

Date/Time	Session Title	Presenter	ACE	AFAA	NSCA/ CPT	NSCA/ CSCS	NASM/ CPT	NASM/ CGT	AEA
Thurs. 11/12									
11-1pm	Controversy & Current Concepts of Pulling Exercises (L)	Mark Stone	0.2	2	0.2	0.2	0.2	0.2	2
	Vegetarian & Athletics (L)	Mark Occhipinti	0.2	2	0.2	0.2	0.2	0.2	2
12-1:15pm	Body Bar Cut to the Core (ws)	Sherry Catlin	0.1	1	0.1	0.1	0.1	0.1	0.5
	RAB-Step on the Ball (ws)	Abbie Appel	0.1	1			0	0.1	0.5
	Tropical Energy(wo)	Bianca Diaz					0	0.1	
	Yodates Technique (ws)	Brandi Woodard	0.1	1			0	0.1	0.5
	BodyFormula (ws)	Marcelo Ehrhardt	0.1	1	0.1	0.1	0.1	0.1	0.5
	SPINNING® Find Your Aerobic Edge (ws)	Elizabeth Hoffmann	0.1	1	0.1	0.1	0.1	0.1	0.5
1:30-3pm	Core Training with Flexi-Bar (ws)	Klein/Murphy		1.25	0.15	0.15	0.15	0.15	0.75
	Breakin' Step (ws)	Robert Steinbacher		1.25			0	0.15	0.75
	Hi/Low Fix (ws)	Geoff Bagshaw		1.25			0	0.15	0.75
	STOTT PILATES® Jumpboard Interval Training Level I (ws)	Sally Belanger	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Secrets of Myofascial Release (ws)	Nick Tumminello	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	The "Bannister" Method (ws)	Gail Bannister-Munn		1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® Bike Fit (ws)	Josh Taylor		1.25	0.15	0.15	0.15	0.15	0.75
1:30-3:30pm	Planning Off-Season Strength Training 4 Triathlete (L)	Juan Carlos Santana	0.2	2	0.2	0.2	0.2	0.2	2
	Whole Food Nutrition & Natural Anti-Aging (L)	Mark Occhipinti	0.2	2	0.2	0.2	0.2	0.2	2
3:30-4:30pm	Body Bar Flex Fusion 09 (ws)	Lisa Wheeler	0.1	0.75			0.1	0.1	0.5
	Step Fusion (ws)	Tom Sharp		0.75			0	0.1	0.5
	Hawaiian Hula and Tahitian Dance (ws)	Anna Carbonell		0.75			0	0.1	0.5
	Budokon® Power & Agility (ws)	Cameron Shayne		0.75			0.1	0.1	0.5
	S.A.F.E.™ Kettlebell Training (ws)	Silverstein/Carranza	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	SPINNING® Peace & Power (ws)	Elizabeth Hoffmann	0.1	0.75			0.1	0.1	0.5
3:30-5:30pm	STOTT PILATES® Vertical Frame (ws)	Sally Belanger	0.2	1.5	0.2	0.2	0.2	0.2	1
4-6pm	CHEK Approach to Balance Training (L)	Mark Stone	0.2	2	0.2	0.2	0.2	0.2	2
	Training FUNdamentals for Baby Boomers (L)	Evan Osar	0.2	2	0.2	0.2	0.2	0.2	2
5-6:30pm	The Essence of Stability Ball Training (ws)	Juan Carlos Santana	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Step 911 (ws)	Geoff Bagshaw		1.25			0	0.15	0.75
	IntenSati (ws)	Patricia Moreno		1.25			0	0.15	0.75
	50/50 Pilates (ws)	Bianca Diaz		1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® Let's Jump (ws)	Jeff Krabiel	0.1	1.25	0.15	0.15	0.15	0.15	0.75
5-7pm	Yoga Powerhouse (ws)	Robert Sherman	0.2	1.5	0.15	0.15	0.2	0.2	1

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Fri. 11/13									
7-9am	Watch-em Move (L)	Juan Carlos Santana	0.2	2	0.2	0.2	0.2	0.2	2
	Precision Supplementation to Maximize Results/Recovery (L)	Mark Occhipinti	0.2	2	0.2	0.2	0.2	0.2	2
7:30-8:30am	Power Kranking® (ws)	Jim Karanas		0.75	0.1	0.1	0.1	0.1	0.5
7:30-9am	Peak Pilates®: MVe® Chair Flex & Flow (ws)	Clare Dunphy	0.1	1.5	0.15	0.15	0.15	0.15	0.75
8-9:15am	Strike! (ws)	Kimberly Spreen	0.1	1			0.1	0.1	0.5
	Drums Alive Power Beats (ws)	Carrie Ekins	0.1	1				0.1	0.5
