

# Houston 2010 Main Conference Sessions

GROUP 1 – FRI 7am – 9am	500 Power Systems® The Ult. Kettleball Workout <i>McCormick</i>	501 BOSU® Amped! <i>Blahnik/Brooks/ Mylrea/Krauss/Fable</i>	502 The Step Balance <i>Velazquez</i>	503 Spinning® Split Symbol Success <i>Krabiel</i>	504 Yoga Off The Wall <i>Husk</i>	505 Bender Ball® Reformer On The Mat <i>Bender</i>
GROUP 2 – FRI 10am – 11:30am	513 Gliding™ Plug & Play <i>Mylrea</i>	514 Resist-A-Ball® Boot Camp <i>Spriggs</i>	515 Bollywood Step <i>Jain</i>	516 Spinning® Bike Fit <i>Taylor</i>	517 The Athlete's Yoga <i>Borho</i>	518 Peak Pilates® Power Tools <i>Herzog</i>
GROUP 3 – FRI 12:30pm-2pm	526 Cardio Combat Kickboxing <i>Vela-Smith</i>	527 Twist Conditioning Complete Core Challenge <i>Brooks</i>	528 Lyrical Fitness <i>Baker</i>	529 Spinning® The 5 Step Sprint <i>Krabiel</i>	530 Balletone® Interval Intelligence <i>Fable</i>	531 Caffeinated Pilates <i>Kahn</i>
GROUP 4 – FRI 2:30pm-4:30pm	539 Step CELEBRATION! <i>McCullen</i>	540 BOSU® Xplode <i>Mylrea</i>	541 Flirty Girl Fitness™ Fun, Fit & Fabulous <i>Hall</i>	542 Spinning® Technical Training <i>Taylor</i>	543 Power Vinyasa <i>Sherman</i>	544 Peak Pilates® MVe® Chair Flex and Flow <i>Herzog</i>
GROUP 5 – FRI 5pm-6:30pm	552 Masala Bhangra Workout® <i>Jain</i>	553 Resist-A-Ball® Hard Core <i>Spriggs</i>	554 Style Mix <i>Baker</i>	555 Spinning® Creative Climbs <i>Krabiel</i>	556 Dosha Yoga <i>Biscontini</i>	557 Bender Ball® Selected Stabilization <i>Bender</i>
7:00 – 8:30 FRI	Special Class: Nightclub Cardio™ House Ballroom B					
GROUP 6 – SAT 7am-9am	565 Ultimate Boot Camp Challenge <i>Mylrea</i>	566 Resist-A-Ball® Peak Athletic Conditioning <i>Spriggs</i>	567 Step Choreography Carryout <i>Husk</i>	568 Spinning® Bike Fit <i>Taylor</i>	569 49 Push-Ups, 16 Links + More: An Ashtanga Yoga Practice <i>Laird</i>	570 P3: Partner Pilates Practice <i>Biscontini</i>
GROUP 7 – SAT 10am-11:30am	578 Step Up and Shake It <i>Velazquez</i>	579 BOSU® Multiplied <i>Blahnik</i>	580 Up On Stage <i>Baker</i>	581 Spinning® Counting, Building, Loading <i>Krabiel</i>	582 Exhalation to Inspiration: The Missing Link <i>Vaganek</i>	583 Peak Pilates® MVe® Chair Spring Into Action <i>Krauss</i>
GROUP 8 – SAT 12:30pm-2pm	591 Power Systems® Slam Dunk Sport Circuit <i>Mylrea</i>	592 BOSU® Studio Pilates <i>Krauss</i>	593 dieHARD Step <i>McCullen</i>	594 Spinning® Riding from the Storm <i>Taylor</i>	595 Hatha Yoga <i>Sherman</i>	596 Heart 'N' Sole <i>Kahn</i>
GROUP 9 – SAT 2:30pm-4:30pm	604 Twist Conditioning Maximum Metabolic Cost <i>Brooks</i>	605 Resist-A-Ball® Cardio Strength Interval <i>Spriggs</i>	606 Masala Bhangra Workout® <i>Jain</i>	607 Spinning® Standing Flats vs. Running <i>Krabiel</i>	608 You Can't Touch This: Safe Yoga Assists & Adjustments <i>Vaganek</i>	609 Power Systems® Total Body Conditioning <i>Biscontini</i>
