

# DCAC Houston Fitness Education Conference \* April 16-18, 2010

Day	Date	Time	#	Session	Type	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	WITS
FRI	4/16	7:00am-9:00am	500	Power Systems® The Ultimate Kettleball Workout - I. McCormick	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	501	BOSU® Amped! - J. Blahnik, D. Brooks, M. Mylrea, S.L. Krauss & S. Fable	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	502	The Step Balance - M. Velazquez	Workshop	1	0.2	1	1.5	2		2	1
FRI	4/16	7:00am-9:00am	503	Spinning® Split Symbol Success - J. Krabel	Workshop	1	0.2	1	1.5	2		2	1
FRI	4/16	7:00am-9:00am	504	Yoga Off The Wall - L. Husk	Workshop	1		1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	505	Bender Ball® Reformer On The Mat - L. Bender	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	506	Pilatesstick® Pilates without Limitations - C. Borho	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	507	Christ Centered Yoga™ - B. Martin	Workshop	1	0.2	1	1.5	2		2	1
FRI	4/16	7:00am-9:00am	508	What's Really In It? - T. Gentes	Lecture	1		2	2	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	509	Essentials Of Exercise Physiology - F. Comana	Lecture	1	0.2	2	2	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	510	FFP How to Develop Winning Strategic Alliances - D. Wilburn	Lecture	1	0.2	2	2	2		2	1
FRI	4/16	7:00am-9:00am	511	Buddha Meets Mermaid - L. Biscontini & J. Kahn	Workshop	1	0.2	2	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	7:00am-9:00am	512	Total EXHAUST Aqua Circuit - J. McMullen	Workshop	1	0.2	2	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	10:00am-11:30am	513	Gliding™ Plug & Play - M. Mylrea	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	514	Resist-A-Ball® Boot Camp - R. Spriggs	Workshop	1	0.1	0.75	1.25	1		1.5	1
FRI	4/16	10:00am-11:30am	515	Bollywood Step - S. Jain	Workshop	1		0.75	1.25	1		1.5	1
FRI	4/16	10:00am-11:30am	516	Spinning® Bike Fit - J. Taylor	Workshop	1		0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	517	The Athlete's Yoga - C. Borho	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	518	Peak Pilates® Power Tools - C. Herzog	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	519	One Foot Up, Then Forward - F. Comana	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	520	Indo-Row® The Perfect Calorie Burn - J. Blahnik & J. Crosby	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	521	Analyzing The World Of Popular Diets! - S. Josephson	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	522	Recycle Me Seniors! - R. Sherman	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	523	FFP Start & Grow A 6-Figure Boot Camp Business - S. Colby	Lecture	1	0.1	1.5	1.5	1		1.5	1
FRI	4/16	10:00am-11:30am	524	Zen & Zenergy - M. Layne	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	10:00am-11:30am	525	Weigh-Less Workout - L. Ribbins	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	526	Cardio Combat Kickboxing - J. Vela-Smith	Workshop	1		0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	527	Twist Conditioning Complete Core Challenge - D. Brooks	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	528	Lyrical Fitness - I. Baker	Workshop	1		0.75	1.25	1		1.5	1
FRI	4/16	12:30pm-2:00pm	529	Spinning® The 5 Step Sprint - J. Krabel	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	530	Balletone® Interval Intelligence - S. Fable	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	531	Caffeinated Pilates - J. Kahn	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	532	Bodyblade® Core Like Never Before! - C. Herzog	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1

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Day	Date	Time	#	Session	Type	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	WITS