	WarriorSati (ws)	Patricia Moreno		1				0.1	0.5
	Sensational Stretching & Flawless Flexibility (ws)	Robert Sherman	0.1	1			0.1	0.1	0.5
	Music Flow Yoga (ws)	Anna Carbonell		1			0.1	0.1	0.5
	SPINNING® Developing Transitional Brilliance (ws)	Jeff Krabiel	0.1	1				0.1	0.5
	Aqua Dynamic Duo (ws)	Marti Boutin	0.1	1				0.1	1
9:30-11am	BOSU® Cardio Express (ws)	Rob Glick	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Quickstep (ws)	Patrick Goudeau	0.1	1.25				0.15	0.75
	Cardio Chorus (ws)	Petra Kolber	0.1	1.25				0.15	0.75
	STOTT PILATES® Jumpboard Interval Training Level II (ws)	Sally Belanger	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Secrets of Joint Mobility (ws)	Nick Tumminello	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Foundational Beaming™ (ws)	Devid Mesirov	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® Riding Your Breath (ws)	Elizabeth Hoffmann	0.1	1.25				0.15	0.75
	HYDROFIT: Liquid Abs (ws)	Craig Stuart	0.1	1.25	0.15	0.15	0.15	0.15	1.5
	Kick Box Round II (ws)	Thomas the Promise		1.25	0.15	0.15	0.15	0.15	0.75
	Kranking® Next Revolution in Fitness (ws)	Jim Karanas	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Improving Balance in Baby Boomers (L)	Evan Osar	0.1	1.5	0.15	0.15	0.15	0.15	1.5
	Fitness MVP (L)	Lisa Wheeler	0.1	1.5	0.15	0.15	0.15	0.15	0.75
11:30-12:30pm	RAB Complete Core (ws)	Abbie Appel	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	D-I-Y Step (ws)	Geoff Bagsaw		0.75				0.1	0.5
	Jazz Meets House (wo)	Robert Steinbacher						0.1	
	YogaSati (ws)	Patricia Moreno		0.75			0.1	0.1	0.5
	IronWorks™ Kettlebell Training (ws)	Silverstein/Carranza	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	SPINNING® Standing Flats & Running with Resistance (ws)	Jeff Krabiel	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	Aqua Total Body Tune Up (ws)	Marti Boutin	0.1	0.75				0.1	1
11:30-1pm	Kranking® Biomechanics & Physiology (ws)	Jim Karanas	0.1	1.25	0.1	0.1	0.15	0.15	0.75
	Peak Pilates®: MVe® Chair Hard Core (ws)	Clare Dunphy	0.1	1.25	0.1	0.1	0.15	0.15	0.75

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11:30-1:30pm	CHEK INSTITUTE: Func. Anatomy to Improve Func. (L)	Mark Stone	0.2	1.5	0.2	0.2	0.2	0.2	2
	New Science of the Living Body (L)	Sue Hitzmann	0.2	2	0.2	0.2	0.2	0.2	2
1-3pm	STOTT PILATES® Prog. On V2 Max Plus™ Reformer Workshop Level I (ws)	Matthew Comer	0.2	1.5	0.2	0.2	0.2	0.2	1
	Beam-lates™ (ws)	June Kahn	0.2	1.5	0.2	0.2	0.2	0.2	1
2-3pm	Bar-tending Body Bar & Bands (ws)	Lisa Wheeler	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	Step & Drum (ws)	Carrie Elkins	0.1	0.75			0	0.1	0.5
	Video Dance (wo)	Tony Stone					0	0.1	
	Yin Yoga (ws)	Anna Carbonell		0.75			0.1	0.1	0.5
	SPINNING® Fearless Climb (ws)	Elizabeth Hoffmann	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	Aqua Ay Caramba (ws)	Manny Velazquez		0.75			0	0.1	1
2-3:30pm	Krinking® & the Athlete (ws)	Jim Karanas	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Aging Strong (L)	Robert Sherman	0.1	1.5			0.15	0.15	1.5
	Ask the Specialist: Nutrition & Exercise Q & A (ws)	Mark Occhipinti		1.5	0.15	0.15	0.15	0.15	0.75
