

ECA/THRIVE 08 CEC INFO

| Presenter | Session Title | Type | Timeslot | ACE | AFAA | NASM CPT | NASM CGT | NSCA CSCS | NSCA CPT | AEA |
|-------------------|---|------|--------------------|-----|------|-------------|-------------|--------------|-------------|-----|
| Lacey Stone | TheBigGame! | ws | Thurs. 12-1:15pm | 0.1 | | | 0.1 | 0.1 | 0.1 | 0.5 |
| Lisa Gaylord | Alpha Female Training | ws | Thurs. 12-1:15pm | | | 0.1 | 0.1 | | | 0.5 |
| Jessica Exposito | Vital Step | ws | Thurs. 12-1:15pm | 0.1 | | | 0.1 | | | 0.5 |
| Bianca Diaz | 50/50 Pilates Class | ws | Thurs. 12-1:15pm | | | 0.1 | 0.1 | | | 0.5 |
| Marcelo Ehrhardt | eElements | ws | Thurs. 12-1:15pm | | 1 | | 0.1 | | | 0.5 |
| Daniel McBride | Yoga & Sound Meditation | ws | Thurs. 12-1:15pm | | | 0.1 | 0.1 | | | 0.5 |
| Scott Schlesinger | SPINNING® Jump-in 2 Da Drum | ws | Thurs. 12-1:15pm | | | | 0.1 | | | 0.5 |
| JC Santana | Winning Strategies in Personal Training | L | Thurs. 11-12:30pm | 0.1 | 1.5 | 0.1 | 0.1 | | | 1.5 |
| Shannon Fable | The 3 S's: Secrets for Successful Staffing | L | Thurs. 11-12:30pm | 0.1 | 1.5 | 0.1 | 0.1 | | | 1.5 |
| Nicki Anderson | 50 Surefire Tips to Grow Your Business | L | Thurs. 1-3pm | 0.2 | 1.5 | 0.2 | 0.2 | | | 2.0 |
| Michelle Mascari | Creating the Buzz for You & Your Team | L | Thurs. 1-3pm | 0.2 | 1.5 | 0.2 | 0.2 | | | 2.0 |
| JC Santana | Training the Four Pillars of Human Movement | ws | Thurs. 1:30-3pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.1 | 0.1 | 1.0 |
| Rob Glick | Ready to Move | ws | Thurs. 1:30-3pm | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Abbie Appel | Kick Your Boot-ie Camp | ws | Thurs. 1:30-3pm | 0.1 | 1.25 | | 0.1 | 0.1 | 0.1 | 1.0 |
| Connie Borho | Chakra Power Yoga Flow | ws | Thurs. 1:30-3pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Matthew Comer | STOTT PILATES® Prog. on the V2 Max Plus™ Reformer Wkshp | ws | Thurs. 1:30-3pm | 0.1 | 1.25 | 0.1 | 0.1 | | 0.1 | |
| Josh Taylor | SPINNING® Technical Training | ws | Thurs. 1:30-3pm | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Shannon Fable | BOSU® Ballast® Ball Core Challenge | ws | Thurs. 3:30-4:30pm | 0.1 | 0.5 | 0.1 | 0.1 | 0.1 | 0.1 | 1.0 |
| Shaun Thompson | Last Minute Dance | wo | Thurs. 3:30-4:30pm | 0.1 | | | 0.1 | | | |
| Geoff Bagshaw | iStep | ws | Thurs. 3:30-4:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Bianca Diaz | Pilates, Planks, Push Ups & More | ws | Thurs. 3:30-4:30pm | | | 0.1 | 0.1 | | 0.1 | 0.5 |
| Fritzke & Voogt | Standing Pilates Exercises | ws | Thurs. 3:30-4:30pm | 0.1 | 0.5 | 0.1 | 0.1 | | 0.1 | 0.5 |
| Scott Schlesinger | SPINNING® Rise of the Phoenix | ws | Thurs. 3:30-4:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Robert Sherman | Can You Feel What I See? | L | Thurs. 3:30-5pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| JC Santana | The What-Who-How-and When of a Web Site | L | Thurs. 3:30-5pm | 0.1 | 1.5 | 0.1 | 0.1 | | | 1.5 |
| Rob Glick | BOSU® Complete Body Sculpt | ws | Thurs. 3:30-5pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |

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|---------------------|---|------|-------------------|-----|------|----------|----------|-----------|----------|-----|
| Beto Perez/Zumba | Zumba! Back to the Future | wo | Thurs. 5-6:30pm | | | | 0.1 | | | |
| Robert Steinbacher | BodyART Strength | ws | Thurs. 5-6:30pm | | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Christina Leon | Colorgized Yoga | ws | Thurs. 5-6:30pm | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Jennifer Dahl | STOTT PILATES® Golf Cond. on the V2 Max Plus™ | ws | Thurs. 5-6:30pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | |
