DCAC International Fitness Education Conference August 1-3, 2014 * Schedule At A Glance

Day	Date	Time	#	Session/Presenter	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	PEAK	SPIN
Friday	8/1	7:00am–9:00am	201	Savvier Fitness® Quickies – M. Mylrea	1	0.2	1	2	0.2		2		
Friday	8/1	7:00am–9:00am	202	STEP into Happiness – P. Kolber	1	0.2	1	2	0.2	0.2	2		
Friday	8/1	7:00am–9:00am	203	Shockwave – J. Crosby, J, Arney, G. Cook & D. Thews	1	0.2	1	2 - 2014046A	0.2	0.2	2		
Friday	8/1	7:00am–9:00am	204	CrossCore®: So What is Rotational Bodyweight Training™? – A. Musemici	1	0.2	1	2	0.2		2	0.5	0.5
Friday	8/1	7:00am–9:00am	205	ACE® Abs Revealed – J. Ross	1	0.2	1	2	0.2		2		
Friday	8/1	7:00am–9:00am	206	Savvier Fitness® Golden Barre – L. Bender	1	0.2	1	2	0.2		2		
Friday	8/1	7:00am–9:00am	207	Peak Pilates®: Shapes in Space – K. Coyle & Z. Trap	1	0.2	1	2	0..2		2	2	0.5
Friday	8/1	7:00am–9:00am	208	SPINPower™: Layering Power onto Heart Rate Training – D. Foster	1	0.2	1	2	0.2		2	0.5	2
Friday	8/1	7:00am–9:00am	209	Yoga I.S.® Therapeutic Back Care – L. Eirk	1	0.2	1	2	0.2		2		
Friday	8/1	7:00am–9:00am	210	Metabolic Conditioning: The Good, The Bad, The Ugly – L. Kravitz	1	0.2	2	2	0.2	0.2	2		
Friday	8/1	7:00am–9:00am	211	Schwinn® Cycling: Pimp My Playlist – J. Scott	1	0.2	1	2	0.2		2		
Friday	8/1	7:00am–9:00am	212	How to attract the affluent Boomer client that stays, pays and refers – D. Ritchie	1	0.2	2	2	0.2		2		
Friday	8/1	7:00am–9:00am	213	Lucious Legs Arm Candy (AQUA) – J. McMullen	1	0.2	2	2	0.2	0.2	2		
Friday	8/1	9:30am– 11:00am	214	Body Bar® Barre Trilogy – S. Catlin	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	9:30am– 11:00am	215	Zumba® Party – A. Smith	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	9:30am– 11:00am	216	Surge® Reactive Resistance Training – C. Stutzman	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	9:30am– 11:00am	217	Bodyblade®: Burn, Baby, Burn – N. Stewart	1	0.15	0.75	1.5	0.1		1.5	0.25	0.25
Friday	8/1	9:30am– 11:00am	218	LTS: LeBARRE! – J. Hall	1	0.15	0.75	1.5 - 2014269A	0.1		1.5		
Friday	8/1	9:30am– 11:00am	219	Feldenkrais For an Evolved Pilates Mat Class – V.Grant	1	0.15	0.75	1.5 - 2014019D	0.1	0.2	1.5		
Friday	8/1	9:30am– 11:00am	220	Peak Pilates®: Reformer Variations – Z. Trap	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Friday	8/1	9:30am– 11:00am	221	SPINNING®: Challenging Endurance! – M. Tickner	1	0.15	0.75	1.5	0.1		1.5	0.25	1.5
Friday	8/1	9:30am– 11:00am	222	Out With The Old And In With The Older! – B. O'Brien and L. Biscontini	1	0.15	1.5	1.5 - 2014019C	0.1	0.2	1.5		
Friday	8/1	9:30am– 11:00am	223	The Perfection Detox™ – P. Kolber	1	0.15	1.5	1.5	0.1		1.5		
Friday	8/1	9:30am– 11:00am	224	Schwinn ® Cycling: Girl Power – J. Arney, S. Fable, D. Thews, R. Vaziralli	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	9:30am– 11:00am	225	How To Be An Anti Aging Exercise Specialist – P. McCall	1	0.15	1.5	1.5	0.1		1.5		
