


wed./thurs. june 25-26

<b>wednesday, june 25</b> pre-convention events				SCW Group Exercise Certification 7:00am-5:00pm GASPER p. 8	SCW Moms In Motion Specialty Certificate 7:00am-6:00pm MCCORMICK p. 8	Outdoor Fitness Boot Camp Instructor Certification 5:30pm-9:30pm GARNER p.9	SCW Personal Trainers Specialty Certificate 7:00am-5:00pm BROOKS p. 8
<b>thursday, june 26</b> pre-convention events	SCW 100% Hands On Personal Trainers Specialty Certificate 8:00am-5:00pm BROOKS p.9	SCW Aquatic Exercise Fundamentals Certification 7:00am-6:30pm MCCORMICK p.9	SCW ¡Ay Carumba! Specialty Certificate 8:00am-7:00pm VELAZQUEZ p.9	SCW Group Step Specialty Certificate 7:00am-12:00pm GASPER p.10	SCW Group Strength Specialty Certificate 1:00pm-6:00pm GASPER p.10	SCW Kids In Motion Specialty Certificate 7:00am-6:00pm DENNIS p.10	SCW Pilates Small Apparatus Specialty Certificate 9:00am-12:00pm BENDER p.11
<b>thursday june 26</b> pre-convention events	Peak Pilates MVe™ Fitness Instructor Preparation Workshop 7:00am-4:30pm KRAUSS p.11	Bender Ball Meets Gliding Master Training 6:00pm-9:00pm BENDER & MYLREA p.11	IFTA Kickboxing Specialty Certificate 5:30pm-9:30pm SIMS p.11			Urban Striptease Master Training 8:00am-1:00pm MURPHY p.11	

5:00pm-7:00pm expo open

<b>A</b> Group Ex/Step/Core/Dance	<b>B</b> Les Mills/Group Ex	<b>C</b> Group Ex	<b>D</b> Mind/Body	<b>E</b> Personal Training-ACTIVITY	<b>F</b> Personal Training LECTURE	<b>G</b> Small Group
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<b>fr1</b> 9:00am-11:00am	Steppin' It Up! Gasper p.12	 BODYCOMBAT® Mathews & Dabalos p.12	Amplify Your Strength: Interval Challenge Glick & Spreen p. 12	The Eight-Step Path for Yoga Class Design Arney p.12	Dynamic Sport Warm-Up For Strength And Power Brooks p.12	Optimal Aging Layne p. 12	CorePole F Sims p. 12
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expo shopping 8:00am-9:15am,10:45pm-4:30pm and 5:30pm-7:00pm

<b>fr2</b> 12:00pm-1:30pm	All About Legs Mylrea p. 13	 BODYSTEP® Watson p.13	Stretch For The Weekday Warrior Gasper p. 13	The Yogic Elements Murray-Kashoid p. 13	Train Up The Shoulder In The Way That It Should Go Brooks p. 13	Train the Movement, Not the Muscle Stone p. 13	CorePole M Sims p. 14
<b>fr3</b> 1:45pm-3:15pm LUNCHTIME SESSION 1 2:30pm-4:00pm LUNCHTIME SESSION 2	Slanted Riser Interval Workout Spreen p.14	Off The Ball Cardio Core Puskarich p.	Stripped And Strong By Urban Striptease Murphy p. 14	Fire Up The Core Murray-Kashoid p. 15	BOSU Skills And Drills Glick p. 14	Financially Leverage Your PT Business: Beyond Hour to Hour! Brooks p. 14	CorePole F Gasper p. 15
<b>fr4</b> 4:15pm-5:45pm	Session 1 Peace, Love and Step Puskarich p.16	Session 1  BODYFLOW® Mathews p.16	Session 1 Blast: The Boxer's Workout Spreen p. 16	Session 2 Bender Ball Pilates Bender p. 16	Session 1 Group X-treme Able & Shute p. 16	Session 1 Better Butt, Better Back Stone p. 16	Session 2 REvolutionary Class Conc Diamond p. 16



enjoy the expo!

