IDEA® World Fitness Convention
June 27th to July 1st, 2018 - San Diego, CA

Session Number	Session Title	Session Type	Presenters	Session Length	Approval Agencies																								
TIME BLOCK A - Wednesday, June 27th PRECONFERENCE SESSIONS					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
100	Boot Camp Instructor Certification With SGT KEN®	WS	Sergeant Ken Weichert	9 hours	0.0	0.8	8.0	0.8	8.0	8.0	8.0	4 PTS,FIS	0.0	8.0	8.0	8.0	8.0	0.8	8.0	0.8	0.8	8.0	4.0	0.8	8.0	1.50	0	8.0	8.0
101	Schwinn® Cycling: Indoor Instructor Certification	WS	Amy Dixon | Jeffrey Scott	10 hours	0.0	0.9	9.0	0.9	9.0	9.0	9.0	4 PTS,FIS	0.0	9.0	9.0	9.0	9.0	0.9	9.0	0.9	0.9	9.0	4.5	0.9	9.0	1.50	0	9.0	9.0
102	Todd Durkin's 1-Day Mentorship	L/WS	Todd Durkin, MA	12 hours	0.0	0.6	6.0	0.6	6.0	6.0	6.0	3 PTS, FIS, HWL	0.0	6.0	6.0	6.0	6.0	0.6	6.0	0.6	0.6	6.0	3.00	0.6	6.0	1.50	0	6.0	6.0
103	BOSU®: Mind-Body Certification	WS	Helen Vanderburg	9 hours	0.0	0.8	8.0	0.8	8.0	8.0	8.0	4 PTS,FIS	0.0	8.0	8.0	8.0	8.0	0.8	8.0	0.8	0.8	8.0	4.0	0.8	8.0	1.50	0	8.0	8.0
104	Functional Aging Specialist Certification	WS	Cody Sipe, PhD	9 hours	0.0	0.8	8.0	0.8	8.0	8.0	8.0	4 PTS,FIS	0.0	8.0	8.0	8.0	8.0	0.8	8.0	0.8	0.8	8.0	4.0	0.8	8.0	1.50	0	8.0	8.0
105	Precision Nutrition: The Art and Science of Nutrition Coaching	L	Brian St. Pierre, MS, RD	7 hours	0.0	0.6	6.0	0.6	6.0	6.0	6.0	3 PTS,FIS, HWL	6.0	6.0	6.0	6.0	6.0	0.6	6.0	0.6	0.6	6.0	3.0	0.6	6.0	1.50	0.6	6.0	6.0
106	ACE Behavior Change in Practice: Hands-On Skills for Health Coaches and Exercise Professionals	L	Jacque Crockford, MS | Dianne McCaughey	6 hours	0.0	0.5	5.0	0.5	5.0	5.0	5.0	2 PTS,FIS, HWL	0.0	5.0	5.0	5.0	5.0	0.5	5.0	0.5	0.5	5.0	2.5	0.5	5.0	1.00	0.5	5.0	5.0
107	Unlock Functional Mobility with FMS Essentials	WS	Diane Vives, MS	4 hours	0.0	0.4	4.0	0.4	4.0	4.0	4.0	2 PTS, FIS	0.0	4.0	4.0	4.0	4.0	0.4	4.0	0.4	0.4	4.0	2.0	0.4	4.0	0.75	0.4	4.0	4.0
108	AFAA Advanced Instructor Skills: Teaching Techniques to Take You to the Next Level	WS	Angie Miller	4 hours	0.0	0.4	4.0	0.4	4.0	4.0	4.0	2 FIS	0.0	4.0	4.0	4.0	4.0	0.4	4.0	0.4	0.4	4.0	2.0	0.4	4.0	0.75	0	4.0	4.0
109	NASM Corrective Exercise Specialist Fundamentals	WS	Marty Miller	4 hours	0.0	0.4	4.0	0.4	4.0	4.0	4.0	2 PTS	0.0	4.0	4.0	4.0	4.0	0.4	4.0	0.4	0.4	4.0	2.0	0.4	4.0	0.75	0.4	4.0	4.0
110	Women's LeadHER Conference	L	Lisa Druxman, MA | Petra Kolber | Tatiana Kolovou, MBA | Shannon Fable	5 hours	0.0	0.5	5.0	0.5	5.0	5.0	5.0	2 PTS, FIS, HWL	0.0	5.0	5.0	5.0	5.0	0.5	5.0	0.5	5.0	5.0	2.5	0.5	5.0	1.00	0	5.0	5.0
111	STOTT PILATES® Foam Roller™ Plus, Levels 1 & 2	WS	Carol Earle	4 hours	0.0	0.4	4.0	0.4	4.0	4.0	4.0	2 PTS, FIS	0.0	4.0	4.0	4.0	4.0	0.4	4.0	0.4	0.4	4.0	2.0	0.4	4.0	0.75	0.4	4.0	4.0
112	TRX® Duo Trainer: Hacking Body-Weight Strength	WS	Kelly Starrett, PhD | Chris Frankel	4 hours	0.0	0.7	7.0	0.4	4.0	4.0	4.0	2 PTS, FIS	0.0	4.0	4.0	4.0	4.0	0.4	4.0	0.4	0.4	4.0	2.0	0.4	4.0	0.75	0.4	4.0	4.0
114	Designing the Most Result-Producing Resistance Training Programs	L	Charles Poliquin	9 hours	0.0	0.0	0.0	0.8	8.0	8.0	8.0	4 PTS	0.0	8.0	0.0	0.0	8.0	0.8	8.0	0.8	0.8	8.0	0.0	0.8	8.0	1.50	0.8	8.0	8.0
TIME BLOCK D (8:15 - 10:05am) - Thursday, June 28th					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
221	Integrated Functional Training: Blending Balance, Strength and Movement	WS	Peter Twist, MSc	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
222	A Functional Approach to Core Training	WS	Daniel Henderson	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
223	Momentum-Based Strength Training for Effective Movement	WS	Derrick Price, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
224	Muscle Run	WS	Sherri McMillan, MSc	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
225	TRX® Movement Prep	WS	Chris Nentarz	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
226	Are We Part of the Problem? Reducing Movement Compensation Patterns	WS	Kelly Starrett PhD	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
227	NASM: Mobility and Stability, Joint by Joint	WS	Marty Miller	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
228	Metabolic Conditioning to the Max	L	Len Kravitz, PhD	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
229	ACE: Impacting Prediabetes and Diabetes Through Exercise and Movement (ACE Mover Academy)	L	Cedric Bryant Ph.D.	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS,HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
230	Unleash the Runner Within-SKILLRUN™ Training Class	WS	Rory Knight	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
231	BOSU® Bar: Grip, Tip, Flip and Strip	WS	Shannon Fable | Alison Galvan | Lucy Waite	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
232	Below the Belt-The Most Unique Glute and Leg Training on the Planet	WS	Mindy Mylrea	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
233	The Magic in Dance Fitness	WS	Alana Sanders	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
234	Rock and Roll Pilates, by ActivMotion Bar®	WS	Abbie Appel | Kristen Cronin	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
235	The ABCs of Teaching Yoga: Alignment and Awareness, Breath and Balance, Coordination and Connection	WS	Stacey McCarthy	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
236	Bootybarre® BURN	WS	Tracey Mallett	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