FRI	4/16	12:30pm-2:00pm	533	Foundational Beaming™ Sensational Sampler - D. Mesirow	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	534	Healthier Eating Habits - T. Gentes	Lecture	1		1.5	1.5	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	535	YOGA is a Four-Letter Word - J. Vaganek	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	536	Double Your Numbers, Double Your Fun! - A. Metcalf	Lecture	1	0.1	1.5	1.5	1		1.5	1
FRI	4/16	12:30pm-2:00pm	537	Aqua Disc - L. Griffeth	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	12:30pm-2:00pm	538	Strength & Power H2O - I. McCormick	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	2:30pm-4:30pm	539	Step CELEBRATION! - J. McMullen	Workshop	1	0.2	1	1.5	2		2	1
FRI	4/16	2:30pm-4:30pm	540	BOSU® Xplode - M. Mylrea	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	541	Flirty Girl Fitness™ Fun, Fit & Fabulous - J. Hall	Workshop	1	0.2	1	1.5	2		2	1
FRI	4/16	2:30pm-4:30pm	542	Spinning® Technical Training - J. Taylor	Workshop	1		1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	543	Power Vinyasa - R. Sherman	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	544	Peak Pilates® MVe®Chair Flex and Flow - C. Herzog	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	545	Pilatesstick® The Class - C. Borho	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	546	Indo-Row® The Perfect Calorie Burn - J. Blahnik & J. Crosby	Workshop	1	0.1	1	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	547	High Octane Fueling - F. Comana	Lecture	1	0.2	2	2	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	548	Biomechanics of Shoulder Girdle Training - M. Morris	Lecture	1	0.2	2	2	2	CSCS & CPT .2	2	1
FRI	4/16	2:30pm-4:30pm	549	FFP The Success Express - D. Wilburn	Lecture	1	0.2	2	2	2		2	1
FRI	4/16	2:30pm-4:30pm	550	¡Ay CarAmba! Aqua - M. Velazquez	Workshop	1	0.2	2	1.5	2		2	1
FRI	4/16	2:30pm-4:30pm	551	Adrenaline Aqua Toolbox - M. Layne	Workshop	1	0.2	2	1.5	2	CSCS & CPT .2	2	1
FRI	4/16	5:00pm-6:30pm	552	Masala Bhangra Workout®- S. Jain	Workshop	1		0.75	1.25	1		1.5	1
FRI	4/16	5:00pm-6:30pm	553	Resist-A-Ball® Hard Core - R. Spriggs	Workshop	1	0.2	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	554	Style Mix - I. Baker	Workshop	1		0.75	1.25	1		1.5	1
FRI	4/16	5:00pm-6:30pm	555	Spinning® Creative Climbs - J. Krabiell	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	556	Dosha Yoga - L. Biscontini	Workshop	1	0.1	0.75	1.25	1		1.5	1
FRI	4/16	5:00pm-6:30pm	557	Bender Ball® Selected Stabilization - L. Bender	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	558	willPower and Grace™ - S. L. Krauss	Workshop	1		0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	559	Beam-lates™ Basework - J. Kahn	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	560	Women, Metabolism & The Hormone Highway - S. Josephson	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	561	Can You Feel What I See - Assessment - R. Sherman	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	562	Optimizing Your Fitness Career - A. Metcalf	Lecture	1		1.5	1.5	1		1.5	1
FRI	4/16	5:00pm-6:30pm	563	Express Workout - L. Ribbins	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	5:00pm-6:30pm	564	Gentle Aqua - I. McCormick	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
FRI	4/16	7:00pm-8:30pm	***	Nightclub Cardio™ - S. House	Workshop	1		0.75	1.25			1.5	1

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SAT	4/17	7:00am-9:00am	565	Ultimate Boot Camp Challenge - M. Mylrea	Workshop	1	0.1	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	566	Resist-A-Ball® Peak Athletic Conditioning - R. Spriggs	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	567	Step Choreography Carryout - L. Husk	Workshop	1		1	1.5	2		2	1
