

NO  
CECs

## TIME BLOCK A 7:00am–7:45am

- 100 **3** TurboFire® wo *Chalene Johnson* 
- 101 **2 3** SPRI®: 360 Training—From Function to Performance wo *Patrick Goudeau*
- 102 **2 3 13** TRX® Superhero Workout wo *Jonathan Ross*
- 103 **2 3** Kickboxing Balance Challenge wo *Albert Isordia*
- 104 **4** BIG DANCE™ wo *Jonatan Canada*
- 105 **4** FoolProof Step wo *Abbie Appel*
- 106 **3** Kangoo Boot Camp! Go P.L.A.Y.! wo *Aimee Nicotera, MS*
- 107 **3 12** StickFusion™ wo *Susie Lewis and Sifu Courtney White*
- 108 **4** Club Spotlight: Spectrum Clubs Present Latina® wo *Johnny Latin*
- 109 **3** Corebar™—The New Bar in Town wo *Anita Tonne*
- 110 **1 2 3** Urban Challenge Boot Camp wo *Ryan Halvorson*
- 111 **1 2 3** Lebert Fitness: Body-Weight Partner Training wo *Marc Lebert and Christopher Roche*
- 112 **1 2 3 13** Indo-Row®: The Perfect Calorie Burn wo *Josh Crosby and Keli Roberts*
- 113 **11** STOTT PILATES®: Intensifying Essential Reformer wo *Matthew Comer, MS*
- 114 **11** Peak Pilates®: MVe® Reformer Energize wo *Zoey Trap, MSc*
- 115 **12** Shake Your Asana! wo *Rob Glick*
- 116 **12** Bhagavad Gita Sun Salutation wo *Suzette O'Byrne*
- 117 **13** Schwinn® Cycling: Road Ride Results wo *Gregg Cook*
- 118 **13** Spinning® 300 wo *Josh Taylor*
- 119 **13** Keiser®: Reaching the Summit wo *Krista Popowych*
- 120 **1 2 3 13** Power Kranking® wo *Mike Michels*

UP TO  
2 CECs

## TIME BLOCK B 8:00am–9:50am

- 130 **2 3** Perform Better: Boot Camp 2011 ws *Todd Durkin, MA* 
- 131 **1** Be a Back Training Coach ws *Leslee Bender*
- 132 **1** Explore Functional Fascia for Movement Prep, Corrective Exercise and Sport Performance ws *Cassidy Phillips*
- 133 **1** Introduction to Kettlebell Basics ws *Steve Cotter*
- 134 **1** C.H.E.K Institute: Primal Pattern® Movement System ws *Josh Rubin*
- 135 **1 2 13** TRX® Planar Training ws *Fraser Quelch*
- 136 **1 3** Save Your Back: Get Your Butt in Gear! ws *Eric Beard, MS*
- 137 **3 11** BOSU® Pilates 3-D ws *Stacey Lei Krauss*
- 138 **3 13** An Introduction to Les Mills' BODYPUMP®—Take Your Group Strength Instructor Skills to the Next Level! ws *Les Mills National Master Trainer Faculty*
- 139 **4** Zumba Fitness® Party: Let's Get the Party Started! ws *Gina Grant*
- 140 **1 2 5** Creating Lifelong Fitness in Youth—Strength Development (Part 1 of 2) LWS *Brett Klika and Paul Stricker, MD*
- 141 **6** Sports Supplements—Promises and Pitfalls L *Scott Josephson, MS, RD*
- 142 **1** Advanced Training Skills for the Optimal Exercise Experience: Lower Extremity and Core (Part 1 of 2) LWS *Tom Purvis, PT*
- 143 **1** Gray Institute: Movement Science Applications L *Lenny Parracino*
- 144 **12** ChiBall™ Flow Yoga ws *Lynley Gladdis*
- 145 **12** Flexible Solutions for Yoga With Flexcushion® ws *Stacy McCarthy*
- 146 **1 11** STOTT PILATES®: Golf Conditioning on the V2 Max Plus™ Reformer ws *Sally Belanger*
- 147 **11** Peak Pilates®: Reformer JUMP! ws *Zoey Trap, MSc*