237	NPE: 25 Ways to Fill Your Fitness Business With Ideal, New Clients	L	Sean Greeley	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
238	WISE Choices: Latest Research in High-Protein Diets for Weight Loss	L	Jim White | Drew Sayer PhD | Kim Schwabenbauer	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
239	Stages® Cycling: Get Your Watts Up!	WS	Heather Flebbe	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
240	Schwinn® Cycling: Buy 1 Get 1 Free, Class Design on a Dime!	WS	Helen Vanderburg	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
241	Keiser® Cycling: The Hills Are Alive-2018!	WS	Buddy Macuha	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
TIME BLOCK G (2:00pm - 3:50pm) -Thursday, June 28					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
260A	GROW Your Fitness Business With a Playbook of Systems (IDEA Club & Studio Summit)	L	Travis Barnes	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1 PTS, FIS, HWL	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
260B	OWN Your Market: Build a Legacy Business (IDEA Club & Studio Summit)	L	Greg Justice	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0		0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
262	The Mechanics of Lifting and Strength Training	WS	Michael Cunico	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
263	Abs, Glutes and Core: Best Triple Threat Exercises-2018 Edition!	WS	Peter Twist, MSc	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
264	Explosive Power Training	WS	Ingrid Marcum	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
265	TRX® Speed and Power for the Masses	WS	Fraser Quelch	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
266	Soft-Tissue Hygiene for the Shoulder Complex	WS	Lenny Parracino	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
267	Fat Frenzy: The Top-Secret Life of a Fat Cell (ACE Mover Academy)	L	Len Kravitz, PhD	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
268	Training the Menopausal Client	L	Maria Luque PhD	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
269	No-Equipment Outdoor Workouts	WS	Irene Lewis-McCormick, MS	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
270	Upgrade Small-Group Training With the Functional Movement Screen	WS	Diane Vives, MS	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
271	Performance Training Meets Group Fitness-Variables of Power, Speed, Stamina and Skill	WS	Marty Miller	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
273	Lucky 7-Group Fitness Strength Programming	WS	Abbie Appel	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
274	SPORT™ by Group Rx: Cardio, Balance and Coordination	WS	Dana Anderson	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
276	STOTT PILATES® Mini Foam Roller™ Flow	WS	Laureen DuBeau	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
277	AFAA: Put Your Oxygen Mask on First: How to Manage Stress and Foster Resilience	WS	Angie Miller, MS	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
278	How to Dominate Your Local Market With Results-Driven Fitness Challenges!	L	Jack Wheeler	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
279	The Perfection Detox to Live a Happier Life (IDEA Success Academy)	L	Petra Kolber	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
280	Stages® Cycling: The POWER of Progression-6 Weeks to Success	WS	Lenita Anthony, MA | Pam Benchley	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
281	Schwinn® Cycling: How to WOW!	WS	Doris Thews	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
282	Keiser® Technology: Taking on the Tech Challenge	WS	Linda Freeman-Webster	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
TIME BLOCK I (5:00pm - 6:00pm) - Thursday, June 28					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
300	WIN With the Habits of Ultra-High Performers (IDEA Club & Studio Summit) (IDEA Success Academy) (ACE Mover Academy)	L	Chantal Brodrick	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
302	Redefining Strength: Core Progression System	WS	Adam Jongsma	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
303	Middle-Aged Super Hero!	WS	Michael Piercy	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
305	Using Movement Screens to Roll Better and Roll Less	WS	Brian Bettendorf	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
306	Breath Training: The Forgotten Training Piece	L	Fabio Comana, MA, MS	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
307	Powerful Aging: Stop Loading, Start Exploding	WS	Cody Sipe, PhD	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
310	Beyond Boot Camp, by Hedstrom® Fitness	WS	Mindy Mylrea	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
311	The Art of 32 Counts for Flawless Group Experiences	WS	Irene Lewis-McCormick, MS	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
312	Gray Institute®: Therapeutic Approach to Group Exercise	WS	Sandra Van Gilder	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
314	Water Conditioning for All Levels	WS	Norma Shechtman, MEd, MA	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
315	Prana Barre	WS	Tricia Murphy-Madden	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
316	STOTT PILATES® Matwork™ Flow Conditioning Sequence Workout	WS	Laureen DuBeau	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