SAT	4/17	7:00am-9:00am	568	Spinning® Bike fit - J. Taylor	Workshop	1		1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	569	49 Push-Ups, 16 Links + More: An Ashtanga Yoga Practice - M. Laird	Workshop	1		1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	570	P3: Partner Pilates Practice - L. Biscotini	Workshop	1		1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	571	Graceful Grand Finales - S. Fable	Workshop	1		1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	572	Indo-Row® The Perfect Calorie Burn - J. Blahnik & J. Crosby	Workshop	1	0.1	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	573	Feasting On Health - T. Gentes	Lecture	1		2	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	574	Fat Frenzy - L. Kravitz	Lecture	1	0.2	2	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	7:00am-9:00am	575	Building Your Brand - A. Metcalf	Lecture	1	0.2	2	1.5	2		2	1
SAT	4/17	7:00am-9:00am	576	Aquatic Rock - L. Ribbins	Workshop	1	0.2	2	1.5	2		2	1
SAT	4/17	7:00am-9:00am	577	Aquatic Navy Seals - M. Layne	Workshop	1	0.2	2	1.5	2	CSCS & CPT .15	2	1
SAT	4/17	10:00am-11:30am	578	Step Up and Shake It - M. Velazquez	Workshop	1	0.1	0.75	1.25	1		1.5	1
SAT	4/17	10:00am-11:30am	579	BOSU® Multiplied - J. Blahnik	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	580	Up On Stage - I. Baker	Workshop	1		0.75	1.25	1		1.5	1
SAT	4/17	10:00am-11:30am	581	Spinning® Counting, Building, Loading - J. Krabiel	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	582	Exhalation to Inspiration: The Missing Link - J. Vaganek	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	583	Peak Pilates® MVe®Chair Spring Into Action - S.L. Krauss	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	584	Total Body TOWELmoves™ - C. Westerman	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	585	Foundational Beaming™ Sensational Sampler - D. Mesirow	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	586	Feed Me - I'm Yours - S. Josephson	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	587	Metabolic Training - F. Comana	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	588	Twist Conditioning The Essence of Athleticism - D. Brooks	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	589	Fluid Fusion Bliss - J. McMullen	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	10:00am-11:30am	590	Why Use 2 When 1 Will Do? - I. McCormick	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	591	Power Systems® Slam Dunk Sport Circuit - M. Mylrea	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	592	BOSU® Studio Pilates - S.L. Krauss	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	593	dieHARD Step - J. McMullen	Workshop	1	0.1	0.75	1.25	1		1.5	1
SAT	4/17	12:30pm-2:00pm	594	Spinning® Riding from the Storm - J. Taylor	Workshop	1		0.75	1.25	1		1.5	1
SAT	4/17	12:30pm-2:00pm	595	Hatha Yoga - R. Sherman	Workshop	1	0.1	0.75	1.25	1		1.5	1
SAT	4/17	12:30pm-2:00pm	596	Heart 'N' Sole - J. Kahn	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	597	Ballet My Way, by Balletone® - S. Fable	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1

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SAT	4/17	12:30pm-2:00pm	598	Indo-Row® The Perfect Calorie Burn - J. Blahnik & J. Crosby	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	599	Legislation Issues, Industry Effects & The Personal Trainer - WITS, IACET & ACE	Lecture	1		1.5	1.5	1	CSCS & CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	600	The Female Training Advantage - L. Kravitz	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	601	FFP Developing Private Studios - D. Wilburn	Lecture	1	0.1	1.5	1.5	1		1.5	1
SAT	4/17	12:30pm-2:00pm	602	Senior Power Hour - L. Ribbins	Workshop	1	0.1	1.5	1.25	1	CPT .15	1.5	1