| Josh Taylor | SPINNING® 212 The Extra Degree | ws | Thurs. 5-6:30pm | | 1.25 | | 0.1 | | | 1.0 |
| Ginger Schirmer | Diabesity | L | Fri. 7-9am | 0.2 | 2 | 0.2 | 0.2 | 0.2 | 0.2 | 2.0 |
| Nicki Anderson | Creating Demand for Your PT Services | L | Fri. 7-9am | 0.2 | 2 | 0.2 | 0.2 | | | 2.0 |
| Clay Grant | Body Bar Behind Bars | ws | Fri. 7:30-9am | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Jessica Exposito | Aerovital Dance | ws | Fri. 7:30-9am | | | | 0.1 | | | 1.0 |
| Abbie Appel | S.T.E.P. | ws | Fri. 7:30-9am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Robert Sherman | Ageless Yoga | ws | Fri. 7:30-9am | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Sonia Rodriguez | MVe™ Fitness Reformer for Everybody | ws | Fri. 7:30-9am | | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Lawrence Biscontini | PurposeFit™ | ws | Fri. 7:30-9am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Josh Taylor | SPINNING® Reaction Ride | wo | Fri. 7:30-9am | | 1.25 | | 0.1 | | | |
| Melissa Layne | Choreography Currents | ws | Fri. 7:30-9am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Suzanne Nottingham | LEKI Nordic Walking for Active Older Adults | ws | Fri. 7:30-9am | 0.1 | | 0.1 | 0.1 | | 0.15 | 1.0 |
| Sherry Catlin | Body Bar Even More XXX Hard Core | ws | Fri. 9:30-11am | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Petra Kolber | Boot Camp Boogie | ws | Fri. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Mindy Mylrea | Cardio Crazy | ws | Fri. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Wendy O'Lenic | Yoga for Injury Prevention | ws | Fri. 9:30-11am | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Stacey Lei Krauss | MVe™ Fitness Chair for Everybody | ws | Fri. 9:30-11am | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | |
| Jennifer Dahl | STOTT PILATES® Prenatal Pilates on the V2 Max Plus™ | ws | Fri. 9:30-11am | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | |
| Scott Schlesinger | SPINNING® Rock n Rollin Hills | ws | Fri. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Marietta Mehanni | Choreographed Noodles | ws | Fri. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Suzanne Nottingham | LEKI Gym to Go! Nordic Walking | ws | Fri. 9:30-11am | 0.1 | | 0.1 | 0.1 | | | 1.5 |
| Daniel McBride | Dance of the Mind & Body | L | Fri. 9:30-11:30am | | | | 0.1 | 0.2 | 0.2 | 2.0 |

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|----------------------|--|------|--------------------|-----|------|----------|----------|-----------|----------|-----|
| Mike Boyle | Joint-by-Joint Approach to Warm-Up & Training | L | Fri. 9:30-11:30am | 0.2 | 2 | 0.1 | 0.1 | 0.2 | 0.2 | 2.0 |
| Paul Katami | Power Ball | ws | Fri. 11:30-12:30pm | 0.1 | 0.75 | | 0.1 | 0.1 | 0.1 | 0.5 |
| Shaun Thompson | Party Express | ws | Fri. 11:30-12:30pm | | | | 0.1 | | | |
| Robert Steinbacher | Breakin' Step | ws | Fri. 11:30-12:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Gail Bannister-Munn | The "Bannister Method" | ws | Fri. 11:30-12:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Brady/Anderson | It's All in the Cue | ws | Fri. 11:30-12:30pm | 0.1 | 0.5 | | 0.1 | 0.1 | 0.1 | 0.5 |
| Fritzke & Voogt | Mat Fusion | ws | Fri. 11:30-12:30pm | 0.1 | 0.5 | | 0.1 | | 0.1 | 0.5 |
| Josh Taylor | SPINNING® Everest Ride | wo | Fri. 11:30-12:30pm | | | | 0.1 | | | |