317	You Are When You Eat: Timing Is Everything	L	Leslie Bonci	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
318	Creating an Unparalleled Member Experience!	L	CHRIS STEVENSON	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
319	101 Fitness Business Tips Every Personal Trainer Wishes They Learned at PT School	L	Matt Wright	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
320	Stages® Cycling: Optimal Intervals, Part Deux-The Missing Link	WS	Lenita Anthony, MA	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
321	Schwinn® Cycling: To Breathless and Back	WS	Amy Dixon	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
322	Keiser® Sing: Lights, Camera, Action!	WO	Buddy Macuha	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
TIME BLOCK J (7:30am - 9:20am) - Friday, March 2					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
404	ThinkFit™ Flexibility: Dynamic Stretching Tricks and Tools	WS	Nico Gonzalez	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
405	TRX® Strength	WS	Kari Woodall	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
406	Science Behind High-Intensity Vibration Combined With Foam Rolling, Powered by Hyperice®	WS	Lenny Parracino	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
407	ACE Health Coach: Trifecta for Personal Trainers-Program Design, Nutrition and Behavior Change (ACE Mover Academy)	L	Anthony Wall	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
408	The Female Glute Relocation Program	WS	Michael Cummings | Farel Hruska	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
409	Battle Rope Mastery	WS	Daniel Henderson	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
410	Creating the Ultimate Rowing Experience: SKILLROW™ Performance Development	WS	Mary Foster	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
411	Tabata GX™-A New Kind of Tabata	WS	Mindy Mylrea	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
412	Halo® Training: Intro to Interval Training, For a Level 1 Client	WS	Carol Earle	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
413	FitSteps® FAB: For All Bodies!	WS	Crystal Main | June Kahn	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
414	Stepping Back	WS	Elizabeth Lenart, MEd	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
415	EXOS® Presents Speedo® Fit Training	WS	Stefan Underwood	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
416	BOSU® Pilates Core Power	WS	Jessica Maurer | Erika Quest	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
417	Summer Solstice Salutations	WS	Lawrence Biscontini, MA	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
418	K.I.S.S. Corporate Wellness	L	Greg Justice, MA	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
419	Growth Opportunities-How to Know What's Right for You (IDEA Success Academy)	L	Travis Barnes	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
420	The Myths and Facts of GMO, Conventional, and Organic	L	Wendy Reinhardt Kapsak, MS, RDN	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
421	Stages® Cycling: The Purpose-Driven Ride	WS	Heather Flebbe	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
422	Schwinn® Cycling: Music MAGIC!	WS	Jeffrey Scott	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
423	Keiser® Fusion: From Bike to Barre	WS	Krista Popowych, BHK	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
TIME BLOCK K (9:50am - 11:40am) - Friday, June 29					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
430A	BUILD Your Team From the Ground Up (IDEA Club & Studio Summit)	L	CHRIS STEVENSON	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1 PTS, FIS, HWL	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
430B	EARN More. Worry Less (IDEA Club & Studio Summit)	L	Rachel Cosgrove	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0		0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
431A	From Health Care to Self-Care: New Science for Creating Sustainable Behavior Change (IDEA Nutrition & Behavior Change Su	L	Michelle Segar, PhD, MPH	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1 PTS, FIS, HWL	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
431B	Protein Obsessed: Sorting the Truth From the Hype (IDEA Nutrition & Behavior Change Summit)	L	Amy Myrdal Miller	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0		1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
433	Advanced and Progressive Mechanics of Lifting and Strength Training	WS	Michael Cunico	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
434	The Death of Crunches: 20 True Core Exercises	WS	Brett Klika	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
435	Eccentrics for Athletic Performance and Injury Prevention	WS	Jesse Dietrick	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
436	TRX® H.I.I.T. Evolved	WS	Tahneetra Crosby | Chris Frankel	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
437	Gray Institute®: Anterior Chain Reaction® for Assessment and Performance	WS	Hayley Hollander | Scott Hopson	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
438	Upper-Extremity Mechanics and Techniques	L	Fabio Comana, MA, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
439	Pain-Free Movement-The Science and Application (ACE Mover Academy)	L	Anthony Carey, MA	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
