

IDEA Health and Fitness Association - World Fitness Convention August 7-11, 2013 - Los Angeles, California																										
Session Number	Session Title	Presenters	Session Length	AASFP	ACE	ACSM	AFAA	AFPA	BOC	BCRPA	CHEK	CI	IFPA	ISFTA	ISSA	NASM	NCEP	NCCPT	NCSF	NESTA	NETA	NFPT	NPI	NSCA-CPT/CSCS	NSPA	PTAG
Pre-Conference Sessions																										
100	Leadership Skills for Personal Training and Group Fitness Directors	Sherri McMillan, MSc Merrithew Health & Fitness Faculty	4 hours	0.40	0.00	0.00	0.00	4.00	3.75		4.00	4.00	4.00			0.40	4.00	0.40	2.00	0.00	0.00	1.00	4.00	0.4	4.00	4.00
101	STOTT PILATES: Advanced Matwork	Abraham Hernandez Eliza Stone	4 hours	0.40	0.40	4.00	0.00	4.00	3.75		4.00	4.00	4.00			0.40	4.00	0.40	2.00	0.40	4.00	1.00	4.00	0	4.00	4.00
102	Zumba Basic Skills Instructor Training	Aileen Padilla Alfredo Alleen Padilla	9 hours	0.00	0.70	7.00	5.50	8.00	0.00		7.00	7.00	7.00			0.80	8.00	0.70	4.00	0.70	7.00	2.00	7.00	0	7.00	7.00
103	Zumba: Basic Skills Instructor Training En Espanol	Padilla	9 hours	0.00	0.70	7.00	5.50	8.00	0.00		7.00	7.00	7.00			0.80	8.00	0.70	4.00	0.70	7.00	2.00	7.00	0	7.00	7.00
104	YogaLean by YogaFit	Janet Leland Beth Shaw	10 hours	0.00	0.00	0.00	0.00	8.00	0.00		8.00	8.00	8.00			0.90	9.00	0.00	4.50	0.00	0.00	2.00	9.00	0	9.00	0.00
105	ACE: Group Exercise Leadership Specialty Certification	Lawrence Bisconti, MA Douglas Brooks, MS Adam Reid	9 hours	0.00	0.80	8.00	0.00	8.00	7.75		8.00	8.00	8.00			0.80	8.00	0.80	4.00	0.80	8.00	2.00	8.00	0	8.00	8.00
106	ReallHyder Indoor Cycling: Certified Instructor Training	Jay Blahnik Julz Arney	9 hours	0.00	0.80	8.00	6.50	8.00	0.00		8.00	8.00	8.00			0.80	8.00	0.80	4.00	0.80	8.00	2.00	8.00	0	8.00	8.00
107	Schwinn Cycling: Instructor Certification	Fabio Comana, MA, MS Aaron Dragoszewski Josh Gonzalez Prentiss Rhodes Rick Richey, MS	10 hours	0.00	0.80	8.00	9.00	8.00	0.00		8.00	8.00	8.00			0.90	9.00	0.80	4.00	0.80	8.00	2.00	8.00	0	8.00	8.00
108	NASM: The New Group Fitness is Here!	Dan McDonogh Fraser Quelch	4 hours	0.00	0.00	0.00	0.00	4.00	3.75		4.00	4.00	4.00			0.40	4.00	0.40	2.00	0.00	0.00	1.00	4.00	0	4.00	4.00
109	TRX: Group Rip Training Course	Lenny Parracino	9 hours	0.00	0.80	8.00	7.00	8.00	7.75		8.00	8.00	8.00			0.80	8.00	0.80	4.00	0.80	8.00	2.00	8.00	0	8.00	8.00
110	Gray Institute: Foundations of Movement Training	Pete McCall, MS	9 hours	0.90	0.80	8.00	0.00	8.00	7.75		8.00	8.00	8.00			0.80	8.00	0.80	4.00	0.80	8.00	2.00	8.00	0.8	8.00	8.00
111	ACE : Metabolic Training Workshop	Mindy Mylrea	9 hours	0.90	0.80	8.00	0.00	8.00	7.75		8.00	8.00	8.00			0.80	8.00	0.80	4.00	0.80	8.00	2.00	8.00	0.8	8.00	8.00
112	Tabata Bootcamp	Mindy Mylrea	9 hours	0.00	0.80	8.00	8.00	8.00	0.00		8.00	8.00	8.00			0.80	8.00	0.80	4.00	0.80	8.00	2.00	8.00	0.8	8.00	8.00
113	Reinventing Worksite Wellness&mdashThe Forefront of Prevention in Unl	Julian Varela, MS, MA Merrithew Health & Fitness Faculty	4 hours	0.00	0.00	0.00	0.00	4.00	3.75		4.00	4.00	4.00			0.40	4.00	0.40	2.00	0.00	0.00	1.00	4.00	0.4	4.00	4.00
114	Total Barre : Endurance With Music - Level 1		4 hours	0.00	0.40	4.00	0.00	4.00	0.00		4.00	4.00	4.00			0.40	4.00	0.40	2.00	0.40	4.00	1.00	4.00	0	4.00	4.00
Time Block E																										
230	TRX Rip Training: Foundations	Pete Holman, PT	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
231	Equipment-LESS Boot Camp	Abbie Appel	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
232	10 New BIG Things in Small-Group Training	Brett Kilka	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
233	Perform Better : Xtreme Sport Conditioning	Todd Durkin, MA	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
234	Perform at the Speed of Life	Peter Twist, MSc	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
235	NASM : From Good to Great! Strategies to Effective Personal Training	Fabio Comana, MA, MS	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
236	Gray Institute: Assessment and Solutions for the Hip	Lenny Parracino	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
237	CoreFitnessRoller : Creating Power	CFR FACULTY	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
238	Core Cuts 2013	Rob Glick Kimberly Spreen	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
239	BOSU : HIT Xtreme 2013	Shannon Fable Kelli Roberts	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
240	Indo-Row : The Perfect Calorie Burn	Jay Blahnik Josh Crosby	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
