

ECA/OBOW NYC 2009 CEC INFO

Date/Time	SessionTitle	Presenter	ACE	AFAA	NSCA/ CPT	NSCA/ CSCS	NASM/ CPT	NASM/ CGT
<b>THUR. 2/26/09</b>								
<b>5:30-6:30PM</b>	All About Abs (ws)	Mindy Mylrea	0.1	0.75	0.1	0.1	0.1	0.1
	rEpair (ws)	Paul Katami	0.1	0.75	0.1	0.1	0.1	0.1
	Heart Core (ws)	Molly Fox	0.1	0.75	0.1		0.1	0.1
<b>5:30-7:00PM</b>	The Training & Coaching Partnership (L)	Goldman/Moore	0.1	1.5	0.15	0.15	0.15	0.15
<b>6:45-7:45PM</b>	All About Balls (ws)	Mindy Mylrea	0.1	0.75	0.1	0.1	0.1	0.1
	YogaFit: Flow States of Yoga (ws)	Michelle Demus	0.1	0.75			0.1	0.1
	IntenSati (ws)	Patricia Moreno						
<b>7:15-9:00PM</b>	Winning Strategies in PT (L)	Juan Carlos Santana	1.75	1.75			0.15	0.15
<b>8:00-9:00PM</b>	Zumba: The Difference b/w "I Have To" & "I Want To" (wo)	Beto Perez		0.75				
	Beam-lates (ws)	June Kahn	0.1	0.75	0.1	0.1	0.1	0.1
<b>8:00-9:30PM</b>	Shamanic Power Dance (wo)	Dalien						
<b>FRI. 2/27/09</b>								
<b>7:30-8:30AM</b>	BOSU® Mind/Body Training (ws)	Shannon Fable	0.1	0.75	0.1	0.1	0.1	0.1
	Cardio Crazy (ws)	Mindy Mylrea	0.1	0.75	0.1	0.1	0.1	0.1
	Aerobic Dance (wo)	Rebecca Small						0.1
	Pilates Alphabet (ws)	Ellie Herman	0.1		0.1	0.1	0.1	0.1
	SPINNING® Pedal Stroke Drills (ws)	Jennifer Sage	0.1	0.75				0.1
	Groove Your Body STRONG (ws)	Misty Tripoli	0.1		0.1	0.1	0.1	0.1
<b>7:30-9:00AM</b>	Deep Flow Yoga (ws)	Molly Fox	0.1	1.25	0.15	0.15	0.15	0.15
	GRAVITY®: Pilates with a Slant (ws)	Elizabeth Leeds	0.1	1.25	0.15		0.15	0.15
	Chasing Mercury, Battling Hercules (L)	Jason Karp	0.1	1.5	0.15	0.15	0.15	0.15
	New Concepts in Core Training (L)	Juan Carlos Santana	0.1	1.5	0.15	0.15	0.15	0.15
	ECA Conference Kick Start (L)	Ilene Bergelson		1.5				
<b>9:00-10:15AM</b>	BOSU® Cardio Express (ws)	Shannon Fable	0.1	1	0.1	0.1	0.1	0.1
	Hard Work Conditioning (ws)	Patrick Goudeau	0.1	1				0.1
	Stone Jam Dance (wo)	Tony Stone						0.1
	Advanced Pilates Challenge (ws)	Alisa Wyatt			0.1	0.1	0.1	0.1
	SPINNING® Music Interpretation & Appreciation (ws)	Iona Passik	0.1	1				
	Jazz Funk (wo)	Christiane Reiter						0.1
<b>9:30-11:30AM</b>	Sacred Energy Arts Yoga Flow (ws)	Matthew Cohen			0.2	0.2	0.2	0.2
	GRAVITY®: Up Close & Personal (ws)	Elizabeth Leeds	0.2	1.5	0.2	0.2	0.2	0.2
	Critical Program Design (L)	Paul Chek	0.2	2	0.2	0.2	0.2	0.2
	Steps to Build Your Brand & Your Business (L)	Nicki Anderson	0.2	2				
	Nutrition 101 - How to Look Good Naked (L)	Chris Mohr	0.2	2	0.2	0.2	0.2	0.2
