

**NOVEMBER 11-12**

<b>wednesday, november 11</b> pre-convention events				SCW Personal Training Certification 7:00AM-5:00PM BROOKS P. 8		SCW Sports Nutrition and Body Composition Specialty Certificate 8:00AM-5:00PM LAYNE P. 8
<b>thursday, november 12</b> pre-convention events		SCW Group Exercise Certificate 7:00AM-5:00PM GASPER P. 8	SCW 100% Hands On Personal Trainers Certification 8:00AM-5:00PM BROOKS P. 8	Fundamentals of a LWC Lifestyle Wellness Coaching Training Course 8:00AM-5:00PM BAUMGARTNER P. 9	Group Fitness Director Certificate 8:00AM-5:00PM LOWELL P. 9	
<b>thursday november 12</b> pre-convention events		E-Fit Pilates Specialty Certificate 5:00PM-9:00PM HECKERT P. 9	SCW Group Strength Certificate 6:00PM-10:00PM GASPER P. 9	Equal But Not the Same 9:00AM-6:00PM RUBIN P. 9		

5:00pm-7:00pm expo open

<b>A</b> Group Ex/Step/Core/Dance	<b>B</b> Group Ex	<b>C</b> Personal Training ACTIVITY	<b>D</b> Personal Training LECTURE	<b>E</b> Personal Training ACTIVITY	<b>F</b> Mind/Body
--------------------------------------	----------------------	--	---------------------------------------	--	-----------------------

**FRIDAY, NOVEMBER 13**

<b>FR1</b> 9:00AM-11:00AM	<b>Kettle Weights Workout</b> KOOPEMAN P. 10	<b>LES MILLS BODYCOMBAT</b> MURPHY P. 10	<b>BOSU® Cardio Express</b> MYLREA P. 10	<b>Controversy and Current Concepts Of Pulling Exercises</b> RUBIN P. 10	<b>Athletic Specific vs. Sport Specific Training...Building Athleticism</b> BROOKS P.10	<b>7 Steps To WillPower</b> KRAUSS P. 10
------------------------------	---	---	---	---	--	---

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

<b>FR2</b> 12:00PM-1:30PM	<b>Cardio Crazy</b> MYLREA P. 10	<b>LES MILLS BODYSTEP</b> HOPKINS P. 10	<b>BOSU® Athletic Movement, Strength &amp; Power</b> Brooks & K.ROBERTS P. 10	<b>Bridging The Gap Series: Functional Integrated Core</b> C. WOLF P. 11	<b>Better Butt, Better Back</b> RUBIN P. 11	<b>Buddha-Camp: Aggressive Mind-Body</b> BISCONTINI P. 11
<b>FR3</b> 1:45PM-3:15PM LUNCHTIME SESSION 1 2:30PM-4:00PM LUNCHTIME SESSION 2	<b>Step Til You Drop</b> GASPER P. 11	<b>LES MILLS BODYPUMP</b> MURPHY P. 11	<b>WORKout</b> MYLREA P. 11	<b>Bridging The Gap Series: Lower Extremity</b> C.WOLF P. 11	<b>Advanced Reps, Sets and Loads Principles for Hypertrophy &amp; Strength</b> BROOKS P.11	<b>It Takes Two To Yoga: Partner Yogic Practice</b> BISCONTINI P. 11
<b>FR4</b> 4:15PM-5:45PM	<b>Medicine Ball Madness</b> MYLREA P. 12	<b>Jumprope Training Basics Level 1</b> LEE P. 12	<b>BOSU® Athletic Balance</b> BROOKS P. 12	<b>Bridging The Gap Series: Upper Extremity</b> C. WOLF P. 12	<b>CHEK Points In Core Conditioning</b> RUBIN P. 12	<b>Rising Hot Yoga</b> KOOPEMAN P. 12

enjoy the expo!

