motivate Change	Melissa	Baumgartner	2.0	0.2	0.2	0.2	2.0	2.0	2.0
208	Postural Re-Education for Older Adults	Shari	Kalkstein	2.0	0.2	0.2	0.2	1.5	2.0	2.0
209	Keiser® Striding and Cycling: An Indoor Collision	Nancy Suzette	Fudacz, MFA O'Byrne	2.0	0.0	0.2	0	1.5	2.0	2.0
210	STOTT PILATES® Stability Ball, Level 5	Marshall	Winegar, MPT	2.0	0.2	0.2	0.2	1.5	2.0	2.0
211	TRX® Circuits for Metabolic Training	Fraser	Quelch	2.0	0.2	0.2	0.2	1.5	2.0	2.0
212	<i>Special Time 7:30am – 11:20am</i> The Corrective Exercise Continuum	Bill	Sonnemaker, MS	4.0	0.4	0.4	0.4	2.75	4.0	4.0

TIME BLOCK F

SATURDAY, APRIL 25, 2009, 9:35AM – 11:25AM

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

220	Small-Group Athletic Training	Douglas	Brooks, MS	2.0	0.2	0.2	0	1.5	2.0	2.0
221	Drums Alive®—Silver Beats	Carey	Fraley	2.0	0.2	0.2	0	1.5	2.0	2.0
222	QUICKSTEP!	Patrick	Goudeau	2.0	0.2	0.2	0	1.5	2.0	2.0
223	Powerful Teaching: Dance-Inspired High-Low	Carol	Murphy	2.0	0.2	0.2	0	1.5	2.0	2.0
224	Does Training Lead to Dysfunction?	Fabio	Comana, MA, MS	2.0	0.2	0.2	0.2	1.5	2.0	2.0
225	Ten Nutrition Tactics of Top Athletes	Jenna	Bell-Wilson, PhD, RD	2.0	0.2	0.2	0.2	2.0	2.0	2.0
226	All Aboard! Getting the Right People on the Bus!	Donna	Hutchinson	2.0	0.2	0.2	0	2.0	0.0	2.0
227	Beyond Stretching: ROM Training	Tom	Purvis, PT	2.0	0.2	0.2	0.2	2.0	2.0	2.0
228	Sports Star in 60 Minutes	Brett	Klika	2.0	0.2	0.2	0	1.5	2.0	2.0
229	Keiser® Cycling: One-2-One Training	Krista	Popowych	2.0	0.2	0.2	0	1.5	2.0	2.0
230	MVe™ Fitness Chair Flex and Flow Workout	Cherry	Herzog	2.0	0.2	0.2	0.2	1.5	2.0	2.0
231	TRX® Flexibility for Performance	Fraser	Quelch	2.0	0.2	0.2	0.2	1.5	2.0	2.0
232	Indo-Row®: The Perfect Calorie Burn	Jay Josh	Blahnik Crosby	2.0	0.0	0.2	0.2	1.5	2.0	2.0

TIME BLOCK G

SATURDAY, APRIL 25, 2009, 1:00PM – 2:50PM

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

240	Airope™ Sampler	Shannon	Fable	2.0	0.2	0.2	0.2	1.5	2.0	2.0
241	4-Day Rotation: Limitless Options for Group Strength	Keli	Roberts	2.0	0.2	0.2	0.2	1.5	2.0	2.0
242	No Pain, Big Gains!	Brett	Klika	2.0	0.2	0.2	0.2	1.5	2.0	2.0
243	Boot Camp Boogie 2009	Petra	Kolber	2.0	0.2	0.2	0	1.5	2.0	2.0
244	Play Ball!	Patrick	Goudeau	2.0	0.2	0.2	0.2	1.5	2.0	2.0
245	Spinal Stabilization Training Tricks	Wendy	Williamson, PhD	2.0	0.2	0.2	0.2	2.0	2.0	2.0
246	Creating Innovative and Cutting-Edge Programs	Donna	Hutchinson	2.0	0.2	0.2	0.2	2.0	0.0	2.0

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247	12-Month Marketing Plan for Business Owners and Managers	Alex Sherri	McMillan McMillan, MSc	2.0	0.2	0.2	0.2	2.0	0.0	2.0
248	Youth Fitness: The New Horizon for Personal Trainers	Brian	Grasso	2.0	0.2	0.2	0.2	2.0	2.0	2.0
249	Keiser® Striding and Cycling: An Indoor Collision	Suzette Krista	O'Byrne Popowych	2.0	0.2	0.2	0	1.5	2.0	2.0
250	Yoga Fundamentals—Pose by Pose	Lauren	Eirk	2.0	0.2	0.2	0.2	1.5	2.0	2.0
251	Indo-Row®: The Perfect Calorie Burn	Jay Josh	Blahnik Crosby	2.0	0.0	0.2	0.2	1.5	2.0	2.0
252	<i>Intensive 1:00pm – 4:50pm</i> Prenatal Fitness: Trimester Training Strategies	Farel	Hruska	4.0	0.4	0.4	0.4	2.75	4.0	4.0