<b>10:30-11:30AM</b>	Body Bar Buddha Bar (ws)	Lisa Wheeler	0.1	0.75	0.1		0.1	0.1
	All Star Step (ws)	Rob Glick	0.1	0.75				0.1
	Bodystrikes (ws)	Ilaria Montagnani			0.1	0.1	0.1	0.1
	STOTT PILATES® Mini Flex Ball™ (ws)	Kim Kraushar	0.1	0.75	0.1	0.1	0.1	0.1
	SPINNING® Technical Training (ws)	Josh Taylor		0.75				0.1
	NYC Dance Project (wo)	Abby Goldenberg						
<b>11:45-1:00PM</b>	Body Bar Still Behind Bars (ws)	Clay Grant	0.1	1	0.1	0.1		
	Breakin' Step (ws)	Robert Steinbacher		1				
	Powerstrike on Guard (ws)	Ilaria Montagnani						0.1
	Pilates Mat with Props (ws)	Alisa Wyatt			0.1	0.1	0.1	0.1
	SPINNING® Teaching the Multi Level Class (ws)	Iona Passik	0.1	1				0.1

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	Cardio Hip Hop (wo)	Christiane Reiter						0.1
<b>11:45-1:15PM</b>	Creative Choreography: Ecstatic Yoga Sequencing (ws)	Dana Flynn						0.15
	GRAVITYGroup®: Compound Structures™ (ws)	Rob Glick	0.1	1.25	0.15	0.15	0.15	0.15
	Creating the "Buzz" for You & Your Team (L)	Michelle Mascari	0.1					0.15
	It's Easy Being Green (L)	Lawrence Biscontini	0.1	1.5				
	The Stale Donut Syndrome (L)	Sophie Pachella						
<b>1:30-3:00PM</b>	Gone in 30 Minutes (ws)	Abbie Appel	0.1	1.25	0.15	0.15	0.15	0.15
	Steps-Blocks-Numbers (ws)	Rebecca Small		1.25				0.15
	WarriorSati (ws)	Patricia Moreno						0.15
	STOTT PILATES® Programming on the V2 Max Plus™ (ws)	John Garey	0.1	1.25	0.15	0.15	0.15	0.15
	SPINNING® Lactate Threshold Field Test on a Spinner (ws)	Jennifer Sage	0.1	1.25	0.15	0.15		0.15
	TRX® Suspension Training for Functional Strength (ws)	Fraser Quelch	0.1	1.25	0.15	0.15	0.15	0.15
	NIA-Bring Sexy Back (ws)	Molly Fox/Caroline Kohles	0.1					
	SmartFlow Yoga - Hips (ws)	Annie Carpenter			0.15	0.15	0.15	0.15
	GRAVITYPilates®: Fresh Breath One (ws)	Elizabeth Leeds	0.1	1.25	0.15	0.15	0.15	0.15
	Marathon Training 101 (L)	Jason Karp	0.1	1.5	0.15	0.15	0.15	0.15
	T.E.A.C.H.E.R. (L)	Lisa Wheeler	0.1	1.5			0.15	0.15
	Giving Your Body a Booster Shot (L)	R. Mark Davis			0.15	0.15	0.15	0.15
<b>3:30-5:00PM</b>	Culture Shock Workout (wo)	Cheyenne Kibblewhite						0.15
	STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ (ws)	John Garey	0.1	1.25	0.15	0.15	0.15	0.15
	SPINNING® Bike Fit (ws)	Josh Taylor		1.25				0.15
	TRX® Sports Performance (ws)	Fraser Quelch	0.1	1.25	0.15	0.15	0.15	0.15
	All About Arms (ws)	Mindy Mylrea	0.1	1.25	0.15	0.15	0.15	0.15
	Core Fusion (ws)	DeVito/Halfpapp	0.1		0.15	0.15	0.15	0.15