Friday	8/1	9:30am– 11:00am	226	Body Bar® Aqua Flex – L. Ribbins	1	0.15	1.5	1.5	0.1		1.5		
Friday	8/1	11:30am-1:00pm	227	Ultimate Sandbag Training: Metabolic Stability – J. Henkin	1	0.15	0.75	1.5	0.1	0.15	1.5		
Friday	8/1	11:30am-1:00pm	228	Re-CREATE your workout…..GROOVE IT! – THEGROOVE™ Experience – M. Tripoli	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	11:30am-1:00pm	229	C.H.E.K Inst. Effective Flexibility Training: You Don't Have to Tie Yourself in Knots! – T. Toles	1	0.15	1.5	1.5	0.1	0.15	1.5		
Friday	8/1	11:30am-1:00pm	230	Ugi®: Fit – N. Stewart	1	0.15	0.75	1.5	0.1		1.5	0.25	0.25
Friday	8/1	11:30am-1:00pm	231	IndoRow® – J. Crosby & D. Thews	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	11:30am-1:00pm	232	Centered Groove by CenteredBeing™ – G. Piccoli, P. Cook and A. Lockhart	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	12:00pm-1:30pm	233	Peak Pilates®: Sports Chair – K. Coyle	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Friday	8/1	12:00pm-1:30pm	234	SPINPower™: KJ Fest – D. Foster	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Friday	8/1	12:00pm-1:30pm	235	Yoga Discipline and Dream – R. Sherman	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	12:00pm-1:30pm	236	Cream Rises – Lawrence Biscontini	1	0.15	1.5	1.5 - 2014019E	0.1		1.5		
Friday	8/1	12:00pm-1:30pm	237	Schwinn ® Cycling: Class Design Crunch Time – S. Fable	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	12:00pm-1:30pm	238	Training for the 55 plus populations - Improving Balance, Power and Mobility – D. Ritchie	1	0.15	1.5	1.5	0.1	0.15	1.5		
Friday	8/1	12:00pm-1:30pm	239	Stop Seated Stress With Integrated Core Training (AQUA) – L. Denomme	1	0.15	1.5	1.5	0.1	0.15	1.5		
Friday	8/1	1:00pm-1:55pm	***	ActivMotion Bar Disruptive Training - R. Sherman									
Friday	8/1	2:00pm–4:00pm	240	Piloxing® – J. Ballard	1	0.2	1	2 - 2014158B	0.2		2		
Friday	8/1	2:00pm–4:00pm	241	STEPtacular BODY – Jeff McMullen	1	0.2	1	2	0.2	0.2	2		
Friday	8/1	2:00pm–4:00pm	242	ReebokONE The Ultimate Push-Up – N. Tumminello	1	0.2	1	2	0.2	0.2	2		
Friday	8/1	2:00pm–4:00pm	243	Resist-A-Ball®: Guts, Gams and Glutes – A. Appel	1	0.2	1	2	0.2		2	0.25	0.25
Friday	8/1	2:00pm–4:00pm	244	R.I.P.P.E.D.® – B. Kirby & T. Shorter	1	0.2	1	2	0.2		2		

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Day	Date	Time	#	Session/Presenter	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	PEAK	SPIN
Friday	8/1	2:00pm–4:00pm	245	Functional Flexibility and Fascia Fitness – L. Bender	1	0.2	1	2	0.2	0.2	2		
Friday	8/1	2:00pm–4:00pm	246	Peak Pilates®: Mini-Ball Pilates – Z. Trap	1	0.2	1	2	0.2		2	2	0.5
Friday	8/1	2:00pm–4:00pm	247	SPINNING®: The Perfect Interval – M. Tickner	1	0.2	1	2	0.2		2	0.5	2