<b>FR5</b> MASTERCLASS 6:45PM-7:45PM	<b>dance del.icio.us Boogie Blend</b> ARNEY P. 12		<b>BOSU® Block Party 2009</b> BLAHNIK, HUTTON, KRAUSS, MYLREA & K. ROBERTS P. 13			
--	--	--	---	--	--	--

**SATURDAY, NOVEMBER 14**

<b>SA1</b> 7:00AM-9:00AM	<b>Salsa On The Step</b> HOFFMAN P. 13	<b>Adapt, Improve, and Overcome</b> PATTERSON P. 13	<b>Superfit Bod!</b> DIXON P. 13	<b>Flexibility Highways A Road Map To Enhanced Performance</b> C. WOLF P. 13	<b>Isolation or Integration Which Is Our Best Approach</b> DALCOURT P. 13	<b>Plyometric Progressions for Athletes and Everyday Clientele</b> HUTTON P. 13
-----------------------------	---	--	-------------------------------------	---	--	--

expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

<b>SA2</b> 10:00AM-11:30AM	<b>Power Hour...The "S.W.A.T." Team Workout</b> GROSSHAUSER P. 14	<b>Jumprope Training Level 2</b> LEE P. 14	<b>BOSU® Core Flow</b> FABLE P. 14	<b>Myofascial Matrix</b> C. WOLF P. 14	<b>Squatology</b> RUBIN P. 14	<b>del.icio.us yog-ahh</b> ARNEY P. 14
<b>SA3</b> 11:45AM-1:15PM LUNCHTIME SESSION 1 12:30PM-2:00PM LUNCHTIME SESSION 2	<b>Multi Moves</b> GASPER P. 14	<b>LES MILLS BODYATTACK</b> HOPKINS P. 14	<b>Ball Training</b> HUTTON P. 15	<b>The Integrated Hip: An Anatomy Of A Lunge</b> A. WOLF P. 14	<b>Sports Performance Nutrition Simplified</b> LAYNE P. 15	<b>Tri Balletone®</b> FABLE P. 15
<b>SA4</b> 2:15PM-3:45PM	<b>Power In The Punch</b> HOFFMAN P. 15	<b>LES MILLS BODYPUMP</b> MURPHY P. 15	<b>BOSU® Total Stretch</b> VANDERBURG P. 15	<b>Movement Preparation</b> DALCOURT P. 15	<b>Is Stress Making Your Pants Tight?</b> RUBIN P. 15	<b>Horizontal Conditioning</b> KOULOURIDES P. 15
<b>SA5</b> 4:00PM-5:30PM	<b>The Bender Ball Build</b> BENDER P. 18	<b>LES MILLS BODYFLOW</b> MATTHEWS P. 18	<b>Sport Core</b> HUTTON P. 18	<b>Evolutions In Bio-Mechanics</b> DALCOURT P. 18	<b>Shaping Up Is More Than Working Out</b> KOULOURIDES P. 18	<b>Sensual Abs</b> GASPER P. 18

enjoy the expo!

<b>SA6</b> MASTERCLASS 6:30PM-7:30PM	<b>Zen-sational Step!</b> HOFFMAN P. 18	<b>Urban Striptease Masterclass</b> MURPHY-MADDEN P. 18				
--	--	--	--	--	--	--

**SUNDAY, NOVEMBER 15**

<b>SU1</b> 7:00AM-8:30AM	<b>Strong To The Core - A New Approach To Core Training</b> SCOLNICK P. 19	<b>Cut &amp; Paste Circuits</b> PATTERSON P. 19	<b>BOSU® Total Body Training</b> ROBERTS P. 19	<b>Essential Stages Of Human Development For Rehabilitation &amp; Performance</b> RUBIN P.19	<b>Program Design For Integrated Training</b> DALCOURT P. 19	<b>Balance And Power For Everybody</b> HOFFMAN P. 19
-----------------------------	---	--	---	---	---	---

expo shopping 8:15am-1:15pm

<b>SU2</b> 8:45AM-10:15AM	<b>Below The Belt</b> ROBERTS P. 19	<b>Bridezilla's Bootcamp</b> MURPHY-MADDEN P. 19	<b>BOSU® Cardio Express</b> KRAUSS P. 19	<b>The Four Elements of a Powerful Personal Trainer</b> TEDESCO P. 19	<b>How To Develop A Reactive Body</b> DALCOURT P. 19	<b>Integrated Yoga And Strength</b> VANDERBURG P. 20
------------------------------	--	---	---	--	---	---

