

<b>PROGRAMMING GRID</b>	<b>PERSONAL TRAINING</b> Trainer Techniques, Biomechanics, Assessment, Corrective Exercise, Sports	<b>SMALL-GROUP &amp; PARTNER TRAINING</b>	<b>INDOOR CYCLING WATER FITNESS</b> SPECIALIZED EQUIPMENT	<b>PILATES</b>	<b>MIND-BODY</b> Yoga, Fusion, Flexibility	<b>GROUP EXERCISE</b> Choreography, Dance, Cardio, Teaching Techniques	<b>GROUP EXERCISE</b> Group Strength, Circuit, Interval Training, Martial Arts	<b>LIFESTYLE COACHING PSYCHOLOGY &amp; MOTIVATION</b> SPECIAL POPULATIONS INSPIRE THE WORLD®	<b>NUTRITION/WEIGHT MANAGEMENT</b> EXERCISE SCIENCE	<b>BUSINESS MANAGEMENT PROGRAM DIRECTOR</b> TEACHING SKILLS TECHNOLOGY	<b>InTensive EDUCATION</b> IDEA CA EXPERIENCES
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**WEDNESDAY, AUGUST 12—Preconference Offerings**

<b>PRECONFERENCE OFFERINGS</b>	<b>016</b> New Science of the Human Body: The MELT Living-Body Model™ (WS) <i>Hitzmann 12:30–6:30pm</i>	<b>013</b> Schwinn® Cycling: Indoor Cycling Instructor Training Course (WS) <i>Arney/Blahnik 9:00am–7:00pm</i>	<b>014</b> STOTT PILATES® Athletic Conditioning on the V2 Max Plus™ Reformer (WS) <i>Garey 9:00am–12:30pm</i> <b>017</b> STOTT PILATES® Intermediate Reformer on the V2 Max Plus™: Angle Advantage (WS) <i>O'Clair 1:30–5:30pm</i>	<b>016</b> New Science of the Human Body: The MELT Living-Body Model™ (WS) <i>Hitzmann 12:30–6:30pm</i>
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**WEDNESDAY, AUGUST 12—Preconference Offerings**

<b>015</b> Just 2 Dance Instructor Training (WS) <i>Grimes 12:30–4:30pm</i>	<b>016</b> New Science of the Human Body: The MELT Living-Body Model™ (WS) <i>Hitzmann 12:30–6:30pm</i>	<b>018</b> Just 2 Dance Master Class (WO) <i>Grimes 4:45–5:45pm</i>	<b>012</b> Nutrition in the News! (L) <i>9:00am–12 Noon</i>	<b>010</b> IDEA's Fitness Business Forum (L) <i>8:30am–5:30pm</i>	<b>011</b> Focus on Fitness Management—Success Through Synergy (L) <i>8:30am–5:30pm</i>
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**4:30–8:00pm IDEA FITNESS & WELLNESS EXPO**

**4:30–8:00pm IDEA FITNESS & WELLNESS EXPO**

**THURSDAY, AUGUST 13**

<b>TIME BLOCK A</b> <b>7:00–7:45am</b> <i>Workout Time Block</i> <i>Workouts do not qualify for CECs</i>	<b>102</b> UCML (WO) <i>Horton</i> <b>109</b> TRX® Body Blast (WO) <i>Crews</i>	<b>108</b> POWER Kranking® (WO) <i>Karanas</i> <b>114</b> Schwinn® Cycling: Cycle Cinema! (WO) <i>Dixon</i> <b>115</b> California Beach Ride (WO) <i>Blumberg</i> <b>116</b> Indo-Row®: The Perfect Calorie Burn (WO) <i>Blahnik/Crosby</i>	<b>107</b> GRAVITYPilates® :: Fresh Breath Two™ (WO) <i>Carlson</i> <b>110</b> STOTT PILATES® Jumpboard Interval Training, Level 2 (WO) <i>Garey</i> <b>111</b> Progressive Reformer Flow With Props (WO) <i>Quest</i> <b>112</b> Peak Pilates®: MVE® Reformer for Everybody (WO) <i>Rodriguez</i>	<b>113</b> Mind-Body Dance (WO) <i>Ekins</i>
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**THURSDAY, AUGUST 13**

<b>100</b> Above the Belt—Amazing Upper-Body Workouts (WO) <i>Mylrea</i> <b>101</b> Les Mills: BODYATTACK™, BODYCOMBAT™ and BODYJAM™ (WO) <i>Cleland/McLemore</i> <b>106</b> Club Spotlight: Climb-Max by Equinox® (WO) <i>Equinox Presenter Faculty</i> <b>109</b> TRX® Body Blast (WO) <i>Crews</i>	<b>101</b> Les Mills: BODYATTACK™, BODYCOMBAT™ and BODYJAM™ (WO) <i>Cleland/McLemore</i> <b>106</b> Club Spotlight: Climb-Max by Equinox® (WO) <i>Equinox Presenter Faculty</i> <b>109</b> TRX® Body Blast (WO) <i>Crews</i>	<b>105</b> R-KAIDE™: The Newest Way to Score Points! (WO) <i>Alsac/Hoffman</i> <b>113</b> Mind-Body Dance (WO) <i>Ekins</i>	<b>105</b> R-KAIDE™: The Newest Way to Score Points! (WO) <i>Alsac/Hoffman</i>
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**TIME BLOCK B**  
**8:05–9:55am**  
**120 Opening Ceremonies: Keynote Address, Award Presentations & Entertainment**