Friday	8/1	2:00pm–4:00pm	248	Yoga I.S. Mechanix® – L. Eirk	1	0.2	1	2	0.2		2		
Friday	8/1	2:00pm–4:00pm	249	Championship Teaching – L. Kravitz	1	0.2	2	2	0.2	0.2	2		
Friday	8/1	2:00pm–4:00pm	250	Schwinn ® Cycling: Nothin' But the HIITS! – K. Roberts	1	0.2	1	2	0.2		2		
Friday	8/1	2:00pm–4:00pm	251	Eat To Live, Food For Thought – B. Mylrea	1	0.2	1	2	0.2	0.2	2		
Friday	8/1	2:00pm–4:00pm	252	Aqua Zumba® Pool Party – T. Witt	1	0.2	2	2	0.2		2		
Friday	8/1	4:30pm–6:00pm	253	Savvier Fitness® Intensity Overload – M. Mylrea	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	254	DANCE your HEART OUT! - THEGROOVE™ Experience – M. Tripoli	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	255	BOSU® 101 Ways to BOSU®! – S. Fable	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	256	CrossCore®: Rotational Bodyweight Training™ Group – N. Stewart	1	0.15	0.75	1.5	0.1		1.5	0.25	0.25
Friday	8/1	4:30pm–6:00pm	257	LTS: LeBOOT! – M. Lebert	1	0.15	0.75	1.5 - 2014269B	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	258	Recovery – The forgotten Training Variable – P. McCall	1	0.15	0.75	1.5	0.1	0.15	1.5		
Friday	8/1	4:30pm–6:00pm	259	Peak Pilates®: Pilates Fit! – K. Coyle	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Friday	8/1	4:30pm–6:00pm	260	SPINPower™: KISS Guide to Power – D. Foster	1	0.15	0.75	1.5	0.1		1.5	0.25	1.5
Friday	8/1	4:30pm–6:00pm	261	Yoga Euphoria – R. Sherman	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	262	Moving To Happiness™ Part One – P. Kolber	1	0.15	1.5	1.5	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	263	Schwinn ® Cycling: Rock Stars, Preachers and Party People – J. Arney, J. Scott & R. Vaziralli	1	0.15	0.75	1.5	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	264	Unleash Your Willpower – Jonathan Ross	1	0.15	1.5	1.5	0.1		1.5		
Friday	8/1	4:30pm–6:00pm	265	Power Balance For Healthy Aging (AQUA) – L. Denomme	1	0.15	1.5	1.5	0.1	0.15	1.5		
Saturday	8/2	7:00am–9:00am	266	Body Bar® Stealth – S. Catlin	1	0.2	1	2	0.2		2		
Saturday	8/2	7:00am–9:00am	267	Zumba® Party – A. Smith	1	0.2	1	2	0.2		2		
Saturday	8/2	7:00am–9:00am	268	Moving To Happiness™ Part Two The Movement – P. Kolber	1	0.2	1	2	0.2		2		
Saturday	8/2	7:00am–9:00am	269	Resist-A-Ball®: Tabata – A. Appel	1	0.2	1	2	0.2		2	0.5	0.5
Saturday	8/2	7:00am–9:00am	270	ReebokONE Top 20 Mobility & Warm Up Exercises – Nick Tumminello	1	0.2	1	2	0.2	0.2	2		
Saturday	8/2	7:00am–9:00am	271	3-D Core Starts From the Floor – L. Bender	1	0.2	1	2	0.2	0.2	2		
Saturday	8/2	7:00am–9:00am	272	Peak Pilates®: Pilates Plyometrics – K. Coyle & Z. Trap	1	0.2	1	2	0.2		2	2	0.5
Saturday	8/2	7:00am–9:00am	273	SPINNING®: 8 Movement Warrior Challenge – M. Tickner	1	0.2	1	2	0.2		2	0.5	2
Saturday	8/2	7:00am–9:00am	274	Not Your MaMa's Surya Namascara – J. Arney	1	0.2	1	2	0.2	0.2	2		