241	Less Stress...More Stress-Free Steps!	Fred Hoffman, MEd	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
242	Train to Play With Dynamax Medicine Balls	Laura Cisneros	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
243	Dance Aerobics - Symmetrical or Asymmetrical?	Yoav Avidar	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
244	Survival Tactics for the Social Age: How to Catch Up, Keep Up and Stay On	Stephanie Jennings	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
245	The Fluid Body	Sue Hitzmann, MS	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
246	The Complete Idiot's Guide to Plant-Based Nutrition	Julianne Hever, MS, RD	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
247	Corporate Fitness UNLEASHED	Trina Gray	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
248	STOTT PILATES : Athletic Conditioning 2 on the V2 Max Plus Reformer	Merrithew Health & Fitness Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
249	Holistic Fusion: Movement as Meditation	Skip Jennings	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
250	ZEN	Merrithew Health & Fitness Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
251	YogaFit Basics	Beth Shaw	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
252	Intro to Kranking	Krankycle Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
253	ReallHyder Indoor Cycling: This is How We Ryde!	Adam Reid Douglas Brooks, MS	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
254	ICG : Ride Around the World	Team ICG	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
255	Fundamentals of CROSS CIRCUIT by Octane Fitness	Heather Brunk	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
Time Block G																										
270	TRX : Training for Youth	Dan McDonogh3	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
271	Small-Group/Team Training - Introducing Les Mills GRIT Series	Josef Matthews Jeremiah Evans	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
272	SPRI : Ropes Gone Wild	Brian Nunez	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
273	Athlete's Performance: Barefoot Training - Benefits, Pitfalls and Program	Mark Versteegen	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75		2.00	2.00	2.00			0.20	2.00	0.20								

301	SPRI : Step 360 Strength VIT	Robert Sherman	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
302	Submaximal Loaded Movement Training	Michael Dalcourt	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
303	Rolling Ropes : Unleash Your Movement Capabilities!	Arthur Hsu	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
304	NASM : Real-World Dynamic Flexibility Progressions	Eric Beard, MS	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
305	Gray Institute: 3-D Performance Training	Lenny Parracino	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
306	Transformational Posture	Leslie Bender	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
307	Power Trip	Paul Katami	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
308	Vibram : Meet the Feet	Stacey Lei Krauss	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
309	Step Party!	Rob Glick	1 hours 30 min	0.20	0.15	1.50	0.75	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	0.00	0.50	1.50	0	1.50	0.00
310	Fit the Floor	Eve Fleck, MS	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
311	Flirty Girl Fitness: The Teaser	Jenn Hall Mindy Mylrea	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
312	C.K.E.K. Institute : To Work Out or Not to Work Out - That is the Question	Dan Hellman, PT	1 hours 30 min	0.20	0.15	1.50	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
313	Healthy Aging Survival Kit	Terry Eckmann, PhD	1 hours 30 min	0.20	0.15	1.50	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
314	Food as Fuel!	Sarah Mirkin, RD	1 hours 30 min	0.20	0.15	1.50	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
315	Eric IDEA FitnessConnect Insider Tips	Mike Berman	1 hours 30 min	0.20	0.15	1.50	1.50	0.00	0.00	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	0.00	0.50	1.50	0.15	1.50	0.00
316	STOTT PILATES : Athletic Conditioning 3 on the Reformer	Faculty	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
317	Pilates PNF Fusion	Yoav Avidar	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
318	Pilates Mini Ball for Core Stability and Flexibility	Christine Romani-Ruby, MPT Kathryn Coyle Zoey Trap, MSc	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