**120 Opening Ceremonies: Keynote Address, Award Presentations & Entertainment**

<b>TIME BLOCK C</b> <b>10:15am–12:05pm</b> <i>Up to 2 CEC Hours</i>	<b>130</b> Speed Demons—Youth Fatness to Youth Fitness (WS) <i>Klika</i> <b>131</b> Improving Hip and Trunk Rotation (WS) <i>Osar</i> <b>132</b> Innovative Drills for Small-Group Training (WS) <i>Hutton/Twist</i> <b>135</b> Two Worlds Collide (WS) <i>Bellenger</i> <b>136</b> BOSU® Skills and Drills (WS) <i>Glick/Krauss</i> <b>137</b> GRAVITY® :: Up Close and Personal (WS) <i>Groh</i> <b>139</b> TRX® Circuits for Metabolic Training (WS) <i>Quelch/Ross</i>	<b>132</b> Innovative Drills for Small-Group Training (WS) <i>Hutton/Twist</i> <b>137</b> GRAVITY® :: Up Close and Personal (WS) <i>Groh</i> <b>139</b> TRX® Circuits for Metabolic Training (WS) <i>Quelch/Ross</i>	<b>138</b> Kranking®—The Next Revolution in Fitness (WS) <i>Karanas</i> <b>148</b> Schwinn® Cycling: Ride a Century! (WS) <i>Roberts</i> <b>149</b> Keiser® Cycling: Outdoor Ride (WS) <i>O'Byrne</i> <b>150</b> Indo-Row®: The Perfect Calorie Burn (WS) <i>Blahnik/Brooks/Crosby</i> <b>151</b> 3 Degrees of Functional Freedom (Water Fitness) (WS) <i>Denomme</i> <b>152</b> Mind-Body Triathlon (InTensive) <i>Biscontini 10:15am–1:15pm</i>	<b>140</b> STOTT PILATES® Pilates for Men (WS) <i>Garey</i> <b>141</b> BBU: Reforming the Lower Body (WS) <i>Garcia/Page</i> <b>142</b> Peak Pilates®: MVE® Perfect Pair—Chair and Reformer Combo (WS) <i>Rodriguez/Trap</i>	<b>143</b> Yoga for the Hips and Back (WS) <i>Vanderburg</i> <b>152</b> Mind-Body Triathlon (InTensive) <i>Biscontini 10:15am–1:15pm</i>
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<b>133</b> dance del.icio.us: boogie blend (WS) <i>Arney</i> <b>134</b> Three Canadians and a Step (WS) <i>McMillan/Skilton-Hayes/Steigele</i>	<b>132</b> Innovative Drills for Small-Group Training (WS) <i>Hutton/Twist</i> <b>134</b> Three Canadians and a Step (WS) <i>McMillan/Skilton-Hayes/Steigele</i> <b>135</b> Two Worlds Collide (WS) <i>Bellenger</i> <b>136</b> BOSU® Skills and Drills (WS) <i>Glick/Krauss</i>	<b>130</b> Speed Demons—Youth Fatness to Youth Fitness (WS) <i>Klika</i> <b>140</b> STOTT PILATES® Pilates for Men (WS) <i>Garey</i> <b>144</b> Strategies to Achieve More in Less Time (L) <i>Durkin</i> <b>145</b> Are You Hungry or Stressed? (L) <i>Bell-Wilson</i>	<b>145</b> Are You Hungry or Stressed? (L) <i>Bell-Wilson</i>	<b>144</b> Strategies to Achieve More in Less Time (L) <i>Durkin</i> <b>146</b> The Aging Club Member Crisis (L) <i>Hitzmann</i> <b>147</b> How We Can Save Our Industry: Putting the "R" Back Into Customer Service (L) <i>Esquerre/Esquerre</i>	<b>152</b> Mind-Body Triathlon (InTensive) <i>Biscontini 10:15am–1:15pm</i>
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**12 Noon–6:00pm IDEA FITNESS & WELLNESS EXPO • 12:05–2:45pm LUNCH**

