

# DCAC 2010 Registration Form

## PART A: ATTENDEE INFORMATION

\_\_\_\_\_  
First Name/Last Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
Primary Contact Number

\_\_\_\_\_  
Email Address

## PART B: REGISTRATION OPTIONS

### • FITNESS ED CONFERENCE WEEKEND .....

Friday August 6 – Sunday August 8  
\$249.00 – deadline 05/31/10  
\$299.00 – deadline 07/31/10  
\$325.00 – onsite registration

### • STAFF ASSISTANT REGISTRATION.....

Friday August 6 – Sunday August 8  
\$119.00 – deadline 05/31/10

### • PRE/POST CONFERENCE & SPECIALTY EVENTS...

Please list here the course # and title for your workshop.  
See pages 11-15 for descriptions.

Course # \_\_\_\_\_ Course Title \_\_\_\_\_

Course # \_\_\_\_\_ Course Title \_\_\_\_\_

Course # \_\_\_\_\_ Course Title \_\_\_\_\_

\*One Day Rates may be available if space allows after 07/01/10.

### • TOTAL .....

\*Group Registrations: If you have a group of 10 or more, please contact Jamie at 1.800.DCAC.551 or dcacfitness@aol.com before you register.

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## PART C: PAYMENT OPTIONS

Credit Card:  VISA  MC  AMEX  DISC

\_\_\_\_\_  
Card Number Exp. Date

\_\_\_\_\_  
Card Holder's Name

\_\_\_\_\_  
Card Holder's Signature

\_\_\_\_\_  
Billing Address

\_\_\_\_\_  
City State Zip Code

Check/Money Order: Payable to: Fitness Conventions Inc.  
# \_\_\_\_\_ Mail to: DCAC Fitness Conventions  
8141 Solitude Lane  
Mechanicsville, VA 23111

Note: If you register for the Fitness Education Conference Weekend, please send your complete session selection pages (R-1-4 of this brochure) as well as your complete registration form with your payment.

## PART D: REGISTRATION POLICIES:

Listed below are the registration policies and procedures for all events at the DCAC 2010 International Fitness Education Conference & Trade Show August 4-8, 2010 in Alexandria, Virginia, USA.

**Informed Consent:** Please read the following very carefully. By submitting your registration, you hereby agree to and accept all terms and conditions listed below. If you are not in agreement with following, in whole or in part, then you will not be permitted to register for the DCAC 2010 International Fitness Education Conference & Trade Show or any of the events in conjunction with it, August 4-8, 2010.

**1. Physical Condition Certificate:** I hereby certify that I have no physical condition or defects which would cause undue strain on any part of my body by my engaging in strenuous exercise or other similar activities that I might pursue while participating in the DCAC 2010 International Fitness Education Conference & Trade Show, or any of the events in conjunction with it August 4-8, 2010.

**2. Release and Assumption of Risk:** I agree that by my participation in the DCAC 2010 International Fitness Education Conference & Trade Show, or any of the events in conjunction with it, from August 4-8, 2010, I expressly assume all risks and full responsibility for any injuries, damages, and losses which I may incur on or about the premises of said events. I do hereby fully and forever release and discharge DCAC/Fitness Conventions Inc., its shareholders, directors, officers, employees, agents, independent contractors and any other affiliates connected with said organization from any and all claims, demands, damages, rights of action or causes of action, liability including that which may arise out of negligence or carelessness on the part of the aforementioned persons or entities, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out of my participation in the DCAC 2010 International Fitness Education Conference & Trade Show, or any of the events in conjunction with it, from August 4-8, 2010. I also understand that I may be video taped, audio recorded, and/or photographed during this event and that DCAC/Fitness Conventions Inc. may use this media for any and all purposes without compensation of any kind to me and without further notice to me or permission from me.

**3. Cancellation/Refund Policy: NO REFUNDS!** I understand that if I cannot attend the conference, I may transfer my registration to another individual for a \$50.00 processing fee. In the event of a medical emergency or death in the family, I can receive a credit for my registration towards a future DCAC Convention/Event. The credit will be issued, less a \$50.00 processing fee. (Both a transfer and a credit require that written notification by postal mail is received by 07/20/10. Please mail requests to DCAC 2010, 8141 Solitude Lane, Mechanicsville, VA 23111 USA.) Presenters, classes, dates and times are subject to change without notice.