<b>fr5</b> MASTERCLASS 6:45pm-7:45pm	Hip Hop Hit List Arney p.17	 TASTE OF LES MILLS Mathews, Dabalos & Watson p.17		Shoeless Journey Murray-Kashoid p. 17	BOSU Block Party Blahnik, Fable, Glick, Krauss, Mylrea & Roberts p. 17		
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friday, june 27

<b>sa1</b> 7:00am-9:00am	Cardio Crazy Mylrea p. 17	 BODYCOMBAT® Mathews & Dabalos p. 18	F.I.T. Athletic Conditioning: Functional Integrated Training Roberts p. 18	Comfort Zone Training Gamer p. 18	BOSU Skills And Drills Glick p. 18	Straighten Before Strengthening Comana p. 18	Twist And Diamond p. 18
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expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

<b>sa2</b> 10:00am-11:30am	All About Arms Mylrea p. 19	 BODYJAM® Dabalos p. 19	Chair-licious Murphy p.19	Fusion Fitness Training For Strength Fable p.	BOSU Complete Total Body Sculpt Krauss p.	The CHEK Approach to Exercise and Stress Management Stone p.	Have Gym Train Anyw Total E Fit Heckert p.
<b>sa3</b> 11:45am-1:15pm LUNCHTIME SESSION 1 12:30pm-2:00pm LUNCHTIME SESSION 2	Slanted Riser CARDIO Workout Spreen p. 22	 BODYATTACK® Watson p.22	¡Ay Carumba! The Workshop Velazquez p.22	Sole Synthesis Fable p.22	BOSU Ballast Ball Core Challenge Roberts p. 22	Still Strong Strength Training : Your 40's And Beyond Kooperman p. 22	Total Body With Gyms Puskarich p. 22
<b>sa4</b> 2:15pm-3:45pm	Desperate Hot Wives: The Second Season Kooperman, Kahn, Dennis Mylrea & Puskarich p.23	Session 1 Combat: The Next Strike Spreen p. 23	Session 1 Hard To The Core Renfroe p. 23	Session 2 Pilates Versa Tube Bender p. 23	Session 2 BOSU Cardio Express Fable p. 24	Session 1 Functional Training for Multi-Sport Athletes Wolf p. 24	Session 2 Total E Fit Forty Heckert p.24

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<b>sa5</b> 4:00pm-5:30pm	All Star Step Glick p. 24	 BODYVIVE Spence p. 25	The Bender Ball Selected Stabilization To The Core Bender p. 25	Flexibility For The Inflexible Roberts p. 25	Sport Performance Boot Camp II: Beyond The Basics Able & Shute p. 25	Functional Integrated Shoulder Training Wolf p. 25	Rounded R Diamond p. 25
<b>sa6</b> MASTERCLASS 6:30pm-7:30pm	Beautiful Booty! Roberts p. 25	Step In Style! Miller p. 25	Drums'N'Motion Glick & Mylrea p. 26				

saturday, june 28

<b>su1</b> 7:00am-8:30am	Slanted Riser STRENGTH Workout Spreen p. 26	The Bender Ball Selected Stabilization To The Core Bender p. 26	Grace Anatomy Krohn p.26	Kettlebell Tech Able & Shute p. 26	BOSU Complete Total Body Sculpt Krauss p. 26	Essential Stages Of Human Development For Rehabilitation & Performance Stone p.26	Total E Fit Forty Heckert p. 26
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expo shopping 8:15am-1:15pm

<b>su2</b> 8:45am-10:15am	www.STEP.calm Puskarich p.27	Comfort Zone Training Gamer p.27	Hi Low and The Final Dance Miller p. 27	Mountain Yoga Kooperman p. 27	Short Circuit Your Workout Able & Shute p. 27	Putting Your Best Foot Forward Wolf p. 27	Have Gym Train Anyw Total E Fit Heckert p.
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11:30am-12:00pm Hotel Check Out & CEC Signing until 3:00pm