440	Solving the Mobility/Stability/Strength Puzzle	WS	Casey Stutzman	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
441	Creating the Ultimate Rowing Experience: SKILLROW™ Performance Development	WS	Mary Foster	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
442	Effective Functional HIIT Programming Secrets	WS	Tommy Matthews	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
443	Successful Boot Camps: Inside and Out, Any Season!	WS	Sherri McMillan, MSc	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
444	StairMaster® Presents: HIIT MIX Solution	WS	Doris Thews	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
445	BOSU® Sport C.A.M.P.	WS	Candice Copeland-Brooks | Douglas Brooks, MS | Amy Dixon	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
446	HIGH Fitness-Hardcore Interval Training Fun!	WS	Emily Nelson | Amber Zenith	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
447	Tip, Tilt, Shift and Swing: Rock the Core, by ActivMotion Bar®	WS	Robert Sherman	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
448	Make Your Barre Classes a "HIIT"	WS	Tricia Murphy-Madden	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
449	Take the Pain Out of Pilates	WS	Norma Shechtman, MEd, MA	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
450	Athletes + Asanas	WS	Yury Rockit	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
451	Make Six Figures Teaching Classes Online-While You Sleep (IDEA Success Academy)	L	Sadie Nardini	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
452	Determine Your Area of Specialty to Grow Your Business	L	Chantal Brodrick	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
453	Schwinn® Cycling: The Power Behind POWER	WS	Keli Roberts	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
454	RealRyder® Indoor Cycling: Functional Cycling and Mobility Training	WS	Leslee Bender	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
455	Life Time™ Club Spotlight: Find Your Ride-AMP, EDG and PWR	WS	Emily Booth | Rob Glick | Paula Gustafson | Christina LaGrega | JR Reis | M	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
456	Reax Chain-Endless Functional Training	WO	David Stauffer	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
TIME BLOCK M (1:40pm - 3:30pm) - Friday, June 29					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
470A	GENERATE Buzz With Simple Marketing (IDEA Club & Studio Summit)	L	Jack Wheeler	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1 PTS, FIS, HWL	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
470B	REACH More Clients: Be Loud and Proud (IDEA Club & Studio Summit)	L	Michael Piercy	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0		0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
471A	It Takes Guts! Connecting Brain, Diet and Microbiome (IDEA Nutrition & Behavior Change Summit)	L	Joe Weiss, MD	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1 PTS, FIS, HWL	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
471B	East Meets West: A Mindful Approach to Health Coaching (IDEA Nutrition & Behavior Change Summit)	L	Jessica Matthews	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0		1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
473	CORE DE FORCE™ by Beachbody® LIVE	WS	Joel Freeman | Jericho McMatthews	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
474	Functional Movement Systems: Key Progressions for Core Training	WS	Diane Vives, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
475	Retain and Motivate Members With Heart Rate-Based Training	WS	Brett Lato | Leanne Pedante	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
476	The Science and Art of Program Design	WS	Peter Twist, MSc	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
478	TRX® Optimal Recovery	WS	Renae McCloud	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
479	TriggerPoint™ Corrective Strategies for Hip Dysfunction	WS	Kyle Stull, DHSc	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
480	Gray Institute®: Rehabilitation Strategies for the Upper Body	WS	Hayley Hollander | Scott Hopson	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0

481	Train the Brain: Neuroplasticity 101	WS	Lawrence Biscontini, MA | Len Kravitz, PhD	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
482	Functional Balance Circuits for the Active Adult (ACE Mover Academy)	WS	Derek Mikulski | Dan Ritchie | Cody Sipe, PhD	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
483	Successful Power and Stability Moves in a Group Setting	WS	Ingrid Marcum	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
484	InTENsity by Hedstrom Fitness®: TEN exercises, TEN reps, TEN rounds!	WS	Pam Benchley | Elizabeth Lenart, MEd	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
485	The Magnificent 7-The Epic Edition!	WS	Cliff Edberg | Rob Glick | Alex Isaly | Aimee Nicotera, MS | Sergeant Ken W	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
486	ThinkFit™ Strength: Get It Done in 20	WS	Erika Quest	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
488	BollyX® - The Bollywood-Inspired Cardio Dance Workout	WS	Shahil Patel | Fen Tung	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
489	Yoga Shred™: Blending Yoga + HIIT Training	WS	Sadie Nardini	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
