

wed./thurs. may 28-29	wednesday, may 28 pre-convention events		Basic Pilates Reformer Training Specialty Certificate 6:00pm-9:30pm KAHN p.9	SCW Group Exercise Certification 7:00am-5:00pm GASPER p.8	SCW Moms In Motion Specialty Certificate 7:00am-6:00pm FLATT p.8	Outdoor Fitness Boot Camp Instructor Certification 5:30pm-9:30pm GARNER p.9	SCW Personal Training Certification 7:00am-5:00pm BROOKS p.8	SCW Pilates M Fundamentals Certificate 7:00am-5:00pm KAHN p.8
	thursday, may 29 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.10	Basic Pilates Reformer Training Specialty Certificate 8:00am-8:00pm KAHN 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 M Apparatus Specialty Certificate 9:00am-11:00am BENDER p.11
	thursday, may 29 pre-convention events		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	Sports Conditioning Workshop 1:00pm-6:00pm COMANA p.11	SrFit™ Advanced Qualification Certificate Program 5:00pm-9:00pm WESTCOTT p.11	Urban Striptease Master Training 8:00am-1:00pm MURPHY p.11	

5:00pm-7:00pm expo open

A Group Ex/Step/Core/Dance	B Les Mills/Group Ex	C Group Ex	D Mind/Body	E Personal Training-ACTIVITY	F Personal Training LECTURE	G Small Group
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friday, may 30	fr1 9:00am-11:00am	Steppin' It Up! Gasper p.12	BODYCOMBAT® Mathews & Murphy p.12	Fusion Fitness Training McCormick p.12	The Eight-Step Path for Yoga Class Design Arney p.12	Dynamic Sport Warm-Up For Strength And Power Brooks p.12	Functional Training for Multi-Sport Athletes Wolf p.12	CorePole Muscles Sims p.12
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expo shopping 8:00am-9:15am, 10:45pm-4:30pm and 5:30pm-7:00pm

friday, may 30	fr2 12:00pm-1:30pm	3-D Hi-Low Mehanni p.13	BODYSTEP® Watson p.13	All About Legs Mylrea p.13	Group X-treme Able & Lindsey p.13	BOSU Ballast Ball Core Challenge Fable p.13	Putting Your Best Foot Forward Wolf p.13	CorePole For A Gasper p.13
	fr3 1:45pm-3:15pm LUNCHTIME SESSION 1 2:30pm-4:00pm LUNCHTIME SESSION 2	Slanted Riser Interval Workout Spreen p.14	Cardio Complete Gasper p.14	Stripped And Strong By Urban Striptease Murphy p.14	360 Fitness Yoga: Turn The Pose Around Kooperman-Roth p.15	Train Up The Shoulder In The Way That It Should Go Brooks p.14	Functional Integrated Shoulder Training Wolf p.14	Small Group Training The CorePole Flatt p.15
	fr4 4:15pm-5:45pm	Session 1 Peace, Love and Step Puskarich p.16	BODYFLOW® Mathews p.16	Warrior In Motion Spreen p.16	Bender Ball Pilates Bender p.16	BOSU Skills And Drills Mylrea p.16	Functional Integrated Abdominal Training Wolf p.16	CorePole: High Power Training A New Approach Brooks p.16

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friday, may 30	fr5 MASTERCLASS 6:45pm-7:45pm	Hip Hop Hit List Arney p.17	TASTE OF LES MILLS Mathews, Murphy, Dabalos & Watson p.17		Intermediate Vinyasa Yoga Velazquez p.17	BOSU Block Party Blahnik, Fable, Mylrea & Roberts p.17		
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saturday, may 31	sa1 7:00am-9:00am	Cardio Crazy Mylrea p.17	BODYVIVE® Laney p.17	Dance Depot Velazquez p.18	The Bender Ball Selected Stabilization To The Core Bender p.18	BOSU Complete Total Body Sculpt Roberts p.18	FLEXIBILITY HIGHWAYS: A Roadmap to Enhanced Performance Wolf p.18	Total E Fit and Forty Heckert p.18
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expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

saturday, may 31	sa2 10:00am-11:30am	Aerobic Weight Training Monsaert p.19	BODYJAM® Dabalos p.19	Chair-licious Murphy p.19	Fusion Fitness Training For Strength Fable p.19	BOSU Skills And Drills Mylrea p.19	Anatomy of a Lunge Wolf p.19	Have Gym... Train Anywhere Total E Fit™ Heckert p.19
	sa3 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	Comfort Zone Training Garner p.22	Better Butt, Better Back Stone p.22	Total Body Co With Gymstick Puskarich p.22
	sa4 2:15pm-3:45pm	Session 1 Desperate Hot Wives: The Second Season Kooperman-Roth, Kahn, McCormick, Mylrea & Puskarich p.23	Get The Bounce Right Mehanni p.23	Combat: The Next Strike Spreen p.23	Fire Up The Core Murray-Kashoid p.24	Sport Performance Boot Camp II: Beyond The Basics Able & Lindsey p.24	Isolation Or Integration Which Is Our Best Approach Dalcourt p.24	Total E Fit and Forty Heckert p.24