**12 Noon–6:00pm IDEA FITNESS & WELLNESS EXPO • 12:05–2:45pm LUNCH**

<b>1:45–2:30pm</b>	<b>Panel Discussion: Award-Winning Trends in the Industry</b>
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<b>Panel Discussion: Award-Winning Trends in the Industry</b>
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<b>TIME BLOCK D</b> <b>2:45–4:35pm</b> <i>Up to 2 CEC Hours</i>	<b>160</b> Functional Training: Muscles and Movement in 3-D! (WS) <i>Corn/Dalcourt</i> <b>161</b> The New Science of the NeuroCore™ (WS) <i>Hitzmann</i> <b>162</b> Buddy Up! (WS) <i>Durkin/Klika</i> <b>165</b> Dry Land Conditioning for Surfing (WS) <i>Anthony</i> <b>166</b> BOSU® Athletic Balance, Strength and Power (WS) <i>Roberts</i> <b>171</b> A New Approach to Strength Training for Runners and Triathletes (L) <i>Quelch</i> <b>172</b> The Link Between the Foot and the Pelvic Core (L) <i>Christie</i>	<b>162</b> Buddy Up! (WS) <i>Durkin/Klika</i> <b>175</b> Schwinn® Cycling: Make Your Mark (WS) <i>Arney</i> <b>176</b> Keiser® Striding and Cycling: An Indoor Collision (WS) <i>O'Byrne/Popowych</i> <b>177</b> Indo-Row®: The Perfect Calorie Burn (WS) <i>Blahnik/Brooks/Crosby</i> <b>178</b> Water Warm-Ups and Cool-Downs (WS) <i>Kolovou</i>	<b>167</b> STOTT PILATES® Vertical Frame Workshop (WS) <i>Comer</i> <b>168</b> BBU: Reforming Lower-Back Pain (WS) <i>St. John</i> <b>169</b> Peak Pilates®: MVE® Chair Flex and Flow Workout (WS) <i>Krauss</i>	<b>170</b> Foundational Beaming™ (WS) <i>Kahn/Mesirov</i>
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<b>163</b> Drums, Dance and Rhythm—Moving the World! (WS) <i>Grimes</i> <b>164</b> Step Mastery—Class Design Basics (WS) <i>Avidar</i>	<b>161</b> The New Science of the NeuroCore™ (WS) <i>Hitzmann</i> <b>162</b> Buddy Up! (WS) <i>Durkin/Klika</i> <b>166</b> BOSU® Athletic Balance, Strength and Power (WS) <i>Roberts</i>	<b>160</b> Functional Training: Muscles and Movement in 3-D! (WS) <i>Corn/Dalcourt</i> <b>173</b> 10 Nutrition Tactics of Top Athletes (L) <i>Bell-Wilson</i>	<b>174</b> From Canvas to Closing (L) <i>Jacobson</i>
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<b>TIME BLOCK E</b> <b>4:50–6:00pm</b> <i>Up to 1 CEC Hour</i>	<b>180</b> Partner Tubing (WS) <i>McMillan</i> <b>181</b> Improving Balance in the Baby Boomer (WS) <i>Osar</i> <b>182</b> Train the Joes Like the Pros 2009 (WS) <i>Durkin</i> <b>186</b> All-New BOSU® Block Party 2009 (WO) <i>BOSU Presenter Faculty</i> <b>192</b> Personalized Aquatic Group Training (L) <i>Denomme</i> <b>193</b> Implementing Mind-Body Into Your Personal Training Practice (L) <i>Biscontini</i>	<b>180</b> Partner Tubing (WS) <i>McMillan</i> <b>192</b> Personalized Aquatic Group Training (L) <i>Denomme</i> <b>196</b> Schwinn® Cycling: More Music Magic (WS) <i>Glick</i> <b>197</b> Mix It Up! (Indoor Cycling) (WS) <i>Blumberg</i> <b>198</b> Aqua Zumba® (WS) <i>Prouty/Stone</i>	<b>188</b> STOTT PILATES® Postnatal Pilates (WS) <i>O'Clair</i> <b>189</b> Group Reformer Harmony (WS) <i>Quest</i> <b>190</b> Unleashing the Power of Pilates: An Inside-Out Approach (WS) <i>Ciske</i>	<b>191</b> Nia® Barefoot Cardio Arts (WS) <i>Rosas/Rosas</i> <b>193</b> Implementing Mind-Body Into Your Personal Training Practice (L) <i>Biscontini</i>
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<b>183</b> Club Spotlight: Hot Hula by 24 Hour Fitness® (WO) <i>Sloss</i> <b>184</b> Step Medley: Mix It Up! (WS) <i>Yahalom</i> <b>185</b> R-KAIDE™: The Newest Way to Score Points! (WO) <i>Alsac/Hoffman</i> <b>187</b> Step N Sprint (WS) <i>Skilton-Hayes</i> <b>191</b> Nia® Barefoot Cardio Arts (WS) <i>Rosas/Rosas</i> <b>198</b> Aqua Zumba® (WS) <i>Prouty/Stone</i>	<b>180</b> Partner Tubing (WS) <i>McMillan</i> <b>186</b> All-New BOSU® Block Party 2009 (WO) <i>BOSU Presenter Faculty</i> <b>187</b> Step N Sprint (WS) <i>Skilton-Hayes</i>	<b>181</b> Improving Balance in the Baby Boomer (WS) <i>Osar</i> <b>188</b> STOTT PILATES® Postnatal Pilates (WS) <i>O'Clair</i>	<b>194</b> Popular Diets: Promises and Pitfalls (L) <i>Josephson</i> <b>185</b> R-KAIDE™: The Newest Way to Score Points! (WO) <i>Alsac/Hoffman</i> <b>195</b> Programming for Success and Profitability (L) <i>Bellenger</i>
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PROGRAMMING GRID	PERSONAL TRAINING Trainer Techniques, Biomechanics, Assessment, Corrective Exercise, Sports	SMALL-GROUP & PARTNER TRAINING	INDOOR CYCLING WATER FITNESS SPECIALIZED EQUIPMENT	PILATES	MIND-BODY Yoga, Fusion, Flexibility	GROUP EXERCISE Choreography, Dance, Cardio, Teaching Techniques	GROUP EXERCISE Group Strength, Circuit, Interval Training, Martial Arts	LIFESTYLE COACHING PSYCHOLOGY & MOTIVATION SPECIAL POPULATIONS INSPIRE THE WORLD®	NUTRITION/WEIGHT MANAGEMENT EXERCISE SCIENCE	BUSINESS MANAGEMENT PROGRAM DIRECTOR TEACHING SKILLS TECHNOLOGY	InTensive EDUCATION IDEA CA EXPERIENCES
FRIDAY, AUGUST 14						FRIDAY, AUGUST 14					