490	STOTT PILATES® Essential Matwork™ With a Focus on Fascia	WS	Laureen DuBeau	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
491	No Holds Barre-d	WS	Abbie Appel	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
492	Heavily Meditated and Highly Motivated	L	Petra Kolber	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
493	Group Fitness Management: Scheduling for Success	L	Amy Boone Thompson | Erica Marsh	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
494	The Hybrid Fitness Professional	L	Shannon Fable	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
495	Stages® Cycling: Power vs. Rhythm, Part Deux-The Debate Is Still On!	WS	Kristy Kilcup | Marina Mitchell	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
496	Schwinn® Cycling: The Magic of the 3 C's	WS	Jeffrey Scott	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
497	Keiser® Trifecta: Together Each Achieves More	WS	Linda Freeman-Webster | Buddy Macuha | Krista Popowych, BHK	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0

TIME BLOCK N (3:30pm - 5:00pm) - Friday, June 29					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
500	ASK Your Turn! Q&A With Club & Studio Experts (IDEA Club & Studio Summit)	P	Travis Barnes | Rachel Cosgrove | Trina Gray | Greg Justice, MA | Michael F	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
501	A Love Letter to Fruit and Vegetable Haters Everywhere (IDEA Nutrition & Behavior Change Summit)	L	Wendy Reinhardt Kapsak, MS, RDN	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0

TIME BLOCK O (5:00pm - 6:00pm) - Friday, June 29					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
512	ViPR™ PRO-DeadLifts and DeadShifts	WS	Michol Dalcourt | Derrick Price, MS	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
513	Athletic Performance: How Can You Resist?	WS	Ryan Vigneau	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
515	Striking 102: Intro to Kicks, Presented by Everlast®	WS	Scott Ramsdell	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
516	Fascial Line Mobility	WS	Helen Vanderburg	1 hours 30 min	0.1	0.15	1.5	0.15	1.0	1.5	1.5	1 PTS, FIS	0.0	1.5	1.5	1.5	1.5	0.15	1.5	0.1	0.15	1.5	0.75	0.15	1.5	0.25	0.15	1.5	1.5
517	Stuck in Neutral Spine?	WS	Adam Jongsma	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
518	Sleep Science for Fitness Professionals	L	Beverly Hosford, MA	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
519	Functional Assessments for Special Populations	WS	Cody Sipe, PhD	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
520	Group Training: Coach Your Community to Success, Sponsored by Power Systems	WS	Yancy Culp	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
522	Kettlebell Kombine	WS	Alex Isaly	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
523	Crash Course in Creative Choreography!	WS	Aileen Sheron	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
524	Body-Weight Training-Amped Up	WS	Krista Popowych, BHK	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
525	Steppin' Side by Side	WS	Lynne Skilton-Hayes	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
526	The Magic Circle Creating Rotation and Flow	WS	Kathy Corey	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
527	Diaphragm Tune-Up: Diaphragm Dynamics for Performance and Down-Regulation	WS	Jill Miller	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
529	Big Shot Marketing-Powerful Strategies That Won't Break the Bank	L	Kymberlee Kaye Raya	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
530	Building a Fierce People Culture	L	Emma Barry	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
531	Eating a Lower Inflammatory Diet	L	Abbie Gellman, MS, RD, CDN	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
532	Schwinn® Cycling: #WhoAmI	L	Tatiana Kolovou, MBA | Doris Thews	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
533	Keiser®: Unleash the Beat	WS	Buddy Macuha	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0

TIME BLOCK P (7:30am - 9:20am) - Saturday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
601	Beyond the Macros: Placing the Focus Back on Nutrient-Dense Foods (IDEA Nutrition & Behavior Change Summit) (Breakfast	L	Christopher Mohr, PhD, RD	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
602	Next Level Coaching-From Client to Athlete! Sponsored by Perform Better®	WS	Rachel Cosgrove	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
603	Movement That Matters-Multiplanar Training	WS	Michael Cunico	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
604	Rotational Power	WS	Michael Cummings	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
605	The Warm-Up Makeover: Start With a Bang!	WS	Brett Klika	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
606	TRX® Secrets of Advanced Coaching	WS	Austin Way	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
607	Insights Into Lower-Back Pain and Functional Solutions	WS	Chuck Wolf, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
608	From the Hip	L	Pete Holman	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
609	Short Circuit: The 30-Minute Small-Group Training Model	WS	Michael Piercy	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
610	Authenticity: Teach From the Heart	L	Rob Glick	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
611	KBX Boot Camp	WS	Kimberly Spreen-Glick	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
