

# FRIDAY OCTOBER 29, 2010

	8:00–9:30 AM	10:00–11:30 AM	12:00–1:30 PM	2:00–3:30 PM	4:00–5:30 PM	6:30–8:30 PM
Pacific D	<input type="checkbox"/> Flab-U-Less <i>Stephanie Goldstein</i>	<input type="checkbox"/> Resist-A-Ball®: Bounce, Step & Sweat <i>Abbie Appel</i>	<input type="checkbox"/> Body Bar® B.U.R.S.T. <i>Clay Grant</i>	<input type="checkbox"/> Equipment-less Boot Camp <i>Abbie Appel</i>	<input type="checkbox"/> Body Bar® Flex: Ahead of the Curve <i>Lisa Wheeler</i>	
Pacific A-C	<input type="checkbox"/> Body Bar® Grace Under Pressure <i>Clay Grant</i>	<input type="checkbox"/> Sweating Sexy <i>Jennifer Galardi</i>	<input type="checkbox"/> Jazz Adagio <i>Robert Steinbacher</i>	<input type="checkbox"/> IntenSati <i>Patricia Moreno</i>	<input type="checkbox"/> BodyART™ Stretch <i>Robert Steinbacher</i>	Zumba® “Dance Around the World” Master Class <i>Ann Saldi</i> *Additional fee required
Pacific F-H	<input type="checkbox"/> YogaSati <i>Patricia Moreno</i>	<input type="checkbox"/> Power Vinyasa for Functional Fitness Yoga <i>Robert Sherman</i>	<input type="checkbox"/> Street KAMP <i>Bishop Garland</i>	<input type="checkbox"/> Sensational Stretching & Flawless Flexibility <i>Robert Sherman</i>	<input type="checkbox"/> Ballet Body <i>Jennifer Galardi</i>	
Brewster	<input type="checkbox"/> Peak Pilates®: MVe® Chair Power Progressions <i>Zoey Trap</i>	<input type="checkbox"/> Peak Pilates®: MVe® Reformer Energize <i>Clare Dunphy</i>	<input type="checkbox"/> Peak Pilates®: MVe® Reformer JUMP! <i>Zoey Trap</i>	<input type="checkbox"/> Peak Pilates®: Pila- tesstick®: Moving Strength <i>Kathryn Coyle</i>	<input type="checkbox"/> Peak Pilates®: Re- former on the Ball <i>Zoey Trap</i>	
Mediterranean	<input type="checkbox"/> Injury Prevention Through Technique Mastery <i>Bryan Fass</i>	<input type="checkbox"/> Financial Fitness- The Bottom Line <i>Sherry Catlin &amp; Michael Dudley</i>	<input type="checkbox"/> Back Pain Solution <i>Bryan Fass</i>	<input type="checkbox"/> Art of Communi- cation & Creative Cueing <i>Lisa Wheeler</i>	<input type="checkbox"/> When the Foot Hits the Ground, Everything Changes <i>Chris Gellert</i>	
Junior A	<input type="checkbox"/> Spinning® Ridin’ Dirty <i>Caroline Dawson</i>	<input type="checkbox"/> Spinning® Bike Fit <i>Josh Taylor</i>	<input type="checkbox"/> Spinning® Bring in the Beat <i>Donna Minotti</i>	<input type="checkbox"/> Spinning® Technical Training <i>Josh Taylor</i>	<input type="checkbox"/> Spinning® Powerful Peaks <i>Caroline Dawson</i>	
Junior C	<input type="checkbox"/> Cuerpaso® <i>Tadeo</i>	<input type="checkbox"/> Bootcamp Buddies <i>Marc Lebert</i>	<input type="checkbox"/> Bodyblade®: Cir- cuit...Work It <i>Kathryn Coyle</i>	<input type="checkbox"/> Conquering Strength Training Challenges <i>Marc Lebert</i>		

# SATURDAY OCTOBER 30, 2010

	8:00–9:30 AM	10:00–11:30 AM	12:00–1:30 PM	2:00–3:30 PM	4:00–5:30 PM
Pacific D	<input type="checkbox"/> Cardiocut FX <i>Philip Gray</i>	<input type="checkbox"/> Body Bar® Bar-tending <i>Lisa Wheeler</i>	<input type="checkbox"/> ABC's of Resist-A-Ball®: All Ball Circuit <i>Abbie Appel</i>	<input type="checkbox"/> Body Bar® S.W.E.A.T. <i>Sherry Catlin</i>	<input type="checkbox"/> Resist-A-Ball®: Core Amore <i>Abbie Appel</i>
Pacific A-C	<input type="checkbox"/> BodyART™ Strength <i>Robert Steinbacher</i>	<input type="checkbox"/> Zumba® Cardio Party <i>Ann Saldi</i>	<input type="checkbox"/> Street Kata Fighter: Level 1 <i>Bishop Garland</i>	<input type="checkbox"/> Zumba® Cardio Party <i>Ann Saldi</i>	
Pacific F-H	<input type="checkbox"/> ROCK SOLID: Pilates™ <i>Jewel Elizabeth</i>	<input type="checkbox"/> Flowetry <i>Jennifer Galardi</i>	<input type="checkbox"/> ROCK SOLID: Pilates™ - <i>Jewel Elizabeth</i>		
Brewster	<input type="checkbox"/> Peak Pilates®: MVe® Chair Flex & Flow <i>Clare Dunphy</i>	<input type="checkbox"/> Peak Pilates®: MVe® Reformer Rhythms <i>Kathryn Coyle</i>	<input type="checkbox"/> Peak Pilates®: Pilatesstick®: Stick with It! <i>Zoey Trap</i>	<input type="checkbox"/> Peak Pilates®: Mat with Props <i>Clare Dunphy</i>	<input type="checkbox"/> Peak Pilates®: Mat to the Max <i>Kathryn Coyle</i>
Caspian		<input type="checkbox"/> Aging Strong <i>Robert Sherman</i>	<input type="checkbox"/> Coaching—Good to Great! <i>Dave Jack</i>	<input type="checkbox"/> Evolving Your Teaching Methods, Business Op- tions & How to Market Your Future <i>Robert Sherman</i>	
Mediterranean	<input type="checkbox"/> Understanding the Weak Links In Our Movement Chain© <i>Chris Gellert</i>	<input type="checkbox"/> Training Outside the Workout Lever Box <i>Chris Gellert</i>	<input type="checkbox"/> Toxic World, Toxic Body <i>Michael Dudley</i>	<input type="checkbox"/> Fitness MVP— Modifications, Variations and Progressions <i>Lisa Wheeler</i>	
Junior A	<input type="checkbox"/> Spinning® "300" <i>Josh Taylor</i>	<input type="checkbox"/> Spinning® Periodizing in the Real World <i>Caroline Dawson</i>	<input type="checkbox"/> Spinning® A Healing Journey <i>Donna Minotti</i>	<input type="checkbox"/> Spinning® Intervals- Extreme Efforts <i>Caroline Dawson</i>	<input type="checkbox"/> Spinning® From 60-110 <i>Donna Minotti</i>
Junior C	<input type="checkbox"/> Style Mix <i>Ilyse Baker</i>	<input type="checkbox"/> Bodyblade®: Movement not Muscle <i>Zoey Trap</i>	<input type="checkbox"/> Lyrical Fitness <i>Ilyse Baker</i>	<input type="checkbox"/> Bodyblade®: Core Like Never Before™ <i>Kathryn Coyle</i>	