## CONTINUED TIME BLOCK B 8:00am–9:50am

- 148 **13** Schwinn® Cycling: ALL-STAR MPower™ Play! ws *Jay Blahnik and Schwinn Cycling Team*
- 149 **13** Spinning® 101 ws *Renee Spriggs*
- 150 **13** Keiser®: Put the Pedal to the Metal ws *Suzette O'Byrne*
- 151 **13** RealRyder® Indoor Cycling ws *Douglas Brooks, MS, and Adam Reid*
- 152 **1 9 10** Fitness 2.0—A United Group and Personal Trainer Team L *Ingrid Owen*
- 153 **1** Get Functional With ViPR—Whole-Body Training at Its Best! ws *Michol Dalcourt*

UP TO  
2 CECs

## TIME BLOCK C 10:20am–12:10pm

- 160 **1** Body Express Makeover ws *Michael George*
- 161 **1 2 3 13** TRX® Chain Stretching ws *Jonathan Ross*
- 162 **1** Six Steps to Better Program Design ws *Michol Dalcourt*
- 163 **1 2** Combine Training Challenge System ws *Peter Twist, MSc, and C360 Faculty*
- 164 **1 2** BOSU® Plyo Progressions ws *Douglas Brooks, MS*
- 165 **2 3** HIIT Training—High Intensity Interval Training ws *Mindy Mylrea* 
- 166 **2 3** Club Spotlight: Equinox® Presents ViPR™ Wars wo *Lashaun Dale, MPH, Keith Irace, Jeffrey Scott and Lisa Wheeler* This 90-minute workout ends at 11:50am
- 167 **4** BIG DANCE™ ws *Jonatan Canada*
- 168 **4** Step on Cue! ws *Melanie Douglass, RN*
- 169 Session TBD ws *Presenter TBD*
- 170 **6 8** Solving Your Clients' Biggest Dieting Dilemmas L *Kara Mohr, PhD*
- 171 **6** Ultimate Metabolic and Calorie-Burning Makeover L *Len Kravitz, PhD*
- 172 **1** Advanced Training Skills for the Optimal Exercise Experience: Upper Extremity (Part 2 of 2) LWS *Tom Purvis, PT*
- 173 **1 2 5** Creating Lifelong Fitness in Youth—Turning Preparation Into Performance (Part 2 of 2) LWS *Brett Klika and Paul Stricker, MD*
- 174 **11** Two-Point Touch for Cuing and Alignment ws *Cathleen Murakami*
- 175 **1** Is Your Client in Pain? What Do You Do Now? ws *Justin Price, MA*
- 176 **12** TBD *Presenter TBD*
- 177 **1 11** STOTT PILATES®: Functional Athletic Core Conditioning on the Cardio-Tramp ws *John Garey, MS*
- 178 **13** Spinning® Energy Zone™ Journey ws *Jeff Krabiel*
- 179 **13** Keiser®: Circuit Challenge ws *Krista Popowych*
- 180 **1 2 3 13** Kranking®: The Next Revolution in Fitness ws *Yvonne Juarez*
- 181 **1 2 3 13** Indo-Row®: The Perfect Calorie Burn ws *Jay Blahnik and Josh Crosby*
- 182 **13** Schwinn® Cycling: Music Makeover ws *Julz Arney*
- 190 **4** Batuka® Dance—The Evolution of Movement ws *Fred Hoffman, MEd and Team Batuka*
- 191 **1** Gray Institute: Assessment and Solutions for the Foot and Ankle ws *Lenny Parracino*
- 192 **1** C.H.E.K Institute: Stand Up Straight!—Understanding Posture ws *Josh Rubin*
- 193 **1** SPRI®: 360 Training—Hit It Hard! ws *Robert Sherman*
- 194 **2 3** CrossFit: Defined and Determined ws *Doug Katona*
- 195 **1** Kettlebell Rehab—Hardstyle Methods in Corrective Exercise ws *Mark Cheng, PhD, and Doug Nepodal*

