

**AUG. 26-27**

**WEDNESDAY, AUGUST 26 PRECONVENTION EVENTS**

SCW Personal Training Certificate 7:00AM-5:00PM BROOKS P. 8

Boot Camp Challenge 9:00AM-6:00PM PATTERSON P. 8

SCW Pilates Matwork Fundamentals Certificate 7:00AM-7:00PM KAHN P. 8

SCW Yoga Fundamentals Certificate 7:00AM-5:00PM BISCONTINI P. 8

SCW Sports Nutrition and Body Composition Specialty Certificate 8:00AM-5:00PM ADAIR P. 8

**THURSDAY, AUGUST 27 PRECONVENTION EVENTS**

SCW 100% Hands Ons Personal Trainers Certificate 8:00AM-5:00PM BROOKS P. 8

SCW Aquatic Exercise Fundamentals Certificate 7:00AM-6:30PM LAYNE P. 8

Zumba Basic Skills Training Level 1 8:00AM-5:00PM J. ROBERTS P. 9

SCW Group Exercise Certificate 7:00AM-5:00PM GASPER P. 8

SCW Mom In Motion Certificate 8:00AM-5:00PM MCCORMICK P. 8

SCW Pilates Matwork Small Apparatus Certificate 8:00AM-4:00PM BENDER P. 8

**THURSDAY, AUGUST 27 PRECONVENTION EVENTS**

SCW Outdoor Fitness Boot Camp Instructor Certificate 5:30PM-9:30PM K. ROBERTS P. 8

SCW Group Strength Certificate 6:00PM-10:00PM GASPER P. 8

E-Fit Pilates Specialty Certificate 5:00PM-9:00PM BENDER 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

Understanding Functional Stability - The Key To Successful Exercise Programming 5:00PM-9:00PM STONE P. 9

5:00pm-7:00pm expo open

**FRIDAY, AUGUST 28**

**A Group Ex/Step/Core/Dance**

**B Group Ex**

**C Group Ex**

**D Mind/Body**

**E Personal Training ACTIVITY**

**F Personal Training LECTURE**

**G Small Group Training**

**H Personal Training & Nutrition LECTURE**

**FR1** 9:00AM-11:00AM Step And The City! PUSKARICH P. 10

**Adapt, Improvise and Overcome** PATTERSON P. 10

**Total E Fit™ and Fighting Forty** HECKERT P. 10

**Abs And Glutes By Gymstick** MURPHY MADDEN P. 10

**One-On-One Partner Training** HUTTON P. 10

**Scientific Rotational Training** STONE P. 10

**Sensual Shape** GASPER P. 10

**Athletic Specific vs. Sport Specific Training...Building Athleticism** BROOKS P. 10

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

**FR2** 12:00PM-1:30PM Cardio Crazy MYLREA P. 10

**Jumprope Training Basics Level 1** LEE P. 10

**Have Gym... Will Travel! Train Anywhere with Total E Fit™** HECKERT P. 10

**del.icio.us yog-ahh** ARNEY P. 10

**BOSU® Athletic Movement, Strength & Power** BROOKS & K.ROBERTS P.11

**Bridging The Gap Series: Lower Extremity** C.WOLF P. 11

**Kettleweights Workout** KOOPERMAN P. 11

**How To Help Them Lose It** ADAIR P. 11

**FR3** 1:45PM-3:15PM LUNCHTIME SESSION 1 2:30PM-4:00PM LUNCHTIME SESSION 2 **Are You Ready To Zumba?** J.ROBERTS P. 11 **Session 1**