<b>su3</b> 11:15am-12:45pm	Kickboxing For Dummies Roberts p. 28	Absolutely AMAZING ABS And Glutes with Gymstick Puskarich p. 28	Amplify Your Strength From Within Spreen p.28	Beyond Balletone Fable p. 28	Train Like a Pro.. without the Dough - Sports Conditioning Drills For Performance Comana p. 28	Functional Integrated Abdominal Training Wolf p. 28	
<b>su4</b> 1:00pm-2:30pm	Aerobic Euphoria Miller p. 29	Street Dance Mix Velazquez p. 29	Sexy Cardio Jam Murphy p. 29	7 Steps to WillPower Krauss p. 29	Get Fit While You Sit Dennis p. 29	"Return to Neutral" - Restorative Exercises for Postural Assessments Comana p. 29	Power Cor Sims p. 29

Personal Training 10:00pm-11:00pm 3 SCW Pilates Matwork Fundamentals Specialty Certificate 7:00am-6:00pm KAHN p.8	Tai Chi and Qi Gong For Wellness Professionals 9:00am-5:00pm VELAZQUEZ p.9	SCW Yoga Fundamentals I Specialty Certificate 7:00am-5:00pm MURRAY-KASHOID p. 10	Schwinn® Indoor Cycling Instructor Training Course 9:00am-7:00pm ARNEY & BLAHNIK p. 10
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# atlanta

# MANIA

schedule at-a-glance

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G Group Training	H Personal Training/Nutrition LECTURE	I Cycle	J Aqua Pool	K Aqua LECTURE	L V.I.P.	M Pilates Reformer/Barre	N Management LECTURE
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Power Props	Fit For The Future Dennis p. 13	Schwinn® Indoor Cycling: Heart Rate Monitor Training Blahnik p.13	Submerge, Integrate, Balance Diamond p. 13	Water In Motion: Wave I Kooperman p.13	Fusion Fitness Training McCormick p.13	MVe Chair Basics Krauss p. 13	GFM Hatton p. 13
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expo shopping 8:00am-9:15am, 10:45pm-4:30pm and 5:30pm-7:00pm

Muscle Max	The Latest Scoop - Sports Supplements Promises and Pitfalls Comana p. 14	Schwinn® Indoor Cycling: Class Design in No Time Arney p.14	Hydro Zen Velazquez p.14	360 Degree Aqua: Turn The Pool Around Kooperman p.14	Kids Dance Party Layne p. 14	MVe Perfect Pair Kahn & Krauss p. 14	Group Fitness Programming~Fitness, Future & Fusion Puskarich p. 14
For Athletes	Tipping the Scales- Nutritional Assessments Comana p.15 <b>Session 2</b>	Schwinn® Indoor Cycling: Sprint Distance Triathlon Training Diamond p. 15 <b>Session 2</b>	Water Fitness For Arthritis and Fibromyalgia McCormick p. 14 <b>Session 1</b>	Aqua Gymstick Circuit Layne p. 15 <b>Session 2</b>	Studio Barre Total Body Trainer Fundamentals Finnegans p. 15 <b>Session 2</b>	MVe Chair for Everybody Kahn p. 15 <b>Session 2</b>	Navigating The Fitness Industry And Finding Your Place In It Fable p. 15 <b>Session 2</b>
ary Circuit epts	The Business Of Bootcamp Garner p. 16	Schwinn® Indoor Cycling: InterACTION Arney p.17	Make A Splash McCormick p. 17	Powe Aqua Combos Sims p. 17	Studio Barre Total Body Trainer: Artistic Flow Kahn p. 17	MVe Spring Into Action Krauss p. 17	How To Be A Successful Fitness Entrepreneur Kooperman p. 17