Saturday	8/2	7:00am–9:00am	275	Women, Hormones, Metabolism and Energy Expenditure – L. Kravitz	1	0.2	2	2	0.2	0.2	2		
Saturday	8/2	7:00am–9:00am	276	Schwinn ® Cycling: Totally Cook'd – G. Cook	1	0.2	1	2	0.2		2		
Saturday	8/2	7:00am–9:00am	277	The Hybrid Fitness Professional sponsored by Anytime Fitness – S. Fable	1	0.2	2	2	0.2		2		
Saturday	8/2	7:00am–9:00am	278	Splash Dance Retro (AQUA) – J. McMullen	1	0.2	2	2	0.2	0.2	2		
Saturday	8/2	9:30am–11:00am	279	Ultimate Sandbag Training: Dynamic Variable Resistance – J. Henkin	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	9:30am–11:00am	280	Step Up the Interval – K. Haggerty	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	9:30am–11:00am	281	BOSU® Out Of Bounds – M. Mylea, J. Arney & C. Stutzman	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	9:30am–11:00am	282	Ugi®: Fit – N. Stewart	1	0.15	0.75	1.5	0.1		1.5	0.25	0.25
Saturday	8/2	9:30am–11:00am	283	C.H.E.K Inst. Surrounding the Dragon of Back Pain – T. Toles	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	9:30am–11:00am	284	Female Chain Reaction – L. Bender	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	9:30am–11:00am	285	Peak Pilates®: Midas Touch – K. Coyle	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Saturday	8/2	9:30am–11:00am	286	SPINPower™: Speedy Strength – D. Foster	1	0.15	0.75	1.5	0.1		1.5	0.25	1.5
Saturday	8/2	9:30am–11:00am	287	Yoga I.S.® The Many FACEs of Breath – L. Eirk	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	9:30am–11:00am	288	How to Survive and Thrive in the Fitness Industry – D. Thews	1	0.15	1.5	1.5	0.1		1.5		
Saturday	8/2	9:30am–11:00am	289	Schwinn ® Cycling: Hot Topics In the Saddle – R. Vaziralli	1	0.15	0.75	1.5	0.1		1.5		

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Day	Date	Time	#	Session/Presenter	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	PEAK	SPIN
Saturday	8/2	9:30am–11:00am	290	Exercise Programming for the Fountain of Youth Part 1 – P. McCall	1	0.15	1.5	1.5	0.1	0.15	1.5		
Saturday	8/2	9:30am–11:00am	291	Hydro-Fit® Two If By Land, One If By Sea – C. Stuart	1	0.15	1.5	1.5	0.1		1.5		
Saturday	8/2	11:30am-1:00pm	292	Piloxing® – J. Ballard	1	0.15	0.75	1.5 - 2014158B	0.1		1.5		
Saturday	8/2	11:30am-1:00pm	293	Jillian Michaels BODYSHRED™ Master Class – Z. Gilchriest	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	11:30am-1:00pm	294	Mind+Body The Movement: Lean In, Dig Deep, Soar High – P. Kolber	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	11:30am-1:00pm	295	KettleBell Concepts™: Introduction To Kettlebell Lifting – A. Musemici	1	0.15	0.75	1.5 - 2014045C	0.1		1.5	0.25	0.25
Saturday	8/2	11:30am-1:00pm	296	IndoRow® – J. Crosby & J. Arney	1	0.15	0.75	1.5 - 2014046A	0.1		1.5		
