



## **CALENDAR OF EVENTS**

### **IDEA Events**

**Oct. 8-10, New York (Precons: Oct. 7), IDEA Personal Trainer Summit®.**

**April 29-May 1, 2005, Rosemont, IL (Precons: April 28), IDEA Fitness Fusion®.**

**July 6-9, 2005, Las Vegas (Precons: July 5), IDEA World Fitness Convention®.**

For more information, contact IDEA Health & Fitness Association, (800) 999-4332, ext. 7; (858) 535-8979, ext. 7; or [www.ideafit.com](http://www.ideafit.com).

### **Submitting Your Listing**

The Calendar is a free service for IDEA members. You are permitted 10 listings/events per month and may submit listings for 4 months at a time. Please submit your listings according to the following guidelines and deadlines:

\*Type all submissions. Include your name and phone number, IDEA membership number and expiration date.

\*Organize your event listing(s) following the exact format you see on the web page.

\*Provide event contact information—including phone number and Web address—to correspond with the sponsor/company organizing the event.

\*Mail, e-mail or fax your listing to Ryan Halvorson at IDEA Health & Fitness Association (10455 Pacific Center Ct., San Diego, CA 92121-4339; halvorsnr@ideafit.com; fax 858-535-8234).

IDEA has final editing rights and accepts no responsibility for errors.

<b>Deadline</b>	<b>Posted on Web</b>
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Oct. 15, 2004	Nov. 1, 2004
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Nov. 15, 2004	Dec. 1, 2004
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**Contact information is listed at the end of the Calendar section.**

### **NORTH ATLANTIC**

**Sept. 25-Oct. 2**

**Warren, VT**, Nia Technique White Belt Training.

**Oct. 1-3**

**Needham, MA**, PhysicalMind Institute, Initiation 201—Pilates Teacher Training.

**New York**, IM=X Pilates, IM=X Pilates Floorwork (mat) Certification, IM=X Pilates Headquarters.

**Oct. 9-10**

**Boston**, Schwinn Fitness Academy, Fusion Fitness, Wellbridge Athletic Club.

**New York**, Schwinn Fitness Academy, Fusion Fitness, Clay Gym.

**Oct. 16-17**

**New Haven, CT**, PhysicalMind Institute, Initiation 201—Pilates Teacher Training.

**Scotch Plains, NJ**, Powder Blue Productions, Turbo Kick and PiYo/SF 1 (Pilates/Yoga 101 and Strength Fusion 1)

**Oct. 18-23**

**New York**, IM=X Pilates, IM=X Pilates Floorwork (mat) & Xerciser (reformer)  
Certification, IM=X Pilates Headquarters.

**Oct. 25-30**

**New York**, IM=X Pilates, IM=X Pilates Advanced Floor (mat) & Xerciser (reformer)  
Certification, IM=X Pilates Headquarters.

**Nov. 6-7**

**E. Hamstead, NH**, Powder Blue Productions, Turbo Kick Certification.

**Guilderland, NY**, Powder Blue Productions, PiYo 101/SF 1 (Pilates/Yoga 101 and  
Strength Fusion 1).

**Narberth, PA**, PhysicalMind Institute, Initiation 201—Pilates Teacher Training.

**Nov. 20-21**

**Belmar, NJ**, PhysicalMind Institute, Initiation 201—Pilates Equipment Training.

**Dec. 3-5**

**Needham, MA**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Dec. 4-5**

**New Haven, CT**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Dec. 11-12**

**Philadelphia**, Schwinn Fitness Academy, Fitness Fusion, Temple University.

**Jan. 28-30**

**Philadelphia**, Sara's City Workout, Philadelphia MANIA Fitness Convention and Expo.

## **SOUTH ATLANTIC**

**Oct. 2**

**Summerville, SC**, AFAA Kickboxing Skills and Choreography.

**Oct. 2-3**

**Atlanta**, Schwinn Fitness Academy, Fusion Fitness, Crunch Fitness.

**Oct. 3**

**Summerville, SC**, AFAA Primary Group Exercise Certification.

**Oct. 8-10**

**Miami**, YogaFit, Visionary Women in Fitness Conference.

**Tampa, FL**, PhysicalMind Institute, Initiation 101—Pilates Equipment Training.

**Oct. 9-13**

**Orlando, FL**, WaterART Fitness, Become a Master Trainer and attend boot camp.

**Oct. 15-17**

**Sharpsburg, GA**, AFAA Personal Trainer Certification.

**Nov. 13-14**

**Miami**, PhysicalMind Institute, Initiation 201—Pilates Teacher Training.

**Dec. 4-5**

**Miami**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Jan. 14-16**

**Charlottesville, VA**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Tampa, FL**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training