| Marietta Mehanni | Liquid Rhythms | ws | Fri. 11:30-12:30pm | 0.1 | 0.5 | | 0.1 | | | 0.5 |
| Scott Josephson | No Bones About It | L | Fri. 1:30-3:30pm | 0.2 | 2 | | 0.2 | 0.2 | 0.2 | 2.0 |
| Nicki Anderson | Law of Attracting the Inactive Population | L | Fri. 1:30-3:30pm | 0.2 | 2 | 0.2 | 0.2 | 0.2 | 0.2 | 2.0 |
| Rob Glick | BOSU® Skills & Drills | ws | Fri. 2-3:30pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Clay Grant | Clay's Groove House | wo | Fri. 2-3:30pm | | | | 0.1 | | | |
| Patrick Goudeau | Hard Work Conditioning | ws | Fri. 2-3:30pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Brandi Woodard | Yodates® | ws | Fri. 2-3:30pm | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Sonia Rodriguez | MVe™ Perfect Pair: Chair & Reformer Combo | ws | Fri. 2-3:30pm | | 1.25 | 0.1 | 0.1 | | | |
| Jennifer Dahl | STOTT PILATES™ Prenatal Pilates on the Edge™ | ws | Fri. 2-3:30pm | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Scott Schlesinger | SPINNING® Afterburner Interval | ws | Fri. 2-3:30pm | | 1.25 | | 0.1 | | | |
| Lawrence Biscontini | Defy Gravity Dim Sum | ws | Fri. 2-3:30pm | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Thomas Trebotich | Kick Box Round II | ws | Fri. 2-3:30pm | | 1.25 | | 0.1 | | | 1.0 |
| Fable, Glick, Krauss | BOSU® Block Party | ws | Fri. 4-5:30pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Tony Stone | Video Dance | wo | Fri. 4-5:30pm | | | | 0.1 | | | |
| Jessica Exposito | Step Sensation | ws | Fri. 4-5:30pm | 0.1 | | | 0.1 | | | 1.0 |
| Connie Borho | Yoga for Athletes | ws | Fri. 4-5:30pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Thomas Trebotich | Stretch Science | ws | Fri. 4-5:30pm | | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Fritzke & Voogt | The Triadball Excel 2008 | ws | Fri. 4-5:30pm | 0.1 | 1.25 | | 0.1 | | 0.15 | |
| Taylor/Schlesinger | SPINNING® In the Mix Part I | L | Fri. 4-5:30pm | 0.1 | 1.5 | | 0.1 | | | 1.0 |
| Melissa Layne | Aqua Ball | ws | Fri. 4-5:30pm | 0.1 | 1.25 | | 0.1 | | | 1.5 |
| Mark Stone | CHEK INSTITUTE: Scientific Rotational Training | L | Fri. 4-5:30pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Teri Gentes | Natural Nutrition | L | Fri. 4-5:30pm | | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |

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|---------------------|---|------|-------------------|-----|------|----------|----------|-----------|----------|-----|
| Mindy Mylrea | All About Legs | ws | Fri. 6-7:30pm | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Beto Perez/Zumba | Zumba! Ditch the Workout | wo | Fri. 6-7:30pm | | | | 0.1 | | | |
| Misty Tripoli | Body Groove 101 | ws | Fri. 6-7:30pm | 0.1 | | | 0.1 | | | 1.0 |
| Wendy O'Lenic | Yoga & Meditation for Stress Relief | ws | Fri. 6-7:30pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Robert Steinbacher | BodyART Stretch | ws | Fri. 6-7:30pm | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Taylor/Schlesinger | SPINNING® In the Mix Part II | ws | Fri. 6-7:30pm | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Teri Gentes | Eating for Everyday Living | L | Fri. 6-8pm | | 2 | 0.2 | 0.2 | 0.2 | 0.2 | 2.0 |
| Catlin/Grant | Body Bar Industrial Strength | ws | Sat. 7:30-9am | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Sarina Jain | Masala Bhangra | ws | Sat. 7:30-9am | | 1.25 | | 0.1 | | | 1.0 |
| Paul Katami | Step Athletica | ws | Sat. 7:30-9am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Anna Carbonell | Music Flow Yoga | ws | Sat. 7:30-9am | | | | 0.1 | | | 1.0 |