4-5:30pm	BOSU® Total Stretch (ws)	Rob Glick	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Body Bar-Back at the Bar (ws)	Clay Grant	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	BodyART Strength (ws)	Robert Steinbacher		1.25	0.15	0.15	0.15	0.15	0.75
	STOTT PILATES® Reformer Workout for Men (ws)	Sally Belanger	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	NeuroCore Treatment Workshop (ws)	Sue Hitzmann	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® Riding from the Storm II (wo)	Josh Taylor		1.25			0	0.15	0.75
4-6pm	Sensual Yoga <i>Linear2Circular</i> (ws)	Brandi Woodard	0.2	1.5			0.2	0.2	1
	CHEK INSTITUTE: Flatten Your Abs Forever (L)	Dan Hellman	0.2	2	0.15	0.15	0.2	0.2	2
	Postural Assessment & Corrective Exercises (L)	Edwin Ryan	0.2	2	0.15	0.15	0.2	0.2	2
6:30-7:30pm	Drums Alive (ws)	Elkins/Glick		0.75			0	0.1	0.75
Sat. 11/14									
7-9am	Exercise Progressions for the Group Ex. Instruc. or PT (L)	Mike Boyle	0.2	1.5	0.2	0.2	0.2	0.2	2
	Body Image (L)	Misty Tripoli	0.2	2	0.2	0.2	0.2	0.2	2
7:30-8:30am	Power Krinking® (ws)	Jim Karanas		0.75	0.2	0.2	0.1	0.1	0.5
7:30-9am	Peak Pilates®: Reformer Mat-Challenge (ws)	Clare Dunphy	0.1	1.25	0.2	0.2	0.15	0.15	0.75
8-9am	RAB Seamless Strength (ws)	Abbie Appel	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	Fun, Fit and Fabulous (ws)	Philip Gray		0.75			0	0.1	0.5
	Masala Bhangra (wo)	Sarina Jain					0	0.1	
	Budokon® Flow & Flexibility (ws)	Cameron Shayne		0.75	0.1	0.1	0.1	0.1	0.5

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	Bender Ball Blends (ws)	Lawrence Biscontini	0.1	1.5			0.1	0.1	0.75
	SPINNING® Five Ways to Climb (ws)	Jeff Krabiel	0.1	1.5	0.1	0.1	0.1	0.1	0.75
	Aqua Abs in Motion (ws)	Marti Boutin	0.1	1.5	0.1	0.1	0.1	0.1	1.5
9:15-11:15am	STOTT PILATES® Reformer for the Older Adult (ws)	Matthew Comer	0.2	1.5	0.2		0.2	0.2	1
	Foundational Beaming™ (ws)	David Mesirow	0.2	1.5	0.2	0.2	0.2	0.2	1
9:30-11am	BOSU® Athletic Balance (ws)	Douglas Brooks	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	All Star Step (ws)	Rob Glick	0.1	1.25			0	0.15	0.75
	Dance Party (wo)	Patrick Goudeau					0	0.15	
	Peak Pilates®: Mat with Props (ws)	Clare Dunphy	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® Bike Fit (ws)	Josh Taylor		1.25	0.15	0.15	0	0.15	0.75
	HYDROFIT: Deep Cardio Max (ws)	Craig Stuart	0.1	1.25	0.15	0.15	0.15	0.15	1.5
	Kick Box Round II (ws)	Thomas the Promise		1.25	0.15	0.15	0.15	0.15	0.75
	Winning at Losing (L)	Scott Josephson	0.1	1.5	0.15	0.15	0.15	0.15	1.5
	How to Build & Execute a Great Brand (L)	Benjamin Black		1.5			0.15	0.15	1.5
	Krinking® Biomechanics & Physiology (ws)	Jim Karanas	0.1	1.25	0.15	0.15	0.15	0.15	0.75
11:30-12:30pm	Body Bar-Bending the Rules & Still Behind Bars (ws)	Clay Grant	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	Eurostep Euphoria (ws)	Joelle Menard		0.75			0	0.1	0.5
	Dance Workout (wo)	Tony Stone					0	0.1	
	Progressive Power Yoga (ws)	Spreen/Glick	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	S.A.F.E.™ Kettlebell Training (ws)	Silverstein/Carranza	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	SPINNING® The Counting Technique (ws)	Jeff Krabiel	0.1	0.75	0.1	0.1	0.1	0.1	0.5