**4. Returned Check Fee:** A \$35 fee will be charged for all returned checks. No exceptions.

**5. Staff Assistant Agreement:** (Applies to Staff Assistant Registrations Only) All Staff Assistants must be available to work/attend the entire conference from Thursday August 5 at 6:00 pm until Sunday August 8, 2010 at 4:00pm. NO EXCEPTIONS! You may not be required to work these particular hours, but to make scheduling manageable, we ask that all staff assistants be available during this time period. Staff assistants receive the discounted registration rate in exchange for working approximately 15 hours during the conference. You will be required to attend a staff meeting on Thursday night, August 5th at 6:00 pm at the Hilton Alexandria Mark Center Hotel to review the duties you will be asked to perform during the weekend. You will register like a regular attendee and select a session for each time slot. After the staff assistant work schedule is complete, you will receive your assigned duties. You will be allowed to attend your selected sessions when you are not scheduled to work. For more information, please contact Alison Boyd by emailing cadssboyd@aol.com or calling (804) 397-0469.

I have read and agree to DCAC/Fitness Conventions Inc. terms and conditions listed in Part D: Registration Policies.

\_\_\_\_\_  
Signature Date

## DCAC INTERNATIONAL 2010 FITNESS EDUCATION CONFERENCE WEEKEND SESSION SELECTION FORM

This form is used to select sessions when you register for the Fitness Education Conference Weekend, Friday August 6th – Sunday August 8th, 2010. It is not applicable to any pre-conference or specialty programs offered on Wednesday 08/04/10 or Thursday 08/05/10. Please fill out this form completely and be sure to provide your full name (as it appears on your registration form), your phone number with area code and indicate if you have already registered ON BOTH SIDES OF THIS FORM. Listed below and on the next page are the conference sessions in order by date and time. Select the sessions you wish to attend using the numbers (1,2,3) to indicate your first, second and third choices for each time slot. If your choices are not marked in numerical order of preference for any given time slot or the sessions you chose are full, a random session will be assigned for you. In order to submit this Session Selection Form, you MUST a) already be registered for the DCAC 2010 Fitness Education Conference Weekend, or b) submit registration and payment in full simultaneously with your Session Selection Form. Assignment of conference session selections will be processed based on registration order.

\* For full descriptions of each conference session please visit our web site at [www.dcacfitness.com](http://www.dcacfitness.com). Or, send us an e-mail requesting a copy be e-mailed to you at [dcacfitness@aol.com](mailto:dcacfitness@aol.com).

### Group 1 – Friday – 7:00am – 9:00am

- 200 Power Systems® The Ultimate Kettleball Workout *McCormick* ☺☺
- 201 Step CELEBRATION! *McMullen* ☺
- 202 Rotational Circuit *Kolber* ☺☺
- 203 Resist-A-Ball® Seamless Strength *Appel* ☺☺☺
- 204 Street Kata *Garland* ☺
- 205 Spinning® Performance Indoor Riding *Juarez* ☺
- 206 Everyday Pilates & Posture *Clark* ☺☺
- 207 Peak Pilates® Reformer JUMP! *Coyle* ☺☺
- 208 YogaFit® Full Body Blast *Shaw* ☺☺
- 209 Straight Up Mat *Hernandez* ☺☺
- 210 Expose Your “Sole” by Balletone® *Hall* ☺☺
- 211 Managing The Mat *Sherman* ☺☺
- 212 Beaming™ Bar and BEYOND *Mesirov* ☺☺
- 213 Going Functional *Johnson* ☺
- 214 From Good to Excellent *Comana* ☺
- 215 C.H.E.K Institute Balance Training for Every Client *Mazurek* ☺
- 216 Are You Hitting The Mark *Bannister Munn* ☺☺☺☺☺
- 217 Coaching Initial Intake Session & Goal Setting *Pace* ☺
- 218 Get Wet & Shake Your Buddha *Biscontini* ☺☺
- 219 Aqua Choreography Made Simple *Ribbins* ☺