UP TO  
2 CECs

## TIME BLOCK E 2:10pm–4:00pm

KEY

wo Workout ws Workshop  
L Lecture LWS Lecture & Workshop

CONTINUED TIME BLOCK E 2:10pm-4:00pm

- 196 **2 3** **4 Top Guns, 4 Zones—Athletic Training That Brings It!** wo Douglas Brooks, MS, Todd Durkin, MA, Fraser Quelch and Peter Twist, MSc 
- 197 **4** **Latin Beats—Powered by Drums Alive®** ws Carrie Ekins, MA
- 198 **4 5** **Zumba Gold®** ws Joy Prouty and Eliza Stone
- 199 **1 5** **ACE IFT™—Integrated Fitness Training™ for Active Aging** (Part 1 of 3) ws Fabio Comana, MA, MS
- 200 **6 8** **Winning at Losing—Weight Management Made Simple** ws Scott Josephson, MS, RD
- 201 **10** **Power-Up Your Return on Investment With Vibration Training** L Tony Swain
- 202 **9** **Build Your Brand and Your Career Success** L Nicki Anderson
- 203 **9 10** **Make Money Writing About Fitness** L Amanda Vogel, MA
- 204 **12** **An Introduction to Dynamic Slow Flow Yoga** ws Leeann Carey
- 205 **11** **STOTT PILATES®: Programming 2 on the V2 Max Plus™ Reformer** ws Matthew Comer, MS
- 206 **11** **Sole to Soul: A Pilates View of the Foot** ws Cathleen Murakami
- 207 **11** **Tri-Plane Pilates** ws Leslee Bender
- 208 **13** **Schwinn® Cycling: 10 Minutes to Your Next 10 Rides** ws Shannon Fable
- 209 **13** **Spinning®: Finding the Intensity Balance** ws Renee Spriggs
- 210 **1 2 3 13** **Indo-Row®: Circuit Challenge** ws Jay Blahnik, Josh Crosby and Keli Roberts

UP TO 2 CECs

TIME BLOCK F 4:30pm-6:20pm

- 220 **1 2 3** **Club Spotlight: 24 Hour Fitness Presents Nike Training Club Workout** wo Linda McHugh, Ingrid Owen and the 24 Hour Fitness Presenter Team 
- 221 **1** **The Top 10 Corrective Exercises** ws Justin Price, MA
- 222 **1 2** **Sport-Specific Training With FLEXI-BAR® and XCO-Trainer®** ws Barbara Klein, Clay Grant and Andy Sasse
- 223 **1 2 13** **TRX® Advanced Core Conditioning** ws Jonathan Ross
- 224 **1 2 3** **BOSU® Amped!** ws Amy Dixon and Rob Glick
- 225 **3 4** **Club Spotlight: Crunch® Presents X-Pert Pole Fitness** ws Crunch Faculty
- 226 **3 13** **An Introduction to Les Mills' BODYPUMP®—Take Your Group Strength Instructor Skills to the Next Level!** ws Les Mills National Master Trainer Faculty
- 227 **4** **Dance With GLEE!** ws Julz Arney
- 228 **4** **Stress-Free Step** ws Fred Hoffman, MEd
- 229 **10** **Permit Pro—Getting Venues for Outdoor Fitness** L Lisa Druxman, MA
- 230 **1 7** **Barefoot Running—The Road Less Traveled** LWS Stacey Lei Krauss
- 231 **7** **Eccentric Exercise: Everything You Wanted to Know and More!** L Len Kravitz, PhD
- 232 **6** **Eat to Win—Enhance Performance and Promote Recovery** L Christopher Mohr, PhD, RD
- 233 **1 8** **Communicating With Honesty, Humility and Humor** L Steve Shenbaum
- 234 **1 2 3 12** **Total Massage and Relaxation** ws Norma Shechtman, MEd, MA
- 235 **12** **Power Yoga for Fitness Professionals** ws Stacy McCarthy
- 236 **5 11** **STOTT PILATES®: Prenatal Pilates on the Reformer** ws Sally Belanger
- 237 **11** **Peak Pilates®: Reform Your Technique** ws Zoey Trap, MSc
- 238 **13** **Schwinn® Cycling: Short and Sweet** ws Mindy Mylrea
- 239 **13** **Spinning®: Let's Jump!** ws Jeff Krabiel