GROUP 10 – SAT 5pm-6:30pm	617 Train Like a Pro Without the Dough <i>Comana</i>	618 BOSU® Core Flow <i>Fable</i>	619 Top Notch Kickbox Combos <i>Layne</i>	620 Spinning® Everest Ride – Mini Version <i>Taylor</i>	621 The Heart of Yoga <i>Sherman</i>	622 Bender Ball® Build a Better Bottom <i>Bender</i>
GROUP 11 – SUN 7:30am-9am	630 Power Systems® Core Off The Floor <i>Fable</i>	631 BOSU® Elevation <i>Brooks</i>	632 Flirty Girl Fitness™ Fun, Fit & Fabulous <i>Hall</i>	633 Spinning® Let's Jump! <i>Krabiel</i>	634 Sweat, Flex & Flow <i>Laird</i>	635 Peak Pilates® Mat Fundamentals with Flow <i>Herzog</i>
GROUP 12 – SUN 10am-11:30am	643 Strong Step Drills <i>Husk</i>	644 Resist-A-Ball® Creative Choreography <i>Spriggs</i>	645 Lyrical Fitness <i>Baker</i>	646 Spinning® Legends <i>Taylor</i>	647 En Fuego! Safely Teaching Advanced Yoga Classes <i>Vaganek</i>	648 Bender Ball® Boot Camp <i>Bender</i>
GROUP 13 – SUN 12pm-1:30pm	656 Cardio Combat Kickboxing <i>Vela-Smith</i>	657 Twist Conditioning Dynamic Balance <i>Brooks</i>	658 Buddha-Camp: Aggressive Mind <i>Velazquez</i>	659 Spinning® Transitions Are Key <i>Krabiel</i>	660 The New Yoga <i>Sherman</i>	661 Peak Pilates® Movement Patterns <i>Herzog</i>

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506 Pilatesstick® Pilates without Limitations <i>Borho</i>	507 Christ Centered Yoga™ <i>Martin</i>	508 What's Really In It? <i>Gentes</i>	509 Essentials of Exercise Physiology <i>Comana</i>	510 FFP How to Develop Winning Strategic Alliances <i>Wilburn</i>	511 Buddha Meets Mermaid <i>Biscontini/ Kahn</i>	512 Total EXHAUST Aqua Circuit <i>McCullen</i>
519 One Foot Up, Then Forward <i>Comana</i>	520 Indo-Row® The Perfect Calorie Burn <i>Blahnik/Crosby</i>	521 Analyzing the World of Popular Diets! <i>Josephson</i>	522 Recycle Me Seniors! <i>Sherman</i>	523 FFP Start & Grow A 6-Figure Boot Camp Business <i>Colby</i>	524 Zen & Zenergy <i>Layne</i>	525 Weigh-Less Workout <i>Ribbins</i>
532 Bodyblade® Core Like Never Before! <i>Borho</i>	533 Foundational Beaming™ Sensational Sampler <i>Mesirow</i>	534 Healthier Eating Habits <i>Gentes</i>	535 YOGA is a Four-Letter Word <i>Vaganek</i>	536 Double Your Numbers, Double Your Fun! <i>Metcalfe</i>	537 Aqua Disc <i>Griffeth</i>	538 Strength & Power H2O <i>McCormick</i>
545 Pilatesstick® The Class <i>Borho</i>	546 Indo-Row® The Perfect Calorie Burn <i>Blahnik/Crosby</i>	547 High Octane Fueling <i>Comana</i>	548 Biomechanics of Shoulder Girdle Training <i>Morris</i>	549 FFP The Success Express <i>Wilburn</i>	550 iAy CarAmba! Aqua <i>Velazquez</i>	551 Adrenaline Aqua Toolbox <i>Layne</i>
558 willPower and Grace™ <i>Krauss</i>	559 Beam-Lates™ Basework <i>Kahn</i>	560 Women, Metabolism & The Hormone Highway <i>Josephson</i>	561 Can You Feel What I See – Assessment <i>Sherman</i>	562 Optimizing Your Fitness Career <i>Metcalfe</i>	563 Express Workout <i>Ribbins</i>	564 Gentle Aqua <i>McCormick</i>