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saturday, may 31	sa5 4:00pm-5:30pm	All About Arms Mylrea p.24	BODYCOMBAT® Mathews & Murphy p.25	Sexy Cardio Jam Murphy p.25	F.I.T. Athletic Conditioning Functional Integrated Training Roberts p.25	BOSU Cardio Express Fable p.25	How To Develop A Reactive Body Dalcourt p.25	Pilates Bar No Kahn p.25
	sa6 MASTERCLASS 6:30pm-7:30pm	Un-Defensive Step Layne p.25	Drums 'N Motion Mylrea p.25	Shoeless Journey Murray-Kashoid p.25				

sunday, june 1	su1 7:00am-8:30am	Hot Legs Monsaert p.26	Amplify Your Strength From Within Spreen p.26	Grace Anatomy Krohn p.26	Beyond Balletone Fable p.26	BOSU Complete Total Body Sculpt Roberts p.26	The Business Of Bootcamp Garner p.26	Have Gym... Train Anywhere E Fit™ Heckert p.26
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expo shopping 8:15am-1:15pm

sunday, june 1	su2 8:45am-10:15am	www.STEP.calm Puskarich p.26	Comfort Zone Training Garner p.27	Kickboxing For Dummies Roberts p.27	Mountain Yoga Kooperman-Roth p.27	Short Circuit Your Workout Able & Lindsey p.27	Integrated Strength Training Dalcourt p.27	Total Body Co With Gymstick Murphy p.27
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11:30am-12:00pm Hotel Check Out & CEC Signing until 3:00pm

sunday, june 1	su3 11:15am-12:45pm	Slanted Riser Strength Workout Spreen p.28	Core Training To The Next Level With The Gymstick Mehanni p.28	The Bender Ball Selected Stabilization To The Core Bender p.28	Kettlebell Tech Able & Lindsey p.28	Train Like a Pro.. without the Dough - Sports Conditioning Drills For Performance Comana p.28	An Integrated Look At The Shoulders Dalcourt p.28	Pilates Bar No Kahn p.28
	su4 1:00pm-2:30pm	Happy Hour Krohn p.28	Street Dance Mix Velazquez p.29	Comfort Zone Training Garner p.29	The Yogic Elements Murray-Kashoid p.29	Gliding Gone Wild Murphy & Mylrea p.29	Developing High Performance Athletes with SAQ Training Dalcourt p.29	

ates Matwork entials Specialty te 7:00am-6:00pm .8	SCW Sports Nutrition Specialty Certificate 8:00am-5:00pm ADAIR p.9	T'ai 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.9
ates Matwork Small s Specialty e 9:00am-5:00pm p.11	Schwinn Cycling Instructor Training Course 9:00am-7:00pm ARNEY & GEKKO p.11	SCW Weight Management Specialty Certificate 8:00am-6:00pm ADAIR p.11	SCW iAy Carumba! Specialty Certificate 8:00am-7:00pm VELAZQUEZ p.10



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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
Core Muscle Max	Strength Training For Older Adults Westcott p.12	Schwinn Cycling: Heart Rate Monitor Training Blahnik p.13	Hydrofabulous Mehanni p.13	Water In Motion: Wave I Kooperman-Roth p.13	Is There A Perfect Diet? Adair p.13	Studio Barre Total Body Trainer Fundamentals Finnegans p.13	GFM Hatton p.13

