

	Day/Time	Session Title	Presenter	Type	STAR	ACE	AFAA	NASM	Peak	P
B O S T O N	Fri1 8:00 - 9:30	Equinox Dirty Dozen	Wheeler, L.	WS	0.25	0.1	1.0	0.1		
	Fri1 8:00 - 9:30	HIIT Training	Mylrea, M.	WS	0.25	0.1	1.0	0.1		
	Fri1 8:00 - 9:30	Peak Pilates: Mat Magic	Dunphy, C.	WS	0.25	0.1	1.0	0.1	1.5	
	Fri1 8:00 - 9:30	Perform Better: TRX for Group	Gasper, G.	WS	0.25	0.1	1.0	0.1		
	Fri1 8:00 - 9:30	Spinning: Switching Switchbacks	McNeeley, M.	WS	1.5	0.1	1.0	0.1		
	Fri1 8:00 - 9:30	Yoga Tune Up: Shoulder Shape Up	Miller, J.	WS	0.25	0.1	1.0	0.1		
	Fri1 8:00 - 9:30	Beyond Ball Boot Camp	Appel.A.	WS	0.25	0.1	1.0	0.1		
	Fri2 10:00 - 11:30	Bodyblade: Circuit . . . Work It!	Sussner, J.	WS	0.25	0.1	1.0	0.1	0.75	
	Fri2 10:00 - 11:30	Equinox RockStar Skinny	Gray, P.	WS	0.25	0.1	1.0	0.1		
	Fri2 10:00 - 11:30	Equinox Thread	Sherman, R.	WS	0.25	0.1	1.0	0.1		
	Fri2 10:00 - 11:30	Peak Pilates: Creative Class Design	Dunphy, C.	WS	0.25	0.1	1.0	0.1	1.5	
	Fri2 10:00 - 11:30	Spinning 101	Taylor, J.	WS	1.5	0.1	1.0	0.1		
	Fri2 10:00 - 11:30	TRX Circuit Training	Appel.A.	WS	0.25	0.1	1.0	0.1		
	Fri2 10:00 - 11:30	C.H.E.K. Points in Shoulder Training	Mazurek, A.	LE	1.5	0.1	1.5	0.1	0.75	
	Fri3 12:00 - 1:30	Body Bar Tabata	Catlin, S.	WS	0.25	0.1	1.0	0.1		
	Fri3 12:00 - 1:30	Peak Pilates: Return to Life Feet First	Lei Krauss, S.	WS	0.25	0.1	1.0	0.1	1.5	
	Fri3 12:00 - 1:30	Perform Better: Fit Camp Fusion	Gasper, G.	WS	0.25	0.1	1.0	0.1		
	Fri3 12:00 - 1:30	Spinning for the Non-Cyclist	McNeeley, M.	WS	1.5	0.1	1.0	0.1		
	Fri3 12:00 - 1:30	Yoga Tune Up: Hip Help for Everyone	Miller, J.	WS	0.25	0.1	1.0	0.1		
	Fri3 12:00 - 1:30	Feeding Your Clients Fit	Wright, J.	LE	0.25	0.1	1.5	0.1	0.75	
B A L A N C E	Fri4 2:00 - 3:30	Body Bar: Even More S.W.E.A.T.!	Grant, C.	WS	0.25	0.1	1.0	0.1		
	Fri4 2:00 - 3:30	Intro to Kettlebells for the Beginner	Hudson, Jr., E.	WS	0.25	0.1	1.0	0.1		
	Fri4 2:00 - 3:30	Peak Pilates: The Hot Seat	Lei Krauss, S.	WS	0.25	0.1	1.0	0.1	1.5	
	Fri4 2:00 - 3:30	Punk Rope's Greatest Skips	Haft., T.	WS	0.25	0.1	1.0	0.1		
	Fri4 2:00 - 3:30	Toga Target Series: The Lense on Shoulders	Sherman, R.	WS	0.25	0.1	1.0	0.1		
	Fri4 2:00 - 3:30	C.H.E.K. Institute: Functional Anatomy to Improve Function	Mazurek, A.	LE	1.5	0.1	1.5	0.1	0.75	
	Fri4 2:00 - 3:30	Spinning 300	Taylor, J.	WO	0.75					
	Fri5 4:00 - 5:30	BodyART STRETCH	Przybilka, J.	WS	0.25	0.1	1.0	0.1		
	Fri5 4:00 - 5:30	Deep Stretch, Great Journey	Zoares, N.	WS	0.25	0.1	1.0	0.1	0.75	
	Fri5 4:00 - 5:30	Equinox Barre Burn	Wheeler, L.	WS	0.25	0.1	1.0	0.1		
2 0 1 1	Fri5 4:00 - 5:30	Intro to Girevoy Sport	Hudson, Jr., E.	WS	0.25	0.1	1.0	0.1		
	Fri5 4:00 - 5:30	Pilatesstick: Moving Strength	Sussner, J.	WS	0.25	0.1	1.0	0.1	1.5	