319	Yoga Sculpt	Team ICG	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
320	ICG : World Cycling Tour Challenge/Expedition	Team ICG	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
321	Schwinn Cycling: The X Factor	Jay Blahnik	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
322	Keiser M3: Lights, Camera, Cycle!	Buddy Macuha	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
Time Block J																							
417	Chakra Salutations	Marla Eriksen	0 hours 45 min	0.00	0.10	1.00	0.40	0.00	0.00	1.00	1.50	1.50	0.10	1.00	0.10	0.10	0.10	0.00	0.25	1.50	0	1.50	0.00
Time Block K																							
430	TRX: Body Blast	Dan McDonough	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
431	MMA Warrior Workout	Heather Coyle Kevin Kearns	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
432	SPRI: Ignite Performance Training	Brian Nunee	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
433	Triple-Action Abs	Abbie Appel	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
434	The Ultimate Portable PT Playground	Ken Baldwin	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
435	Body Weight Foundations by Lebert Fitness	Mar Lebert	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
436	TRX: Foot and Lower-Leg Myofascial Massage	Cassidy Phillips	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
437	Training and Injury Prevention: Shoulder and Spine	Michol Dalcourt	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
439	Extreme Makeover 2013	Rob Glick	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
440	ShockWave Circuit: The Most Efficient Total-Body Workout in the World!	Jay Blahnik, Josh Crosby, Paul Katami, Angela Leigh, Jeffrey Scott Doris Thews	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
441	Two Men and a Step	Yoav Avidar Luciano Mottola	1 hours 50 min	0.20	0.20	2.00	0.90	0.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	0.00	0.50	2.00	0	2.00	0.00
442	Barre Burn: 3-D Core.	Gay Gasper Linda LaRue, RN	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
443	Dance It Out	Billy Blanks, Jr. Sharon Catherine Blanks	1 hours 50 min	0.20	0.20	2.00	0.90	0.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	0.00	0.50	2.00	0	2.00	0.00
444	Tackling Whole Grains and Leafy Greens CD	Lourdes Castro, MS, RD	1 hours 50 min	0.20	0.20	2.00	0.00	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
445	Customer Service Success - Making Members Feel Special	Patricia Kirk, MS	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
446	Sticking to a Healthy Wonder!	Sarah Mirkin, RD	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
447	The Eight Essential Daily Habits of Happiness	Will Marre	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
448	Group Training Programs That Profit	Maureen Hagan, PT	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
449	STOTT PILATES : Metawork Flow With Weights	Merrithew Health & Fitness Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
451	The Gluteals and Their Link to Low Back Pain	Low-Back Pain WS	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
453	ZEN	Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
454	ICG : Ride Around the World	Team ICG	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
455	Schwinn Cycling: Music to the Max!	Julz Arvey	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
Time Block L																							
460	TRX : Advanced	Suspension Training WS	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
461	PLAY! The Childhood Obesity Solution	Brett Klika	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
462	The 30 Essential Exercises	Robert Sherman	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
463	Surge Reactive Resistance Training	Carey Stutzman Peter Twist, MSc	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
464	Enhance Your Athletic Potential	Arthur Hsu	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0.2	2.00	1.50
465	Saving the Spaces	Sue Hitzmann, MS	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
466	The Ultimate Anti-Aging Workout	Maureen Hagan, PT	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
468	Drums Alive : Street Beats	Carrie Ekins, MA	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
469	ShockWave Circuit: The Most Efficient Total-Body Workout in the World!	Jay Blahnik, Josh Crosby, Keli Roberts Doris Thews	1 hours 50 min	0.20	0.20	2.00	0.90	1.50	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	1.50	0.50	2.00	0	2.00	1.50