	GRAVITY®: High Voltage Circuit (ws)	Rob Glick	0.1	1.25	0.15	0.15	0.15	0.15
	JC's Complete Body Transformation (L)	Juan Carlos Santana	0.1	1.5	0.15	0.15	0.15	0.15
	Progressive Programming (L)	Carol Scott	0.1	1.5			0.15	0.15
	How to Make Sure You're Losing Fat (L)	Sophie Pachella	0.1		0.15	0.15	0.15	0.15
<b>5:30-7:30PM</b>	Functional Anatomy for Fitness Professionals (L)	Paul Chek	0.2	2	0.2	0.2	0.2	0.2
<b>6:00-9:00PM</b>	SmartFlow Yoga: Deconstructing the Sun Salutation (ws)	Annie Carpenter					0.3	0.3
<b>SAT. 2/28/09</b>								
<b>7:00-8:30AM</b>	Sustainability & Social Responsibility (L)	R. Mark Davis					0.15	0.15
	Setting Your Course for Success (L)	Nicki Anderson	0.1	1.5			0.15	0.15
	Positive Steps Towards Teamwork (L)	Shannon Fable	0.1	1.5				0.15
<b>7:30-8:45AM</b>	Hi/Lo to Go (wo)	Rob Glick	0.1					0.1
	Express Train (ws)	Jeffrey Scott		1				0.1
	It's All in the Mix (ws)	Petra Kolber	0.1	1				0.1
	Kung Fu Fundamentals (ws)	Matthew Cohen						0.1
	Physioball (ws)	Ellie Herman	0.1		0.1	0.1	0.1	0.1
	SPINNING® Result-Oriented Visualization (ws)	Iona Passik	0.1	1				0.1
	Dancing Shiva (ws)	Dana Flynn						0.1
	GRAVITY®: Up Close & Personal (ws)	Elizabeth Leeds		1	0.1	0.1	0.1	0.1
<b>9:00-10:15AM</b>	BOSU® Complete Total Body Sculpt (ws)	Keli Roberts	0.1	1	0.1	0.1	0.1	0.1
	Patrick's Quickstep (ws)	Patrick Goudeau	0.1	1				0.1
	Jazz Meets House (wo)	Robert Steinbacher						0.1
	Stand Your Ground; Core Control & Balance (ws)	Elizabeth Larkam	0.1	1	0.1	0.1	0.1	0.1

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	In the House (wo)	Tony Stone						
	SPINNING® Triple Threat (ws)	Jennifer Sage	0.1	1	0.1	0.1		0.1
	TRX® Training for the De-conditioned (ws)	Fraser Quelch	0.1	1	0.1	0.1	0.1	0.1
<b>9:00-11:00AM</b>	SmartFlow Yoga: Backbends (ws)	Annie Carpenter			0.2	0.2	0.2	0.2
	GRAVITYGroup®: Functional Fun™ (ws)	Rob Glick	0.2	1.5	0.2	0.2	0.2	0.2
	The Physiology of Obesity (L)	Len Kravitz	0.2	2	0.2	0.2	0.2	0.2
	Chek Approach to Core Conditioning (L)	Paul Chek	0.2	2	0.2	0.2	0.2	0.2
	Flexibility Highways (L)	Chuck Wolf	0.2	2	0.2	0.2	0.2	0.2
<b>10:30-11:30AM</b>	Project Body Bar- Strong, Lean & Mean (ws)	Clay Grant	0.1	0.75	0.1	0.1	0.1	0.1
	4 Dimensional Step (ws)	Rebecca Small		0.75				0.1
	Zumba: The Difference b/w "I Have To" & "I Want To" (wo)	Beto Perez		0.75				
	STOTT PILATES® Prenatal Pilates on the Edge (ws)	Kim Kraushar	0.1	0.75	0.1		0.1	0.1
	Reit House Moves (wo)	Christiane Reiter						
	SPINNING® Silence (ws)	Josh Taylor		0.75				