612	Tremendous Tubing	WS	Aileen Sheron	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
613	HIIT Like a Girl!	WS	Abbie Appel | Irene Lewis-McCormick, MS | Doris Thews	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
614	Stayin' Alive Step	WS	Lynne Skilton-Hayes	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
615	Spiritual Shakti: Movement That Moves You	WS	Lawrence Biscontini, MA	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
616	STOTT PILATES® Matwork™ Flow With Weights	WS	Laureen DuBeau	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
617	Yoga for Optimal Client Performance	WS	Helen Vanderburg	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
619	Barre for Boomers	WS	Leslee Bender	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
620	#Fitspiration: Are Our Posts Helping or Hurting? Powered by RYU®	L	Amanda Vogel, MA	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
621	ACE Health Coaching: Expanding Your Reach for Greater Impact (ACE Mover Academy)	P	Cedric Bryant Ph.D. | Natalie Digate Muth, MD, MPH, RDN | Lee Jordan, MS	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
622	Schwinn® Cycling: Tour de Schwinn	WS	Keli Roberts	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
623	Keiser® HIIT: From Science to Real-World Rides	WS	Buddy Macuha	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
624	RealRyder® Cycling: Cardio Games	WS	Adam Reid | Casey Stutzman	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0

TIME BLOCK Q (9:50am - 11:40am) - Saturday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
630A	LEAD Be the Leader Your Business Deserves (IDEA Club & Studio Summit)	L	Cher Harris	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0		0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
630B	SELL More Vision and Be a Rainmaker in Your Business (IDEA Club & Studio Summit)	P	Travis Barnes | Mark Fisher | Ashley Selman, MA	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1 PTS, FIS, HWL	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
631A	Is It Time to Eat Yet? Nobel Prize-Winning Body Clock Science Has the Answer (IDEA Nutrition & Behavior Change Summit)	L	Dr. Pamela Peeke	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0		1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
631B	One-and-Done Cooking: Prep Once, Eat 10 Times (IDEA Nutrition & Behavior Change Summit)	L	Abbie Gellman, MS, RD, CDN	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1 PTS, FIS, HWL	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
632	Fundamentals of Olympic Weightlifting, Sponsored by Power Systems	WS	PJ Stahl	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
633	Kinesio® Taping-Basic and Advanced Training	WS	David Garcia	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
634	High-Intensity Kettlebell Training	WS	Steve Cotter	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
635	ViPR™ PRO: How to Develop Agile Strength	WS	Michol Dalcourt | Derrick Price, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
636	Prepare Faster, Perform Better, Recover Quicker	WS	Hayley Hollander | Scott Hopson	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
637	StairMaster® Presents: BoxMaster®	WS	Sonja Friend-Uhl	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
638	TRX®: F.A.C.E.U.P. Games	WS	Fraser Quelch	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
639	TriggerPoint™ Corrective Strategies for the Foot and Ankle	WS	Kyle Stull, DHSc	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
640	NASM: Isolated Strength Assessments Using Manual Muscle Testing	WS	Rick Richey, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
641	Interoception: The Emotional Side of Fascial Fitness	L	Emily Splichal, DPM, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
642	Effective Exercise Programming for Cancer Patients and Survivors (ACE Mover Academy)	L	Andrea Leonard	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
643	Military Fit Tests: 60-Second Body Weight Intervals	WS	Sergeant Ken Weichert	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
644	Small-Group Training-Huge Fun	WS	Daniel Henderson	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
645	Spartan Strong	WS	Alex Isaly | Aimee Nicotera, MS	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
646	The Ultimate Anti-Aging Workout	WS	Maureen Hagan, PT	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
647	Dance Back in Time	WS	Alex McLean	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
648	Let the Beat Drop at the Barre!	WS	Lauren George	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
649	ZEN●GA® Lower Body Focus	WS	Carol Earle	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
650	ThinkFit® Pilates: Functional Training Meets Pilates Mat	WS	Portia Page	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
651	Digital Fitness: To Do or Not To Do?	P	Lisa Druxman, MA | Shannon Fable | Vito LaFata | Sadie Nardini	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
652	Mindset Mastery-Resiliency, Happiness and Peak Performance (IDEA Success Academy)	L	Peter Twist, MSc	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
653	Schwinn® Cycling: Pedal and Pulse	WS	Mindy Mylrea	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