<b>TIME BLOCK F</b> 7:00–7:45am Workout Time Block Workouts do not qualify for CECs	<b>200</b> IDEA Experience: Surfing at Huntington Beach (IE) <i>Anthony Special time: 6:15–10:00am</i> <b>201</b> IDEA Experience: Beach Olympics (IE) <i>Kress Special time: 6:15–10:00am</i> <b>203</b> 10-Minute Trainer Trio (WO) <i>Horton</i> <b>204</b> Boot Camp 2009 (WO) <i>Durkin</i> <b>205</b> The SMART Workout (WO) <i>Twist</i> <b>207</b> Variable Resistance (WO) <i>Sheron</i> <b>213</b> TRX® Boot Camp (WO) <i>Crews</i>	<b>201</b> IDEA Experience: Beach Olympics (IE) <i>Kress Special time: 6:15–10:00am</i> <b>204</b> Boot Camp 2009 (WO) <i>Durkin</i> <b>205</b> The SMART Workout (WO) <i>Twist</i> <b>207</b> Variable Resistance (WO) <i>Sheron</i> <b>213</b> TRX® Boot Camp (WO) <i>Crews</i>	<b>212</b> POWER Kranking® (WO) <i>Karanas</i> <b>218</b> Schwinn® Cycling: Real Road Ride (WO) <i>Gekko</i> <b>219</b> Keiser® Cycling: Powered Up (WO) <i>Popowych</i> <b>220</b> Indo-Row®: The Perfect Calorie Burn (WO) <i>Blahnik/Crosby</i>	<b>211</b> GRAVITYPilates® :: Pilates With a Slant (WO) <i>Carlson</i> <b>214</b> STOTT PILATES® Mini Flex-Ball™ Workout (WO) <i>O'Clair</i> <b>215</b> Fabulous Functional Reformer Workout (WO) <i>Bender</i> <b>216</b> Peak Pilates®: MVE® Chair Latin Dance Fusion Workout (WO) <i>Rodriguez</i>	<b>202</b> Wake Up to Sun Salutations (WO) <i>McCarthy</i> <b>217</b> Stretch and Roll on the Small Ball (WO) <i>Avidar</i>	<b>206</b> Rock da Club! (WO) <i>Cavegn</i> <b>208</b> Les Mills: BODYATTACK™, BODYVIVE™ and BODYFLOW™ (WO) <i>Cleland/McLemore/Nunley</i> <b>209</b> Three-Dimensional Step (WO) <i>Small</i> <b>210</b> SharQui™—A Belly Dance Boot Camp (WO) <i>Schwartz</i> <b>216</b> Peak Pilates®: MVE® Chair Latin Dance Fusion Workout (WO) <i>Rodriguez</i>	<b>204</b> Boot Camp 2009 (WO) <i>Durkin</i> <b>205</b> The SMART Workout (WO) <i>Twist</i> <b>207</b> Variable Resistance (WO) <i>Sheron</i> <b>208</b> Les Mills: BODYATTACK™, BODYVIVE™ and BODYFLOW™ (WO) <i>Cleland/McLemore/Nunley</i> <b>213</b> TRX® Boot Camp (WO) <i>Crews</i> <b>214</b> STOTT PILATES® Mini Flex-Ball™ Workout (WO) <i>O'Clair</i> <b>217</b> Stretch and Roll on the Small Ball (WO) <i>Avidar</i>				<b>200</b> IDEA Experience: Surfing at Huntington Beach (IE) <i>Anthony Special time: 6:15–10:00am</i> <b>201</b> IDEA Experience: Beach Olympics (IE) <i>Kress Special time: 6:15–10:00am</i>
<b>TIME BLOCK G</b> 8:05–9:55am Up to 2 CEC Hours	<b>230</b> Exercise Program Design for Falls Prevention (WS) <i>Corn/Thompson</i> <b>231</b> The Movement Triad (WS) <i>Carey</i> <b>232</b> Fun Games and Drills for Small-Group Training (WS) <i>McMillan</i> <b>235</b> Golf Foundations: Training for the Fitness Professional (WS) <i>Bahneman</i> <b>240</b> TRX® Techniques to Assess and Improve Foundational Movements (WS) <i>Quelch/Sonnemaker</i> <b>245</b> Stand Up Straight! Understanding Posture (L) <i>Rubin</i> <b>247</b> Journey to Personal Training Older Adults (L) <i>Eckmann</i>	<b>232</b> Fun Games and Drills for Small-Group Training (WS) <i>McMillan</i>	<b>239</b> Kranking® Biomechanics and Physiology (L/WS) <i>Karanas</i> <b>249</b> Schwinn® Cycling: Instant InterACTION! (WS) <i>Arney</i> <b>250</b> Keiser® Cycling: Core Stability (WS) <i>O'Byrne</i> <b>251</b> Aqua Buddha-Camp: Aggressive Mind-Body (WS) <i>Biscontini</i>	<b>241</b> STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ (WS) <i>O'Clair</i> <b>242</b> BBU: Reformer—Journey From Stability to Mobility (WS) <i>Gonzalez</i> <b>243</b> Achieving Core Strength Throughout the Pilates Repertoire (WS) <i>Isacowitz</i>	<b>233</b> Nia®—Voices of the Body (WS) <i>Rosas/Rosas</i> <b>244</b> The Hips Don't Lie: Yoga Solutions (WS) <i>McCarthy</i> <b>251</b> Aqua Buddha-Camp: Aggressive Mind-Body (WS) <i>Biscontini</i>	<b>234</b> Drums Alive®: Step and Drum (WS) <i>Ekins</i> <b>237</b> Step—The Best Is Yet to Come! (WS) <i>Steigele</i>	<b>232</b> Fun Games and Drills for Small-Group Training (WS) <i>McMillan</i> <b>236</b> Heart-Core Circuit Training (WS) <i>Hoffman</i> <b>238</b> GRAVITYGroup® :: Functional Fun™ (WS) <i>Glick</i>	<b>230</b> Exercise Program Design for Falls Prevention (WS) <i>Corn/Thompson</i> <b>241</b> STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ (WS) <i>O'Clair</i> <b>247</b> Journey to Personal Training Older Adults (L) <i>Eckmann</i>		<b>246</b> It's Harder Than You Think! The Job of the Successful Fitness Manager (L) <i>Esquerre</i> <b>248</b> Blogging Basics (L) <i>Alsac</i>	
<b>TIME BLOCK H</b> 10:15am–12:05pm Up to 2 CEC Hours	<b>260</b> No Pain, Big Gains! (WS) <i>Klika</i> <b>262</b> One-on-One Partner Training (WS) <i>Hutton/Twist</i> <b>265</b> Effective Strength Training for the Shoulder Girdle (WS) <i>Bahneman</i> <b>266</b> BOSU® Core Flow (WS) <i>Copeland-Brooks</i> <b>270</b> TRX® Suspension Training® for Functional Strength (WS) <i>Crews/Ross</i> <b>276</b> Starting a Successful Personal Training Business (L) <i>Clancy</i>	<b>262</b> One-on-One Partner Training (WS) <i>Hutton/Twist</i>	<b>269</b> Kranking® and the Athlete (WS) <i>Karanas</i> <b>279</b> Schwinn® Cycling: Class Design in No Time (WS) <i>Kolovou</i> <b>280</b> Keiser® Striding and Cycling: An Indoor Collision (WS) <i>O'Byrne/Popowych</i> <b>281</b> Indo-Row®: The Perfect Calorie Burn (WS) <i>Blahnik/Brooks/Crosby</i> <b>282</b> Stretch Fusion III: Core Work for Function (Water Fitness) (WS) <i>Denomme</i>	<b>268</b> GRAVITYPilates® :: Corework™ (WS) <i>Carlson</i> <b>271</b> STOTT PILATES® Advanced Reformer (WS) <i>Garey</i> <b>272</b> BBU: Reforming the Upper Body (WS) <i>Garcia/Page</i> <b>273</b> Reformer as Functional Training (WS) <i>Bender</i> <b>274</b> Designing Flow in a Mat Class (WS) <i>Isacowitz</i>	