	Fri5 4:00 - 5:30	Spinning: The Five-Step Sprint	McNeeley, M.	WS	1.5	0.1	1.0	0.1		
	Sat1 8:00 - 9:30	Body Bar: Grace Under Pressure	Grant, C.	WS	0.25	0.1	1.0	0.1		
	Sat1 8:00 - 9:30	BodyART STRENGTH	Przybilka, J.	WS	0.25	0.1	1.0	0.1		
	Sat1 8:00 - 9:30	Peak Pilates: The Hot Seat	Lei Krauss, S.	WS	0.25	0.1	1.0	0.1	1.5	
	Sat1 8:00 - 9:30	Perform Better: Hard-Core Strength	Gasper, G.	WS	0.25	0.1	1.0	0.1		
	Sat1 8:00 - 9:30	Spinning: Bike Fit	Taylor, J.	WS	1.5	0.1	1.0	0.1		
	Sat1 8:00 - 9:30	TRX Power Stretch	Appel.A.	WS	0.25	0.1	1.0	0.1		
	Sat1 8:00 - 9:30	Yoga Target Series: The Lense on Hips	Sherman, R.	WS	0.25	0.1	1.0	0.1		
C E C	Sat1 8:00 - 9:30	C.H.E.K. Institute: Heavy Breathing Science and Practice of Respi	Mazurek, A.	LE	1.5	0.1	1.5	0.1	0.75	
	Sat2 10:00 - 11:30	Best of Boot Camp	Mylrea, M.	WS	0.25	0.1	1.0	0.1		
	Sat2 10:00 - 11:30	Peak Pilates: Return to Life Feet First	Lei Krauss, S.	WS	0.25	0.1	1.0	0.1	1.5	
	Sat2 10:00 - 11:30	Plyo-Power	Theroux, A.	WS	0.25	0.1	1.0	0.1		
	Sat2 10:00 - 11:30	Power & Grace: TRX for Dancers	Henderson, J.	WS	0.25	0.1	1.0	0.1		
	Sat2 10:00 - 11:30	Spinning: Pedal Stroke and Power	McNeeley, M.	WS	1.5	0.1	1.0	0.1		
	Sat2 10:00 - 11:30	Yoga Tune Up: Kneehab	Miller, J.	WS	0.25	0.1	1.0	0.1		
	Sat2 10:00 - 11:30	Group Exercise or Group Injury	Osar, E.	LE	1.5	0.1	1.5	0.1	0.75	
	Sat3 12:00 - 1:30	Body Bar: Move On Up	Catlin, S.	WS	0.25	0.1	1.0	0.1		
	Sat3 12:00 - 1:30	Cardio Saturation	Henderson, J.	WS	0.25	0.1	1.0	0.1		
G R I D	Sat3 12:00 - 1:30	Pilatesstick: Pilates Without Limitations	Sussner, J.	WS	0.25	0.1	1.0	0.1	1.5	
	Sat3 12:00 - 1:30	Spinning: You Might As Well Win	Taylor, J.	WS	1.5	0.1	1.0	0.1		
	Sat3 12:00 - 1:30	Yoga Tune Up Breathe In, Bliss Out: Yoga Nidra-The Physiology of	Miller, J.	WS	0.25	0.1	1.0	0.1		
	Sat3 12:00 - 1:30	Living Your Passionate Life . . . Now	Bussel, D.	LE	0.25	0.1	1.5	0.1	0.75	
	Sat4 2:00 - 3:30	Bodyblade: Core Like Never Before!	Sussner, J.	WS	0.25	0.1	1.0	0.1	0.75	
	Sat4 2:00 - 3:30	Core Fusion Cardio	Halfpapp, E.	WS	0.25	0.1	1.0	0.1		
	Sat4 2:00 - 3:30	Glutes, Gluts and Guns	Mylrea, M.	WS	0.25	0.1	1.0	0.1		
	Sat4 2:00 - 3:30	Peak Pilates: Pure Traditional Mat	Dunphy, C.	WS	0.25	0.1	1.0	0.1	1.5	
	Sat4 2:00 - 3:30	Runway Ready	Gray, P.	WS	0.25	0.1	1.0	0.1		
	Sat4 2:00 - 3:30	Spinning: The LT Factor	McNeeley, M.	WS	1.5	0.1	1.0	0.1		
Sat4 2:00 - 3:30	Performance Strategies for Improving Hip Function	Osar, E.	LE	1.5	0.1	1.5	0.1	0.75		
Sat5 4:00 - 5:30	Dance Stretch	Zoares, N.	WS	0.25	0.1	1.0	0.1	0.75		
Sat5 4:00 - 5:30	Neck Seminar	Dunphy, C.	WS	0.25	0.1	1.0	0.1	1.5		
Sat5 4:00 - 5:30	Spinning: The Master Ride	Taylor, J.	WS	1.5	0.1	1.0	0.1			