Saturday	8/2	11:30am-1:00pm	297	Feldenkrais For An Evolved Pilates Mat Class – V. Grant	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	12:00pm-1:30pm	298	Peak Pilates®: Chair Intervals with Ugi® – Z. Trap	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Saturday	8/2	12:00pm-1:30pm	299	SPINNING®: The Lightning Strike – M. Tickner	1	0.15	0.75	1.5	0.1		1.5	0.25	1.5
Saturday	8/2	12:00pm-1:30pm	300	Yoga Infused Fitness – L Ribbins	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	12:00pm-1:30pm	301	10 Things You Should Know Before You Start A Youth Fitness Program – S. Carmack	1	0.15	1.5	1.5	0.1	0.15	1.5		
Saturday	8/2	12:00pm-1:30pm	302	Schwinn ® Cycling: Ride the Total Body Trend with Circuits – G. Cook	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	12:00pm-1:30pm	303	Train, Teach and Vacation with Fit Bodies Inc. – L. Snowden	1	0.15	1.5	1.5	0.1		1.5		
Saturday	8/2	12:00pm-1:30pm	304	Aqua Zumba® Pool Party – T. Witt	1	0.15	1.5	1.5	0.1		1.5		
Friday	8/1	1:00pm-1:55pm	***	ActivMotion Bar Disruptive Training - R. Sherman									
Saturday	8/2	2:00pm–4:00pm	305	Savvier Fitness® Best of Bootcamp 2014 – M. Mylrea	1	0.2	1	2	0.2		2		
Saturday	8/2	2:00pm–4:00pm	306	Zumba® Step – R. Pickett	1	0.2	1	2	0.2		2		
Saturday	8/2	2:00pm–4:00pm	307	BOSU® Tri-Planar Core Training – D. Thews	1	0.2	1	2	0.2		2		
Saturday	8/2	2:00pm–4:00pm	308	CrossCore®: Rotational Bodyweight Training™ – A. Musemici	1	0.2	1	2	0.2		2	0.5	0.5
Saturday	8/2	2:00pm–4:00pm	309	R.I.P.P.E.D.® – B. Kirby & T. Shorter	1	0.2	1	2	0.2		2		
Saturday	8/2	2:00pm–4:00pm	310	Exercise Programming for the Fountain of Youth – Practical Workshop Part 2 – P. McCall	1	0.2	1	2	0.2	0.2	2		
Saturday	8/2	2:00pm–4:00pm	311	Peak Pilates®: Let's Get Technical: Advanced Pilates Chair – K. Coyle	1	0.2	1	2	0.2		2	2	0.5
Saturday	8/2	2:00pm–4:00pm	312	SPINPower™: Power Profile Progression – D. Foster	1	0.2	1	2	0.2		2	0.5	2
Saturday	8/2	2:00pm–4:00pm	313	Dynamic Duo – J. McMullen	1	0.2	1	2	0.2	0.2	2		
Saturday	8/2	2:00pm–4:00pm	314	Eccentric Exercise - L. Kravitz	1	0.2	2	2	0.2	0.2	2		
Saturday	8/2	2:00pm–4:00pm	315	Schwinn ® Cycling: Presents Keli Roberts' Favorite Ride "Got Lactate?" – K. Roberts	1	0.2	1	2	0.2		2		
Saturday	8/2	2:00pm–4:00pm	316	C.H.E.K Inst.: To Work Out or Not to Work Out – That Is the Question! – T. Toles	1	0.2	2	2	0.2	0.2	2		
Saturday	8/2	2:00pm–4:00pm	317	Hydro-Fit® Power, Balance & Strength – C. Stuart	1	0.2	2	2	0.2		2		
Saturday	8/2	4:30pm–6:00pm	318	Bombshell Back and Booty with Bands – A. Appel	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	4:30pm–6:00pm	319	Step In the Name Of Love – K. Haggerty	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	4:30pm–6:00pm	320	Shockwave – J. Crosby, J. Arney, D. Thews & K. Roberts	1	0.15	0.75	1.5 - 2014046A	0.1	0.15	1.5		