571 Graceful Grand Finales <i>Fable</i>	572 Indo-Row® The Perfect Calorie Burn <i>Blahnik/Crosby</i>	573 Feasting On Health <i>Gentes</i>	574 Fat Frenzy <i>Kravitz</i>	575 Building Your Brand <i>Metcalfe</i>	576 Aquatic Rock <i>Ribbins</i>	577 Aquatic Navy Seals <i>Layne</i>
584 Total Body TOWELmoves™ <i>Westerman</i>	585 Foundational Beaming™ Sensational Sampler <i>Mesirow</i>	586 Feed Me – I'm Yours <i>Josephson</i>	587 Metabolic Training <i>Comana</i>	588 Twist Conditioning The Essence of Athleticism <i>Brooks</i>	589 Fluid Fusion Bliss <i>McCullen</i>	590 Why Use 2 When 1 Will Do? <i>McCormick</i>
597 Ballet My Way, by Balletone® <i>Fable</i>	598 Indo-Row® The Perfect Calorie Burn <i>Blahnik/Crosby</i>	599 Legislation Issues, Industry Effects & The Personal Trainer <i>Del Vecchio/ W.I.T.S./&amp; panel from W.I.T.S./IACET/ACE</i>	600 The Female Training Advantage <i>Kravitz</i>	601 FFP Developing Private Studios <i>Wilburn</i>	602 Senior Power Hour <i>Ribbins</i>	603 All Hands & Feet on Deck <i>Layne</i>
610 Peak Pilates® MVe® Chair Sculpt <i>Herzog</i>	611 Christ Centered Yoga™ – Focus on Inversions <i>Martin</i>	612 The Tri-Athalon Of Whole Health <i>Gentes</i>	613 Got Muscle? Want Some More? <i>Josephson</i>	614 From Dream to Reality <i>Metcalfe</i>	615 AQUA Fresh Start <i>McCullen</i>	616 Never Too Old to Exercise <i>McCormick</i>
623 Peak Pilates® Circle Of Power <i>Herzog</i>	624 Ex-Tension <i>Krauss</i>	625 Trailblazing Strategies to Burn Calories & Boost Fat Metabolism <i>Kravitz</i>	626 Get Kranking®: The Business Opportunity <i>Morris</i>	627 Cardio Training on the Edge <i>Brooks</i>	628 Get Wet & Shake Your Buddha <i>Biscontini</i>	629 Liquid Jabs, Kicks & Pump <i>Velazquez</i>
636 FFP Standing Pilates <i>Kahn</i>	637 Christ Centered Yoga™ "There Ain't No High Like the Most High" <i>Martin</i>	638 Sugar Sabotage! <i>Josephson</i>	639 Current Controversies In Resistance Training <i>Kravitz</i>	640 Functional Fitness For Kids <i>McCormick</i>	641 Aqua Body Moves <i>Velazquez</i>	642 The Art of Teaching with No Voice <i>Griffeth</i>
649 The Wonder Woman Workout <i>McCormick</i>	650 Beaming™ Soulful Sole-Ful Synergy <i>Biscontini</i>	651 It's What You Don't Say That Counts <i>Fable</i>	652 Biomechanics of Core Training <i>Morris</i>	653 OMG! She's Pregnant <i>Laird</i>	654 Aquatic Rush 2 <i>Ribbins</i>	655 Bootcamp Gets WET <i>McCullen</i>
662 SCULPTmoves™ Build-A-Butt™ <i>Westerman</i>	663 Indo-Row® The Perfect Calorie Burn <i>Blahnik/Crosby</i>	664 FFP Using Social Media to Grow Business <i>Colby</i>	665 Stardate 2010 The Next Generation Research <i>Kravitz</i>	666 Get Kranking®: The Business Opportunity <i>Morris</i>	NO CLASS	667 AKWA Steppin <i>Griffeth</i>