## **NORTH CENTRAL**

**Oct. 1**

**Eau Claire, WI**, Mission Accomplished 200-hr Yoga Teacher School, Registration due date (session begins Feb 2005).

**Oct. 8-10**

**Chicago**, Sara's City Workout, Midwest MANIA Fitness Convention and Expo, Hyatt Regency O'Hare.

**Oct. 16-17**

**Fairfield, OH**, Powder Blue Productions, Turbo Kick Certification.

**Neenah, WI**, Powder Blue Productions, Turbo Kick Certification.

**Oct. 23-24**

**Melrose Park, IL**, Powder Blue Productions, Turbo Kick Certification.

**Twinsburg, OH**, Powder Blue Productions, Turbo Kick and PiYo 101 (Pilates/Yoga 101).

**Nov. 3**

**Green Bay, WI**, Aquatics Safety & Water Rescue, Foundations in the Standards of Care.

**Nov. 6-7**

**Edwardsville, IL**, Powder Blue Productions, Turbo Kick Certification.

**St. Claire Shores, MI**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Jan. 22-23**

**St. Louis**, Schwinn Fitness Academy, Fitness Fusion.

## **SOUTH CENTRAL**

**Oct. 1-3**

**Houston**, PhysicalMind Institute, Initiation 201—Pilates Equipment Training.

**Oct. 8-9**

**Fort Worth, TX**, PhysicalMind Institute, Initiation 201—Pilates Teacher Training.

**Oct. 9-10**

**Lafayette, LA**, PhysicalMind Institute, Initiation 101—Pilates Equipment Training.

**Oct. 16-17**

**Slidell, LA**, Schwinn Fitness Academy, Fusion Fitness, Crossgates Athletic Club.

**Nov. 13-14**

**Lafayette, LA**, PhysicalMind Institute, Initiation 201—Pilates Equipment Training.

## **MOUNTAIN PACIFIC**

**Oct. 1-3**

**Oakland, CA**, Mind-Body Connection, The Method® Pilates of the PhysicalMind Institute, Initiation 201—Advanced Mat Certification.

**Oakland, CA**, PhysicalMind Institute, Initiation 201—Pilates Equipment Training.

**Oct. 2**

**Long Beach, CA**, AFAA Primary Group Exercise Certification.

**Oct. 2-3**

**Beverly Hills, CA**, PhysicalMind Institute, Initiation 101—Pilates Equipment Training.

**Oct. 3**

**Long Beach, CA**, AFAA Senior Fitness.

**Oakland, CA**, Mind-Body Connection, Creativity in Motion, NIA®.

**Oct. 9-10**

**Great Falls, MT**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Seattle**, Powder Blue Productions, Turbo Kick Certification.

**Trabuco Canyon, CA**, AFAA Advanced Personal Trainer Certification.

**Oct. 10**

**Long Beach, CA**, AFAA Mat Science 2.

**Oakland, CA**, Mind-Body Connection, Creativity in Motion, NIA®.

**Oct. 16-17**

**Boulder, CO**, Schwinn Fitness Academy, Fusion Fitness, YMCA of Boulder.

**Oakland, CA**, Mind-Body Connection, Yamuna® Body rolling Level 1 Teacher Certification.

**Oct. 21-24**

**Santa Barbara, CA**, IM=X Pilates, IM=X Pilates Xerciser (reformer) Certification, Gold's Gym.

**Oct. 22-24**

**Long Beach, CA**, AFAA Personal Trainer Certification.

**Phoenix**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Oct. 23**

**Claremont, CA**, AFAA Kickboxing Certification.

**Oct. 24**

**Oakland, CA**, Mind-Body Connection, Gyrokinesis® Workshop.

**Nov. 6-7**

**Centennial, CO**, Powder Blue Productions, TurboKick Certification.

**Great Falls, MT**, Physical Mind Institute, Initiation 201—Pilates Teacher Training.

**Nov. 7**

**Mission Viejo, CA**, AFAA Primary Group Exercise Certification.

**Oakland, CA**, Mind-Body Connection, Yamuna® Body Rolling for Everyone.

**Nov. 11-14**

**Denver**, PhysicalMind Institute, Initiation 101—Pilates Equipment Training.

**Nov. 12-13**

**Seattle**, Function First Inc., Movement by Design.

**Nov. 13-14**

**Juneau, AK**, Powder Blue Productions, TurboKick Certification and PiYo

(Pilates/Yoga) Workshop.