	TRX® Circuits for Metabolic Training (ws)	Fraser Quelch	0.1	0.75	0.1	0.1		0.1
<b>11:30-1:00PM</b>	Yoga Vinyasa Flow (ws)	Matthew Cohen			0.15	0.15	0.15	0.15
	Foundational Beaming™ (ws)	David Mesirov		1.25	0.15	0.15	0.15	0.15
	Sports Nutrition (L)	Scott Josephson	0.1	1.5	0.15	0.15	0.15	0.15
	Secrets of Cueing Excellence (L)	Lawrence Biscontini	0.1	1.5			0.15	0.15
	Secrets of Retention (L)	Nicki Anderson	0.1	1.5			0.15	0.15
<b>11:45-1:00PM</b>	Body Bar Spontaneous Combustion (ws)	Lisa Wheeler	0.1	1	0.1	0.1	0.1	0.1
	Calvinography: Step (ws)	Calvin Wiley						0.1
	Hip Hop Basics (wo)	Angie Bunch						
	Myofascial Meridians in Matwork (ws)	Elizabeth Larkam	0.1	1	0.1	0.1	0.1	0.1
	Groove Your Body ALIVE (ws)	Misty Tripoli						
	SPINNING® Precision Stretching (ws)	Iona Passik	0.1	1				0.1
	TRX® Suspension Training for Core Performance (ws)	Fraser Quelch	0.1	1	0.1	0.1	0.1	0.1
<b>1:30-3:00PM</b>	Let's Roll (ws)	Roberto Melani			0.15	0.15	0.15	0.15
	The Sweet Step (ws)	Petra Kolber	0.1	1.25				0.15
	Walk-illates (ws)	Ellie Herman	0.1		0.15	0.15	0.15	0.15
	STOTT PILATES® Athletic Conditioning on the Edge (ws)	John Garey	0.1	1.25	0.15	0.15	0.15	0.15
	Get on the Ball with Pilates (ws)	Abbie Appel	0.1	1.25	0.15	0.15	0.15	0.15
	SPINNING® Everest Ride-Mini Version (ws)	Josh Taylor		1.25				0.15
	TRX® Techn. to Assess & Improve Found. Movements (ws)	Fraser Quelch	0.1	1.25	0.15	0.15	0.15	0.15
	Anusara Yoga: Yes, We Have No Bananas (ws)	Desiree Rumbaugh					0.15	0.15
	Female Training Advantages (L)	Len Kravitz	0.1	1.5	0.15	0.15	0.15	0.15
	Modern Fitness Programming (L)	Alwyn Cosgrove	0.1		0.15	0.15	0.15	0.15
	The Instructor's Playshop (L/interactive)	Frank Butterfield	0.1	1.5			0.15	0.15
<b>3:30-5:00PM</b>	BOSU® Block Party	Blahnik/Fable/Roberts/ Krauss/Myrea	0.1					
	Group Strength Training (ws)	Jeffrey Scott		1.25	0.15	0.15	0.15	0.15
	BodyART Strength (ws)	Robert Steinbacher		1.25	0.15	0.15	0.15	0.15
	Mat Sequences for Clients w/Knee or Hip Replacement (ws)	Elizabeth Larkam	0.1	1.25	0.15	0.15	0.15	0.15
	Broadway Dance (wo)	Lisa Wheeler						0.15
	SPINNING® Tour de France & Alpe d'Huez (ws)	Jennifer Sage	0.1	1.25				0.15
	TRX® Flexibility for Performance (ws)	Fraser Quelch	0.1	1.25	0.15	0.15	0.15	0.15

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	Anusara Yoga Therapeutics: No Pain, All Gain (ws)	Amy Ippoliti			0.15	0.15	0.15	0.15
	Beam-lates (ws)	June Kahn		1.25	0.15	0.15	0.15	0.15
