

DCAC Fitness Education Conference August 2-3, 2019 * Schedule At A Glance

Day/Date	Time	#	Session	Presenter	AAA	ACE	AEA	AFAA	AFPA	NASM	NSCA	PEAK	SPIN	STOTT
Fri 8/2	7:00am-8:30am	201	Dynamic Stretching Tricks and Tools: powered by Balanced Body®	Nico Gonzalez	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	7:00am-8:30am	202	SamuraiFT "Martial Art Fitness System"	Francisco Sanchez	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	7:00am-8:30am	203	Accelerated Step	Lynne Skilton Hayes	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	7:00am-8:30am	204	Peak Pilates® Clean and Classical Mat	Kathryn Coyle	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Fri 8/2	7:00am-8:30am	205	SPINNING® HIIT Me Baby One More Time	Carmen Diges	1	0	0.75	1	1	0.1	0.15	0	1.5	0
Fri 8/2	7:00am-8:30am	206	Coach, Do Something!	Irene McCormick	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	7:00am-8:30am	207	Yoga Essentials	Robert Sherman	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	7:00am-8:30am	208	Schwinn® Cycling: Ride and Row	Amy Dixon & Jeffrey Scott	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	7:00am-8:30am	209	MyoBuddy® Maintaining Fascia Health for Better Movement	Jennifer Henson	1	0	1.5	1	1	0.1	0.15	0	0	0
Fri 8/2	7:00am-8:30am	210	Acquapole® Strength & Toning	Andrea Velazquez	1	0.15	1.5	1	1	0.1	0	0	0	0
Fri 8/2	8:45am-10:15am	211	STOTT PILATES® Total Body Toning	Elizabeth Ellison	1	0	0.75	1	1	0.1	0.15	0	0	0.2
Fri 8/2	8:45am-10:15am	212	Pulling for Power, Program 003™	SGT Ken®	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	8:45am-10:15am	213	Strong by Zumba®	Renee Pickett	1	0	0.75	1	1	0.1	0	0	0	0
Fri 8/2	8:45am-10:15am	214	Peak Pilates® Flexcushion Challenge	Zoey Trap	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Fri 8/2	8:45am-10:15am	215	SPINNING® Time to CRUSH IT!	Josh Taylor	1	0.15	0.75	1	1	0.1	0	0	1	0
Fri 8/2	8:45am-10:15am	216	3D Core Training	Pete McCall	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	8:45am-10:15am	217	Rise and Flow with Yoga	Lauren Eirk	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	8:45am-10:15am	218	StairMaster® HIIT - Real Ratios for Results	Sonja Friend Uhl	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	8:45am-10:15am	219	Schwinn® Cycling: Rhythm Done Right	Helen Vanderburg	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	8:45am-10:15am	220	The Carb and Protein Myth	Bruce & Mindy Mylrea	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Fri 8/2	8:45am-10:15am	221	LaBlast® Splash: Aqua Dance Fitness Intervals	Louis Van Amstel	1	0.15	1.5	1	1	0.1	0	0	0	0
Fri 8/2	10:45am-12:15pm	222	Pilates for Athletes: powered by Balanced Body®	Helen Vanderburg	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	10:45am-12:15pm	223	Gliding Reinvented	Mindy Mylrea	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	10:45am-12:15pm	224	Formation	Haley Stone	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	10:45am-12:15pm	225	Peak Pilates® Movement Matters	Kathryn Coyle	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Fri 8/2	10:45am-12:15pm	226	SPINNING® R.I.P. RPE, MHR	Carmen Diges	1	0	0.75	1	1	0.1	0.15	0	1.5	0