CONTINUED TIME BLOCK F 4:30pm-6:20pm

- 240 **13** **Keiser®: Realign, Restore, Ride** ws Suzette O'Byrne
- 241 **1 2 3 13** **Krinking® Fusion** ws Mike Michels
- 242 **1 2 3 13** **Indo-Row®: The Perfect Calorie Burn** ws Jay Blahnik and Josh Crosby
- 243 **1 2** **Train Like an Ultimate MMA Fighter** ws Kevin Kearns

NO CECs

TIME BLOCK G 7:30pm-9:00pm

- 250 **4** **LaBlast™** ws Louis Van Amstel

Saturday, August 13

NO CECs

TIME BLOCK H 7:00am-7:45am

- 300 **2 3** **TEAM Training** wo Peter Twist, MSc
- 301 **1 2 3** **Body-Weight X-Games—Extreme Body-Weight Blast!** wo Brett Klika
- 302 **2 3** **CrossFit: Unleash the Power** wo Doug Katona
- 303 **2 3 13** **TRX® Superhero Workout** wo Jonathan Ross
- 304 **3 4** **Les Mills BODYATTACK®/BODYCOMBAT® Combination Workout** wo Les Mills National Master Trainer Faculty
- 305 **4** **Batuka® Dance—The Evolution of Movement** wo Fred Hoffman, MEd, and Team Batuka
- 306 **4** **Vertical Steptacular—Do'in It Duo** wo Lynne Skilton-Hayes
- 307 **2 3** **Kangoo POWER! Unleash Your Inner Athlete!** wo Aimee Nicotera, MS
- 308 **3** **JumpSport®: BOUNCEcamp** wo Jeff McMullen
- 309 **3 4** **Piloxing®** wo Vivica Jensen
- 310 **1 2 3** **Urban Challenge Boot Camp** wo Ryan Halvorson
- 311 **1 2 3** **Lebert Fitness: Body-Weight Partner Training** wo Marc Lebert and Christopher Roche
- 312 **1 11** **STOTT PILATES®: Introduction to Athletic Conditioning on the V2 Max Plus™ Reformer** wo John Garey, MS
- 313 **1 2 3** **Bodyblade®: Core Like Never Before** wo Renee Spriggs
- 314 **4 12** **Transcendance Take 2** wo Petra Kolber
- 315 **12** **YogaLean™ by YogaFit®** wo Beth Shaw
- 316 **13** **Schwinn® Cycling: From My Class to Yours** wo Stacey Lei Krauss
- 317 **13** **Keiser®: A Creative Ride—The Workout** wo Suzette O'Byrne
- 318 **13** **RealRyder® Indoor Cycling** wo Douglas Brooks, MS, and Adam Reid
- 319 **1 2 3 13** **Power Krinking®** wo Becky Jalbert