	The Psychology of Weight Loss (L)	Kara Mohr	0.1	1.5	0.15	0.15	0.15	0.15
	Hormones: A Critical Link (L)	Paul Chek	0.1	1.5	0.15	0.15	0.15	0.15
	Movement Training for Specific Populations (L)	Chuck Wolf	0.1	1.5	0.15	0.15	0.15	0.15
<b>5:30-7:00PM</b>	YogaFit Full Body Blast (ws)	Michelle Demus	0.1	1.25	0.15	0.15	0.15	0.15
<b>SUN. 3/1/09</b>								
<b>7:45-9:15AM</b>	Anusara Yoga: A Magic Carpet Ride (ws)	Desiree Rumbaugh			0.15	0.15	0.15	0.15
	Foundational Beaming™ (ws)	David Mesirov		1.25	0.15	0.15		0.15
	Create the Fitness Future (L)	Frank Butterfield	0.1	1.5				0.15
	The Champion Eating Plan (L)	Scott Josephson	0.1	1.5	0.15	0.15	0.15	0.15
	What Makes You Tick? (L)	Benjamin Black						0.15
<b>8:00-9:15AM</b>	WORKout (ws)	Mindy Mylrea	0.1	1	0.1	0	0.1	0.1
	Boot Camp Boogie (ws)	Petra Kolber	0.1	1				0.1
	Dance Party (wo)	Patrick Goudeau						
	Yoga & Sound Meditation (ws)	Dalien		1	0.1	0.1	0.1	0.1
	Out-of-the-"Box" (ws)	Roberto Melani			0.1	0.1		0.1
	SPINNING® Smooth Moves (ws)	Iona Passik	0.1	1				0.1
<b>9:30-11:00AM</b>	BOSU® Ballast® Ball Core Challenge (ws)	Keli Roberts	0.1	1.25	0.15	0.15	0.15	0.15
	Body Bar Back at the Bar (ws)	Sherry Catlin	0.1	1.25	0.15	0.15	0.15	0.15
	Hip Funkin' Hop (wo)	Calvin Wiley						
	STOTT PILATES® Postnatal Pilates (ws)	Kim Kraushar	0.1	1.25	0.15		0.15	0.15
	willPower & grace (ws)	Stacey Lei Krauss	0.1	1.25				0.15
	SPINNING® Bike Fit (ws)	Josh Taylor		1.25	0.15			0.15
	TRX® Fusion (ws)	Fraser Quelch	0.1	1.25	0.15	0.15	0.15	0.15
	Anusara Yoga: Deconstructing the Sun Salutation (ws)	Amy Ippoliti			0.15	0.15	0.15	0.15
	Core Energy Flow (ws)	DeVito/Halfpapp			0.15	0.15	0.15	0.15
	MVP - Modifications, Variations & Progressions (L)	Lisa Wheeler	0.1	1.5	0.15	0.15	0.15	0.15
	Real World Fat Loss (L)	Alwyn Cosgrove	0.1		0.15	0.15	0.15	0.15
	Improving Balance in Baby Boomers (L)	Evan Osar	0.1	1.5	0.15		0.15	0.15
<b>11:30-12:30PM</b>	BOSU® Skills & Drills (ws)	Jay Blahnik	0.1	0.75	0.1	0.1	0.1	0.1
	Body Bar Bar None (ws)	Sherry Catlin	0.1	0.75	0.1	0.1	0.1	0.1
	Hip Hop Journey (wo)	Sherman Shoate						
	Power Ball (ws)	Paul Katami	0.1	0.75	0.1	0.1	0.1	0.1
	Dance Grooves I.M.A.X. (wo)	Clay Grant						0.1
	SPINNING® Tour de France "Suitcase of Courage" (ws)	Jennifer Sage	0.1	0.75				0.1
	TRX® Suspension Training Body Blast (ws)	Fraser Quelch	0.1	0.75	0.1	0.1	0.1	0.1
<b>11:30-1:00PM</b>	Anusara Therapeutics: Lower Body Issues (ws)	Jackie Prete		1.25	0.15	0.15	0.15	0.15