SAT	4/17	12:30pm-2:00pm	603	All Hands & Feet On Deck - M. Layne	Workshop	1	0.1	1.5	1.25	1		1.5	1
SAT	4/17	2:30pm-4:30pm	604	Twist Conditioning Maximum Metabolic Cost - D. Brooks	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	605	Resist-A-Ball® Cardio Strength Interval - R. Spriggs	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	606	Masala Bhangra Workout®- S. Jain	Workshop	1		1	1.5	2		2	1
SAT	4/17	2:30pm-4:30pm	607	Spinning® Standing Flats vs. Running - J. Krabiel - (changed to session 620)	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	608	You Can't Touch This: Safe Yoga Assists & Adjustments - J. Vaganek	Workshop	1	0.2	1	1.5	2		2	1
SAT	4/17	2:30pm-4:30pm	609	Power Systems® Total Body Conditioning - L. Biscontini	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	610	Peak Pilates® MVe®Chair Sculpt - C. Herzog	Workshop	1	0.2	1	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	611	Christ Centered Yoga™ - Focus on Inversions - B. Martin	Workshop	1	0.2	1	1.5	2		2	1
SAT	4/17	2:30pm-4:30pm	612	The Tri-Athlon Of Whole Health - T. Gentes	Lecture	1		2	2	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	613	Got Muscle? Want Some More? - S. Josephson	Lecture	1	0.2	2	2	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	614	From Dream to Reality - A. Metcalf	Lecture	1	0.2	2	2	2		2	1
SAT	4/17	2:30pm-4:30pm	615	AQUA Fresh Start - J. McMullen	Workshop	1	0.2	2	1.5	2	CSCS & CPT .2	2	1
SAT	4/17	2:30pm-4:30pm	616	Never Too Old To Exercise - I. McCormick	Workshop	1	0.2	2	1.5	2		2	1
SAT	4/17	5:00pm-6:30pm	617	Train Like A Pro Without The Dough - F. Comana	Workshop	1	0.2	0.75	1.25	1	CSCS & CPT .2	1.5	1
SAT	4/17	5:00pm-6:30pm	618	BOSU® Core Flow - S. Fable	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	5:00pm-6:30pm	619	Top Notch Kickbox Combos - M. Layne	Workshop	1	0.1	0.75	1.25	1		1.5	1
SAT	4/17	5:00pm-6:30pm	620	Spinning® Everest Ride - Mini Version - J. Taylor (changed to session 607)	Workshop	1		0.75	1.25	1		1.5	1
SAT	4/17	5:00pm-6:30pm	621	The Heart of Yoga - R. Sherman	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	5:00pm-6:30pm	622	Bender Ball® Build A Better Bottom - L. Bender	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	5:00pm-6:30pm	623	Peak Pilates® Circle of Power - C. Herzog	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	5:00pm-6:30pm	624	Ex-Tension - S.L. Krauss	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SAT	4/17	5:00pm-6:30pm	625	Trailblazing Strategies to Burn Calories & Boost Fat Metabolism - L. Kravitz	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SAT	4/17	5:00pm-6:30pm	626	Get Kranking®: The Business Opportunity - M. Morris	Lecture	1	0.1	1.5	1.5	1		1.5	1
SAT	4/17	5:00pm-6:30pm	627	Cardio Training on the Edge - D. Brooks	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SAT	4/17	5:00pm-6:30pm	628	Get Wet & Shake Your Buddha - L. Biscontini	Workshop	1	0.1	1.5	1.25	1		1.5	1
SAT	4/17	5:00pm-6:30pm	629	Liquid Jabs, Kicks & Pump - M. Velazquez	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	7:30am-9:00am	630	Power Systems® Core Off The Floor - S. Fable	Workshop	1	0.1	0.75	1.25	2	CSCS & CPT .15	1.5	1

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Day	Date	Time	#	Session	Type	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	WITS
SUN	4/18	7:30am-9:00am	631	BOSU® Elevation - D. Brooks	Workshop	1	0.1	0.75	1.25	2	CSCS & CPT .15	1.5	1
SUN	4/18	7:30am-9:00am	632	Flirty Girl Fitness™ Fun, Fit & Fabulous - J. Hall	Workshop	1		0.75	1.25	2		1.5	1
SUN	4/18	7:30am-9:00am	633	Spinning® Let's Jump! - J. Krabiel	Workshop	1	0.1	0.75	1.25	2		1.5	1
SUN	4/18	7:30am-9:00am	634	Sweat, Flex & Flow - M. Laird	Workshop	1	0.1	0.75	1.25	2		1.5	1