### Group 2 – Friday - 10:00am – 11:30am

- 220 Get your GROOVE on 1-2 *Tripoli* ☺
- 221 Step Success *Kolber* ☺
- 222 Body Bar® Lean Mean Legs! *Catlin* ☺☺
- 223 Fit Ball: Round and Around! *Velazquez* ☺
- 224 Baby Boomer Boot Camp Challenge® *Patterson* ☺☺☺
- 225 Spinning® Creative Climbs *Krabiel* ☺
- 226 Indo-Row® The Perfect Calorie Burn *Brooks/Crosby* ☺
- 227 Peak Pilates® Reformer Rhythms *Coyle* ☺☺
- 228 Total Yoga Core *Zahnn* ☺☺
- 229 Power Systems® Total Body Conditioning *Biscontini* ☺☺☺
- 230 Christ Centered Yoga™ *Martin* ☺☺
- 231 Gym Yoga Can Be Real Yoga *Laird* ☺
- 232 FFP Start & Grow a 6-Figure Bootcamp Business *Colby* ☺☺
- 233 What’s Really In it? *Gentes* ☺☺☺☺
- 234 The SMART Way to Set Goals *Baumgartner* ☺
- 235 Coaching Movement *McCall* ☺☺☺
- 236 Urban Striptease™ The Self-Esteem Project *Murphy Madden* ☺☺☺
- 237 Fall Proof! *Backe* ☺☺☺☺
- 238 SilverSneakers® SilverSplash® *Marotto* ☺☺
- 239 Hydro-Fit® Pour It To The Core *Stuart* ☺
- 240 Gymstick® Nordic Walking *Sherman* ☺☺

### Group 3 – Friday Lunch Sessions

- Choose ONE SESSION from 11:45am - 1:15pm OR 12:45pm - 2:15pm
- 241 Clubbing *Goudeau* ☺
  - 242 BOSU® Xplode *Brooks* ☺☺☺
  - 243 Power Vinyasa For Functional Fitness Yoga *Sherman* ☺☺
  - 244 centeredbeing™ Om-Powered Wellness Workshop *Celentano/Comfort* ☺☺
  - 245 The Bannister Method™ Flexibility *Bannister Munn* ☺☺☺
  - 246 FFP Fitness Business 101 *Wilburn* ☺☺
  - 247 Tap Into Your Fat Burn *Comana* ☺☺
  - 248 Exhalation to Inspiration *Vaganek Bahneman* ☺☺☺☺
  - 249 Strength & Power H2O *McCormick* ☺
  - 250 Stretch Fusion IV *Denomme* ☺
  - 251 STEP Bar None *McMullen* ☺
  - 252 Monday Morning Moves *Kolber* ☺
  - 253 Urban Striptease™ Chair-Licious *Murphy Madden* ☺
  - 254 Spinning® Blending Music and Cadence *Arends* ☺
  - 255 Four On The Floor for Core *Zahnn* ☺☺☺
  - 256 Peak Pilates® MVE® Chair Pedal Progressions *Coyle* ☺☺☺
  - 257 49 Push-Ups 16 Links and More: An Ashtanga Yoga Practice *Laird* ☺☺☺
  - 258 Beaming™ Soulful Sole-Ful Synergy *Biscontini* ☺☺☺
  - 259 C.H.E.K Institute Does That Functional Exercise Improve Function? *Mazurek* ☺☺☺
  - 260 Work IT! The New Fitness Business Model *Gray* ☺☺☺☺

### Group 4 – Friday – 2:30pm–4:30pm

- 261 The Groove Method™ Groove your Body ALIVE – Dance *Tripoli* ☺
- 262 dieHARD Step *McMullen* ☺
- 263 Body Bar® Flexible Strength *Appel* ☺☺
- 264 Play Ball *Goudeau* ☺
- 265 Pumping Rubber *Vincent/Kassouf* ☺☺
- 266 Spinning® There’s a Technique Behind This *Juarez* ☺
- 267 Indo-Row® The Perfect Calorie Burn *Brooks/Crosby* ☺
- 268 Pilatesstick® Stick with It! *Coyle* ☺☺
- 269 YogaFit® YogaCore *Shaw* ☺☺
- 270 Off The Wall Yoga *Husk* ☺☺
- 271 Pilates Mat with Ring & Small Ball *Hernandez* ☺☺
- 272 Yoga En Fuego! *Vaganek Bahneman* ☺☺☺
- 273 Foundational Beaming™ *Mesirov* ☺☺☺
- 274 Healthier Eating Habits For Beginners *Gentes* ☺☺☺☺
- 275 Setting the Stage for Change *Baumgartner* ☺☺☺
- 276 Power Training *McCall* ☺
- 277 Coaching Static + Movement Musculoskeletal Screens *Pace* ☺☺☺☺☺
- 278 Creating Results Understanding Body Typing *Johnson* ☺☺☺☺
- 279 Aquatic XGames 2010 *Ribbins* ☺☺
- 280 Hydro-Fit® Tranquility & Turbulance *Stuart* ☺