UP TO 2 CECs

TIME BLOCK J 10:00am-11:50am

- 340 **6 7 8** **The Amen Solution: The Secrets to Being Thinner, Smarter and Happier** Dr. Daniel Amen
- 341 **1** **Golf Mechanics and Functional Corrections** LWS Chuck Wolf, MS
- 342 **1 2** **Twist Smart Muscle® Training System** ws Peter Twist, MSc
- 343 **1 2 3** **Tools for Training the Torso** ws Sherri McMillan, MSc
- 344 **1 2** **Perform Better: Train the Joes Like the Pros 2011** ws Todd Durkin, MA
- 345 **1 2** **What's in Your Exercise Library? Manipulating Acute Variables to Gain More!** ws Bill Sonnemaker, MS
- 346 **1** **Gray Institute: Assessment and Solutions for the Hip** ws Lenny Parracino
- 347 **4** **Pure Step** ws Robert Steigele

CONTINUED TIME BLOCK **J** 10:00am–11:50am

- 348 **4 5** Zumbatomic®: The Zumba Kids Workout *ws Gina Grant and Joy Smith*
- 349 **3 4 5** Aging Strong *ws Carol Murphy*
- 350 **2 3** BOSU® Xplode *ws Shannon Fable*
- 351 **9 10** Facebook for Fitness Pros *L Amanda Vogel, MA*
- 352 **6 7 8** Triage for Success—Helping Clients Realize Their Goals *L Nicki Anderson, Christopher Mohr, PhD, RD, and Kara Mohr, PhD*
- 353 **1** Understanding Knee Pain *L Greg Roskopf, MA*
- 354 **9** Career Options in the Fitness Industry *L Ryan Halvorson*
- 355 **5 6 7** Women, Weights and Results! *L Scott Josephson, MS, RD*
- 356 **1 2 3** Bodyblade®: Circuit...Work It! *ws Renee Spriggs*
- 357 **1 3 12** Creating Mindful Walking/Running Programs *ws Lawrence Biscontini, MA*
- 358 **12** Vinyasa Yoga Celebration *ws Kimberly Spreen*
- 359 **11** STOTT PILATES®: Jumpboard Interval Training, Level 1 on the Cardio-Tramp *ws John Garey, MS*
- 360 **13** Spinning®: Loops and Ladders *ws Jeff Krabiel*
- 361 **13** Keiser®: WATTS It All About? *ws Krista Popowych*
- 362 **13** RealRyder® Indoor Cycling *ws Douglas Brooks, MS, and Adam Reid*
- 363 **13** Schwinn® Cycling: So You Think You Can Race? *ws Keli Roberts*

UP TO  
2 CECsTIME BLOCK **L** 1:45pm–3:35pm


- 370 **1** Joint Integrity and Injury Prevention—Shoulder and Spine *ws Michol Dalcourt*
- 371 **1** Speed Rules—Getting There First! *ws Scott Schreuder*
- 372 **2** The Win–Win Formula: Keys to Successful Small-Group Training *ws Troy Fontana*
- 373 **1** Function Versus Physique—Help Clients to Achieve THEIR Goals *ws Ron Mathews*
- 374 **1 2** Perform Better: TD's I.M.P.A.C.T. Challenge *ws Todd Durkin, MA*
- 375 **3 4** JumpSport®: Body Bounce! *ws Abbie Appel*
- 376 **1 2 3** BOSU® Elevation *ws Mindy Mylrea*
- 377 **4** Step It Up *ws Robert Steigle*
- 378 **3 4** Zumba® Toning *ws Abraham Hernandez*
- 379 **1 2 3** Creative Kettlebell Training *ws Sherri McMillan, MSC*
- 380 **7** The Science of Longevity *L Len Kravitz, PhD*
- 381 **1 9 10** Creating a Six-Figure Boot Camp Experience *L Christopher Mohr, PhD, RD, and Kara Mohr, PhD*
- 382 **5 6** Metabolic Syndrome—What You Need to Know! *L Roberta Anding, MS, RD*
- 383 **9** Movement to Mastery *L Shannon Fable*
- 384 **1** Flexibility Highways “In Motion” *LWS Chuck Wolf, MS*
- 385 **1 5 11** STOTT PILATES®: Equipment Programming for Breast Cancer Rehab *LWS Sally Belanger*
- 386 **11** Pilatesstick®: Moving Strength *ws Zoey Trap, MSC*
- 387 **12** YogaPlus™ by YogaFit® *ws Beth Shaw*
- 388 **12** YOGression: Creative Yoga Sequences *ws Lauren Eirk*
- 389 **13** Schwinn® Cycling: You Had Me at Hello *ws Jeffrey Scott*
- 390 **13** Spinning®: Technical Training *wo Josh Taylor*
- 391 **13** Keiser®: The Cyclist Toolbox *ws Suzette O'Byrne*
- 392 **1 2 3 13** Kranking®: The Next Revolution in Fitness *ws Becky Jalbert*
- 393 **1 2 3 13** Indo-Row®: The Perfect Calorie Burn *ws Jay Blahnik and Josh Crosby*