470	Technogym : Transformational Group Training Strategies and Tools	Hayley Hollander	1 hours 50 min	0.20																			

		Gay Gasper Linda LaHue, RN		1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
514	3-D Core - Fitness Toolbox Integration	Cassidy Phillips	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
515	TPPT: SMART CORE MAXX	IB RFA FACULTY	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
516	Unlase Plates Principles and Athletic Training to Create a Powerful YOU!	Kimberly Spreen-Glick	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
518	F.I.T. - Functional Integrated Training	Douglas Brooks, MS	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
519	BOSU : Accelerate and Elevate	Hayley Hollander	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
520	Technogym : Transformational Group Training Strategies and Tools	Lene Kristine Dahl Anita Tonne	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
521	The Corebar Experience	Yoav Avidar	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
522	All in One: Core, Cardio, Balance, and Strength!	Abraham Hernandez, Aileen Padilla, Alfredo Padilla Eliza Stone	1 hours 50 min	0.20	0.20	2.00	0.90	0.00	0.00	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	0.00	0.50	2.00	0	2.00	0.00
523	Zumba - Mexican Fiesta	Len Kravitz, PhD	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
524	The Physiology of Fat Loss	Steve Jack	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
525	Integrated Energy Medicine	Teri Mosev, PhD	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
526	Nutrition and Exercise for Longevity	Brian Richey	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
527	Postrehabilitation: Bridging the Gap Between Health Care and Fitness	Merrithew Health & Fitness Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
528	STOTT PILATES : Jumpboard Strength and Conditioning	Merrithew Health & Fitness Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
529	HALO : Foundations to Integrated Body Weight Training	Kate Watson	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
530	Awakening the Body - Practicing Presence	Beth Shaw	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
531	YogaFit for Seniors	Maureen Hazan, PT	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
532	Redefining	Leslee Bender	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
533	ReallyYder Indoor Cycling: Integrated Core Training and Injury Prevention	Team ICG	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
534	ICG : Mountain Rider	Gregg Cook	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
535	Schwinn Cycling: Straying Power	Time Block I		0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
540	TRX : Group Rip Performance	Pete Holman, PT	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
541	Group Rx: BOOT	Group Rx Faculty	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
542	NASM : Dysfunctional Functional Training: Are	Eric Beard, MS	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
543	Club Spotlight: Equinox Presents: Animal Flow X	Lashawn Dale, MPH, Mike Fitch Lisa Wheeler	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
544	Games Trainers Play - Fun With Team Training	Ken Baldwin	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
545	ACE : Exercise Programming for the Fountain of Youth	Pete McCall, MS	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
546	C.H.E.K. Institute: Effective Flexibility Training - You Don't Have to Tie Your	Dan Hellman, PT	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
547	Make the Core F.A.S.T. Connection	David Weck	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
548	The Ultimate Stretch Transformation - Showcase Style!	Jay Blahnik	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
549	Lean Legs, Great Glutes	Linda Freeman-Webster	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
550	BOSU : Mind-Body Fusion	Helen Vanderburg	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
551	Step Dance Fusion	Luciano Mottola	1 hours 30 min	0.20	0.15	1.50	0.75	0.00	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	0.00	0.50	1.50	0	1.50	0.00
552	High-Velocity Boot Camp With Dynamax Medicine Balls	Laura Cisneros	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
554	Exercise Is Medicine: Your New Business Partner!	Richard Cotton, MA,,	1 hours 30 min	0.20	0.15	1.50	1.50	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