## SESSION SELECTION FORM CON'T.

## Group 5 – Friday – 5:00pm–6:30pm

- 281 Flirty Girl Fitness® Fun Fit & Fabulous Hall 🤗
- 282 The Step Balance Velazquez 🤗
- 283 Urban Striptease™ Teaseology Murphy Madden 🤗
- 284 BOSU® Core Flow Brooks 🤗🤗🤗
- 285 SilverSneakers® Muscular Strength & Range of Movement Marotto 🤗🤗🤗 Note: session runs from 5 pm - 7 pm
- 286 Spinning® Picking Up the Pace with Tempo Training Arends 🤗
- 287 Pilates Mat Little 🤗🤗
- 288 Bodyblade® Core Like Never Before! TBA 🤗🤗
- 289 YogaFit® Safe Yoga Shaw 🤗🤗
- 290 Foundational Pilates Clark 🤗🤗
- 291 Yoga Gently Laird 🤗🤗
- 292 Pure PilatesFit Zahnn 🤗🤗
- 293 FFP Creating Additional Income Streams Wilburn 🤗
- 294 PURPOSE! Gray 🤗🤗🤗🤗
- 295 High Octane Fueling Comana 🤗🤗🤗
- 296 C.H.E.K Institute Heavy Breathing – The Science & Practice Mazurek 🤗🤗🤗
- 297 The Fiscally Fit Fitness Professional Catlin/Dudley 🤗🤗🤗
- 298 Fall Prevention Programs Backe 🤗🤗🤗🤗
- 299 Cardio Flex Denomme 🤗
- 300 Olympic Challenge Grymes/Brown Johnson/Wilson 🤗

## Group 6 – Saturday 6:00am–6:55am

- 301 Street Kata Garland 🤗
- 302 SPR® Sgt. Ken's Circuit Training™/Operation Craving Competition™ Sgt. Ken Weichert 🤗🤗
- 303 Serious Savasana Husk 🤗🤗
- 304 Spinning® Ain't No Mountain High Enough! Juarez 🤗

## Group 7 – Saturday – 7:00am–9:00am

- 305 Latin Low Impact Little 🤗
- 306 Step Up & Shake It Velazquez 🤗
- 307 Body Bar® Grace Under Pressure Grant 🤗🤗🤗
- 308 Resist-A-Ball® Super Charged Circuit Blum 🤗🤗
- 309 Twist Conditioning The SMART Gym Manson 🤗🤗
- 310 Spinning® The Art of Selective Cueing Arends 🤗
- 311 Pilates Mat Foundations Clark 🤗🤗🤗
- 312 Peak Pilates® Rev'd Up Reformer Coyle 🤗🤗
- 313 YogaFit® Flex & Flow Shaw/Moreno 🤗🤗
- 314 Pilates Mat with Mini Beam & Thera Band Hernandez 🤗🤗
- 315 Ballet My Way by Balletone® Hall 🤗🤗
- 316 Flow and Release with Chi-Bolster Bender 🤗🤗🤗
- 317 Beamlates™ Kahn 🤗🤗
- 318 Feasting On Health Gentes 🤗🤗🤗
- 319 FFP Using Social Media to Grow Business Colby 🤗🤗🤗
- 320 Child Development + Fitness = Play Brown 🤗🤗
- 321 Program Designs – A Marketing Strategy McCall 🤗
- 322 Work IT! The New Fitness Business Model Gray 🤗🤗🤗
- 323 Muscle Memory by Design Denomme 🤗
- 324 Weigh-less Workout Ribbins 🤗