**Suspension Training Circuit Training** CREWS P. 11 **Session 1**

**Partner Play** MYLREA P. 11 **Session 2**

**Slanted Riser Strength Workout** SPREEN P. 11 **Session 2**

**BOSU® Athletic Balance** BROOKS P. 11 **Session 1**

**Bridging The Gap Series: Functional Integrated Core** C. WOLF P. 11 **Session 1**

**Growing Younger** KAHN P. 11 **Session 1**

**Turbo Fuel - How To Eat For Maximum Sports Performance** ADAIR P. 11 **Session 2**

**FR4** 4:15PM-5:45PM **The Bender Ball Build** BENDER P. 12

**TRX® Circuits For Metabolic Training** CREWS P. 12

**Airoke Assault for the Fitness Professional** MCCORMICK P. 12

**Slanted Riser Cardio Workout** SPREEN P. 12

**Cut & Paste Circuits** PATTERSON P. 12

**Bridging The Gap Series: Upper Extremity** C. WOLF P. 12

**Rising Hot Yoga** KOOPERMAN P. 12

**Advanced Reps, Sets and Loads Principles for Hypertrophy & Strength** BROOKS P. 12

enjoy the expo!

**FR5** MASTERCLASS 6:45PM-7:45PM **Step Til You Drop** GASPER P. 12

**Hi Low Style And Rythmn** MILLER P. 12

**Beach Pilates** BISCONTINI P. 12

**BOSU® Block Party 2009** BLAHNIK, GLICK, HUTTON, KRAUSS, MYLREA & K. ROBERTS P. 12

**Girls 40+ What's Going On?** KOULOURIDES P. 13

**SATURDAY, AUGUST 29**

**SA1** 7:00AM-9:00AM **Booty Camp** K. ROBERTS P. 13

**TRX Sports Performance** CREWS P. 13

**The Bender Ball Selected Stabilization** BENDER P. 13

**Tri Balletone®** HALL P. 13

**BOSU® Skills And Drills** MYLREA P. 13

**Flexibility Highways A Road Map To Enhanced Performance** C. WOLF P. 13

**Sensual Abs** GASPER P. 13

**Essential Stages Of Human Development For Rehabilitation & Performance** STONE P.14

expo shopping 8:45am-10:15am, 11:15am-2:30pm and 3:30pm-6:45pm

**SA2** 10:00AM-12:30PM **Medicine Ball Madness** MYLREA P. 14

**Upper Body Sports Conditioning For Chicks** FREYTAG P. 14

**Incredible Core With Gymstick Pilates** SCOLNIK P. 14

**WillPower And Grace** KRAUSS P. 14

**BOSU® Cardio Express** GLICK P. 14

**Myofascial Matrix** C. WOLF P. 14

**Multi Moves** GASPER P. 14

**The Integrated Hip: An Anatomy Of A Lunge** A. WOLF P. 15 **Session 2**

**SA3** 11:45AM-1:15PM LUNCHTIME SESSION 1 12:30PM-2:00PM LUNCHTIME SESSION 2 **element** EHRHARDT P. 14 **Session 1**

**Jump Rope Training Basics Level 2** LEE P. 14 **Session 1**

**Pilates With The E-Fit™** BENDER P. 14 **Session 1**

**Racy Robics** MURPHY MADDEN P. 15 **Session 2**

**BOSU® Core Flow** GLICK P. 15 **Session 2**

**Stand Up Straight: Understanding Posture And Postural Assessments** HELLMAN P. 15 **Session 1**

**Total Body Rolling** BISCONTINI P. 15 **Session 1**

**Sports Performance Nutrition Simplified** LAYNE P. 18

**SA4** 2:15PM-3:45PM **Zumba Cardio Party!** ROBERTS P. 15

**Abs And Lower Body Sports Conditioning For Chicks** FREYTAG P.15

**T.G.I.F. Training** PUSKARICH P. 15

**Airoke™ Group Action** MCCORMICK P. 15

**BOSU® Total Body Training** HUTTON P. 15

**CHEK Points In Core Conditioning** STONE P. 15

**ExposeYour "Sole"by Balletone** HALL P. 15

**The Success Principles** PATTERSON P. 18

**SA5** MASTERCLASS 4:00PM-5:30PM **STEP up then FLOW down** PUSKARICH P. 18

**Back To Recess** SHUTE P. 18

**Gliding Plug And Play** MYLREA P. 18

**Stability Ball Techniques For Corrective Posture and Stability Deficits** STONE P. 18

**BOSU® Total Stretch** KRAUSS P. 18

**Scientific Shoulder Training** HELLMAN P. 18

**ArCHI-techts of Youth** KAHN P. 18

**enjoy the expo!