	Aqua Buddha Camp (ws)	Lawrence Biscontini	0.1	0.75			0.1	0.1	1
	Jump Rope Technique (ws)	Thomas the Promise		0.75	0.1	0.1	0.1	0.1	0.5
	Krinking® and the Athlete (ws)	Jim Karanas	0.1	0.75	0.1	0.1	0.1	0.1	0.5
11:30-1pm	The M.E.L.T. Method (ws)	Sue Hitzmann	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Understanding Your Female Clientele (L)	Scott Josephson	0.1	1.5	0.15	0.15	0.15	0.15	1.5
	Elevate-Moving from Good to Great (L)	Petra Kolber	0.1	1.5			0.15	0.15	1.5
1:30-3pm	BOSU® Athletic Movement, Strength & Power (ws)	Douglas Brooks	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Step Up 2 Get Down (ws)	Clay Grant	0.1	1.25			0	0.15	0.75
	Intuitive Teaching (ws)	Misty Tripoli	0.1	1.25			0.15	0.15	0.75
	IronWorks™ Kettlebell Training (ws)	Silverstein/Carranza	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® 101 (ws)	Josh Taylor		1.25	0.15	0.15	0.15	0.15	0.75
	Fluid Fusion (ws)	Manny Velazquez	0.1	1.25	0.15	0.15	0.15	0.15	1.5

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	Krinking® Next Revolution in Fitness (ws)	Jim Karanas	0.1	1.25	0.15	0.15	0.15	0.15	0.75
1:30-3:30pm	STOTT PILATES® V2 Max Plus™ Reformer Prog. For Osteoporosis Management (ws)	Sally Belanger	0.2	1.5	0.15		0.2	0.2	1
	Fundamentals of Bodyweight Training (L)	Bill Sonnemaker	0.2	2	0.15	0.15	0.2	0.2	2
	CHEK INSTITUTE: You Can't Fire a Cannon from a Canoe (L)	Dan Hellman	0.2	2	0.15	0.15	0.2	0.2	2
	Proper Warm-Up & Preparation (L)	Mike Boyle	0.2	2	0.15	0.15	0.2	0.2	2
4-5pm	BodyART® Stretch (ws)	Robert Steinbacher		0.75			0.1	0.1	0.5
4-5:30pm	Gliding Plug & Play (ws)	Mindy Mylrea	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Energy Fusion Flow (ws)	Petra Kolber	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	XCO-Training (ws)	Barbara Klein		1.25	0.15	0.15	0.15	0.15	0.75
	Beaming™ "SOULFUL-SOLE-FUL" Synergy (ws)	Lawrence Biscontini	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® Clear Paths & Direct Words (ws)	Jeff Krabiel	0.1	1.25	0.15	0.15	0.15	0.15	0.75
4-6pm	CHEK INSTITUTE: You Can't Fire a Cannon from a Canoe (ws)	Dan Hellman	0.2	1.5	0.2	0.2	0.2	0.2	1
	Your Guide to Starting a Successful PT Business (L)	Bill Sonnemaker	0.2	2			0.2	0.2	2
	What Makes You Tick? (L)	Benjamin Black		2			0.2	0.2	2
6-7:30pm	BOSU® Block Party (ws)	Brooks/Glick/Mylrea	0.1	1.25	0.15	0.15	0.15	0.15	0.75
Sun. 11/15									
8-9:15am	All About Abs (ws)	Mindy Mylrea	0.1	1	0.15	0.15	0.1	0.1	0.5
	The Sweet Step (ws)	Petra Kolber	0.1	1				0.1	0.5
	In The House (wo)	Tony Stone						0.1	
	Blackberry Yoga (ws)	Benjamin Black		1			0.1	0.1	0.5
	S.A.F.E.™ Kettlebell Training (ws)	Silverstein/Carranza	0.1	1	0.1	0.1	0.1	0.1	0.5
	SPINNING® Attack! (wo)	Josh Taylor					0	0.1	
	Get Wet & Shake Your Buddha (ws)	Lawrence Biscontini	0.1	1			0	0.1	1.25
8-9:30am	No Bones About It! (L)	Scott Josephson	0.1	1.5	0.15	0.15	0.15	0.15	1.5
	Power Development for PT & Group Ex. Instructors (L)	Mike Boyle	0.1	1.5	0.15	0.15	0.15	0.15	1.5
8:15-9:15am	Power Krinking® (ws)	Jim Karanas		0.75	0.1	0.1	0.1	0.1	0.5