SUN	4/18	7:30am-9:00am	635	Peak Pilates® Mat Fundamentals with Flow - C. Herzog	Workshop	1	0.1	0.75	1.25	2	CSCS & CPT .15	1.5	1
SUN	4/18	7:30am-9:00am	636	FFP Standing Pilates - J. Kahn	Workshop	1	0.1	0.75	1.25	2	CSCS & CPT .15	1.5	1
SUN	4/18	7:30am-9:00am	637	Christ Centered Yoga™ "There Ain't No High Like the Most High" - B. Martin	Workshop	1	0.1	0.75	1.25	2		1.5	1
SUN	4/18	7:30am-9:00am	638	Sugar Sabotage! - S. Josephson	Lecture	1	0.1	1.5	1.5	2	CSCS & CPT .15	1.5	1
SUN	4/18	7:30am-9:00am	639	Current Controversies In Resistance Training - L. Kravitz	Lecture	1	0.1	1.5	1.5	2	CSCS & CPT .15	1.5	1
SUN	4/18	7:30am-9:00am	640	Functional Fitness For Kids - I. McCormick	Lecture	1	0.1	1.5	1.25	2	CPT .15	1.5	1
SUN	4/18	7:30am-9:00am	641	Aqua Body Moves - M. Velazquez	Workshop	1	0.1	1.5	1.25	2		1.5	1
SUN	4/18	7:30am-9:00am	642	The Art of Teaching With No Voice - L. Griffeth	Workshop	1	0.1	1.5	1.25	2		1.5	1
SUN	4/18	10:00am-11:30am	643	Strong Step Drills - L. Husk	Workshop	1		0.75	1.25	1		1.5	1
SUN	4/18	10:00am-11:30am	644	Resist-A-Ball® Creative Choreography - R. Spriggs	Workshop	1	0.1	0.75	1.25	1		1.5	1
SUN	4/18	10:00am-11:30am	645	Lyrical Fitness - I. Baker	Workshop	1		0.75	1.25	1		1.5	1
SUN	4/18	10:00am-11:30am	646	Spinning® Legends - J. Krabiel	Workshop	1		0.75	1.25	1		1.5	1
SUN	4/18	10:00am-11:30am	647	En Fuego! Safely Teaching Advanced Yoga Classes - J. Vaganek	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	10:00am-11:30am	648	Bender Ball® Boot Camp - L. Bender	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	10:00am-11:30am	649	The Wonder Woman Workout - I. McCormick	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	10:00am-11:30am	650	Beaming™ Soulful Sole-Ful Synergy - L. Biscotini	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	10:00am-11:30am	651	It's What You Don't Say That Counts - S. Fable	Lecture	1	0.1	1.5	1.5	1		1.5	1
SUN	4/18	10:00am-11:30am	652	Biomechanics of Core Training - M. Morris	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SUN	4/18	10:00am-11:30am	653	OMG! She's Pregnant - M. Laird	Lecture	1		1.5	1.5	1	CPT .15	1.5	1
SUN	4/18	10:00am-11:30am	654	Aquatic Rush 2 - L. Ribbins	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	10:00am-11:30am	655	Bootcamp Gets WET - J. McMullen	Workshop	1	0.1	1.5	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	656	Cardio Combat Kickboxing - J. Vela-Smith	Workshop	1		0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	657	Twist Conditioning Dynamic Balance - D. Brooks	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	658	Buddha-Camp: Aggressive Mind-Body - M. Velazquez	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	659	Spinning® Transitions Are Key - J. Krabiel	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	660	The New Yoga - R. Sherman	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	661	Peak Pilates® Movement Patterns - C. Herzog	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	662	SCULPTmoves™ Build-A-Butt™ - C. Westerman	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	663	Indo-Row® The Perfect Calorie Burn - J. Blahnik & J. Crosby	Workshop	1	0.1	0.75	1.25	1	CSCS & CPT .15	1.5	1

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Day	Date	Time	#	Session	Type	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	WITS
SUN	4/18	12:00pm-1:30pm	664	FFP Using Social Media To Grow Business - S. Colby	Lecture	1	0.1	1.5	1.5	1		1.5	1
SUN	4/18	12:00pm-1:30pm	665	Stardate 2010 The Next Generation Research - L. Kravitz	Lecture	1	0.1	1.5	1.5	1	CSCS & CPT .15	1.5	1
SUN	4/18	12:00pm-1:30pm	666	Get Kranking®: The Business Opportunity - M. Morris	Lecture	1	0.1	1.5	1.5	1		1.5	1
SUN	4/18	12:00pm-1:30pm	667	AKWA Steppin - L. Griffeth	Workshop	1	0.1	1.5	1.25	1		1.5	1