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		Schwinn® Indoor Cycling: My Favorite Ride Gekko p. 17	Aqua Latin Party Velazquez p. 17				
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Shout	Permission To Eat For Energy Layne & McCormick p. 18	Schwinn® Indoor Cycling: Get Smart. Fable p.18	Aqua Combo Splash Westfall p. 18	¡Ay Carumbal!: Aqua Velazquez p. 18	Studio Barre Total Body Trainer Fundamentals Finnegans p. 18	MVe Reformer Synergy Kahn p. 19	Retain Your Members Krohn p. 19
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expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

Will Travel! here with TM p.19	Power Eating - Eating For Performance Comana p.	Schwinn® Indoor Cycling: World Class Coaching Blahnik p.19	Moving Water Diamond p. 22	Water Fitness Basics McCormick p. 22	Studio Barre Total Body Trainer: Artistic Flow Kahn p. 22	Pilates Reformer for Athletes Kahn p. 22	Legal Advice For The Personal Trainer or Group Fitness Instructor Roth & Kooperman p. 22
Conditioning stick	Nutrition Now! Layne p. 23 <b>Session 2</b>	Schwinn® Indoor Cycling: Music Magic Click p. 23 <b>Session 2</b>	Aqua Gymstick Circuit McCormick p.22 <b>Session 1</b>	Aqua Buff -N- Tuff Sims p. 23 <b>Session 2</b>	Studio Barre Total Body Trainer: Tower Of Power Kahn p. 22 <b>Session 1</b>	MVe Reformer Basics Krauss p. 23 <b>Session 2</b>	The Business Of Bootcamp Garner p. 23 <b>Session 2</b>
and Fighting	CHEK Points in Core Conditioning Stone p. 24	Schwinn® Indoor Cycling: Heart Rate Monitor Training Diamond p. 24	Anchored Down Aqua Westfall p. 24	Kick And Splash Layne p. 24	Happy Hour Krohn p. 24	MVe Flex and Flow Krauss p. 24	Finding Money To Fund Your Business Roth p. 24

saturday reception and silent auction 5:30pm-6:30pm

REV-olution	Lactate Threshold Training: Assessing and Designing the Ultimate Cardio Program Kravitz p. 25	Schwinn® Indoor Cycling: Cycle Sculpt Mylrea p. 25	Fluid Fusion Velazquez p. 25  Golden Oldies McCormick p. 26	Waterpark For Kids Layne p.25	Step, Stomp, Bounce and Balance For Kids Dennis p. 25	MVe Reformer for Everybody Kahn p. 25	Lead Don't Be Led Krohn p.
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and Fighting	Periodization Training Update: New Insights in Ultra Training Design Kravitz p. 26	Schwinn® Indoor Cycling: Ultimate Time Trial Roberts p. 26	SambaAqua Westfall p. 26	Wellness in the Water for Active Aging Adults Dennis p.26	Kids Fitness Fun Mylrea p. 26	Pilates Bar None Kahn p.26	Fitness Business Websites 101 Perkins p.27
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expo shopping 8:15am-1:15pm

Will Travel! here with TM p. 27	Strategies to Enhance Fat Metabolism Kravitz p. 27	Schwinn® Indoor Cycling: Cycle Sculpt Renfroe p. 27	Aqua Hip & Funk Velazquez p. 27	Jam Packed Pool Layne p.27	Total Body Conditioning With Gymstick Murphy p. 27	Pilates Bar None Kahn p. 27	Transformational Posture Evolution Of Corrective Training Bender p.27
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Hotel checkout is noon. Check baggage with hotel. CEC Signing until 3:00pm

	Nutrient Timing: The Future of Peak Performance Kravitz p. 28	Schwinn® Indoor Cycling: InterACTION Krauss p. 28	Senior Splash Westfall p. 28	Aqua Diva Dance Sims p. 28  Aqua Gymstick Circuit Layne p. 29	Functional Fitness For Kids - Improving Physical Fitness in Children McCormick p. 28		Creating Additional Income Streams Perkins p. 28  Igniting The Fire Within Fable p.29
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 = Indicates a Fundamentals or Introductory Course