<b>282</b> Stretch Fusion III: Core Work for Function (Water Fitness) (WS) <i>Denomme</i>	<b>261</b> Zumba® Gold: The Toning Workout (WS) <i>Gardiner/Prouty</i> <b>263</b> Mambo Mania (WS) <i>Bassett</i> <b>267</b> Steps...Blocks...Numbers (WS) <i>Small</i>	<b>261</b> Zumba® Gold: The Toning Workout (WS) <i>Gardiner/Prouty</i> <b>262</b> One-on-One Partner Training (WS) <i>Hutton/Twist</i> <b>264</b> 4-Day Rotation: Limitless Options for Group Strength (WS) <i>Roberts</i> <b>266</b> BOSU® Core Flow (WS) <i>Copeland-Brooks</i> <b>270</b> TRX® Suspension Training® for Functional Strength (WS) <i>Crews/Ross</i>	<b>275</b> Cardiovascular Recipes for Special Populations (L) <i>Mayo</i>	<b>275</b> Cardiovascular Recipes for Special Populations (L) <i>Mayo</i> <b>277</b> Eating for Energy (L) <i>Josephson</i>	<b>276</b> Starting a Successful Personal Training Business (L) <i>Clancy</i> <b>278</b> Marketing Your Blog in All the Right Places (L) <i>Alsac</i>	<b>283</b> IDEA Top Chef (IE) <i>Huemmer 10:15am–1:05pm</i>
<b>12 Noon–6:00pm IDEA FITNESS &amp; WELLNESS EXPO • 12:05–2:45pm LUNCH</b>						<b>12 Noon–6:00pm IDEA FITNESS &amp; WELLNESS EXPO • 12:05–2:45pm LUNCH</b>					
<b>TIME BLOCK I</b> 2:45–4:35pm Up to 2 CEC Hours	<b>290</b> Creative Total-Body Exercises Your Client Will Love (WS) <i>Corn</i> <b>291</b> Female Chain Reaction—Inner Pelvic Core (WS) <i>Christie</i> <b>292</b> Neural Complexity—The New Overload Variable (WS) <i>Twist</i> <b>295</b> Metabolic Training: Sequencing Strategies (WS) <i>Quelch</i> <b>296</b> BOSU® Total-Body Training (WS) <i>Hutton</i> <b>302</b> Optimal Performance Bodywork and Flexibility: Secrets to Improved Performance (WS) <i>Durkin</i> <b>303</b> 50 Ways to Increase Your Older-Adult Market (L) <i>Eckmann</i> <b>304</b> Controversy and Current Concepts of Pulling Exercises (L) <i>Rubin</i> <b>307</b> Keiser® Cycling: One-2-One (WS) <i>Popowych</i>		<b>306</b> Schwinn® Cycling: Cycle Sculpt (WS) <i>Krauss</i> <b>307</b> Keiser® Cycling: One-2-One (WS) <i>Popowych</i> <b>308</b> Indo-Row®: The Perfect Calorie Burn (WS) <i>Blahnik/Brooks/Crosby</i> <b>309</b> Webbed-n-Wild (WS) <i>Thielen</i>	<b>298</b> STOTT PILATES® for the Teenage Athlete on the Reformer (WS) <i>O'Clair</i> <b>299</b> BBU: Reformer for Seniors (WS) <i>St. John</i> <b>300</b> Integrating Physiological Principles Into a Comprehensive Pilates Program (WS) <i>Isacowitz</i> <b>301</b> BEAM-LATES™ (WS) <i>Kahn</i>	<b>302</b> Optimal Performance Bodywork and Flexibility: Secrets to Improved Performance (WS) <i>Durkin</i>	<b>293</b> Born to Dance (WS) <i>Avidar</i> <b>294</b> The Sweet Step (WS) <i>Kolber</i> <b>297</b> Zumba® Toning (WS) <i>Shelton/Stone</i> <b>303</b> 50 Ways to Increase Your Older-Adult Market (L) <i>Eckmann</i> <b>305</b> Digital Music and Technology: Get Up to Speed! (L) <i>Arney</i>	<b>296</b> BOSU® Total-Body Training (WS) <i>Hutton</i> <b>297</b> Zumba® Toning (WS) <i>Shelton/Stone</i>	<b>291</b> Female Chain Reaction—Inner Pelvic Core (WS) <i>Christie</i> <b>298</b> STOTT PILATES® for the Teenage Athlete on the Reformer (WS) <i>O'Clair</i> <b>299</b> BBU: Reformer for Seniors (WS) <i>St. John</i>		<b>303</b> 50 Ways to Increase Your Older-Adult Market (L) <i>Eckmann</i> <b>305</b> Digital Music and Technology: Get Up to Speed! (L) <i>Arney</i>	
<b>TIME BLOCK J</b> 4:50–6:00pm Up to 1 CEC Hour	<b>321</b> Creating Boot Camps for Zoomers (WS) <i>Crews</i> <b>322</b> Deceleration—The Secret of Quickness! (WS) <i>Hutton</i> <b>325</b> Boot Camp—The Airop™ Sampler Workout (WS) <i>Bahneman/Fable</i> <b>326</b> BOSU® Athletic Balance (WS) <i>Brooks</i> <b>334</b> Recovery: The Secret to Optimal Performance (L) <i>Mayo</i> <b>335</b> Beyond a Website: Virtual Tools for Attracting Real-World Clients (L) <i>Vogel</i>		<b>336</b> Schwinn® Cycling: My Favorite Ride! (WS) <i>Vanderburg</i> <b>337</b> Keiser® Cycling: Stretch and Extend (WS) <i>O'Byrne</i> <b>338</b> Aqua Dance II (WS) <i>Ekins</i>	<b>328</b> STOTT PILATES® Reformer for the Older Adult (WS) <i>Belanger</i> <b>329</b> The Integrated Reformer (WS) <i>Corey</i> <b>330</b> Peak Pilates®: MVE® Reformer Energize Workout (WO) <i>Trap</i>	<b>331</b> Major League Yoga (WS) <i>McCarthy</i> <b>338</b> Aqua Dance II (WS) <i>Ekins</i>	<b>323</b> Bust a Move With BODYJAM™ (WS) <i>Cleland</i> <b>324</b> Up, Down and All Around (Step) (WS) <i>Steigele</i> <b>330</b> Club Spotlight: Crunch® Presents FAME, the Class (WO) <i>Crunch Faculty</i> <b>332</b> Be a Fitness Video Star! (L) <i>Webb</i>	<b>320</b> Triple Threat (WS) <i>Murphy</i> <b>321</b> Creating Boot Camps for Zoomers (WS) <i>Crews</i> <b>325</b> Boot Camp—The Airop™ Sampler Workout (WS) <i>Bahneman/Fable</i> <b>326</b> BOSU® Athletic Balance (WS) <i>Brooks</i> <b>335</b> Beyond a Website: Virtual Tools for Attracting Real-World Clients (L) <i>Vogel</i>	<b>321</b> Creating Boot Camps for Zoomers (WS) <i>Crews</i> <b>328</b> STOTT PILATES® Reformer for the Older Adult (WS) <i>Belanger</i>	<b>334</b> Recovery: The Secret to Optimal Performance (L) <i>Mayo</i>	<b>321</b> Creating Boot Camps for Zoomers (WS) <i>Crews</i> <b>332</b> Be a Fitness Video Star! (L) <i>Webb</i> <b>333</b> Measure Service for Success (L) <i>Kolovou</i> <b>335</b> Beyond a Website: Virtual Tools for Attracting Real-World Clients (L) <i>Vogel</i>	

