

FRIDAY, NOVEMBER 4, 2011

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
<input type="checkbox"/> HIIT Training <i>Mindy Mylrea</i>	<input type="checkbox"/> Equinox Rockstar Skinny <i>Philip Gray</i>	<input type="checkbox"/> Body Bar® Tabata <i>Sherry Catlin</i>	<input type="checkbox"/> Body Bar® Even More S.W.E.A.T.! <i>Clay Grant</i>	<input type="checkbox"/> Equinox Barre Burn <i>Lisa Wheeler</i>
<input type="checkbox"/> Equinox Dirty Dozen <i>Lisa Wheeler & Kristy DiScipio</i>	<input type="checkbox"/> Bellyfit®: The Original Cardio Workout™ <i>Alice Bracegirdle</i>	<input type="checkbox"/> Flirty Girl Fitness: Fun, Fit and Fabulous <i>Mindy Mylrea</i>	<input type="checkbox"/> Punk Rope's Greatest Skips <i>Tim Haft & Shana Brady</i>	<input type="checkbox"/> BodyART™ Strength <i>Julia Przybilka</i>
<input type="checkbox"/> Beyond Ball Boot Camp <i>Abbie Appel</i>	<input type="checkbox"/> Bodyblade®: Circuit...Work It <i>Jodi Sussner</i>	<input type="checkbox"/> Yoga Tune Up®: Hip Help For Everyone <i>Jill Miller</i>	<input type="checkbox"/> EveryBODY GROOVE <i>Michelle Hillier</i>	<input type="checkbox"/> Deep Stretch, Great Journey <i>Nissim Zoares</i>
<input type="checkbox"/> Yoga Tune Up®: Shoulder Shape Up <i>Jill Miller</i>	<input type="checkbox"/> Equinox Thread <i>Robert Sherman</i>	<input type="checkbox"/> Perform Better: Fit Camp Fusion <i>Gay Gasper</i>	<input type="checkbox"/> Yoga Target Series: The Lense on Shoulders <i>Robert Sherman</i>	<input type="checkbox"/> Intro to Girevoy Sport <i>Ernest Hudson, Jr.</i>
<input type="checkbox"/> Perform Better: TRX® For Group <i>Gay Gasper</i>	<input type="checkbox"/> TRX® Circuit Training <i>Abbie Appel</i>	<input type="checkbox"/> Spinning® For The Non-Cyclist <i>Meg McNeely</i>	<input type="checkbox"/> Intro to Kettlebells For the Beginner <i>Ernest Hudson, Jr.</i>	<input type="checkbox"/> Spinning®: The Five-Step Sprint <i>Meg McNeely</i>
<input type="checkbox"/> Spinning®: Switching Switchbacks <i>Meg McNeely</i>	<input type="checkbox"/> Spinning® 101 <i>Josh Taylor</i>	<input type="checkbox"/> Feeding Your Clients Fit <i>Jenine Wright</i>	<input type="checkbox"/> Spinning® 300 <i>Josh Taylor</i>	<input type="checkbox"/> Pilatesstick®: Moving Strength <i>Jodi Sussner</i>
<input type="checkbox"/> Peak Pilates®: Mat Magic <i>Clare Dunphy</i>	<input type="checkbox"/> C.H.E.K Points in Shoulder Training <i>Ashley Mazurek</i>	<input type="checkbox"/> Peak Pilates®: Return to Life, Feet First <i>Stacey Lei Krauss</i>	<input type="checkbox"/> C.H.E.K INSTITUTE: Functional Anatomy to Improve Function <i>Ashley Mazurek</i>	<input type="checkbox"/> Peak Pilates®: Think – Then Move! <i>Clare Dunphy</i>
	<input type="checkbox"/> Peak Pilates®: Creative Class Design <i>Clare Dunphy</i>	<input type="checkbox"/> Peak Pilates®: Reformer JUMP! <i>Jodi Sussner</i>	<input type="checkbox"/> Peak Pilates®: The Hot Seat <i>Stacey Lei Krauss</i>	