expo shopping 8:15am-1:15pm

<b>SU3</b> 11:15AM-12:45PM	<b>Medicine Ball Drills Interval X</b> ROBERTS P. 20	<b>Jump Rope Training Basics Level Two</b> LEE P. 20	<b>One-On-One Partner Training</b> HUTTON P. 20	<b>Functional Integrated Abdominal Training</b> A. WOLF P. 20	<b>When Desire Is Not Enough</b> LAYNE P. 20	<b>WillPower And Grace</b> KRAUSS P. 20
<b>SU4</b> 1:00PM-2:30PM	<b>dieHARD Step - Let's Go Vertical</b> MCMULLEN P. 21	<b>Chairicious</b> MURPHY-MADDEN P. 21	<b>Assisted Stretching For Personal Trainers</b> HOFFMAN P. 21	<b>An Integrated Look At Postural And Movement Dysfunctions</b> A. WOLF P. 21	<b>Scientific Rotational Training</b> RUBIN P. 21	<b>Ultimate Integration</b> SCOLNICK P. 21

Pilates Matwork Fundamentals Certificate 7:00AM-7:00PM BISCONTINI P. 8	Boot Camp Challenge 9:00AM-6:00PM PATTERSON P. 9			
SCW Yoga Fundamentals I Certificate 7:30AM-5:30PM BISCONTINI P. 8	SCW Aquatic Exercise Fundamentals Certificate 7:00AM-6:30PM LAYNE P. 9	SCW Pilates Matwork Small Apparatus Certificate 8:00AM-4:00PM BENDER P. 8	Peak Pilates Foundations Workshop 7:00AM-1:00PM COYLE P. 8	Schwinn Indoor Cycling Instructor Training Course 9:00AM-7:00PM ARNEY & GEKKO P. 8
	SCW Outdoor Fitness Boot Camp Instructor Certificate 5:30PM-9:30PM K. ROBERTS P. 9	US Olympian Buddy Lee Jump Rope Certification Level 1 5:00PM-9:00PM LEE P. 9	Peak Pilates: Mve Chair Personal Trainer Workshop 2:00PM-6:00PM KRAUSS P. 9	



enjoy the expo!

G Group Ex Tools	H Group Pilates	I Pilates / Specialty	J Cycle	K Aqua Pool	L Aqua Lecture	M Management / Lecture
Head to Toe Tubing MCCORMICK P. 10	Architecture of Youth with ChiBolster SCOLNICK P. 10	Peak Pilates®; Mve™ Reformer Basics COYLE P. 10	Schwinn® Cycling: Heart Rate Monitor Training BLAHNIK P. 10	Get Wet And Shake Your Buddha BISCONTINI P. 10	To Beat or Not to Beat? MCMULLEN P. 10	Outsmart Your Heart GROSSHAUSER P. 10

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

Have Gym... Will Travel! Train Anywhere with Total E Fit™ HECKERT P.11	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 11	Mve™ Perfect Pair: Chair and Reformer Combo COYLE & KRAUSS P. 11	Schwinn® Cycling Make Your Mark ARNEY P. 11	Water In Motion: II KOOPERMAN, LAYNE, LAWSON & MCCORMICK P. 11		Group Fitness Solutions LOWELL P. 11
Total E Fit™ and Fighting Forty HECKERT P. 11 Session 2	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 12 Session 2	Peak Pilates®: Mve Chair Principles For The Fitness Pro KRAUSS P. 12 Session 2	Schwinn® Cycling: Ride a Century! ROBERTS P. 12 Session 2	Get Your Boots Wet: Liquid Bootcamp MCMULLEN P. 11 Session 1	Water Tools MCCORMICK P. 12 Session 2	GroupEX Pro: Streamlining GX Management FABLE P. 12 Session 2
Airop™ Group Sampler FABLE P. 12	Awaken Your Body with ChiBolster BENDER & SCOLNICK P. 12	Peak Pilates®: Mve® Chair Flex and Flow Workout KRAUSS P. 12	Schwinn® Cycling for Yogis ARNEY P. 12	H2O Muscle LAWSON P. 12	Spread your Wings & Get Wet MCMULLEN P. 12	Fear Factor Food: Kids Rule MCCORMICK P. 12

enjoy the expo!