654	Keiser® Ride: Music, Games and Drills That Thrill	WS	Krista Popowych, BHK	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
655	RealRyder® Indoor Cycling: Rhythm Ryde	WS	Laura Welch	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
656	Most Common Hip-Related Injuries and How to Prevent Them	WS	Jesse Dietrick	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
657	Technology to Make Your Training Sessions Stand Out, Powered by Technogym®	WS	Patrick Wellington	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0

TIME BLOCK R (12:00PM - 1:30PM) - Saturday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
660	Motivational Interviewing: Help Clients Own the Talk That Drives the Walk (IDEA Nutrition & Behavior Change Summit) (Lunc	L	Natalie Digate Muth, MD, MPH, RDN | FAAP	1 hours 30 min	0.0	0.15	1.5	0.15	1.0	1.5	1.5	1 PTS, FIS, HWL	1.5	1.5	1.5	1.5	1.5	0.15	1.5	0.1	0.15	1.5	0.75	0.15	1.5	0.25	0.2	1.5	1.5

TIME BLOCK S (1:40PM - 3:30PM) - Saturday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
670	RUN Your Business Like a Smooth Operator (IDEA Club & Studio Summit)	L	Ashley Selman, MA	1 hours 25 min	0.0	0.1	1.0	0.15	1.0	1.5	1.5	1 PTS, FIS, HWL	0.0	1.5	1.5	1.5	1.5	0.15	1.5	0.1	0.15	1.5	0.75	0.15	1.5	0.25	0	1.5	1.5
671	Translating Today's Nutrition Science for Your Clients (IDEA Nutrition & Behavior Change Summit)	L	Kamal Patel	1 hours 20 min	0.0	0.1	1.0	0.15	1.0	1.5	1.25	1 PTS, FIS, HWL	1.5	1.5	1.5	1.5	1.5	0.15	1.5	0.1	0.15	1.5	0.75	0.15	1.5	0.25	0.2	1.5	1.5
673	Striking 101: Intro to Punches, Presented by Everlast®	WS	Scott Ramsdell	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
674	Results-Focused Programming, Sponsored by Perform Better®	WS	Rachel Cosgrove	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
675	Roll, Wiggle, Crawl and Climb to Walk, Run and Jump Pain-Free	WS	Paul Chek	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
676	Flexibility Highways, Revisited	WS	Chuck Wolf, MS	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
677	Hidden Secrets to Core Performance	WS	Pete Holman	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
678	TRX® Advanced Programming	WS	Miguel Vargas	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
679	Gray Institute®: Rehabilitation Strategies for Lower-Extremity Injuries	WS	Hayley Hollander | Scott Hopson	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
680	Anatomy in Three Dimensions™: Common Spinal Problems and Solutions	WS	Brian Richey	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
681	The Female Lumbo-Pelvic Complex (ACE Mover Academy)	WS	Farel Hruska	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
682	INSURG3NT by Hedstrom Fitness®: The Circuit Revolution	WS	Keli Roberts | Doris Thews	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
683	Group Training Versatility	WS	Ryan Vigneau	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
684	Think Big - A Comprehensive Approach to Working With Older Adults	WS	Julie Logue, MPH	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
685	ThinkFIT™: No Equipment? No Problem!	WS	Erika Quest	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
686	Crazy Core Combos	WS	Mindy Mylrea	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
687	POP Pilates®	WS	Jules Fultz	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
688	The Roll Model® Fascial Makeover: Prioritize Your Periphery	WS	Jill Miller	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
689	Nourish Your Soul: A Yoga Self-Care Practice	WS	Jessica Matthews	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
691	Live Your Life	L	Kimberly Spreen-Glick	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
692	Communication Conundrums: How to Streamline Communication with Your Team	L	Shannon Fable	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
693	The Online Fitness Frontier	L	Vito LaFata	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
694	Stages® Cycling: If You Build It (Faster!), They Will Come	WS	Pam Benchley | Emma Masters	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
695	Schwinn® Cycling: Train Right Reimagined	WS	Amy Dixon	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
696	Keiser® C3: Create, Coach, Cycle	WS	Linda Freeman-Webster	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0

TIME BLOCK T (3:30PM - 5:00PM) - Saturday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
700	ACT: Go Home With a Plan (IDEA Club & Studio Summit)	L	Todd Durkin, MA | Trina Gray	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
701	Three Clients and 500 Pounds of Lessons: Dramatic Portraits of Sustainable Change (IDEA Nutrition & Behavior Change Summ	P	Lee Jordan | Catherine Wygal | Donald Wygal	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0

TIME BLOCK U (5:00PM - 6:00PM) - Saturday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
710	NASM: Strength Training for Optimal Results	WS	Rick Richey, MS	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
711	Burning Calories Moving Slow for Best Results	WS	Peter Twist, MSc	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
712	Rescue Your Knees-Look at Your Feet	WS	Beverly Hosford, MA | Stacey Lei Krauss	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