555	The Group Fitness Trifecta	Shannon Fable	1 hours 30 min	0.20	0.15	1.50	1.50	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
556	Use the Glycemic Index to Fine-Tune Your Diet	Loures Castro, MS, RD	1 hours 30 min	0.20	0.15	1.50	1.50	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
557	Build a Better Backside	Scott Rawcliffe	1 hours 30 min	0.20	0.15	1.50	1.50	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
558	STOTT PILATES : Reformer and Padded Platform Extender	Merrithew Health & Fitness Faculty	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	1.50	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
559	RELEASE	Patrick Goudeau	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0.15	1.50	1.50
560	Xtend Barre Workout	Laurie Alfano, Andrea Rogers	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
561	Journey to the Beginner's Mind (Yoga)	I Rockell Williamson-Rudder	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
562	Schwinn Cycling: Leave 'em Breathless	Lauren Eirk	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
563	Keiser M3: Secrets of the Best Instructors	Amy Dixon	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
563	Keiser M3: Secrets of the Best Instructors	Buddy Macuha	1 hours 30 min	0.20	0.15	1.50	0.75	1.50	0.00	1.50	1.50	1.50	1.50	0.10	1.00	0.15	0.75	0.15	1.50	0.50	1.50	0	1.50	1.50
		Time Block O		0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
600	TRX : Training for Body	Transformation WS	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
601	Discovering Parkour	Dan Edwardes	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
602	SPRI : Ignite Challenge	Brian Nunez	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
603	Intensity Overload - Battle of the HIITS	Mindy Myreia	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
604	Strengthening the Fascial Lines in 3-D	Peter Twist, MSc	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
605	Cool Tools and Programming for Boot Camps and Small-Group Training	Marc Lebert	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20						

649 BOSU : Double Up, Double Down	Julz Arney Jay Blahnik	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
650 JumpSport : Join the Circuit	Krista Popowych	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
651 3 Men. 3 Steps. More Fun Than a 3-Ring Circus!	Michael Steel Jeremiah Evans, Sellar	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
652 CXWORX by Les Mills	Mathews Sheldon McBee	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
653 Masala Bhanga Presents Bhanga	Burn WS	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
654 Cooking Demonstration in Nutrition Pavilion Cooking Demo CD	PRESENTER TBD	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
655 Becoming a Social Media Star	Cassey Ho	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
656 Brain Fitness and Mental Health Update	Kelly McGonigal, PhD	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
657 Eating and the Stress Connection	Michelle Zive, MS, RD	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
658 Understanding Function From the Ground Up	Greg Roskopf, MA	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
659 STOTT PILATES : Jumpboard Interval Training on the Cardio-Tramp	Merrithew Health & Fitness Rebou Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
660 Total Barre : Endurance With Music, Level 2	Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
661 Tai Chi: The Oldest Wellness Coaching Model	David-Dorian Ross	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
662 The Yoga Groove	Skip Jennings	1 hours 50 min	0.20	0.20	2.00	0.90	0.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	0.00	0.50	2.00	0	2.00	0.00
663 The Art of Effective Cuing for Pilates	Christine Romani-Rubv, MPT	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
664 Kranking and the Johnny G Energy Training System	Krankcycle Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
665 Schwinn Cycling: Mindy Mylena's RIDE RIGHT 2-for-1	Mindy Mylena	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
666 Cooking With Keiser	Buddy Macuha	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
667 Fundamentals of CROSS CIRCUIT by Octane Fitness	Heather Brunk	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
668 ICG : One for the Roadies	Team ICG	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
Time Block Q																						