Saturday	8/2	4:30pm–6:00pm	321	CrossCore®: Rotational Bodyweight Training™ Group – N. Stewart	1	0.15	0.75	1.5	0.1		1.5	0.25	0.25
Saturday	8/2	4:30pm–6:00pm	322	LTS: Cool New Tools and Programming for Boot Camps & Group Ex – M. Lebert	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	4:30pm–6:00pm	323	Centered Barre by CenteredBeing™ – S. Carmack, C. Davidson , G. Piccoli & A. Lockhart	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	4:30pm–6:00pm	324	Peak Pilates®: Work the Wall – Z. Trap	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Saturday	8/2	4:30pm–6:00pm	325	SPINNING®: Musically Minded…Rhythmically Challenged – M. Tickner	1	0.15	0.75	1.5	0.1		1.5	0.25	1.5
Saturday	8/2	4:30pm–6:00pm	326	Future Fitness Pros: FOR the KIDS – J. Hall	1	0.15	0.75	1.5	0.1	0.15	1.5		
Saturday	8/2	4:30pm–6:00pm	327	Toxic World, Toxic Body! – M. Dudley	1	0.15	1.5	1.5	0.1		1.5		
Saturday	8/2	4:30pm–6:00pm	328	Schwinn ® Cycling: Presents Robert Sherman's Favorite Ride – R. Sherman	1	0.15	0.75	1.5	0.1		1.5		
Saturday	8/2	4:30pm–6:00pm	329	The DARK TRUTH behind the "Fitness" Industry – M. Tripoli	1	0.15	1.5	1.5	0.1	0.15	1.5		
Saturday	8/2	4:30pm–6:00pm	330	Surviving Aquatic Tabata – The Next aquatic Challenge – L. Ribbins	1	0.15	1.5	1.5	0.1	0.15	1.5		
Saturday	8/2	6:30pm-7:30pm	***	Piloxing® Barre – J. Ballard									
Sunday	8/3	7:00am–9:00am	331	Piloxing® Barre – J. Ballard	1	0.2	1	2.0 - 2014158B	0.2		2		
Sunday	8/3	7:00am–9:00am	332	Jillian Michaels BODYSHRED™ Master Class – Z. Gilchriest	1	0.2	1	2	0.2		2		

DCAC International Fitness Education Conference August 1-3, 2014 * Schedule At A Glance

Day	Date	Time	#	Session/Presenter	AAAI	ACE	AEA	AFAA	NASM	NSCA	NETA	PEAK	SPIN
Sunday	8/3	7:00am–9:00am	333	Kamagon® Kamp – K. Roberts	1	0.2	1	2	0.2		2		
Sunday	8/3	7:00am–9:00am	334	KettleBell Concepts™: Introduction To Kettlebell Lifting – A. Musemici	1	0.2	1	2	0.2		2	0.5	0.5
Sunday	8/3	7:00am–9:00am	335	ReebokONE A Simple Approach to Assessment & Exercise Prescription – N. Tumminello	1	0.2	1	2	0.2	0.2	2		
Sunday	8/3	7:00am–9:00am	336	Centered Being Yoga by CenteredBeing™ – S. Carmack, B. McDow, P. Cook & M. Starkey	1	0.2	1	2	0.2		2		
Sunday	8/3	7:00am–9:00am	337	Peak Pilates®: The Seat – K. Coyle	1	0.2	1	2	0.2		2	2	0.5
Sunday	8/3	7:00am–9:00am	338	SPINPower™: Endurance Training a/k/a Sustainable Power – D. Foster	1	0.2	1	2	0.2		2	0.5	2
Sunday	8/3	7:00am–9:00am	339	Yoga Flow State – R. Sherman	1	0.2	1	2	0.2		2		
Sunday	8/3	7:00am–9:00am	340	The Physiology Of Fat Loss – L.Kravitz	1	0.2	2	2	0.2	0.2	2		
Sunday	8/3	7:00am–9:00am	341	Schwinn ® Cycling: Presents Mindy Mylrea's Favorite Ride "Tabata Tantrum" – M. Mylrea	1	0.2	1	2	0.2		2		
Sunday	8/3	7:00am–9:00am	342	C.H.E.K Inst.: Critical Program Design Strategies – T. Toles	1	0.2	2	2	0.2	0.2	2		