| Sonia Rodriguez | Peak Pilates®: MVe™ Reformer Energize Workout | ws | Sat. 7:30-9am | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Leslee Bender | Bender Ball Core Training | ws | Sat. 7:30-9am | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Josh Taylor | SPINNING® Silence | ws | Sat. 7:30-9am | | 1.25 | | 0.1 | | | 1.0 |
| Katharine McLarty | Wet Weekend Warrior | ws | Sat. 7:30-9am | 0.1 | 1.25 | | 0.1 | | | 1.5 |
| Suzanne Nottingham | LEKI Nordic Walk Now | ws | Sat. 7:30-9am | 0.1 | | | 0.1 | | | 1.0 |
| Ginger Schirmer | Childhood Obesity | L | Sat. 7:30-9am | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Benjamin Black | Your Bliss: How to Find It & Follow It | L | Sat. 7:30-9am | | 1.5 | 0.1 | 0.1 | | | 1.5 |
| Patrick Goudeau | More ABC | ws | Sat. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Tony Stone | Dance Workout | wo | Sat. 9:30-11am | | | | 0.1 | | | |
| Petra Kolber | 1, 2 Step | ws | Sat. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Renee Diamond | Body of Knowledge | ws | Sat. 9:30-11am | | | 0.1 | 0.1 | | | 1.0 |
| Stacey Lei Krauss | MVe™ Fitness Chair Flex & Flow | ws | Sat. 9:30-11am | 0.1 | 1.25 | | | | | |
| Matthew Comer | STOTT PILATES® Golf Cond. On the Reformer | ws | Sat. 9:30-11am | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Scott Schlesinger | SPINNING® Energy Zone Sampler | ws | Sat. 9:30-11am | | 1.25 | | 0.1 | | | 1.0 |
| Lawrence Biscontini | Aqua Cycle | ws | Sat. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.5 |
| Thomas Trebotich | Kick Box Round II | ws | Sat. 9:30-11am | | 1.25 | | 0.1 | | | 1.0 |
| Dan Hellman | CHEK INSTITUTE: Understanding Posture & Postural Assessment | L | Sat. 9:30-11:30am | 0.1 | 2 | 0.1 | 0.1 | 0.15 | 0.15 | 2.0 |
| Mike Boyle | Training the Endurance Athlete | L | Sat. 9:30-11:30am | 0.1 | 2 | 0.1 | 0.1 | 0.15 | 0.15 | 2.0 |

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|---------------------|--|------|--------------------|-----|------|-------------|-------------|--------------|-------------|-----|
| Marcelo Ehrhardt | coMMotion | ws | Sat. 11:30-12:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Misty Tripoli | Tribal Funk | ws | Sat. 11:30-12:30pm | | | | 0.1 | | | |
| Geoff Bagshaw | Step Urban Groove | ws | Sat. 11:30-12:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Anna Carbonell | Hawaiian Hula & Tahitian Dance | wo | Sat. 11:30-12:30pm | | | | 0.1 | | | |
| Sonia Rodriguez | MVe™ Fitness Chair Latin Dance | ws | Sat. 11:30-12:30pm | | 0.5 | 0.1 | 0.1 | | | |
| DeVito/Halfpapp | Core Energy Flow | ws | Sat. 11:30-12:30pm | 0.1 | 0.5 | 0.1 | 0.1 | | | 0.5 |
| Josh Taylor | SPINNING® "Chilled Out" | ws | Sat. 11:30-12:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Manuel Velazquez | Aqua Latin Fiesta | ws | Sat. 11:30-12:30pm | 0.1 | 0.5 | | 0.1 | | | 1.0 |
| Thomas Trebotich | Jump Rope Technique | ws | Sat. 11:30-12:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Mindy Mylrea | Medicine Ball Madness | ws | Sat. 1:30-3pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 0.5 |
| Robert Steinbacher | Jazz Meets House | ws | Sat. 1:30-3pm | | 1.25 | | 0.1 | | | 1.0 |
| Rob Glick | Breaking Down Rhythm Changes | ws | Sat. 1:30-3pm | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Brandi Woodard | Embodying Flow in Ashtanga Yoga | ws | Sat. 1:30-3pm | | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Brady/Anderson | Specialize Your Exercise | ws | Sat. 1:30-3pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Jennifer Dahl | STOTT PILATES® Athletic Cond. On the Edge | ws | Sat. 1:30-3pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Lawrence Biscontini | Aquatic Shakti | ws | Sat. 1:30-3pm | 0.1 | 1.25 | | 0.1 | | | 1.5 |