**

**SA6** MASTERCLASS 6:30PM-7:30PM **"Stellar Step"** GLICK P. 19

**Desperate HOTwives: Second Season** KOOPERMAN, MCCORMICK, PUSKARICH & HECKERT P. 19

**Bridezillas Bootcamp** MURPHY MADDEN P. 19

**SUNDAY, AUGUST 30**

**SU1** 7:00AM-8:30AM **Zumba Toning!** J.ROBERTS P. 19

**"Step" To Tap or Not to Tap** MILLER P. 19

**Amazing E-Fit Mix** HECKERT P. 19

**Plyometric Progressions for Athletes and Everyday Clientele** HUTTON P. 19

**WORKout** MYLREA P. 19

**Controversy and Current Concepts Of Pulling Exercises** HELLMAN P. 19

**It Takes Two To Yoga: Partner Yogic Practice** BISCONTINI P. 19

**The REAListic View Of Working For Yourself** PATTERSON P. 19

expo shopping 8:15am-1:15pm

**SU2** 8:45AM-10:15AM **BODYFormula** ERHARDT P. 20

**Slanted Riser Total Body Circuit** SPREEN P. 20

**Power Hour...The "S.W.A.T." Team Workout** GROSSHAUSER P. 20

**Chair-licious** MURPHY MADDEN P. 20

**Sport Core** HUTTON P. 20

**Overcoming Chronic Back Pain: An Integrative ~ Holistic Approach** HELLMAN P.20

**Athlekinetix** LEON P. 20

**Functional Integrated Shoulder Training A.** WOLF P. 20

expo shopping 8:15am-1:15pm

**SU3** MASTERCLASS 11:15AM-12:45PM **Step: 3 For All** MILLER P. 20

**Ball Training** HUTTON P. 20

**Blast: The Kickboxer's Bootcamp** SPREEN P. 20

**7 Steps To WillPower** KRAUSS P. 20

**Jump Rope Training Basics Level Two** LEE P. 20

**Functional Integrated Abdominal Training** A. WOLF P. 20

**Kick Box Booty Jam** LINTZEN P. 20

**Shaping Up Is More Than Working Out** KOULOURIDES P. 21

**SU4** 1:00PM-2:30PM **Cardio Funk** MURPHY P. 21

**Mirror Mirror Off The Ball** PUSKARICH P. 21

**Core Commotion** GROSSHAUSER P. 21

**Spa For The Soul** BISCONTINI P. 21

**Cardio\*Combat\*Core\*Strength** MCMULLEN P. 21

**An Integrated Look At Postural And Movement Dysfunctions** A. WOLF P. 21

**Hip Hop Booty Jam** LINTZEN P. 21

**SUNDAY POST CON Urban Striptease** MURPHY MADDEN P. 9

# DALLAS MANIA SCHEDULE-AT-A-GLANCE

enjoy the expo!

I Cycle	J Aqua POOL	K Aqua LECTURE	L Activity	M Pilates	N Management / Lecture	THRSA O THRSA Leadership/Management/Sales	THRSA P THRSA Programming	THRSA Q THRSA Customer Service/Retention
Schwinn® Cycling: Ride a Century! ARNEY & BLAHNIK P. 9	Fundamentals of LWC a Lifestyle Wellness Coaching Training Course 8:00AM-5:00PM BAUMGARTNER P. 9	T'ai Chi And Qi Gong For Wellness Professionals Certificate 9:00AM-5:00PM BISCONTINI P. 9						
Schwinn® Cycling: Heart Rate Monitor Training BLAHNIK P. 11	Fluid Fusion VELAZQUEZ P. 11	Take Another Look at Water Fitness MCCORMICK P. 11	Arcs and Angles KAHN P. 11	MVe™ Perfect Pair: Chair and Reformer Combo HERZOG & KRAUSS P. 11	I Can Do That! BAUMGARTNER P. 11	9:00am-11:00am Panel Presentation How to Survive and Thrive in Challenging Economic Times		