714	IoM 4 Quadrants-Framework for Recovery Inside and Outside the Gym (ACE Mover Academy)	WS	Michol Dalcourt | Derrick Price, MS	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
715	Transverse Plane: The Plane of Power and Pain	WS	Anthony Carey, MA	1 hours 45 min	0.1	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	1.5	0.25	0.2	1.5	2.0
716	Anatomy in Three Dimensions™: Common Shoulder Problems and Solutions	WS	Brian Richey	1 hours 45 min	0.1	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	1.5	0.25	0.2	1.5	2.0
717	Fun 5-Minute Coordination Circuits for Kids!	WS	Brett Klika	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
718	Gold's Gym® Club Spotlight: Gold's Fit-Next Level Functional Training	WS	Brian Ferrari | Carlisle Price	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
719	Metabolic Disruption	WS	Elizabeth Lenart, MEd	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
720	21st Century Body Sculpt	WS	Keli Roberts	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
722	Dimensions in Movement-Exploring Alignment	WS	Kathy Corey	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
724	ZEN●GA® Fascial Fitness: Exploring Arm Lines	WS	Carol Earle	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
726	bbarreless®-Move Barre to the Center of the Room	WS	Tracey Mallett	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
727	Marketing Never Stops: How to Be an Irresistible Brand	L	Amanda Patterson	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
728	Three Pillars of Sustainable Client Results	L	Mark Fisher	1 hours	0.1	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
729	No Sweat: Easy, New Methods to Create Lasting Exercise Motivation Among Your Clients, Members and Patients	L	Michelle Segar, PhD, MPH	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
730	Stages® Cycling: Mixed Emotions-Music, Mixing and Indoor Cycling	WS	Dennis Mellon | Javier Santin	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
731	Schwinn® Cycling: #WhoAmI	L	Doris Thews	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
732	Keiser®: Accelerate	WS	Krista Popowych, BHK	1 hours	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.1	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0

TIME BLOCK W (7:30AM - 9:20AM) - Sunday, July 1					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
801	Kettlebell Express	WS	Keli Roberts	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
802	TriggerPoint™ Movement Prep: How to Integrate Foam Rolling Into the Best Dynamic Warm-Up for Any Size Group	WS	Marc Coronel	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
803	Debunking Our Common Metaphors and Analogies	L	Sue Falsone, MS, PT	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
804	The Brain-Body Workout	WS	Lana Gelb	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
805	Real-World Step 2018	WS	Eve Fleck, MS	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
807	Embody Your Body: Core Tour (ACE Mover Academy)	WS	Jill Miller	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
808	Need Clients? Get Patients! The Exercise is Medicine® Solution	L	Mike Alpert | Liz Joy, MD, MPH, FACSM | Walt Thompson, PhD	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
809	Food vs. Supplements: Facts and Fallacies	L	Kamal Patel	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
810	Keiser® Cycling: The Hills Are Alive-2018!	WS	Krista Popowych, BHK	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0

TIME BLOCK X (9:50AM - 11:40AM) - Sunday, July 1					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
820	ACE: Client-Centric Program Design With the Integrated Fitness Training Model™ (ACE Mover Academy)	WS	Anthony Wall	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
821	Partner Body-Weight Skills and Drills	WS	Alex McLean	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
822	Progressions for Advanced Balance Training	WS	Rocky Snyder	1 hours 50 min	0.2	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
823	Time for Tempo	WS	Eve Fleck, MS	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
824	Five Steps to Your Own Signature Class	L	Jessica Maurer	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0
825	FlowLift®: Upgrade Your Workout	WS	Amanda McCarroll | Carolina Vivas	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
826	Off-the-Barre	WS	Stacey Lei Krauss	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
827	Carbohydrates, Performance and Weight Loss: Is Low the Way to Go?	L	Glenn Gaesser, PhD	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0
828	Keiser® Power: Geeks, Gears and Rears	WS	Linda Freeman-Webster	1 hours 50 min	0.0	0.2	2.0	0.2	2.0	2.0	1.75	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	2.0	0.2	0.2	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0

TIME BLOCK Y - Sunday, July 1 POSTCONFERENCE SESSIONS					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canfitpro	CDR	CHEK	CI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NSCA	NSPA	PTAG
901	STRONG by Zumba®: Instructor Training	WS	Abraham Hernandez	9 hours	0.0	0.8	8.0	0.8	8.0	8.0	8.0	4 FIS	0.0	8.0	8.0	8.0	8.0	0.8	8.0	0.8	0.8	8.0	4.0	0.8	8.0	1.50	0	8.0	8.0
903	Stages® Cycling: The Instructor Essentials Certification	WS	Pam Benchley | Emma Masters	9 hours	0.0	0.8	8.0	0.8	8.0	8.0	8.0	4 PTS, FIS	0.0	8.0	8.0	8.0	8.0	0.8	8.0	0.8	0.8	8.0	4.0	0.8	8.0	1.50	0	8.0	8.0