<b>PROGRAMMING GRID</b>	<b>PERSONAL TRAINING</b> Trainer Techniques, Biomechanics, Assessment, Corrective Exercise, Sports	<b>SMALL-GROUP &amp; PARTNER TRAINING</b>	<b>INDOOR CYCLING WATER FITNESS SPECIALIZED EQUIPMENT</b>	<b>PILATES</b>	<b>MIND-BODY</b> Yoga, Fusion, Flexibility	<b>GROUP EXERCISE</b> Choreography, Dance, Cardio, Teaching Techniques	<b>GROUP EXERCISE</b> Group Strength, Circuit, Interval Training, Martial Arts	<b>LIFESTYLE COACHING PSYCHOLOGY &amp; MOTIVATION SPECIAL POPULATIONS INSPIRE THE WORLD®</b>	<b>NUTRITION/WEIGHT MANAGEMENT EXERCISE SCIENCE</b>	<b>BUSINESS MANAGEMENT PROGRAM DIRECTOR TEACHING SKILLS TECHNOLOGY</b>	<b>InTensive EDUCATION IDEA CA EXPERIENCES</b>
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**SATURDAY, AUGUST 15**

**SATURDAY, AUGUST 15**

<b>TIME BLOCK K</b> 8:00–9:50am Up to 2 CEC Hours	<p><b>400</b> Tandem Training—Two Can Be Better Than One! (WS) <i>Lebert</i></p> <p><b>402</b> Metabolic Fat-Torching Protocols (WS) <i>Santana</i></p> <p><b>404</b> Applying Movement Assessments Effectively (WS) <i>Price</i></p> <p><b>408</b> GRAVITY® :: Up Close and Personal (WS) <i>Groh</i></p> <p><b>414</b> The Science Behind Menopause (L) <i>Schroeder</i></p> <p><b>415</b> Myofascial Matrix (L) <i>Wolf</i></p> <p><b>416</b> Energy Substrates: Truths and Misconceptions! (L) <i>Sottovia</i></p> <p><b>421</b> The Female Chain Reaction—Core Conversion (InTensive) <i>Christie 8:00–11:50am</i></p>	<p><b>400</b> Tandem Training—Two Can Be Better Than One! (WS) <i>Lebert</i></p> <p><b>408</b> GRAVITY® :: Up Close and Personal (WS) <i>Groh</i></p>	<p><b>409</b> Kranking® and the Athlete (WS) <i>Karanas</i></p> <p><b>418</b> Schwinn® Cycling: World-Class Coaching (WS) <i>Blahnik</i></p> <p><b>419</b> Keiser® Cycling: Ultimate Power (WS) <i>O'Byrne</i></p> <p><b>420</b> Team Up—Winning Water Workouts (WS) <i>Kolovou</i></p>	<p><b>410</b> STOTT PILATES® Total-Body Toning (WS) <i>Comer</i></p> <p><b>411</b> BBU: Reformer for Pregnancy (WS) <i>St. John</i></p> <p><b>412</b> Peak Pilates®: MVe® Chi Flow Chair (WS) <i>Trap</i></p>	<p><b>413</b> Foundational Beaming™ (WS) <i>Kahn/Mesirow</i></p>	<p><b>401</b> dance del.icio.us: cardio choreo (WS) <i>Arney</i></p> <p><b>403</b> Graceful Grand Finales—Make a Lasting Impression (WS) <i>Fable</i></p> <p><b>405</b> From the R-KAIDE™ to the Aerobics Room: Video Games Get Active (WS) <i>Alsac/Hoffman</i></p> <p><b>407</b> Born to Step (WS) <i>Avidar</i></p>	<p><b>400</b> Tandem Training—Two Can Be Better Than One! (WS) <i>Lebert</i></p> <p><b>406</b> Done in 30 Minutes! (WS) <i>Appel</i></p> <p><b>410</b> STOTT PILATES® Total-Body Toning (WS) <i>Comer</i></p> <p><b>421</b> The Female Chain Reaction—Core Conversion (InTensive) <i>Christie 8:00–11:50am</i></p>	<p><b>411</b> BBU: Reformer for Pregnancy (WS) <i>St. John</i></p> <p><b>414</b> The Science Behind Menopause (L) <i>Schroeder</i></p> <p><b>421</b> The Female Chain Reaction—Core Conversion (InTensive) <i>Christie 8:00–11:50am</i></p>	<p><b>402</b> Metabolic Fat-Torching Protocols (WS) <i>Santana</i></p> <p><b>414</b> The Science Behind Menopause (L) <i>Schroeder</i></p> <p><b>416</b> Energy Substrates: Truths and Misconceptions! (L) <i>Sottovia</i></p>	<p><b>403</b> Graceful Grand Finales—Make a Lasting Impression (WS) <i>Fable</i></p> <p><b>405</b> From the R-KAIDE™ to the Aerobics Room: Video Games Get Active (WS) <i>Alsac/Hoffman</i></p> <p><b>417</b> Training and Development Strategies for Your Dream Team (L) <i>Spreen</i></p>	<p><b>421</b> The Female Chain Reaction—Core Conversion (InTensive) <i>Christie 8:00–11:50am</i></p>
<b>TIME BLOCK L</b> 10:10–12 Noon Up to 2 CEC Hours	<p><b>430</b> Firmly Planted: Ankle and Foot Pre- and Postrehabilitation (WS) <i>Bahneman</i></p> <p><b>432</b> Top 40 Exercises for Training the Four Pillars (WS) <i>Santana</i></p> <p><b>436</b> BOSU® Total Stretch (WS) <i>Vanderburg</i></p> <p><b>440</b> TRX® Suspension Training® for Core Performance (WS) <i>Ross/Sonnemaker</i></p> <p><b>444</b> Transformational Postural Conditioning (WS) <i>Bender</i></p> <p><b>445</b> 25 Things Your Client Must Know About Lower-Back Pain (L) <i>Carey</i></p> <p><b>447</b> Assessing Our Assessments (L) <i>Roskopf</i></p>	<p><b>439</b> Kranking®—The Next Revolution in Fitness (WS) <i>Karanas</i></p> <p><b>449</b> Schwinn® Cycling: Ultimate Time Trial (WS) <i>Roberts</i></p> <p><b>450</b> Keiser® Cycling: The Experience (WS) <i>Popowych</i></p> <p><b>451</b> H2O Power Plunge (WS) <i>Caldwell-Cooper</i></p>	<p><b>441</b> STOTT PILATES® Matwork for Teens (WS) <i>Garey</i></p> <p><b>442</b> Are You Cheating on Your Reformer? (WS) <i>Quest</i></p> <p><b>443</b> Peak Pilates®: MVe® Chair—Spring Into Action (WS) <i>Krauss</i></p> <p><b>444</b> Transformational Postural Conditioning (WS) <i>Bender</i></p> <p><b>446</b> The Future of Pilates (Panel) <i>Corey/O'Clair/St. John/Trap</i></p>	<p><b>436</b> BOSU® Total Stretch (WS) <i>Vanderburg</i></p>	<p><b>431</b> Cardio-Cognition—Enhanced Brain Function for Aging Well (WS) <i>Sachs</i></p> <p><b>433</b> It's All in the Mix! (WS) <i>Kolber</i></p> <p><b>434</b> Core Power (WS) <i>Mylrea</i></p> <p><b>437</b> STOMP FX—Step (WS) <i>Small</i></p>	<p><b>435</b> Cut to the Core (WS) <i>Murphy</i></p> <p><b>436</b> BOSU® Total Stretch (WS) <i>Vanderburg</i></p> <p><b>438</b> GRAVITYGroup® :: Compound Structure Two™ (WS) <i>Glick</i></p> <p><b>440</b> TRX® Suspension Training® for Core Performance (WS) <i>Ross/Sonnemaker</i></p> <p><b>448</b> Climbing the Fitness Leadership Ladder (L) <i>Vogel</i></p>	<p><b>431</b> Cardio-Cognition—Enhanced Brain Function for Aging Well (WS) <i>Sachs</i></p> <p><b>441</b> STOTT PILATES® Matwork for Teens (WS) <i>Garey</i></p>	<p><b>452</b> IDEA Iron Chef—Sushi (IE) <i>Huemmer 10:10am–1:00pm</i></p>	<p><b>446</b> The Future of Pilates (Panel) <i>Corey/O'Clair/St. John/Trap</i></p> <p><b>448</b> Climbing the Fitness Leadership Ladder (L) <i>Vogel</i></p>	<p><b>452</b> IDEA Iron Chef—Sushi (IE) <i>Huemmer 10:10am–1:00pm</i></p>	