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

Schwinn® Cycling: Heart Rate Monitor Training BLAHNIK P. 11	Fluid Fusion VELAZQUEZ P. 11	Take Another Look at Water Fitness MCCORMICK P. 11	Arcs and Angles KAHN P. 11	MVe™ Perfect Pair: Chair and Reformer Combo HERZOG & KRAUSS P. 11	I Can Do That! BAUMGARTNER P. 11	12:00pm-1:30pm Just Press PLAY! BACHICHA P. 11		
Schwinn® Cycling for Yogis ARNEY P. 12 <b>Session 2</b>	The Sensational Aqua Gymstick MEHANNI P. 11 <b>Session 1</b>	Get Wet And Shake Your Buddha BISCONTINI P. 12 <b>Session 2</b>	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 12 <b>Session 2</b>	Peak Pilates®: Mve Chair Principles For The Fitness Pro KRAUSS P. 12 <b>Session 2</b>	Critical Program Design Strategies HELLMAN P. 11 <b>Session 1</b>	2:30pm-4:00pm Sales And Goal Setting PATTON P. 12	ENERGY BREAK	
Schwinn® Cycling Make Your Mark KRAUSS P. 12	Choreography Currents LAYNE P. 12	PT H2O MEHANNI P. 12	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 12	Peak Pilates®: Mve® Chair Flex and Flow Workout HERZOG P. 12	Is Stress Making Your Pants Tight? STONE P. 12			

enjoy the expo!

Schwinn® Cycling: Real Road Ride GEKKO P. 13	iAy Carumba! Aqua VELAZQUEZ P. 13			Peak Pilates®: Circle Of Power HERZOG P. 13		6:00pm-8:00pm THRSA Reception		
Schwinn® Cycling: More Music Magic! GLICK P. 13	All Hands And Feet On Deck LAYNE P. 13	Aqua Hip And Funk VELAZQUEZ P. 13	Head To Toe Tubing MCCORMICK P. 13	Peak Pilates®: Mve® Perfect Pair: Chair and Reformer Combo HERZOG & KRAUSS P. 13	Outsmart Your Heart GROSSHAUSER P. 13	7:00am-9:00am Conversational Selling KIRBY P. 13	7:00am-9:00am Top Ten Mistakes Trainers Make BROWN P. 13	7:00am-9:00am Market-Your Clubs Largest Group Of Prospective Members MARTIN P. 13