expo shopping 8:00am-9:15am, 10:45pm-4:30pm and 5:30pm-7:00pm

For Athletes	Is Your Personal Training Business On Track Brooks p.14	Schwinn Cycling: Class Design in No Time Arney p.14	Hydro Zen Velazquez p.14	360 Degree Aqua: Turn The Pool Around Kooperman-Roth p.14	Strength Training For Kids Westcott p.14	Studio Barre Total Body Trainer: Tower Of Power Kahn p.14	Group Fitness Programming-Fitness, Future & Fusion Puskarich p.14
Group Training with e Pole	Tippling the Scales- Nutritional Assessments Comana p.15 Session 2	Schwinn Cycling: Ultimate Time Trial Roberts p.15 Session 2	The Cutting Edge: Aqua Mehanni p.14 Session 1	Aqua Latin Party Velazquez p.15 Session 2	Functional Fitness For Kids - Improving Physical Fitness in Children McCormick p.15 Session 2	Studio Barre Total Body Trainer: Artistic Flow Kahn p.15 Session 2	Navigating The Fitness Industry And Finding Your Place In It Fable p.15 Session 2
High-Speed Training: approach p.16	Nutrition 101 Adair p.16	Schwinn Cycling: InterACTION Arney p.16	Aqua Inside The Box Flatt p.17	Power Aqua Combos Sims p.17 17	Stretch For The Weekday Warrior Gasper p.	Pilates Reformer Fundamentals Kahn p.17	How To Be A Successful Fitness Entrepreneur Kooperman-Roth p.17

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Fit and Fighting	The CHEK Approach to Exercise and Stress Management Stone p.18	Schwinn Cycling: Get Smart. Fable p.18	VIPs In The Pool Flatt p.18	Water Fitness Basics McCormick p.18	Power Cords Sims p.18	AeroPilates Free-Form Cardio Rebounder: Reform Your Body Kahn p.18	Lead Don't Be Led Krohn p.19
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expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

ym... Will Travel! ywhere with Fit™ p.19	Fat: Friend or Foe? Lindstrom p.19	Schwinn Cycling: World Class Coaching Blahnik p.19	Kick And Splash Layne p.19	iAy Carumba!: Aqua Velazquez p.19	Get Fit While You Sit Dennis p.22	Pilates Reformer For Athletes Kahn p.22	Still Strong Strength Training: Your 40's And Beyond Kooperman-Roth p.22
Body Conditioning Gymstick ch	Nutrition Now! Layne p.23	Schwinn Cycling: Hills and Sprints Large p.23	Aqua Gymstick Circuit McCormick p.22	Deep Water Drills Flatt p.23	Bridalicious Monsaert p.22	Pilates Reformer-Magic Circle, Box and Pole Kahn p.23	Legal Advice For The Personal Trainer or Group Fitness Instructor Roth & Kooperman-Roth p. 23
Fit and Fighting	The Latest Scoop - Sports Supplements Promises and Pitfalls Comana p.24	Schwinn Cycling: Ultimate Time Trial Roberts p.24	Fluid Fusion Velazquez p.24	Aqua Buff -N- Tuff Sims p.24	Kids Dance Party Layne p.24	Studio Barre Total Body Trainer Fundamentals Finnegans p.24	Finding Money To Fund Your Business Roth p.24

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

Bar None	What Causes Delayed Onset Muscle Soreness (DOMS) and Should It Be Avoided? Lindstrom p.25	Schwinn Cycling: Instructor's Choice Large p.25	Bump Fitness.edu: Pregnancy Plunge Flatt p.25	Waterpark For Kids Layne p.25	Step, Stomp, Bounce and Balance For Kids Dennis p.25	Studio Barre Total Body Trainer Fundamentals Finnegans p.25	
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ym... Will Travel! ywhere with Total p.26	Event Day Nutrition Lindstrom p.26	Schwinn Cycling: Cycle Sculpt Mylrea p.26	Aqua Hip & Funk Velazquez p.26	Wellness in the Water for Active Aging Adults Dennis p.26	Poses For Pregnancy Flatt p.26	AeroPilates Free-Form Cardio Rebounder: Reform Your Body Kahn p.26	Fitness Business Websites 101 Perkins p.26
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expo shopping 8:15am-1:15pm

Body Conditioning Gymstick	Fit For The Future Dennis p.27	Schwinn Cycling: Strong, Stretched and Centered for Cyclists Fable p.27	High And Low: H20 Mehanni p.27	Jam Packed Pool Layne p.27	Cardio Stack, Core Attack Sims p.27	Pilates Reformer For Athletes 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

Bar None	CHEK Points in Core Conditioning Stone p.28	Schwinn Cycling: Instructor's Choice Gekko p.28	Totally Toys! Flatt p.28	Aqua Gymstick Circuit Layne p.28	Kids Fitness Fun Mylrea p.28		Creating Additional Income Streams Perkins p.28
	From Good to Excellent - Personal Training Strategies to Improve your Practice Comana p.29		Liquid Rhythms Mehanni p.29	Aqua Diva Dance Sims p.29	Get Fit While You Sit Dennis p.29	Pilates Studio Tower Specialty Training 101 1:00pm-5:00pm Kahn p.29	Igniting The Fire Within Fable p.29

= Indicates a Fundamentals or Introductory Course