SATURDAY, NOVEMBER 5, 2011

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
<input type="checkbox"/> Perform Better: Hard-Core Strength <i>Gay Gasper</i>	<input type="checkbox"/> Best of Boot Camp <i>Mindy Mylrea</i>	<input type="checkbox"/> Cardio Saturation <i>Jackie Henderson</i>	<input type="checkbox"/> Runway Ready <i>Philip Gray</i>	<input type="checkbox"/> Dance Stretch <i>Nissim Zoares</i>
<input type="checkbox"/> Body Bar® Grace Under Pressure <i>Clay Grant</i>	<input type="checkbox"/> Plyo-Power <i>Acea Theroux</i>	<input type="checkbox"/> Body Bar®: Move On Up! <i>Sherry Catlin</i>	<input type="checkbox"/> Glutes, Guts and Guns <i>Mindy Mylrea</i>	<input type="checkbox"/> Spinning®: Master The Ride <i>Josh Taylor (with Meg McNeely)</i>
<input type="checkbox"/> BodyART™ Strength <i>Julia Przybilka</i>	<input type="checkbox"/> Yoga Tune Up®: Kneehab <i>Jill Miller</i>	<input type="checkbox"/> It's the 80's <i>Nissim Zoares</i>	<input type="checkbox"/> Dance GROOVES <i>Michelle Hillier</i>	<input type="checkbox"/> Neck Seminar <i>Clare Dunphy</i>
<input type="checkbox"/> Yoga Target Series: The Lense On Hips <i>Robert Sherman</i>	<input type="checkbox"/> Power & Grace: TRX® for Dancers <i>Jackie Henderson</i>	<input type="checkbox"/> Yoga Tune Up® Breathe In, Bliss Out: Yoga Nidra—The Physiology of Relaxation <i>Jill Miller</i>	<input type="checkbox"/> Bodyblade®: Core Like Never Before! <i>Jodi Sussner</i>	<input type="checkbox"/> Peak Pilates®: Reformer Definition <i>Jodi Sussner</i>
<input type="checkbox"/> TRX® Power Stretch <i>Abbie Appel</i>	<input type="checkbox"/> Spinning®: Pedal Stroke and Power <i>Meg McNeely</i>	<input type="checkbox"/> Core Fusion® Plus Lean & Toned <i>Elisabeth Halfpapp & Fred DeVito</i>	<input type="checkbox"/> Core Fusion® Cardio <i>Elisabeth Halfpapp & Fred DeVito</i>	
<input type="checkbox"/> Spinning®: Bike Fit <i>Josh Taylor</i>	<input type="checkbox"/> Group Exercise or Group Injury <i>Evan Osar</i>	<input type="checkbox"/> Spinning®: You Might As Well Win <i>Josh Taylor</i>	<input type="checkbox"/> Spinning®: The LT Factor <i>Meg McNeely</i>	
<input type="checkbox"/> C.H.E.K Institute: Heavy Breathing—Science and Practice of Respiration During Resistance Training <i>Ashley Mazurek</i>	<input type="checkbox"/> Peak Pilates®: Return to Life, Feet First <i>Stacey Lei Krauss</i>	<input type="checkbox"/> Living YOUR Passionate Life... NOW! <i>David Bussell</i>	<input type="checkbox"/> Performance Strategies for Improving Hip Function <i>Evan Osar</i>	
<input type="checkbox"/> Peak Pilates®: The Hot Seat <i>Stacey Lei Krauss</i>	<input type="checkbox"/> Peak Pilates®: Progressions and Variations on the Reformer <i>Clare Dunphy</i>	<input type="checkbox"/> Pilatesstick®: Pilates without Limitations <i>Jodi Sussner</i>	<input type="checkbox"/> Peak Pilates®: Pure Traditional Mat <i>Clare Dunphy</i>	