UP TO  
2 CECsTIME BLOCK **M** 4:00pm–5:50pm

- 400 **1** Gray Institute: Assessment and Solutions for the Thoracic Spine *ws Lenny Parracino*
- 401 **1 2 3** Body-Weight Training—Function or Fiction *ws Marc Lebert and Christopher Roche*
- 402 **2 3** SPRI®: 360 Training—Turn It Up, Turn It Down: How to Progress and Regress Training Intensity *ws Robert Sherman*
- 403 **1 2 3** Turn Your Toys Into a Tool Box! *ws Keli Roberts*
- 404 **1 2 13** Advanced Concepts in Body-Weight Training: Suspension Training® *ws Bill Sonnemaker, MS*
- 405 **3** FOR THE CORE: Take the Challenge and Try Something New! *ws Shem Brown, Vivica Jensen, Linda LaRue, RN, and Anita Tonne*
- 406 **3 11** BOSU® Studio Pilates *ws Lawrence Biscontini, MA*
- 407 **4** Step Evolution—The Workshop *ws Petra Kolber*
- 408 **4** Taste of Zumba® *ws Tony Witt and Eliza Stone*
- 409 **4** Ultimate Dance & Drum Party—Powered by Drums Alive® *ws Carrie Ekins, MA*
- 410 **9** Weighing in on The Biggest Loser *PANEL Amanda Vogel, MA (Moderator)*
- 411 **10** The Millennials Are Coming *L Fred Hoffman, MEd*
- 412 **1 7** Footwear and Function: What All Fitness Professionals Should Know *L Michol Dalcourt*
- 413 **1 7** The Science and Application of Metabolic Training *L Fraser Quelch*
- 414 **1 5** ACE IFT™—Training Strategies for Clients With Chronic Health Conditions (Part 2 of 3) *LWS Cedric Bryant, PhD*
- 415 **11** STOTT PILATES® Fitness Circle® Challenge *ws Matthew Comer, MS*
- 416 **11** Peak Pilates®: MVE® Chair Flex and Flow *ws Stacey Lei Krauss*
- 417 **1 2 3 12** Total Massage and Relaxation *ws Norma Shechtman, MEd, MA*
- 418 **12** Club Spotlight: Life Time Fitness® Presents LifePower Yoga—Reach for Your Power Within *wo Rob Glick, Jonny Kest and Kimberly Spreen*
- 419 **13** Schwinn® Cycling: From My Class to Yours *ws Gregg Cook*
- 420 **13** Spinning®: The 5-Step Sprint *ws Jeff Krabiel*
- 421 **1 2 3 13** Indo-Row®: The Perfect Calorie Burn *ws Jay Blahnik and Josh Crosby*