	Core Fusion (ws)	DeVito/Halfpapp			0.15	0.15	0.15	0.15
	Working with Doctors...How and Why (L)	Frank Butterfield	0.1	1.5			0.15	0.15
	Nutrient Timing (L)	Len Kravitz	0.1	1.5	0.15	0.15	0.15	0.15
	Functional Integrated Abdominal Training (L)	Chuck Wolf	0.1	1.5	0.15	0.15	0.15	0.15
<b>1:00-2:00PM</b>	DanceSati (ws)	Patricia Moreno						0.1
<b>1:00-2:30PM</b>	Gliding Plug & Play (ws)	Mindy Mylrea	0.1	1.25	0.15	0.15	0.15	0.15
	Video Dance (wo)	Tony Stone						0.15
	STOTT PILATES® Advanced Matwork (ws)	John Garey	0.1	1.25	0.15	0.15	0.15	0.15

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	The Buddha and the Samurai (ws)	Lawrence Biscontini	0.1	1.25	0.15	0.15	0.15	0.15
	SPINNING® Moving Mountains (ws)	Jennifer Sage	0.1	1.25				0.15
	TRX® Sports Performance (ws)	Fraser Quelch		1.25	0.15	0.15	0.15	0.15
<b>1:15-3:15PM</b>	Anusara Yoga: Yoga to the Rescue (ws)	Desiree Rumbaugh			0.15	0.15	0.15	0.15
	Teaching as Interactive Dialogue (L)	Lashaun Dale		1.5				0.15
	The Shape of Your Life (L)	Kara Mohr & Chris Mohr	0.2					0.15
	How to Build and Execute a Great Brand (L)	Benjamin Black						
<b>2:00-3:00PM</b>	NYC Dance Project (wo)	Abby Goldenberg						
<b>3:00-4:00PM</b>	Calvinography: Gold Edition (wo)	Calvin Wiley						0.1
	Masala Bhangra (wo)	Sarina Jain						0.1
<b>3:00-4:30PM</b>	BodyART Stretch (ws)	Robert Steinbacher		1.25	0.15	0.15	0.15	0.15
	Groove Your Body CALM (ws)	Misty Tripoli					0.15	0.15
	SPINNING® In the "Mix" - The DJ Ride (wo)	Josh Taylor						0.15
<b>3:30-5:00PM</b>	Anusara Therapeutics: Upper Body Issues (ws)	Jackie Prete		1.25	0.15	0.15	0.15	0.15
	Foundational Beaming™ (ws)	David Mesirow		1.25	0.15	0.15	0.15	0.15
	Can Your Passion for Life Be Your Life's Purpose (L)	Dalien		1.25				0.15
	Training for the Sport of Motherhood (L)	Ilene Bergelson	0.1	1.5	0.15		0.15	0.15
	How to <i>Work In</i> (L)	Paul Chek	0.1	1.5	0.15	0.15	0.15	0.15
	Slow Flow Vinyasa (ws)	Lashaun Dale		0.75	0.1	0.1		0.1
<b>4:00-5:00PM</b>	Line Dance (wo)	Jon Giswold						
	<b>PRE CONS</b>							
<b>THURS. 2/26</b>	YogaFit: Anatomy & Alignment	Laura Rooney		8	1	1	0.1	0.1
	Group Fitness Management Training	Carol Scott	1.4	8				0.1
	STOTT PILATES® Essential Reformer on the V2 Max Plus™	John Garey		3	0.4	0.4	0.1	0.1
	STOTT PILATES® Essential & Intermediate Pilates on the Edge	Kim Kraushar		3	0.4	0.4	0.1	0.1
	Scientific Stretching	Paul Chek			0.9	0.9	0.1	0.1
	"The A-Z of Functional Training"	Juan Carlos Santana	0.6		0.7	0.7	0.1	0.1