Fri 8/2	10:45am-12:15pm	227	Flexibility for the Inflexible -	Keli Roberts	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	10:45am-12:15pm	228	Ebb & Flow: Chakra Powered Yoga	Connie Borho	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	10:45am-12:15pm	229	Schwinn® Cycling: SchwINTENSITY	Jeffrey Scott	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	10:45am-12:15pm	230	Making an Impact in the Fitness Industry	Robert Sherman	1	0.15	1.5	1	1	0.1	0	0	0	0
Fri 8/2	10:45am-12:15pm	231	SAF AQUA® Drums Vibes: Aqua Drums	Andrea Velazquez	1	0.15	1.5	1	1	0.1	0	0	0	0
Fri 8/2	1:15pm-2:45pm	232	STOTT PILATES® Ultimate Body Sculpting	Elizabeth Ellison	1	0	0.75	1	1	0.1	0.15	0	0	0.2
Fri 8/2	1:15pm-2:45pm	233	Metabolic Mayhem	Lynne Skilton Hayes	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	1:15pm-2:45pm	234	LaBlast® Dance Fitness: Highly Involved Interval Training	Louis Van Amstel	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	1:15pm-2:45pm	235	Peak Pilates® Mindful Movement for Seniors	Zoey Trap	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Fri 8/2	1:15pm-2:45pm	236	SPINNING® Rhythm Mayhem	Josh Taylor	1	0.15	0.75	1	1	0.1	0	0	1	0
Fri 8/2	1:15pm-2:45pm	237	Injury Prevention Solutions in HIIT and Group Training	Dr. Evan Osar	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	1:15pm-2:45pm	238	Fascial Line Flexibility Flow	Helen Vanderburg	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	1:15pm-2:45pm	239	StairMaster® HIIT - The Science of Variability for Serious HIIT	Pete McCall	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	1:15pm-2:45pm	240	Schwinn® Cycling: Balancing Act - True Cycling Fusion	Amy Dixon	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	1:15pm-2:45pm	241	Time Saving Tools for Using Digital Music by Yes! Fitness Music	Irene McCormick	1	0.15	1.5	1	1	0.1	0	0	0	0
Fri 8/2	1:15pm-2:45pm	242	Aqua Core Connections	Laurie Denomme	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Fri 8/2	3:15pm-4:45pm	243	WILLOW - Six Pack Abs, Six Pack Mind	Dan Hubbert	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	3:15pm-4:45pm	244	Quick and Dirty 30	Irene McCormick	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	3:15pm-4:45pm	245	Zumba® Cardio Blast	April Smith	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	3:15pm-4:45pm	246	Peak Pilates® Super Advanced Chair	Kathryn Coyle	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Fri 8/2	3:15pm-4:45pm	247	SPINNING® Bridging the Gap	Carmen Diges	1	0	0.75	1	1	0.1	0.15	0	1.5	0
Fri 8/2	3:15pm-4:45pm	248	Understanding Movement	Pete McCall	1	0.15	0.75	1	1	0.1	0.15	0	0	0