expo shopping 8:45am-10:15am, 11:15am-2:30pm and 3:30pm-6:45pm

Schwinn® Cycling: World Class Coaching BLAHNIK P. 14	Spread Your Wings And Get Wet MCMULLEN P. 14	The Sensational Aqua Gymstick MEHANNI P. 14	Fit For Life Workout KAHN P. 14	Peak Pilates®: Mve™ Reformer Energize Workout HERZOG P. 14	8 x 8 Still The Rule? ADAIR P. 14	10:00am-11:30am Exceed Member Expectations Through Staff Training And Retention GORSLINE P. 14	10:00am-11:30am Law & Exercise KOOPERMAN P. 14	10:00am-11:30am Don't Drown In The Tides Of Change! AMAYA P. 14
Schwinn® Cycling: Ride a Centure! ROBERTS P. 15 <b>Session 2</b>	The Cutting Edge MEHANNI P. 15 <b>Session 1</b>	To Beat, Or Not To Beat - Aquatic Music Mastery MCMULLEN P. 15 <b>Session 2</b>	Horizontal Conditioning KOULOURIDES P. 15 <b>Session 1</b>	Peak Pilates®: Mve® Chair Flex and Flow Workout KRAUSS P. 15 <b>Session 2</b>	Body Of Evidence MCCORMICK P. 15 <b>Session 1</b>	LUNCH, TRADE SHOW		
Schwinn® Cycling: My Favorite Ride MYLREA P. 18	Get Your Boots Wet: Liquid Bootcamp MCMULLEN P. 18	Aquatic Shakti: the experience BISCONTINI P. 18	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 18	Peak Pilates®: Mve™ Chair - Spring Into Action KRAUSS P. 18	Still Strong Strength Training : Your 40's And Beyond KOOPERMAN P. 18	12:30pm-2:00pm Building And Maintaining A Strong Personal Training Business LEPLLEY P. 15	12:30pm-2:00pm Circular Movement Therapy KIRBY P. 15	12:30pm-2:00pm When "Good" is Not "Good Enough!" AMAYA P. 15
Schwinn® Cycling: Cycling For Yogis GLICK P. 18	Not Just A Dumbbell MEHANNI P. 18	Water In Motion: II KOOPERMAN, LAYNE & MCCORMICK P. 18	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 18	Peak Pilates®: Reformer On The Mat HERZOG P. 18	Coach Approach To Fitness BAUMGARTNER P. 18	2:15pm-3:45pm "Oops, I Did What? The Top 10 Mistakes Employers Make CARTER P. 18	2:15pm-3:45pm Teach To The Back Row KIRBY P. 18	2:15pm-3:45pm Is "Accountability" A Dirty Word? AMAYA P. 18

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

ENJOY THE TRADE SHOW

	Aqua Buddha Camp BISCONTINI P. 19					4:00pm-5:30pm All Things Online-Free Marketing Strategies COOPER-LUCAS P. 18	4:00pm-5:30pm The Art Of Training Your Personal Trainers HIGHTOWER & OVERTURF P. 19	4:00pm-5:30pm What Does It Mean To OOTW (Out Of This World)? BACHICHA P. 19
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Schwinn® Cycling: Cycle Sculpt ROBERTS P. 19	Aquatic Chakra Exploration – "the law of attraction" MCMULLEN P. 19	Gymstick Hydro Power MEHANNI P. 19	Indo-Row The Perfect Calorie Burn BLAHNIK & CROSBY P. 19	Peak Pilates®: Inner Strength HERZOG P. 19	Outsmart Your Heart GROSSHAUSER P. 19	8:45am-10:15am Help! I'm A New Supervisor MELKERSON-GRANRYD, MED P.	8:45am-10:15am Pilates "Perks" For Your Personal Training WILLIAMS P.	8:45am-10:15am Developing A Foundation For Financial Success! SPENST P.
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expo shopping 8:15am-1:15pm

Schwinn® Cycling: Make Your Mark KRAUSS P. 20	Aquatic Partner Drills Circuit MCMULLEN P. 20	Dive In The Cueings Fine KOOPERMAN P. 20	Horizontal Conditioning KOULOURIDES P. 20	Peak Pilates®: Mat with Props HERZOG P. 20	Setting The Stage For Change BAUMGARTNER P. 20			
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Hotel checkout is noon. Check baggage with hotel. CEC Signing until 3:00pm

Schwinn® Cycling: InterACTION! GEKKO P. 21	Aquatic Interval Science Simplified LAYNE P. 21	Water Tools MCCORMICK P. 21	ArCHI-techs of Youth KAHN P. 21		Cream Rises: Promoting Excellence Among Instructors And Trainers BISCONTINI P. 21			
	Gentle Aqua for Rheumatoid Conditions MCCORMICK P. 21	Splash Dance! MEHANNI P. 21			Flow & Release With ChiBolster SCOLNICK P. 21			