

## 24 Hour Fitness Recommends the Following Sessions:

TIME	SESSION NUMBER & NAME	INSTRUCTOR
<b>Wednesday, August 4</b>		
8:00am–5:00pm	012 Zumba® Basic Skills Instructor Training	Gina Grant and Jani Roberts
	015 Peak Pilates®—MVE® Chair Foundations Workshop	Stacey Lei Krauss
8:00am–6:00pm	017 Schwinn® Indoor Cycling Instructor Training Course	Julz Arney and Jay Blahnik
9:00am–3:30pm	019 The New ACE Integrated Fitness Training Model	Fabio Comana, MA, MS, Todd Galati, MA, and Pete McCall, MS
<b>Thursday, August 5</b>		
7:00–7:45am	103 Dance Party X-treme (DPX)	Bibi Williams
	104 Zumba® Cardio Party!	Gina Grant
	105 TRX® Suspension Training® Body Blast	Dan McDonogh
	109 Schwinn® Cycling: The MPower™ Workout	Amy Dixon
	115 Indo-Row®: The Perfect Calorie Burn	Jay Blahnik and Daniel Walsh
	118 Peak Pilates®: MVE® Chair—Spring in Action	Stacey Lei Krauss
	119 BBU: Pilates Circuit Circus	Lizbeth Garcia and Portia Page
8:00–9:50am	134 willPower & grace®	Stacey Lei Krauss
	139 Schwinn® Cycling: Make Your Mark	Julz Arney
	151 Indo-Row®: The Perfect Calorie Burn	Jay Blahnik and Keli Roberts
10:10am–12 Noon	160 BOSU® Multiplied	Jay Blahnik
	164 Zumba® Toning	Jani Roberts
	169 Schwinn® Cycling: Break It Up!	Mindy Mylrea
	176 Peak Pilates®: MVE® Multilevel Group Exercise Training	Stacey Lei Krauss
2:00–3:30pm	195 TRX® Power Stretch	Dan McDonogh
	199 Schwinn® Cycling: Build and Bond	Julz Arney
<b>Friday, August 6</b>		
7:00–8:00am	304 Zumba® Cardio Party!	Gina Grant
	309 Schwinn® Cycling: The MPower™ Workout	Stacey Lei Krauss
8:20–10:10am	330 BOSU® Studio Pilates	Stacey Lei Krauss and Erika Quest
	334 Be a Better Dancer in Three Easy Steps	Julz Arney
	339 Schwinn® Cycling: Ride A Century	Bethany Diamond
	346 Indo-Row®: The Perfect Calorie Burn	Jay Blahnik and Daniel Walsh
	350 BBU: Reformer Choreography to the Max!	Lizbeth Garcia and Portia Page
10:30am–12:20pm	364 Zumbatomic®: The Zumba® Kids Workout	Gina Grant
	365 TRX® Group Circuit Training	Dan McDonogh
	369 Schwinn® Cycling: Time Trial Redux	Keli Roberts
	376 Indo-Row®: The Perfect Calorie Burn	Jay Blahnik and Daniel Walsh
2:45–4:35pm	394 Zumba® Gold	Joy Prouty
	399 Schwinn® Cycling: The Trend Report	Shannon Fable
	401 Indo-Row®: The Perfect Calorie Burn	Jay Blahnik and Daniel Walsh
4:50–6:00pm	425 Silver Sneakers® Cardio Circuit	Deborah Redder
	429 Schwinn® Cycling: My Favorite Ride	Amy Dixon
	438 Networking—The Key to Your Net Worth	IDEA Presenter Faculty

# 2010 IDEA World Fitness Convention™

AUGUST 4–8, 2010 • LOS ANGELES, CA

<i>TIME</i>	<i>SESSION NUMBER &amp; NAME</i>	<i>INSTRUCTOR</i>
<b>Saturday, August 7</b>		
<b>7:30–9:20am</b>	<b>509</b> Schwinn® Cycling: Digital Music Mastery	<i>Rob Glick</i>
	<b>515</b> Indo-Row®: The Perfect Calorie Burn	<i>Jay Blahnik and Daniel Walsh</i>
	<b>520</b> Tenets of Tai Chi	<i>Lawrence Biscontini, MA</i>
<b>9:40–11:30am</b>	<b>530</b> TurboKick®	<i>Chalene Johnson</i>
	<b>534</b> Zumba® Toning	<i>Jani Roberts</i>
	<b>539</b> Schwinn® Cycling: MPower™	<i>Jay Blahnik</i>
	<b>548</b> Foundational Beaming™	<i>Lawrence Biscontini, MA</i>
	<b>549</b> BBU: Reformer Choreography to the Core!	<i>Lizbeth Garcia and Portia Page</i>
<b>2:45–4:35pm</b>	<b>561</b> Step On-the-Fly!	<i>Kim Miller</i>
	<b>564</b> Baby Boomer Bounce	<i>Milo Levell</i>
	<b>569</b> Schwinn® Cycling: MPower™	<i>Jay Blahnik</i>
	<b>572</b> Aqua Zumba® Party	<i>Maria Browning and Joy Prouty</i>
<b>4:50–6:00pm</b>	<b>594</b> Club Spotlight: 24-Hour Fitness® Presents Hip Hop Hustle™	<i>Monica Gray and Chalene Johnson</i>
	<b>599</b> Schwinn® Cycling: My Favorite Ride	<i>Ken Baldwin</i>
	<b>605</b> YogaFit®—Seven Principles of Alignment	<i>Beth Shaw</i>
	<b>606</b> Career Options in the Fitness Industry	<i>IDEA Presenter Faculty</i>
<b>Sunday, August 8</b>		
<b>7:30–9:20am</b>	<b>701</b> IDEA 2010 Throwdown/Showdown—L.A. Style!	<i>IDEA Presenter Faculty</i>
	<b>709</b> Schwinn® Cycling: The Yoga Connection	<i>Helen Vanderburg</i>
<b>9:40–11:00am</b>	<b>736</b> Schwinn® Cycling: My Favorite Ride	<i>Kimberly Spreen</i>
	<b>738</b> Get Wet and Shake Your Buddha	<i>Lawrence Biscontini, MA</i>
	<b>742</b> From Great Instructor to Outstanding Ambassador	<i>Linda McHugh, Ingrid Owen and Mary Pilney, MBA</i>

Shaded sessions indicates that this session is a 24HF employee/friend of 24HF.