| Julie Sieben | Six Weeks to Love Running | ws | Sat. 1:30-3pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Len Kravitz | Nutrient Timing: The Future of Peak Performance | L | Sat. 1:30-3pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Mike Boyle | Power Development for the Adult Golfer | L | Sat. 1:30-3pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Shannon Fable | BOSU® Cardio Express | ws | Sat. 3:30-5pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Abbie Appel | Core Control One Side at a Time | ws | Sat. 3:30-5pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Connie Borho | Pilates Precision Meets Power Yoga Flow | ws | Sat. 3:30-5pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Katharine McLarty | Pilates WET Level 1 | ws | Sat. 3:30-5pm | 0.1 | 1.25 | | 0.1 | | 0.15 | 1.5 |
| Len Kravitz | The Female Training Advantage | L | Sat. 3:30-5pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Scott Josephson | Women, Weights & Results | L | Sat. 3:30-5pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Stacey Lei Krauss | BOSU® Mind Body Training | ws | Sat. 5:30-7pm | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Dan Hellman | CHEK INSTITUTE: Scientific Shoulder Training | ws | Sat. 5:30-7pm | 0.1 | 1.25 | 0.1 | 0.1 | 0.15 | 0.15 | 1.0 |
| Wendy O'Lenic | Partner Yoga | ws | Sat. 5:30-7pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Mark Stone | CHEK INSTITUTE: The Essence of Periodization | L | Sat. 5:30-7pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |

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|---------------------|---|------|--------------------|-----|------|----------|----------|-----------|----------|-----|
| Leslee Bender | Transformational Posture Through Corrective Exercises | L | Sat. 5:30-7pm | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Sherry Catlin | Body Bar Seriously Strong | ws | Sun. 8-9:15am | 0.1 | 1 | 0.1 | 0.1 | | | 0.5 |
| Stacey Lei Krauss | willPower & grace | ws | Sun. 8-9:15am | 0.1 | 1 | | 0.1 | | | 0.5 |
| Rob Glick | Step Made Simple | ws | Sun. 8-9:15am | 0.1 | 1 | | 0.1 | | | 0.5 |
| Benjamin Black | Blackberry Yoga | ws | Sun. 8-9:15am | | | 0.1 | 0.1 | | | 0.5 |
| Sonia Rodriguez | Peak Pilates®: Circle of Power | ws | Sun. 8-9:15am | | 1 | 0.1 | 0.1 | | | 0.5 |
| Lawrence Biscontini | Mobility & Stability Dim Sum | ws | Sun. 8-9:15am | 0.1 | 1 | | 0.1 | | | 0.5 |
| Manuel Velazquez | Aqua Core Training | ws | Sun. 8-9:15am | 0.1 | 1 | 0.1 | 0.1 | | | 1.0 |
| Julie Sieben | Six Weeks to Love Running | ws | Sun. 8-9:15am | 0.1 | 1 | 0.1 | 0.1 | 0.1 | 0.1 | 0.5 |
| Ginger Schirmer | Nutrition & Exercise for Aging Population | L | Sun. 8-9:30am | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Mark Stone | CHEK INSTITUTE: Critical Program Design Strategies | L | Sun. 8-9:30am | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Clay Grant | Body Bar Grace Under Pressure | ws | Sun. 9:30-11am | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Tony Stone | In the House | wo | Sun. 9:30-11am | | | | 0.1 | | | |
| Patrick Goudeau | Not Your Momma's Step | ws | Sun. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Misty Tripoli | Mistykayal Yoga | ws | Sun. 9:30-11am | 0.1 | | 0.1 | 0.1 | | | 1.0 |