## Group 8 – Saturday 10:00am–11:30am

- 325 Groovalicious Dance Party! Tripoli 🤗
- 326 StepTonic™ Douglass/Nixon 🤗
- 327 The Final Step Goudeau 🤗
- 328 BOSU® Amped! Mylrea/Brooks/Brooks/Krauss 🤗🤗
- 329 Twist Conditioning Complete Core Challenge Manson 🤗🤗
- 330 Spinning® The Five Step Sprint Krabel 🤗
- 331 Core Washboards Rollers & Love Handles Kassouf 🤗🤗🤗
- 332 Peak Pilates® Mat to the Max Coyle 🤗🤗

- 333 Postural Reboot Johnson 🤗🤗🤗
- 334 Yoga Sweat Flex & Flow Laird 🤗🤗
- 335 Mastery Of Movement Un-Wind Pace 🤗🤗🤗
- 336 The ArCHitects Of Youth with The Chi-Bolster Kahn 🤗🤗🤗🤗
- 337 centeredkids™ by centeredbeing™ Celentano 🤗🤗
- 338 Trailblazing Strategies to Burn Calories Kravitz 🤗🤗
- 339 Essentials of Exercise Physiology Comana 🤗🤗🤗
- 340 C.H.E.K Institute Is Stress Making Your Pants Tight? Mazurek 🤗🤗🤗
- 341 Fight For Your Right To Party Gray 🤗🤗🤗
- 342 Go Deep Vaganek Bahneman 🤗
- 343 Power to The Pool Marotto 🤗🤗
- 344 iAy CarAmba! Aqua Velazquez 🤗

## Group 9 – Saturday – Lunch Sessions

## 11:45am – 1:15pm

- 345 Street Kata Warrior Level II Garland 🤗
- 346 Resist-A- Ball® Complete Core Blum 🤗🤗
- 347 Boot Camp Challenge® Cut & Paste Circuits Patterson 🤗🤗
- 348 Peak Pilates® MVE® Chair Hard Core Krauss 🤗🤗
- 349 Off The Wall Yoga Husk 🤗🤗
- 350 Bender Ball® Men On Mats Bender 🤗🤗
- 351 Fitness Programming for Children Brown 🤗🤗
- 352 FFP Attract Clients & Make MORE Money Through Public Speaking Wilburn 🤗
- 353 Why Use Two When One Will Do McCormick 🤗
- 354 Express Workout Ribbins 🤗

## 12:45pm – 2:15pm

- 355 Train Like a Pro Without the Dough Comana 🤗🤗
- 356 Body Bar® Booty On Up Catlin 🤗🤗
- 357 Spinning® Finding the Intensity Balance Juarez 🤗
- 358 Indo-Row® The Perfect Calorie Burn Crosby/Brooks 🤗
- 359 Christ Centered Yoga™ Focus on Inversions Martin 🤗🤗
- 360 Pure PilatesFit Zahnn 🤗🤗
- 361 Beam™ From Heart to Sole Kahn 🤗🤗
- 362 Stardate 2010: Engage the NEW Research Kravitz 🤗🤗
- 363 Legislation Issues Industry Effects & the Personal Trainer W.I.T.S. 🤗
- 364 Toxic World Toxic Body? Dudley 🤗🤗🤗

## Group 10 – Saturday – 2:30pm–4:30pm

- 365 Tribal Rapture Tripoli 🤗
- 366 Hard Work Conditioning Goudeau 🤗🤗
- 367 Body Bar® B.U.R.S.T. Grant 🤗🤗
- 368 BOSU® Multiplied Myrea 🤗🤗
- 369 Gone In 30 Minutes Bannister Munn 🤗🤗
- 370 Spinning® Pre-Ride Set Up and Class Content Arends 🤗
- 371 Reformed Mat Tombesi 🤗🤗
- 372 Peak Pilates® MVE® Chair Spring Into Action Krauss 🤗🤗
- 373 YogaFit® YogaButt™ Shaw/Moreno 🤗🤗
- 374 Journey to Headstand Laird 🤗🤗
- 375 Coaching Movement McCall 🤗🤗
- 376 You Can't Touch This: Safe Yoga Assists and Adjustments Vaganek Bahneman 🤗🤗
- 377 FFP Using Social Media to Grow Business Colby 🤗🤗🤗
- 378 Fat Frenzy MORE About Fat! Kravitz 🤗🤗
- 379 The Tri-Athalon of Whole Self Health Gentes 🤗🤗🤗
- 380 C.H.E.K Institute Flatten Your Abs Forever Mazurek 🤗🤗🤗
- 381 Lifestyle Wellness Coaching – TheBusiness Side of Things Baumgartner 🤗🤗
- 382 Mind Body Teens Brown 🤗🤗🤗
- 383 Fluid Fusion Velazquez 🤗🤗
- 384 Aqua Rhythmics Marotto 🤗