**Nov. 20**

**San Jacinto, CA**, AFAA Mat Science 1.

**Nov. 21**

**San Jacinto, CA**, AFAA Mat Science 2.

**Dec. 3-4**

**Denver**, PhysicalMind Institute, Initiation 201—Pilates Equipment Training.

**Dec. 4-5**

**Oakland, CA**, Mind-Body Connection, Yamuna® Body Rolling Level 1 Teacher Certification.

**Dec. 11-12**

**Bellevue, WA**, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.

**Oakland, CA**, Mind-Body Connection, Yogafit® Level 1 Teacher Certification.

**Jan. 15-16**

**Mission Viejo, CA**, Schwinn Fitness Academy, Fitness Fusion.

**OUTSIDE THE U.S.**

**Sept. 25-Oct. 1**

**Toronto**, Nia Technique White Belt Training.

**Oct. 2-3**

**Guy-Favreau, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Oct. 5**

**West Island Montreal, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Oct. 7**

**West Island Montreal, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Oct. 9-10**

**Montreal, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Quebec City, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Oct. 12**

**West Island Montreal, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Oct. 16-17**

**Burnaby, BC, Powder Blue Productions, Turbo Kick and PiYo 101 (Pilates/Yoga 101).**

**Guy-Favreau, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Oct. 23-24**

**Montreal, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Quebec City, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Oct. 30-31**

**Guy-Favreau, QC, STUDIO PRAXIS, STOTT PILATES Intensive Mat.**

**Nov. 4-6**

**Manila, Phillipines, Become a Yoga for Slimmers© Consultant.**

**Nov. 5-7**

**Montreal, STUDIO PRAXIS, STOTT PILATES Intensive Reformer.**

**Nov. 6**

**Quebec City, QC, STUDIO PRAXIS, STOTT PILATES Advanced Mat.**

**Nov. 14**

**Montreal, STUDIO PRAXIS, STOTT PILATES Advanced Mat.**

**Nov. 19-21**

**Toronto, PhysicalMind Institute, Initiation 101—Pilates Teacher Training.**

**Nov. 20-21**

**Montreal, STUDIO PRAXIS, STOTT PILATES Intensive Reformer.**

**Nov. 26-28**

**Toronto, PhysicalMind Institute, Initiation 201—Pilates Teacher Training.**

**Nov. 28**

**Montreal, STUDIO PRAXIS, STOTT PILATES Advanced Mat.**

**Dec. 3-5**

**Montreal, STUDIO PRAXIS, STOTT PILATES Intensive Reformer.**

**Dec. 11-12**

**Montreal, STUDIO PRAXIS, STOTT PILATES Intensive Reformer.**

**Jan. 3-5**

**Devon, England, Become a Yoga for Slimmers Consultant.**

### **ADDRESSES AND PHONE NUMBERS**

**AFAA, (877) 968-7263, [www.afa.com](http://www.afa.com).**

**Fitness Express, (619) 209-2800, ext. 4, [www.fitnessexpressonline.com](http://www.fitnessexpressonline.com).**

**Function First Inc., Anthony Carey, (800) 211-1925, [acarey@functionfirst.com](mailto:acarey@functionfirst.com),**

**[www.movementbydesign.com](http://www.movementbydesign.com).**

**IM=X Pilates, (800) IMX 1336, [www.imxpilates.com](http://www.imxpilates.com).**

**Lifesaving Resources, Inc.**, (603) 827-4139, [www.lifesaving.com](http://www.lifesaving.com).

**Mind-Body Connection**, (877) 793-6196, [www.mindbodyconnection.net](http://www.mindbodyconnection.net).

**Mission Accomplished**, (715) 831-0909, [www.kimayres.com](http://www.kimayres.com).

**The Nia® Technique**, (800) 762-5762, [www.nia-nia.com](http://www.nia-nia.com).

**PhysicalMind Institute**, (800) 505-1990, fax (212) 343-1521,  
[www.themethodpilates.com](http://www.themethodpilates.com).

**Powder Blue Productions**, (800) 315-2505, [www.turbokick.com](http://www.turbokick.com).

**Sara's City Workout**, (800) 545-CITY, [www.saracity.com](http://www.saracity.com).

**Schwinn Fitness Academy**, (888) 471-0014, [www.fitnessacademy.com](http://www.fitnessacademy.com).

**STOTT PILATES™**, (800) 910-0001, [www.stottpilates.com](http://www.stottpilates.com).

**STUDIO PRAXIS**, (514) 486-9949, [www.studiopraxis.com](http://www.studiopraxis.com).

**WaterART Fitness**, (866) 543-8938, [www.waterart.org](http://www.waterart.org).

**YogaFit®**, (888) 786-3111, [www.yogafit.com](http://www.yogafit.com).

**Yoga for Slimmers**, (0044)(0) 1309 692253 (England), (632) 810-4591 (Phillipines),  
[www.yogaforslimmers.com](http://www.yogaforslimmers.com).