**12 Noon–3:00pm IDEA FITNESS & WELLNESS EXPO • 12 Noon–2:30pm LUNCH**

**12 Noon–3:00pm IDEA FITNESS & WELLNESS EXPO • 12 Noon–2:30pm LUNCH**

<b>TIME BLOCK M</b> 2:30–4:20pm Up to 2 CEC Hours	<p><b>460</b> Bridging the Gap: Movement for the Lower Extremity (WS) <i>Wolf</i></p> <p><b>461</b> Body Weight Training: Perception Meets Reality (WS) <i>Sonnemaker</i></p> <p><b>462</b> Structural Assessments and Movement Analysis (WS) <i>Price</i></p> <p><b>468</b> STOTT PILATES® Rotational Disks on the Mat (WS) <i>Belanger</i></p> <p><b>479</b> Be a Successful In-Home/Mobile Trainer (InTensive) <i>Andrews/Lee 2:30–6:20pm</i></p>	<p><b>476</b> Schwinn® Cycling: Heart Rate Monitor Training (WS) <i>Blahnik</i></p> <p><b>477</b> Keiser® Striding and Cycling: An Indoor Collision (WS) <i>O'Byrne/Popowych</i></p> <p><b>478</b> Aqua Anthology (WS) <i>Thielen</i></p>	<p><b>468</b> STOTT PILATES® Rotational Disks on the Mat (WS) <i>Belanger</i></p> <p><b>469</b> BBU: Pilates Props Playground (WS) <i>Gonzalez</i></p> <p><b>470</b> Peak Pilates®: Reformer on the Mat (WS) <i>Trap</i></p>	<p><b>471</b> YogaFit®: S.A.F.E. Yoga (WS) <i>Shaw</i></p>	<p><b>465</b> Dance Diversity for Older Adults (WS) <i>Eckmann</i></p> <p><b>466</b> Step Thrills and Body Bar® Drills (WS) <i>Appel</i></p> <p><b>467</b> Topless Step (WS) <i>Miller</i></p>	<p><b>461</b> Body Weight Training: Perception Meets Reality (WS) <i>Sonnemaker</i></p> <p><b>463</b> Blast! The Boxer's Workout (WS) <i>Spreen</i></p> <p><b>473</b> "Eat Your Vegetables!" and Other Mistakes Parents Make (L) <i>Muth</i></p>	<p><b>465</b> Dance Diversity for Older Adults (WS) <i>Eckmann</i></p> <p><b>473</b> "Eat Your Vegetables!" and Other Mistakes Parents Make (L) <i>Muth</i></p>	<p><b>472</b> The Science and Practice of Bone Health (L) <i>Dolan/Schroeder</i></p> <p><b>473</b> "Eat Your Vegetables!" and Other Mistakes Parents Make (L) <i>Muth</i></p>	<p><b>474</b> Managing a Multigenerational Staff (Panel) <i>Alsac/Hoffman/Vogel</i></p> <p><b>475</b> Evolved Evaluations to Maximize Group Exercise Programming (L) <i>Fable</i></p>	<p><b>479</b> Be a Successful In-Home/Mobile Trainer (InTensive) <i>Andrews/Lee 2:30–6:20pm</i></p>
<b>TIME BLOCK N</b> 4:40–6:30pm Up to 2 CEC Hours Workouts do not qualify for CECs	<p><b>490</b> Advanced Strategies for Correcting Kyphosis (WS) <i>Carey</i></p> <p><b>491</b> Resistance Flexibility and Strength Training (WS) <i>Sierra/Tierney</i></p> <p><b>492</b> Lower-Back Pain—Prevention and Intervention (WS) <i>Corn</i></p> <p><b>501</b> Small-Ball Training Evolution (WS) <i>Bender</i></p> <p><b>502</b> Personal Training Prosperity in a Troubled Economy (L) <i>Kaplan</i></p> <p><b>503</b> The Midlife Makeover Program—Transform Lives! (L) <i>Santana</i></p>	<p><b>506</b> Schwinn® Cycling for Yogis (WS) <i>Vanderburg</i></p> <p><b>507</b> Keiser® Cycling: TechnoRide (WS) <i>Popowych</i></p> <p><b>508</b> Gentle Aqua for Rheumatoid Conditions (WS) <i>Lewis-McCormick</i></p>	<p><b>498</b> STOTT PILATES® Ultimate Body Sculpting, Flex-Band®, Level 3 (WS) <i>Belanger</i></p> <p><b>500</b> Props in Pilates Mat—Bring Them On! (WS) <i>Sachs</i></p> <p><b>501</b> Small-Ball Training Evolution (WS) <i>Bender</i></p>	<p><b>491</b> Resistance Flexibility and Strength Training (WS) <i>Sierra/Tierney</i></p> <p><b>499</b> Ebb and Flow: Chakra-Energized Power Yoga (WS) <i>Borho</i></p> <p><b>506</b> Schwinn® Cycling for Yogis (WS) <i>Vanderburg</i></p>	<p><b>493</b> America's Best Dance Class (WS) <i>Levell</i></p> <p><b>496</b> Drums Alive®: Family and Kids Beats (WS) <i>Ekins</i></p> <p><b>497</b> Step Into the Future! (WO) <i>IDEA Faculty</i></p> <p><b>504</b> Exergaming: Program Outside the Xbox® (L) <i>Alsac</i></p>	<p><b>494</b> Suddenly Senior: Functional Training Solutions (WS) <i>Stessun</i></p> <p><b>495</b> Boxing for a Better Core (WS) <i>Isordia</i></p> <p><b>498</b> STOTT PILATES® Ultimate Body Sculpting, Flex-Band®, Level 3 (WS) <i>Belanger</i></p> <p><b>501</b> Small-Ball Training Evolution (WS) <i>Bender</i></p>	<p><b>494</b> Suddenly Senior: Functional Training Solutions (WS) <i>Stessun</i></p> <p><b>503</b> The Midlife Makeover Program—Transform Lives! (L) <i>Santana</i></p> <p><b>508</b> Gentle Aqua for Rheumatoid Conditions (WS) <i>Lewis-McCormick</i></p>	<p><b>502</b> Personal Training Prosperity in a Troubled Economy (L) <i>Kaplan</i></p> <p><b>504</b> Exergaming: Program Outside the Xbox® (L) <i>Alsac</i></p> <p><b>505</b> 10 Great Programs That Increase Profit and Retention (L) <i>Cingle</i></p>		