Sunday	8/3	7:00am–9:00am	343	HI-YO Knees & Hips (AQUA) – L. Denomme	1	0.2	2	2 - 2014045B	0.2	0.15	2		
Sunday	8/3	9:30am–11:00am	344	Body Bar® Flexible Strength – K. Roberts	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	9:30am–11:00am	345	Zumba® Step – R. Pickett	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	9:30am–11:00am	346	GIVE YOUR BODY a BREAK! - THEGROOVE™ Experience – M. Tripoli	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	9:30am–11:00am	347	Ugi®: Flow – A. Appel	1	0.15	0.75	1.5	0.1		1.5	0.25	0.25
Sunday	8/3	9:30am–11:00am	348	C.H.E.K Inst.: Practical Approaches to SI Joint Pain – T. Toles	1	0.15	0.75	1.5	0.1	0.15	1.5		
Sunday	8/3	9:30am–11:00am	349	Centered Relaxation by CenteredBeing™ – S. Carmack, A. McDow & B. McDow	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	9:30am–11:00am	350	Peak Pilates®: Lines, Angles, Curves, and Spirals – Z. Trap	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Sunday	8/3	9:30am–11:00am	351	SPINNING®: The Athlete's Hour – M. Tickner	1	0.15	0.75	1.5	0.1		1.5	0.25	1.5
Sunday	8/3	9:30am–11:00am	352	Yoga I.S.® and the Hip – L. Eirk	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	9:30am–11:00am	353	Flex Your Social Media Muscle – J. McMullen	1	0.15	1.5	1.5	0.1		1.5		
Sunday	8/3	9:30am–11:00am	354	Schwinn ® Cycling: How To Rock a Theme Ride – D. Thews	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	9:30am–11:00am	355	Finding Your Vision, Teaching Your Passion and Building Your Business – R. Sherman	1	0.15	1.5	1.5	0..1		1.5		
Sunday	8/3	9:30am–11:00am	356	Hydro-Fit® Circuit To Work It – C. Stuart	1	0.15	1.5	1.5	0.1		1.5		
Sunday	8/3	11:30am-1:00pm	357	R.I.P.P.E.D.® – B. Kirby & T. Shorter	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	11:30am-1:00pm	358	HIITs Blitz – A. Appel	1	0.15	0.75	1.5	0.1	0.15	1.5		
Sunday	8/3	11:30am-1:00pm	359	Cardio Combat Core Strength – J. McMullen	1	0.15	0.75	1.5	0.1	0.15	1.5		
Sunday	8/3	11:30am-1:00pm	360	Bodyblade®: Burn, Baby, Burn - N. Stewart	1	0.15	0.75	1.5	0.1		1.5	0.25	0.25
Sunday	8/3	11:30am-1:00pm	361	LTS: LeBOOT! – M. Lebert	1	0.15	0.75	1.5	0.1		1.5		
Sunday	8/3	11:30am-1:00pm	362	Secrets of toning with pilates and yoga – L Ribbins	1	0.15	0.75	1.5	0.1	0.15	1.5		
Sunday	8/3	11:30am-1:00pm	363	Peak Pilates®: Partner Pilates – K. Coyle & Z. Trap	1	0.15	0.75	1.5	0.1		1.5	1.5	0.25
Sunday	8/3	11:30am-1:00pm	364	SPINPower™: Speed Work – D. Foster	1	0.15	0.75	1.5	0.1		1.5	0.25	1.5
Sunday	8/3	11:30am-1:00pm	365	Bodyweight Blitz – K. Roberts	1	0.15	0.75	1.5	0.1	0.15	1.5		
Sunday	8/3	11:30am-1:00pm	366	Toxic World, Toxic Body! – M. Dudley	1	0.15	1.5	1.5	0.1		1.5		
Sunday	8/3	11:30am-1:00pm	367	BIZNIZ Bootcamp- YOUTWITFACE – J. Hall	1	0.15	1.5	1.5	0.1		1.5		
Sunday	8/3	11:30am-1:00pm	368	Stetch Fusion Elevate (AQUA) – L. Denomme	1	0.15	1.5	1.5	0.1	0.15	1.5		