## Sunday, August 14

NO  
CECsTIME BLOCK **O** 7:00am–7:45am

- 500 **1 2 3** Basic Training—Boot Camp Fitness Program *wo Rodney D. Carson*
- 501 **1 2** Take the Mobility-Stability Challenge *wo Eric Beard, MS*
- 502 **1 2** FLEXI-SPORTS: Train Hard—Train Smart *wo Barbara Klein, Clay Grant and Andy Sasse*
- 503 **3** Synergy! *wo Carol Murphy*
- 504 **2 3** Tabata Training *wo Eve Fleck, MS*
- 505 **3**  R.I.P.E.D.™—The One Stop Body Shock *wo Alex Isaly and Terry Shorter*
- 506 **3** Les Mills' BODYPUMP® Workout *wo Les Mills National Master Trainer Faculty*
- 507 **4** Les Mills' SH'BAM™ Workout *wo Les Mills National Master Trainer Faculty*
- 508 **4** What the “L” Step? *wo Amy Nixon*


CONTINUED TIME BLOCK **O** 7:00am–7:45am

- 509 **11** STOTT PILATES®: Stability Cushion Workout *wo Sally Belanger*
- 510 **1 2 3** Bodyblade®: Core Like Never Before *wo Renee Spriggs*
- 511 **12** ChiBall™ Dance *wo Lynley Gladdis*
- 512 **12** Yin/Yang Gong—The Fusion Workout *wo David-Dorian Ross*
- 513 **11** Techniques to Restore Balance and Eliminate Compensation *wo Bonnie Sessions*
- 514 **13** Schwinn® Cycling: From My Class to Yours *wo Kimberly Spreen*
- 515 **13** Spinning® You Might As Well Win *wo Josh Taylor*
- 516 **13** Keiser®: Circuit Challenge *wo Krista Popowych*
- 517 **1 2 3 13** Power Kranking® *wo Mike Michels*

UP TO  
2 CECsTIME BLOCK **P** 8:00am–9:50am

- 520 **2 3** reVamp®—Nitro! *wo Brett Hoebel* 
- 521 **1 2 3** The Runner's Clinic *ws Jason Karp, PhD*
- 522 **1 5** Inspiring Athleticism in Our Youth *ws Peter Twist, MSc*
- 523 **1 5** ACE IFT™—Performance Training After 40 (Part 3 of 3) *ws Pete McCall, MS*
- 524 **1 2 13** TRX® Advanced Concepts in Foundational Movement *ws Dan McDonogh*
- 525 **2 3** BOSU® Playground Challenge *ws Julz Arney and Jay Blahnik*
- 526 **4** Step Up 3-D *ws Rob Glick*
- 527 **2 3** Obstacle Course *ws Patrick Goudeau*
- 528 **4** Dance Evolution—The Workshop *ws Petra Kolber*
- 529 **2 3** Indo Boarding—Surf-Inspired Group Fitness *ws Grace DeSimone, Kevin Hubble and Marc Santa Maria*
- 530 **1 7** Contraindicated Exercises: How Good Exercises Become Bad *ws Greg Roskopf, MA*
- 531 **6 7** Sarcopenia—Exploring Solutions to Age-Related Muscle Loss *L Roberta Anding, MS, RD*
- 532 **10** Excellence in Fitness Leadership—Overcoming Challenges *L Sherri McMillan, MSc*
- 533 **11** STOTT PILATES®: Essential Matwork™ on Stability Cushions™ *ws John Garey, MS*
- 534 **11** Peak Pilates®: MVe® Chair—The Hot Seat *ws Stacey Lei Krauss*
- 535 **12** Beautiful Mind—Beautiful Body: Vinyasa Rasayana Yoga *ws Jonny Kest*
- 536 **11** Flexible Solutions for Pilates With Flexcushion® *ws Zoey Trap, MSc*
- 537 **13** Schwinn® Cycling: HIIT It! *ws Amy Dixon*
- 538 **13** Spinning®: Master the Ride *ws Jeff Krabiel, Renee Spriggs and Josh Taylor*
- 539 **13** Keiser®: A Creative Ride *wo Krista Popowych*
- 540 **13** RealRyder® Indoor Cycling *ws Douglas Brooks, MS, and Adam Reid*