Participants MUST sign in at the STOTT Pilates Sessions onsite in order to receive credits.

DCAC Fitness Education Conference August 2-3, 2019 * Schedule At A Glance

Fri 8/2	3:15pm-4:45pm	249	Yoga IS UpBeats™	Lauren Eirk	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	3:15pm-4:45pm	250	Schwinn® Cycling: Music and SO MUCH MORE!	Jeffrey Scott	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	3:15pm-4:45pm	251	The Why and How of Fasting	Bruce & Mindy Mylrea	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Fri 8/2	3:15pm-4:45pm	252	Bohemian Rhapsody (AQUA)	Laura Ribbins	1	0.15	1.5	1	1	0.1	0	0	0	0
Fri 8/2	5:00pm-6:30pm	253	3-D Functional Core Training: powered by Balanced Body®	Helen Vanderburg & Alex McLean	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	5:00pm-6:30pm	254	HIIT Accelerated	Mindy Mylrea	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	5:00pm-6:30pm	255	PIYO® LIVE	Becky Conser	1	0.15	0.75	1	1	0.1	0	0	0	0
Fri 8/2	5:00pm-6:30pm	256	Peak Pilates® Work the Wall	Zoey Trap	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Fri 8/2	5:00pm-6:30pm	257	SPINNING® Zombie Ride	Josh Taylor	1	0.15	0.75	1	1	0.1	0	0	1	0
Fri 8/2	5:00pm-6:30pm	258	Female Core 2.0	Dr. Evan Osar	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	5:00pm-6:30pm	259	Balance & Control: Yoga for Balance	Connie Borho	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	5:00pm-6:30pm	260	StairMaster® HIIT - Rest & HIIT – Our favorite 4 letter words	Sonja Friend Uhl	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	5:00pm-6:30pm	261	Schwinn® Cycling: Prime Design	Robert Sherman	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Fri 8/2	5:00pm-6:30pm	262	Things I Wish I Knew in My First Year in Fitness	Jonathan Ross	1	0.15	1.5	1	1	0.1	0	0	0	0
Fri 8/2	5:00pm-6:30pm	263	Stretch Fusion: Balance	Laurie Denomme	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	7:00am-8:30am	264	Barre So Hard	Tricia Murphy-Madden	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	7:00am-8:30am	265	SamuraiFT™ "Martial Art Fitness System"	Francisco Sanchez	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	7:00am-8:30am	266	32: The Magic Number	Haley Stone	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	7:00am-8:30am	267	Peak Pilates® Pilates - Beyond the Mat	Zoey Trap	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Sat 8/3	7:00am-8:30am	268	Journey into the Power of SPINNING®	Carmen Diges	1	0	0.75	1	1	0.1	0.15	0	1.5	0
Sat 8/3	7:00am-8:30am	269	Fitness FAIL: Lessons Learned from the Trenches	Irene McCormick & Abbie Appel	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	7:00am-8:30am	270	Fusion A'Line	Helen Vanderburg	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	7:00am-8:30am	271	StairMaster® HIIT - A Moment in Time – Optimizing HIIT Intervals	Pete McCall	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	7:00am-8:30am	272	Schwinn® Cycling: Take it to the Max	Keli Roberts	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	7:00am-8:30am	273	MyoBuddy® Maintaining Fascia Health for Better Movement	Jennifer Henson	1	0	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	7:00am-8:30am	274	Acquapole® Circuit Revolution	Andrea Velazquez	1	0.15	1.5	1	1	0.1	0	0	0	0
Sat 8/3	8:45am-10:15am	275	Halo® Training: Intro to Integrated Bodyweight Training	Elizabeth Ellison	1	0	0.75	1	1	0.1	0.15	0	0	0.2
Sat 8/3	8:45am-10:15am	276	Battle with Boats and Ropes™	SGT Ken®	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	8:45am-10:15am	277	Strong by Zumba®	Renee Pickett	1	0	0.75	1	1	0.1	0	0	0	0
Sat 8/3	8:45am-10:15am	278	Peak Pilates® Chair Athlelix	Kathryn Coyle	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Sat 8/3	8:45am-10:15am	279	SPINNING® Instinct Ride	Josh Taylor	1	0.15	0.75	1	1	0.1	0	0	1	0
Sat 8/3	8:45am-10:15am	280	Functional Training 2.0 - Workouts for Results!	Pete McCall	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	8:45am-10:15am	281	Mindful Training Tools	Lauren Eirk	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	8:45am-10:15am	282	Schwinn® Cycling: Master the Moment	Abbie Appel	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	8:45am-10:15am	283	FAI: The Largest Opportunity in Fitness History	Dan Ritchie & Cody Sipe	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	8:45am-10:15am	284	LaBlast® Splash: Shallow Aqua Fitness	Megan Cooperman	1	0.15	1.5	1	1	0.1	0	0	0	0
Sat 8/3	10:45am-12:15pm	285	Body Weight Barre	Tricia Murphy-Madden	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	10:45am-12:15pm	286	P90X® LIVE	Becky Conser	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	10:45am-12:15pm	287	LaBlast®: HIIT With a Twist	Megan Cooperman	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	10:45am-12:15pm	288	Peak Pilates® Dynamic Duo: Pilates Stick and MVe® Chair	Kathryn Coyle & Zoey Trap	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Sat 8/3	10:45am-12:15pm	289	SPINNING® Less is More - Recovery Is Bigger Than You Think	Carmen Diges	1	0	0.75	1	1	0.1	0.15	0	1.5	0
Sat 8/3	10:45am-12:15pm	290	Glutes, Glutes and More Glutes	Dr. Evan Osar	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	10:45am-12:15pm	291	Yoga Nidra	Lynsie McKeown	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	10:45am-12:15pm	292	StairMaster® HIIT - Real Ratios for Results	Sonja Friend Uhl	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	10:45am-12:15pm	293	Schwinn® Cycling: Step into Your Shine	Helen Vanderburg	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	10:45am-12:15pm	294	Brand Building 101	Shawn Madden	1	0	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	10:45am-12:15pm	295	HIYO Aqua Interval Express	Laurie Denomme	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	1:15pm-2:45pm	296	AAA – Abs at All Angles	Abbie Appel	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	1:15pm-2:45pm	297	What The Vibe: Vibration Rollers Explored	David Mills	1	0	0.75	1	1	0.1	0.15	0	0	0

Participants MUST sign in at the STOTT Pilates Sessions onsite in order to receive credits.