9:30-11am	Play Ball (ws)	Patrick Goudeau	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Step Up & Shake It (ws)	Manny Velazquez	0.1	1.25			0	0.15	0.75
	Groovalicious Sexy Dance Party! (wo)	Misty Tripoli					0	0.15	
	STOTT PILATES® Weight Loss Boost (ws)	Sally Belanger	0.1	1.25			0.15	0.15	0.75
	The Bender Ball Build for Glutes and Legs (ws)	Leslee Bender	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	Beam-lates™ (ws)	June Kahn	0.1	1.25	0.15	0.15	0.15	0.15	0.75

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	SPINNING® Involve the Students (ws)	Jeff Krabiel	0.1	1.25				0.15	0.75
	HYDROFIT: Pour It to the Core (ws)	Craig Stuart	0.1	1.25	0.15	0.15	0.15	0.15	1.5
	Krinking® The Next Revolution in Fitness (ws)	Jim Karanas	0.1	1.25	0.15	0.15	0.15	0.15	0.75
10-11:30am	Advanced Cardiovascular Training Principles (L)	Douglas Brooks	0.1	1.5	0.15	0.15	0.15	0.15	1.5
	Poss-ABILITIES (L)	Debra Orringer	0.1	1.5	0.15		0.15	0.15	1.5
11:15-12:45pm	STOTT PILATES® Mini Stability Ball Workout (ws)	Matthew Comer	0.1	0.75	0.15	0.15	0.15	0.15	0.75
	Fundamentals of Flexibility (ws)	Bill Sonnemaker	0.1	0.75	0.15	0.15	0.15	0.15	0.75
11:30-12:30pm	BOSU® Core Flow (ws)	Mindy Mylrea	0.1	0.75	0.15	0.15	0.1	0.1	0.5
	Kardio Kombat Skills & Drills (ws)	Lisa Gaylord		0.75			0	0.1	0.5
	Masala Bhangra (wo)	Sarina Jain					0	0.1	
	IronWorks™ Kettlebell Training (ws)	Silverstein/Carranza	0.1	0.75	0.15	0.15	0.1	0.1	0.5
	SPINNING® Legends (wo)	Josh Taylor					0	0.1	
	Aqua Body Moves (ws)	Manny Velazquez	0.1	0.75			0	0.1	1.5
	Power Krinking® (ws)	Jim Karanas		0.75	0.15	0.15	0.1	0.1	0.5
1-2:30pm	Performance (ws)	Marcelo Ehrhardt		1.25	0.15	0.15	0.15	0.15	0.75
	Fit for Kids 09 (ws)	Mindy Mylrea	0.1	1.25	0.15		0	0.15	0.75
	Boot Camp Tool Box (ws)	Lisa Gaylord		1.25			0.15	0.15	0.75
	The Bender Ball Back Care (ws)	Leslee Bender	0.1	1.25	0.15	0.15	0.15	0.15	0.75
	SPINNING® Split Symbol Success (ws)	Jeff Krabiel	0.1	1.25	0.15	0.15	0	0.15	0.75
	Aqua Swim to Win (ws)	Debra Orringer	0.1	1.25	0.15	0.15	0	0.15	1.5
	Circus yoga (ws)	O'Keefe/Oppenheimer	0.1	1.25			0	0.15	0.75
1-3pm	Mastering Metabolism (L)	Scott Josephson	0.2	2	0.15	0.15	0.2	0.2	2
	Creating the "Buzz" (L)	Michelle Mascari	0.2	2			0.2	0.2	2
PRE/POST CONS									
11/10 & 11/11 9-5pm	BodyART™ Training	Robert Steinbacher		5	0.8	0.8	0.8	0.8	4
11/11 8:30-12:30pm	STOTT PILATES® Essential & Interm. Reformer on the V2 Max Plus™ Reformer	Sally Belanger		3	0.4	0.4	0.4	0.4	2
11/11 1-5pm	STOTT PILATES® Pilates with Props, Level 1 & 2	Matthew Comer		3	0.4	0.4	0.4	0.4	2
11/11 9-4pm	Athletic Training for Personal Trainers	Juan Carlos Santana		4.5	0.7	0.7	0.7	0.7	3
11/11 8-12pm	HYDROFIT H2O Tool Box	Craig Stuart		3	0.4	0.4	0.4	0.4	4

Date/Time	Session Title	Presenter	ACE	AFAA	NSCA/ CPT	NSCA/ CSCS	NASM/ CPT	NASM/ CGT	AEA
11/11 9-5pm	Drums Alive® Instructor Training “ <i>Specialty Certificate</i> ”	Carrie Ekins		5			0	0.8	4
11/11 9-5pm	ISCA Kick Box Round II	Thomas the Promise		5			0.8	0.8	4
11/12 9-3pm	Krinking® Trainer Certification	Jim Karanas		3.75			0.6	0.6	3
11/15 3-7pm	Body Bars and Beyond	Catlin/Wheeler		3	0.4	0.4	0.4	0.4	2
11/15 3-7pm	Bender Training Foundations	Leslee Bender		3	0.4	0.4	0.4	0.4	2