UP TO  
2 CECsTIME BLOCK **Q** 10:20am–12:10pm

- 550 **1 2 3** The Warrior Workout *ws Tony Horton* 
- 551 **1** Corrective Flexibility for Common Postural Dysfunction Patterns *L/WS Bill Sonnemaker, MS*
- 552 **1 2** Combine Training Challenge System *ws Peter Twist, MSc, and C360 Faculty*
- 553 **1** Advanced Cuing for Maximal Training Results *ws Lauren Eirk*
- 554 **2 3** BOSU® HIT Athletic Cardio *ws Keli Roberts*

CONTINUED TIME BLOCK **Q** 10:20am–12:10pm

- 555 **3** R.I.P.E.D.™—The One Stop Body Shock *ws Alex Isaly and Terry Shorter*
- 556 **4** Zumba Fitness® Party: Let's Get the Party Started! *ws Gina Grant and Zumba Team*
- 557 **3** Heart-Core Circuit Training: The 2011 Edition *ws Fred Hoffman, MEd*
- 558 **1 3** Core Transformer 3-D Balanced Body Shred *ws Linda LaRue, RN, and Jeffrey Scott*
- 559 **4** Step in the Way! *ws Kim Miller*
- 560 **9 10** Fitness in the Media *L Lori Corbin*
- 561 **6 7** Supporting Active Lifestyles With Omega-3s *L Mackie Shilstone, MA, MBA*
- 562 **5 6 7** A Collaborative Approach to Childhood Obesity *L Julian Varela, MS*
- 563 **1 11** STOTT PILATES®: Postural Analysis Review *L/WS Matthew Comer, MS*
- 564 **11** Peak Pilates®: MVe® Chair—Feet First *ws Stacey Lei Krauss*
- 565 **12** The Common Thread *ws Lawrence Biscontini, MA*
- 566 **12** Bringing Sexy Back (to Tai Chi)! *ws David-Dorian Ross*
- 567 **12 13** Schwinn® Cycling: The Yoga Rx for Cyclists *ws Rob Glick*
- 568 **13** Spinning®: Creative Climbs *ws Jeff Krabiel*
- 569 **13** Keiser®: The Power Journey *ws Suzette O'Byrne*
- 570 **1 2 3 13** Kranking® Fusion *ws Mike Michels*

UP TO  
2 CECsTIME BLOCK **S** 2:10pm–4:00pm

- 580 TBD *ws Presenter TBD*
- 581 TBD *ws Presenter TBD*
- 582 **2 3** Power Ball *ws Patrick Goudeau*
- 583 **3** Cut to the Core *ws Carol Murphy*
- 584 **1** Low-Back Savers *L/WS Tony Ambler-Wright, MS*
- 585 **2 3** Stopwatch and GO! *ws Eve Fleck, MS*
- 586 **3** Strike! 2011 *ws Kimberly Spreen*
- 587 **3** MetCon for Group *ws Michelle Felzman*
- 588 **1 2 3** Full-Body Flexibility—Yoga-Inspired Stretch *ws Jay Blahnik*
- 589 **1 2 3 5** Teach Standards-Based Physical Activities That ALL Schools Will Embrace *ws Darren Avrit, MS*
- 590 **1 9 10** At-Home Training *L Krista Popowych*
- 591 **7** The Art and Science of Recovery *L Jason Karp, PhD*
- 592 **10** Your Business Culture—The Key to Your Success *L Troy Fontana*
- 593 **11** STOTT PILATES®: Intense Sculpting Challenge *ws John Garey, MS*
- 594 **12** Secrets Behind the Poses *ws Lauren Eirk*
- 595 **1 2 3 12** Spa for the Soul *ws Lawrence Biscontini, MA*
- 596 **13** Schwinn® Cycling: From My Class to Yours *ws Sherri McMillan, MSc*
- 597 **2 3 13** Spinning®: Bodyblade® Circuits *wo Renee Spriggs*