TIME BLOCK H

SATURDAY, APRIL 25, 2009, 3:05PM – 4:35PM

Sessions in this time block are 1 hour, 30 minutes (unless otherwise indicated)

260	BOSU® Total Stretch	Jay	Blahnik	1.5	0.1	0.1	0.1	1.25	1.0	1.0
261	Dynamic Warm-Up Progressions	Nick	Tumminello	1.5	0.1	0.1	0.1	1.25	1.0	1.0
262	Stellar Step	Rob	Glick	1.5	0.1	0.1	0	1.25	1.0	1.0
263	Kick Your "Booty" Camp	Eve	Fleck, MS	1.5	0.1	0.1	0	1.25	1.0	1.0
264	F.I.R.S.T. Progressions	Keli	Roberts	1.5	0.1	0.1	0.1	1.25	1.0	1.0
265	Your Guide to Starting a Successful Personal Training Business	Bill	Sonnemaker, MS	1.5	0.1	0.1	0.1	1.5	0.0	1.0
266	Hot Topics in Nutrition: Take Two!	Jenna	Bell-Wilson, PhD, RD	1.5	0.1	0.1	0.1	1.5	1.0	1.0
267	Teaching Exercise—Critical Skills for Personal Trainers	Tom	Purvis, PT	1.5	0.1	0.1	0.1	1.5	1.0	1.0
268	Group Exercise and Kids: Changing Fitness Forever!	Brian	Grasso	1.5	0.1	0.1	0	1.5	1.0	1.0
269	Keiser® Cycling: Stretch and Extend	Suzette	O'Byrne	1.5	0.1	0.1	0.1	1.25	1.0	1.0
270	STOTT PILATES® Fitness Circle® Flow	Jill	Winegar, MPT	1.5	0.1	0.1	0.1	1.25	1.0	1.0

TIME BLOCK I

SUNDAY, APRIL 26, 2009, 8:00AM – 9:50AM

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

300	BOSU® Total-Body Training	Rob	Glick	2.0	0.2	0.2	0.2	1.5	2.0	2.0
301	In-Home Training: Up Your Value!	Lisa	Farley	2.0	0.2	0.2	0.2	1.5	2.0	2.0
302	Steps to Success	Carol	Murphy	2.0	0.2	0.2	0	1.5	2.0	2.0
303	Buddy Up: Partner Training for Results	Brett	Klika	2.0	0.2	0.2	0	1.5	2.0	2.0
304	Secrets of Self-Myofascial Release	Nick	Tumminello	2.0	0.2	0.2	0.2	1.5	2.0	2.0
305	Are You Hungry or Stressed?	Jenna	Bell-Wilson, PhD, RD	2.0	0.2	0.2	0.2	2.0	2.0	2.0
306	Understanding Pain: The Muscle System's Role	Greg	Roskopf, MA	2.0	0.2	0.2	0.2	2.0	2.0	2.0
307	From the Ordinary to the Extraordinary	Donna	Hutchinson	2.0	0.0	0.2	0	2.0	0.0	0.0
308	The Art of Conquering Cancellations	Nicki	Anderson	2.0	0.2	0.2	0.2	2.0	2.0	2.0
309	Keiser® Striding and Cycling: An Indoor Collision	Nancy Suzette	Fudacz, MFA O'Byrne	2.0	0.0	0.2	0	1.5	0.0	0.0
310	STOTT PILATES® Intensifying Essential Matwork—For Personal Trainers	Jill	Winegar, MPT	2.0	0.2	0.2	0.2	1.5	2.0	2.0

TIME BLOCK J

SUNDAY, APRIL 26, 2009, 10:05AM – 11:55AM

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

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320	Triple Training	Krista	Popowych	2.0	0.2	0.2	0.2	1.5	2.0	2.0
321	Sport Stretch	Carol	Murphy	2.0	0.2	0.2	0.2	1.5	2.0	2.0
322	The MIXX!	Jen	Ryan, MA	2.0	0.2	0.2	0	1.5	2.0	2.0
323	Tubing U: Partner Training With Tubing	Tom	Purvis, PT	2.0	0.2	0.2	0.2	1.5	2.0	2.0
324	Cardio-Strength: Intervals Intensified	Eve	Fleck, MS	2.0	0.2	0.2	0.2	1.5	2.0	2.0
325	Navigating the Fitness Industry	Shannon	Fable	2.0	0.2	0.2	0.2	2.0	0.0	2.0
326	Coordinated Movement for Aging Adults	Shari	Kalkstein	2.0	0.2	0.2	0.2	2.0	2.0	2.0
327	Advanced Cardiovascular Training Progressions	Douglas	Brooks, MS	2.0	0.2	0.2	0.2	2.0	2.0	2.0
328	Keiser® Cycling: Core Stability	Suzette	O'Byrne	2.0	0.2	0.2	0	1.5	2.0	2.0
329	Peak Pilates®: Mat With Props	Cherry	Herzog	2.0	0.2	0.2	0.2	1.5	2.0	2.0

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