





689	BANG™: HIIT Training With Serious Attitude	WS	Amanda Strand	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0	
690	FitSteps™: Ballroom and Beyond	WS	June Kahn   Debra de Luen	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0	
691	Barre Stars, Powered by Savvier Fitness	WS	Lauren George, MS   Irene Lewis-McCormick, MS   Tricia Murphy-Madden	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0	
692	STOTT PILATES™: Postnatal Pilates	WS	Laureen DuBeau	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
693	Yoga Thru™	WS	Rob Clark	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0	
694	Keiser® Yoga Ride: When Two Worlds Collide	WS	Linda Freeman Webster	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
695	Spinning® RPE: The Power of Perception	WS	Cesar Valera	1 hour 50 min	0.0	0.0	0.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
696	Schwinn® Cycling: Master the Moment	WS	Amy Dixon   Jeffrey Scott	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0	
697	Three Website Hacks: How I Made a Fitness Business \$10K in New Member Revenue in 30 Days	L	Tim Sarazen	1 hour 50 min	0.0	0.0	0.0	0.2	2.0	2.0	2.0	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
698	Prehab - Rehab: Movement Prep and Recovery Drills for Pain-Free Movement	WS	Mark Cheng, PhD	1 hour 30 min	0.0	0.0	0.0	0.1	1.0	1.0	1.5	1 PTS, FIS	0.0	2.0	1.5	1.5	2.0	0.15	0.0	0.1	0.0	1.5	0.5	0.1	1.0	0.25	0.15	1.5	2.0	
TIME BLOCK V (4:40PM - 5:40PM) - Saturday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canlitpro	CDR	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NBHW	NCEP	NCSF	NESTA	NETA	NFFT	NSCA	NSPA	PTAG	
700	ACT With Courage. Go Home With a Plan.	L	Todd Durkin, MA   Trina Gray	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0	
701	The HOPE Solution: How Our Purpose Empowers	L	Lee Jordan, MS	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	1.0	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0	
703	Progressing Clients From Function to Performance	WS	Anthony J. Wall, MS	1 hour	0.2	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	1.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
704	Movement as a Vital Sign	WS	Chris Frankel, MS	1 hour	0.2	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
706	Handstands	WS	Rose Calucchia	1 hour	0.2	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
707	Speed Science	WS	Michael Cummings, PT	1 hour	0.2	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
708	Bringing Back Foundation Strength Training: UN-Complicating Your Training for Optimal Results	WS	Greg Johnson, MS	1 hour	0.2	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
709	The 3D Fascial Core	WS	Leslie Bender	1 hour	0.2	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
710	Gait-Based Movement Screening	WS	Rocky Snyder	1 hour	0.2	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
713	Popular Diets: Are They Helping or Harming Your Clients	L	Amy Goodson, MS, RD, CSSD, LD	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
714	Amplify Your Digital Marketing	L	Karly Osten	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
715	How to Build Emotional Endurance	L	Angie Miller, MS	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
716	Strong 30: TORCH & TONE Full Intensity Workout In Half The Time	WS	Alex McLean   Chelle Thomas   Abraham Hernandez   Krista Jacobs	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
717	AMPD Resistance	WS	Amy Moreland	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
718	Sassified Dance Fitness	WS	Elizabeth Lenart, MEd	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
719	Sleek Technique: Ballet Boot Camp	WS	Sue White	1 hour	0.0	0.0	0.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0	1.0	1.0
720	ZEN+GA®: Power and Strength	WS	Laureen DuBeau	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
722	Stages® Cycling: Get Your Watts Up!	WS	Heather Flebbe, MS   Neil Troutman	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
723	Schwinn® Cycling: Ride and Restore	WS	Keli Roberts	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
725	The Importance of Sleep: An Evidenced-Based Approach to Optimizing Your Sleep	L	Dan McDonogh   Michael Watts, MSc	1 hour	0.0	0.1	1.0	0.1	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.1	0.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
TIME BLOCK W (6:00Pm - 7:00PM) -Saturday, June 29					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canlitpro	CDR	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NBHW	NCEP	NCSF	NESTA	NETA	NFFT	NSCA	NSPA	PTAG	
731	Move Better: Enhance Strength Through Increased Mobility and Activation	WS	Marc Coronel	1 hour	1.0	0.1	1.0	0.1	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	0.1	1.0	0.1	0.0	1.0	0.5	0.1	1.0	0.25	0.1	1.0	1.0
TIME BLOCK X (7:30AM - 9:20AM) - Sunday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canlitpro	CDR	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NBHW	NCEP	NCSF	NESTA	NETA	NFFT	NSCA	NSPA	PTAG	
800	Coaching Your Clients Through Lifestyle Medicine	L	Anthony Wall, MS	1 hour 50 min	0.2	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
801	Proven Techniques for Knee Pain Relief	WS	Justin Price, MA	1 hour 50 min	0.2	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
802	Glute Training From Beginner to Advanced	WS	Greg Johnson, MS	1 hour 50 min	0.2	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
803	The Science of Building Relevant Assessments	L	Joanne Groves	1 hour 50 min	0.2	0.0	0.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
804	Dynamic Duos	WS	Keli Roberts	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
805	Advanced Sales Strategies for Fit Pros	L	John Heringer	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS, HWL	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
806	Shred: A Revolutionary Class Format That Gets Results	WS	Staci Alden   Nichole Arthur   Janelle Veteri	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
807	Yoga for Athletes	WS	Helen Vanderburg	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
808	Pilates at the Barre	WS	Leslie Bender	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
809	Keiser®: Power On, Power Up, Power Ride!	WS	Krista Popowych	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
810	Schwinn® Cycling: Ride and Row	WS	Jeffrey Scott   Doris Thevs	1 hour 50 min	0.0	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0	2.0	2.0	
TIME BLOCK Y (9:40AM - 11:30AM) - Sunday, June 30					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	canlitpro	CDR	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NBHW	NCEP	NCSF	NESTA	NETA	NFFT	NSCA	NSPA	PTAG	
820	Understanding and Alleviating Back Pain	WS	Justin Price, MA	1 hour 50 min	0.2	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
821	Novel Approaches to Body-Weight Exercises That Heal, Move and Burn	WS	Ken Miller, MS	1 hour 50 min	0.2	0.2	2.0	0.2	2.0	2.0	2.0	1 PTS, FIS	0.0	2.0	2.0	2.0	2.0	0.2	1.0	0.2	0.0	2.0	1.0	0.2	2.0	0.25	0.2	2.0	2.0	
822	Increase Mobility Through Animal Movements	WS	Rose Calucchia	1 hour 50 min	0.2	0.2	2.0																							