**SUNDAY, AUGUST 16**

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<b>TIME BLOCK O</b> 7:30–9:20am Up to 2 CEC Hours	<p><b>600</b> Flexibility Highways (WS) <i>Wolf</i></p> <p><b>601</b> R and R Training (WS) <i>Sheron</i></p> <p><b>602</b> Corrective Exercise and Personal Training (WS) <i>Price</i></p> <p><b>612</b> Mindset and Miracles (L) <i>Kaplan</i></p> <p><b>613</b> Understanding Pain: The Muscle System's Role (L) <i>Roskopf</i></p> <p><b>618</b> ABS LAB (InTensive) <i>Vanderburg 7:30–11:20am</i></p>	<p><b>615</b> Schwinn® Cycling: World-Class Coaching (WS) <i>Dixon</i></p> <p><b>616</b> Threshold Metabolic Training (For Cycling) (WS) <i>Sachs</i></p> <p><b>619</b> Take Another Look at Water Fitness (WS) <i>Lewis-McCormick 8:00–9:20am</i></p>	<p><b>607</b> STOTT PILATES® Total-Body Sculpting, Flex-Band®, Level 2 (WS) <i>Comer</i></p> <p><b>608</b> Innovations and Choreography in Pilates (WS) <i>Corey</i></p> <p><b>610</b> Progressive Pilates (WS) <i>Kahn</i></p>	<p><b>600</b> Flexibility Highways (WS) <i>Wolf</i></p> <p><b>609</b> Yoga Therapy: The Shoulder Girdle (WS) <i>O'Byrne</i></p>	<p><b>603</b> Dance Mastery—Successful Layering (WS) <i>Avidar</i></p> <p><b>604</b> Step Turns 20! (WS) <i>Hoffman</i></p> <p><b>612</b> Mindset and Miracles (L) <i>Kaplan</i></p>	<p><b>601</b> R and R Training (WS) <i>Sheron</i></p> <p><b>605</b> Tubing Challenge—Total Body (WS) <i>Murphy</i></p> <p><b>606</b> Warrior in Motion (WS) <i>Spreen</i></p> <p><b>607</b> STOTT PILATES® Total-Body Sculpting, Flex-Band®, Level 2 (WS) <i>Comer</i></p> <p><b>617</b> Super-Charged Circuits (WS) <i>Appel</i></p> <p><b>618</b> ABS LAB (InTensive) <i>Vanderburg 7:30–11:20am</i></p>	<p><b>611</b> Practice What You Preach! Setting New Nutrition Habits (L) <i>Dolan</i></p> <p><b>612</b> Mindset and Miracles (L) <i>Kaplan</i></p> <p><b>614</b> What Women Want—Attracting, Servicing and Retaining Women in Today's Fitness Environment (L) <i>Wischmann</i></p>	<p><b>611</b> Practice What You Preach! Setting New Nutrition Habits (L) <i>Dolan</i></p>	<p><b>614</b> What Women Want—Attracting, Servicing and Retaining Women in Today's Fitness Environment (L) <i>Wischmann</i></p>	<p><b>618</b> ABS LAB (InTensive) <i>Vanderburg 7:30–11:20am</i></p>
<b>TIME BLOCK P</b> 9:35–11:00am Up to 1 CEC Hour Workouts do not qualify for CECs	<p><b>630</b> Small-Group Sport Workouts for Non-Athletes (WS) <i>Popowych</i></p> <p><b>632</b> Progression Periodization for Power (WS) <i>Ecklund</i></p> <p><b>641</b> Current Concepts in Post-Op Care: Lumbar Spine (L) <i>Cheatham</i></p> <p><b>643</b> Chasing Pheidippides: Marathon Training 101 (L) <i>Karp</i></p> <p><b>644</b> Small-Group Training: A Win–Win! (L) <i>Kennedy</i></p>	<p><b>631</b> Aquatic Fitness for Mom and Baby (WS) <i>Esplen</i></p>	<p><b>637</b> STOTT PILATES® Pilates Weight Loss Boost (WO) <i>Belanger</i></p> <p><b>638</b> BBU: Mat Perplexity to Simplicity (WS) <i>Gonzalez</i></p> <p><b>639</b> Peak Pilates®: Mat With Props (WS) <i>Trap</i></p> <p><b>640</b> Double the Power: Pilates Precision and Yoga Flow (WS) <i>Borho</i></p>	<p><b>640</b> Double the Power: Pilates Precision and Yoga Flow (WS) <i>Borho</i></p>	<p><b>634</b> Step Outside the Box (WS) <i>Glick</i></p> <p><b>635</b> Boot Camp Boogie 2009! (WS) <i>Kolber</i></p> <p><b>636</b> Zumba® Cardio Party (WO) <i>Beardsley</i></p>	<p><b>630</b> Small-Group Sport Workouts for Non-Athletes (WS) <i>Popowych</i></p> <p><b>644</b> Small-Group Training: A Win–Win! (L) <i>Kennedy</i></p>	<p><b>633</b> Preschool Fitness: Unlimited Profit Potential (WS) <i>Clemens-Silence</i></p>	<p><b>642</b> Going Veg (L) <i>Hever</i></p> <p><b>643</b> Chasing Pheidippides: Marathon Training 101 (L) <i>Karp</i></p>	<p><b>633</b> Preschool Fitness: Unlimited Profit Potential (WS) <i>Clemens-Silence</i></p>	