

Pilates (General)
SAMPLE SCHEDULES

Key:	WO = Workout
	WS = Workshop
	L = Lecture
	L/WS = Lecture and Workshop

PRECON SUGGESTIONS:	100	Pilates Essentials for Personal Trainers, by Balanced Body®
	106	Barre Above™, by Savvier® Fitness
	108	Eating for Life: The Changing Needs of the Female Diet
	109	STOTT PILATES® Group Matwork™ Classes: Teaching Skills and Programming Choices

DAY/TIME	#	SESSION TITLE	OR...	#	SESSION TITLE
THURSDAY, July 16th, 7:00-7:45am	215	STOTT PILATES®: Conditioning Towel Workout (WO)	OR...	216	The YBP Workout: Yoga, Barre, Pilates (WO)
THURSDAY, July 16th, 8:10-10:00am	252	Pilates Mat—A Global Approach (WS)	OR...	250	ZEN•GA™ Foundations: Lower Body Focus (WS)
THURSDAY, July 16th, 10:20am-Noon	OPENING CEREMONIES...KEYNOTE ADDRESS, AWARDS, PRESENTATIONS				
THURSDAY, July 16th, 2:00-3:50pm	292	Functional Flexibility and Fascia Fitness (WS)	OR...	283	Anatomy in Three Dimensions™: The Shoulder, by Balanced Body® (L/WS)
THURSDAY, July 16th, 4:10-5:40pm	320	STOTT PILATES®: Pilates With the Medicine Ball (WS)	OR...	322	Pilates Training for Ultimate Running Success (WS)
FRIDAY, July 17th, 8:00-9:50am	423	Balanced Body®: Functional Pilates Circuits With Props (WS)	OR...	413	Balancing Hormones Through Nutrition (L)
FRIDAY, July 17th, 10:10am-Noon	464	All Small Ball—Pilates Applications (WS)	OR...	462	STOTT PILATES®: Athletic Conditioning on the Arc Barrel (WS)
FRIDAY, July 17th, 2:15-4:05pm	502	STOTT PILATES®: Matwork™ Flow With Ankle Tubing (L/WS)	OR...	503	Balanced Body® Fit: Core Movements for Building Strength (WS)
FRIDAY, July 17th, 4:30-5:15pm	536	Balanced Body®: Pilates Arc Magic (WO)	OR...	539	Core Control (WO)
SATURDAY, July 18th, 7:30-9:20am	620	STOTT PILATES® Stability Barrel: Create Balance and Control (WS)	OR...	619	PILOXING®: Moving With Purpose (WS)
SATURDAY, July 18th, 9:40-11:30am	663	Mat Movement Flow (WS)	OR...	647	Dynamic Barre Training With the ActivMotion Bar™ (WS)
SATURDAY, July 18th, 1:45-3:35pm	704	Root to Reach: Classic Pilates Refreshed (WS)	OR...	702	The Magic Circle: Creating Rotation and Flow (WS)
SATURDAY, July 18th, 4:00-5:30pm	742	Pilates for "The Seat" (WS)	OR...	741	STOTT PILATES® Body Weight Training (WS)
SUNDAY, July 19th, 7:30-9:20am	804	Pilates Fit! (WS)	OR...	800	Posture and Core for the Aging Spine (L/WS)
SUNDAY, July 19th, 9:40-11:30am	826	Practical Strategies for Eating and Staying LEAN for Life! (L)	OR...		