			Schwinn® Cycling: Real Road Ride DIXON P. 13			Group Fitness Solutions Round Table Discussion LOWELL P.13
--	--	--	--	--	--	--

The Bender Ball Selected Stabilization BENDER P. 13	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 13	Peak Pilates®: Mve® Perfect Pair: Chair and Reformer Combo COYLE & KRAUSS P. 13	Schwinn® Cycling: Ride A Century! FABLE P. 13	All Hands And Feet On Deck LAYNE P. 13	Aquatic Partner Drills Circuit MCMULLEN P. 13	Coach Approach To Fitness BAUMGARTNER P. 13
---	--	---	---	--	---	---

expo shopping 8:45am-2:30pm and 3:30pm-6:45pm

Posture Perfect Training BENDER & SCOLNICK P. 14	Curved Step: Athletic Step GASPER P. 14	Peak Pilates®: Mve™ Reformer Energize Workout COYLE P. 14	Schwinn® Cycling: World Class Coaching BLAHNIK P. 14	Choreography Currents LAYNE P. 14	The Cutting Edge LAWSON P. 14	Girls 40+ What's Going On? KOULOURIDES P. 14
Kettleweights; Ultimate Body Detonation K. ROBERTS P. 15	Pilates With The E-Fit™ BENDER P. 15 Session 1	Peak Pilates®: Mve® Chair Hard Core KRAUSS P. 15 Session 1	Schwinn® Cycling: Cycling For Yogis VANDERBURG P. 15 Session 2	Aquatic Chakra Exploration – “the law of attraction” MCMULLEN P. 15 Session 1	Gentle Aqua for Rheumatoid Conditions MCCORMICK P. 15 Session 2	 GFM KOOPERMAN & MURPHY 11:30-2:00PM LUNCH PROVIDED P. 15 Session 1 & 2
Sensual Shape GASPER P. 15	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 15	Peak Pilates®: Mve Chair - Spring Into Action KRAUSS P. 15	Schwinn® Cycling: Class Design in no Time FABLE P. 18	Water In Motion: III KOOPERMAN, LAYNE, LAWSON & MCCORMICK P. 18		Cardio GX Coaching...The Ultimate Cardio Burn GROSSHAUSER P. 18
Cardio*Combat*Core* Strength MCMULLEN P. 18	Amazing E-Fit Mix HECKERT P. 18	Peak Pilates®: Reformer On The Ball COYLE P. 18	Schwinn® Cycling: Make Your Mark KRAUSS P. 18	Bikini Bootcamp KOOPERMAN P. 18	Zen Meets Zenergy H2O LAYNE & MCCORMICK P. 18	I Can Do That! FABLE P. 18

saturday evening reception and raffle 5:15pm-6:15pm

		Peak Pilates®: Circle Of Power COYLE P. 18	 CHAPLIN P. 18			
--	--	--	---	--	--	--

Fit For Two VANDERBURG P. 19	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 19	Peak Pilates®: Inner Strength COYLE P. 19		Aquatic Adrenaline LAYNE P. 19	Liquid Tease MURPHY-MADDEN-P. 19	25 Powerful Questions To Motivate Change BAUMGARTNER P. 19
------------------------------	--	---	--	--------------------------------	----------------------------------	--

expo shopping 8:15am-1:15pm

Latino Move! HOFFMAN P. 20	Architecture of Youth with ChiBolster SCOLNICK P. 20	Peak Pilates®: Mat with Props COYLE P. 20	Schwinn® Cycling: Cycle Sculpt DIXON P. 20	Dive in the Cueing's Fine KOOPERMAN P. 20	Use Your Noodle MCCORMICK P. 20	The Success Principles PATTERSON P. 20
----------------------------	--	---	--	---	---------------------------------	--

Hotel checkout is noon. Check baggage with hotel. CEC Signing until 3:00pm

Expose Your "Sole"by Balletone FABLE P. 20	Flow & Release With ChiBolster SCOLNICK P. 20	Minivan Mom Workout Hot Rod Mom Workout TEDESCO P. 20		The Cutting Edge LAWSON P. 20		The REAListic View Of Working For Yourself PATTERSON P. 20
Kickin' Strength DIXON P. 21	Functional Flexibility GASPER P. 21	Core Commotion GROSSHAUSER P. 21				

Urban Striptease Master Training SUN. 3:00PM-7:00PM MURPHY-MADDEN P. 9