Sat 8/3	1:15pm–2:45pm	298	TURBO KICK® LIVE	Becky Conser	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	1:15pm–2:45pm	299	Peak Pilates® The Golden Touch	Zoey Trap	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Sat 8/3	1:15pm–2:45pm	300	SPINNING® Rock 'n' Roll	Josh Taylor	1	0.15	0.75	1	1	0.1	0	0	1	0
Sat 8/3	1:15pm–2:45pm	301	Body in Balance	Keli Roberts	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	1:15pm–2:45pm	302	The Athlete's Yoga	Connie Borho	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	1:15pm–2:45pm	303	Schwinn® Cycling: Let the Music Play. The Art of Non Verbal Cueing	Mindy Mylrea	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	1:15pm–2:45pm	304	FAI: Functional Fitness Assessments for the 55+	Dan Ritchie & Cody Sipe	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	1:15pm–2:45pm	305	Aquatic Rock and Roll	Laura Ribbins	1	0.15	1.5	1	1	0.1	0	0	0	0
Sat 8/3	3:15pm– 4:45pm	306	Loaded Mobility Training: powered by Balanced Body®	Helen Vanderburg	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	307	Strength in the Storm™	SGT Ken®	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	308	Vibration: Next Level Self Massage	Jonathan Ross	1	0	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	309	Peak Pilates® Chair Variations	Zoey Trap	1	0.15	0.75	1	1	0.1	0.15	1.5	0	0
Sat 8/3	3:15pm– 4:45pm	310	SPINNING® Riding the Sweet Spot	Carmen Diges	1	0	0.75	1	1	0.1	0.15	0	1.5	0
Sat 8/3	3:15pm– 4:45pm	311	Group Training Skills Every Coach Needs	Irene McCormick	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	312	Connected Warrior®	Judy Weaver	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	313	StairMaster® HIIT - The Science of Variability for Serious HIIT	Pete McCall	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	314	Schwinn® Cycling: How to WOW!	Robert Sherman	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	315	Friend Building in Fitness	Shawn Madden & Tricia Murphy-Madden	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	3:15pm– 4:45pm	316	SAF AQUA® Drums Vibes: Happy Aqua Flow	Andrea Velazquez	1	0.15	1.5	1	1	0.1	0	0	0	0
Sat 8/3	5:00pm– 6:30pm	317	STOTT PILATES® Essential Matwork with a Fascial Focus	Elizebeth Ellison	1	0	0.75	1	1	0.1	0.15	0	0	0.2
Sat 8/3	5:00pm– 6:30pm	318	Group Vibes: Integrating Vibration Rollers Into Group fitness	David Mills	1	0	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	5:00pm– 6:30pm	319	Keep on Steppin'	Lynne Skilton Hayes	1	0.15	0.75	1	1	0.1	0	0	0	0
Sat 8/3	5:00pm– 6:30pm	320	Glute Reboot	Abbie Appel & Pete McCall	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	5:00pm– 6:30pm	321	Shoulder 2.0	Dr. Evan Osar	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	5:00pm– 6:30pm	322	Energetics of Yoga: Forward Bends and Backbends	Lynsie McKeown	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	5:00pm– 6:30pm	323	Schwinn® Cycling: R&R – Ride & Restore	Keli Roberts	1	0.15	0.75	1	1	0.1	0.15	0	0	0
Sat 8/3	5:00pm– 6:30pm	324	FAI: Balance and Power for the Aging Client	Dan Ritchie & Cody Sipe	1	0.15	1.5	1	1	0.1	0.15	0	0	0
Sat 8/3	5:00pm– 6:30pm	325	Baby Boomer Blast (AQUA)	Laura Ribbins	1	0.15	1.5	1	1	0.1	0.15	0	0	0

Participants MUST sign in at the STOTT Pilates Sessions onsite in order to receive credits.