Choose ONE SESSION from 11:45am - 1:15pm OR 12:45pm - 2:15pm

## SESSION SELECTION FORM CON'T.

## Group 11 – Saturday – 5:00pm–6:30pm

- 385 Twist Conditioning SMART Strength *Manson* 🧘🏻🧘🏻
- 386 The Bare Essentials *Bannister Munn* 🧘🏻🧘🏻
- 387 Body Bar® All Systems Go *Mylrea* 🧘🏻🧘🏻
- 388 BOSU® Elevation *Brooks* 🧘🏻🧘🏻
- 389 Catwalk Confidence The Workout *Splichal* 🧘🏻
- 390 Spinning® Transitions Are Key *Krabiel* 🚲
- 391 Indo-Row® The Perfect Calorie Burn *Crosby/Krauss* 🧘🏻
- 392 Pilatesstick® Moving Strength *Coyle* 🧘🏻🧘🏻
- 393 YogaFit® Yoga Strength *Celentano* 🧘🏻🧘🏻
- 394 Standing Pilates *Kahn* 🧘🏻🧘🏻
- 395 Christ Centered Yoga™ There Ain't No High Like the Most High *Martin* 🧘🏻🧘🏻
- 396 Bender Ball® Method Of a Strong Healthy Back *Bender* 🧘🏻🧘🏻
- 397 FFP Attract Clients & Make MORE Money Through Public Speaking *Wilburn* 😊
- 398 Muscle Mania *Kravitz* 🧘🏻🧘🏻
- 399 Small Successful Studio *Zahnn* 🧘🏻🧘🏻
- 400 Power Training *McCall* 😊
- 401 Hip & Low Back Disorders *Johnson* 😊
- 402 Stressed Out To the Max *Catlin* 🧘🏻🧘🏻🧘🏻🧘🏻
- 403 Stride & Strength *Marotto* ♪
- 404 Never Too Old To Exercise *McCormick* ♪🧘🏻

## Saturday Night Fever – 7:00pm–8:30pm

- 405 DanceSport Endurance® *Thurman* 🧘🏻
- 406 Drop It Like It's Hot – NYC Chair Workout *Grant* 🧘🏻
- 407 Step Swap *Douglass/Nixon* 🧘🏻

## Group 12 – Sunday – 7:30am–9:00am

- 408 Power Systems® Slam Dunk Sport Circuit *Mylrea* 🧘🏻🧘🏻
- 409 GROOVING for every BODY *Tripoli* 🧘🏻🧘🏻
- 410 Obstacle Course *Goudeau* 🧘🏻🧘🏻
- 411 BOSU® Studio Pilates *Krauss* 🧘🏻🧘🏻
- 412 Resist-A-Ball® Complete Core *Blum* 🧘🏻🧘🏻🧘🏻
- 413 Spinning® Music: Making It Real In Fitness Club Settings *Arends* 🚲
- 414 Indo-Row® The Perfect Calorie Burn *Crosby/Brooks* 🧘🏻
- 415 Peak Pilates® Reformer on the Ball *Coyle* 🧘🏻🧘🏻
- 416 Mastery Of Movement Thera-me™ Upper Body *Pace* 🧘🏻🧘🏻
- 417 Pilates Mat *Little* 🧘🏻🧘🏻
- 418 Balance Strength Flexibility and Core *Bannister Munn* 🧘🏻🧘🏻🧘🏻🧘🏻
- 419 Gymstick® Power Wheelz *McCormick* 🧘🏻🧘🏻🧘🏻
- 420 Foundational Beaming™ *Mesirov* 🧘🏻🧘🏻
- 421 Fake Food Addiction *Gentes* 🧘🏻🧘🏻
- 422 Lifestyle Wellness Coaching with Emotional Intelligence *Baumgartner* 🧘🏻🧘🏻
- 423 The Functional Foot & Ankle *Splichal* 🧘🏻🧘🏻🧘🏻
- 424 Real Life Self Defense *Catlin* 🧘🏻🧘🏻🧘🏻🧘🏻
- 425 Creating Results Making Every Workout Rehabilitative *Johnson* 🧘🏻🧘🏻
- 426 Not Your Average Total Body Conditioning *Grymes/Brown Johnson/Wilson* ♪
- 427 Aquatic Rock *Ribbins* ♪