680 TRX : Training Zone Circuit	Pete Holman, PT	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
681 Body Weight Blitz	Kell Roberts	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
682 XT: Extreme Interval Training, 3rd Edition	Helen Vanderburg	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
683 How to Train the Stressed-Out Client	Rodney Corn, MA	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
684 Body-Leverage Training: No Equipment? No Problem!	Mike Bracko, EdD Mary Bratcher, MA, Justin Price, MA	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
685 The Link Between Stress and Chronic Pain	CFR FACULTY	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
686 Movement3: Integrating Movement, Fascia and Function With the Core	Fred Hoffman, MEd	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
688 Push, Pull, Bend, Twist, Squat and Lunge Circuit	CFR FACULTY	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
689 Let the Games Begin! Skills, Drills, Games and Tricks for Socializing and En	Jay Blahnik	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
690 JumpSport : Plyometric Training for Personal Trainers and Small-Group W	Krista Popowych	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
691 Step! In the Name of Love	Katie Haazerry	1 hours 50 min	0.20	0.20	2.00	0.90	0.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	0.00	0.50	2.00	0	2.00	0.00
692 Outrageous Openings and Closings	Lawrence Biscontini, MA	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
693 Turbo Tabata	Greg Sellar	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
694 The Future of Fitness - Group Fitness Unleashed	Ingrid Owen Steve Renata Moderator: Sandy Todd Webster Panelists: Lourdes Castro, MS, RD, Teri Gentles	1 hours 50 min	0.20	0.20	2.00	1.25	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
695 The Bacon, Sprouted Quinoa and Kale Cupcake - Food Trends Panel	AND Jess Kolko, MS, RD	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
696 Knee Pain, Muscular Imbalance and the Kinetic Chain	Greg Roskopf, MA	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
697 Functional Fee-Based Group Training	Steve Jack	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
698 STOTT PILATES : Stability Barre Training With Reformer and Cardio-Tramp	Merrithew Health & Fitness Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
699 CORE : Dynamic Resistance Training With Tubing	Merrithew Health & Fitness Faculty	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
700 Sight and Insight: Feldenkrais Awareness Through Movement	Elizabeth Larkam	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
701 Yoga for	Linda Freeman-Webster	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
702 Mat Movement Flow	Kathy Corey	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
703 Keiser M3: Heart Rate and Power Training	Suzette O'Byrne	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
704 ReallyRyder Indoor Cycling: Recycle...Class Planning in Minutes!	Gav Gasper	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
705 Schwinn Cycling: Jeffrey Scott's RIDE RIGHT 2-for-1	Jeffrey Scott	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
Time Block R																						
710 Get It From the Ground	Dan McDonough	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
711 The Art and Science of Small-Group Training	Scott Rawcliffe	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.					

823 Back to Basics With Anatomy	Beverly Hosford	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
824 Athletic Step Training	Greg Sellar	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
825 Blow Up Your B.A.S.E.	Jamie G. Smith	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
826 The Attitude Effect	Donna Hutchinson	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
827 Extraordinary Living for Ordinary People	Jay Blahnik	1 hours 50 min	0.20	0.20	2.00	1.80	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0.2	2.00	2.00
828 Yoga in the Round	Denise Druce	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
829 STOTT PILATES: Matwork Strength and Mobility	Merrithew Health & Fitness	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	1.75	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00
830 Schwein Cycling: Skip Jennings' RIDE RIGHT 2-for1	Skip Jennings	1 hours 50 min	0.20	0.20	2.00	0.90	2.00	0.00	2.00	2.00	2.00	0.20	2.00	0.20	1.00	0.20	2.00	0.50	2.00	0	2.00	2.00