| Sonia Rodriguez | Peak Pilates®: Reformer on the Mat | ws | Sun. 9:30-11am | | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Jennifer Dahl | STOTT PILATES® Intense Sculpting Challenge | ws | Sun. 9:30-11am | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Taylor/Schlesinger | SPINNING® The DJ Ride | ws | Sun. 9:30-11am | | 1.25 | | 0.1 | | | 1.0 |
| Katharine McLarty | H2O Training From the (Pool) Bottom Up | ws | Sun. 9:30-11am | 0.1 | 1.25 | | 0.1 | | | 1.5 |
| Suzanne Nottingham | LEKI Injury Prevention for Nordic Walkers | ws | Sun. 9:30-11am | 0.1 | | 0.1 | 0.1 | | 0.15 | 1.0 |
| Len Kravitz | Strategies to Enhance Fat Metabolism | L | Sun. 10-11:30am | 0.1 | 1.5 | 0.1 | 0.1 | 0.15 | 0.15 | 1.5 |
| Lawrence Biscontini | Running the Show | L | Sun. 10-11:30am | 0.1 | 1.5 | | 0.1 | | | 1.5 |
| Lisa Gaylord | Safe N Sexy | ws | Sun. 11:30-12:30pm | | | | 0.1 | | | 0.5 |
| Petra Kolber | Move & Groove | ws | Sun. 11:30-12:30pm | 0.1 | 0.5 | | 0.1 | | | 0.5 |
| Mindy Mylrea | Fit for Kids 2008 | ws | Sun. 11:30-12:30pm | 0.1 | 0.5 | 0.1 | 0.1 | | 0.1 | 0.5 |
| Anna Carbonell | Yin Yoga | ws | Sun. 11:30-12:30pm | | | 0.1 | 0.1 | | 0.1 | 0.5 |
| Leslee Bender | Functional Mat Training 4 Today's Society | ws | Sun. 11:30-12:30pm | 0.1 | 0.5 | 0.1 | 0.1 | 0.1 | 0.1 | 0.5 |

ECA/THRIVE 08 CEC INFO

| Presenter | Session Title | Type | Timeslot | ACE | AFAA | NASM CPT | NASM CGT | NSCA CSCS | NSCA CPT | AEA |
|--------------------|---|------|--------------------|-----|------|----------|----------|-----------|----------|-----|
| Josh Taylor | SPINNING® Formula One | ws | Sun. 11:30-12:30pm | | 0.5 | | 0.1 | | | 0.5 |
| Marietta Mehanni | Hydrofabulous | ws | Sun. 11:30-12:30pm | 0.1 | 0.5 | | 0.1 | | | 0.5 |
| Robert Steinbacher | BodyART Stretch | ws | Sun. 1-2:30pm | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Sarina Jain | Masala Bhangra | wo | Sun. 1-2:30pm | | | | 0.1 | | | |
| DeVito/Halfpapp | Core Fusion | ws | Sun. 1-2:30pm | 0.1 | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Christina Leon | Chakra Intensive Yoga Sequence | ws | Sun. 1-2:30pm | | 1.25 | 0.1 | 0.1 | | | 1.0 |
| Matthew Comer | STOTT PILATES® Intensifying Essential Matwork | ws | Sun. 1-2:30pm | 0.1 | 1.25 | 0.1 | 0.1 | | 0.15 | 1.0 |
| Taylor/Schlesinger | SPINNING® Fire N Ice | wo | Sun. 1-2:30pm | | | | 0.1 | | | |
| Manuel Velazquez | Hydro-Zen | ws | Sun. 1-2:30pm | 0.1 | 1.25 | | 0.1 | | | 1.0 |
| Benjamin Black | What Makes You Tick? | L | Sun. 1-3pm | | 2 | 0.2 | 0.2 | | | 2.0 |
| Katharine McLarty | Func. Anatomy & Biomechanics | L | Sun. 1-3pm | 0.1 | 2 | 0.2 | 0.2 | 0.2 | 0.2 | 2.0 |

| PRE/POST CONS | | | | | | | | | | |
|----------------------|--|------|-------------------|-----|------|-----|-----|-----|-----|-----|
| Carol Scott | Group Fitness Management | L | Wed. 9-5pm | 0.7 | 7 | | 0.7 | | | 4.0 |
| Jennifer Dahl | STOTT PILATES® Athletic Cond. On the V2 Max Plus™ | ws | Wed. 8:30-12:30pm | | 3 | 0.4 | 0.4 | 0.4 | 0.4 | 2.0 |
| Matthew Comer | STOTT PILATES® Essential & Interm. Pilates on the Edge | ws | Wed. 1-5pm | 0.4 | 3 | 0.4 | 0.4 | | 0.4 | 2.0 |
| JC Santana | JC's Top 40 Exercises | L/ws | Wed. 9-4pm | | 4.5 | 0.6 | 0.6 | 0.7 | 0.7 | 4.0 |
| Thomas Trebotich | ISCA Kick Box Round II | ws | Wed. 9-5pm | | 5.25 | | 0.7 | | | 4.0 |
| Lisa Gaylord | South Beach Boot Camp | ws | Wed. 7-10am | | | | 0.3 | | | 2.0 |
| Lisa Gaylord | Self Defense for the Fitness Prof. | ws | Wed. 12-3pm | | | 0.3 | 0.3 | | | 1.5 |
| Brady/Anderson | New Faces of Disordered Eating | L | Sun. 3:30-7:30pm | | 4 | 0.4 | 0.4 | 0.4 | 0.4 | 5.0 |