## Group 13 – Sunday 10:00am–11:30am

- 428 Flirty Girl Fitness® Fun Fit & Fabulous *Hall* 🧘🏻
- 429 Dance Depot *Velazquez* 🧘🏻
- 430 Body Bar® S.W.E.A.T. *Grant* 🧘🏻🧘🏻
- 431 SPRI® Sgt. Ken's Boot Camp™ – Operation Rapid Response™ *Sgt. Ken Weichert* 🧘🏻🧘🏻
- 432 Set The Tone *Bannister Munn* 🧘🏻🧘🏻🧘🏻
- 433 Spinning® Counting Building Loading *Krabiel* 🚲
- 434 Vertical Pilates *Clark* 🧘🏻🧘🏻🧘🏻🧘🏻
- 435 Peak Pilates® Playful Pilates *Coyle* 🧘🏻🧘🏻
- 436 Tranquility Zen Stretch *Catlin* 🧘🏻🧘🏻
- 437 Child Development + Fitness = Play *Browne* 🧘🏻🧘🏻
- 438 centeredseniors™ by centeredbeing™ *Comfort* 🧘🏻🧘🏻
- 439 Reformed Mat *Tombesi* 🧘🏻🧘🏻
- 440 Heart "N" Soul *Kahn* 🧘🏻🧘🏻
- 441 Yoga Is A Four Letter Word *Vaganek Bahneman* 🧘🏻🧘🏻
- 442 Cardio Training On The Edge *Brooks* 😊
- 443 C.H.E.K. Institute - How To Work In *Mazurek* 😊
- 444 Women's Health Report *Kravitz* 🧘🏻🧘🏻🧘🏻
- 445 FFP Build Business by Using Teleseminars *Colby* 🧘🏻🧘🏻🧘🏻
- 446 Gentle Aqua *McCormick* ♪🧘🏻
- 447 Aqua Kickboxing Till You Drop *Grymes/Brown Johnson/Wilson* ♪

## Group 14 – Sunday – 11:45am–1:15pm

- 448 DanceSport Endurance® *Thurman* 🧘🏻
- 449 Let The Praise Begin *Grant* 🧘🏻
- 450 The Hi/Lo Challenge *Vincent/Kassouf* 🧘🏻
- 451 Baby Boomer Bootcamp *Little* 🧘🏻🧘🏻
- 452 Gliding™ Triple Threat *Mylrea* 🧘🏻🧘🏻
- 453 Spinning® Pedal Pace Power *Arends* 🚲
- 454 willPower & Grace™ *Krauss* 🧘🏻🧘🏻
- 455 Bodyblade® Circuit ... Work It! *TBA* 🧘🏻🧘🏻
- 456 Dancelicious *Zahnn* 🧘🏻
- 457 centeredtweens™ & centeredteens™ by centeredbeing™ *Celentano* 🧘🏻🧘🏻
- 458 Mastery of Movement Thera-me™ Lower Body *Pace* 🧘🏻🧘🏻🧘🏻
- 459 Functional Rehab for the Shoulder *Johnson* 🧘🏻🧘🏻🧘🏻
- 460 Catwalk Confidence The Workout *Splichal* 🧘🏻
- 461 Eating Disorders Body Image Dysthymia and the Fitness World *Tripoli* 🧘🏻🧘🏻🧘🏻🧘🏻
- 462 The Pursuit of Authentic Happiness and Well-Being *Baumgartner* 🧘🏻🧘🏻🧘🏻🧘🏻
- 463 FFP How To Develop Winning Strategic Alliances *Wilburn* 🧘🏻🧘🏻🧘🏻
- 464 Consummate Communicator *Clark* 🧘🏻🧘🏻🧘🏻🧘🏻