

DCAC Fitness Education Conference CEC GRID 2021

ZOOM IN: PRESENTER WILL BE OFF SITE BUT *ON SCREEN* IN HOTEL AS WELL AS LIVESTREAM
ZOOM OUT: PRESENTER WILL BE IN PERSON IN HOTEL AS WELL AS LIVESTREAM
IN PERSON: PRESENTER WILL BE IN THE HOTEL ONLY - NOT AVAILABLE AS LIVESTREAM

Day/Date	Time	#	Session/Description	Presenter	Class Type	ACE	AEA	AFAA	AFPA	NASM	NCSA	PEAK
FRI 8/6/21	7:00am-9:00am (EST)	201	Schwinn® Cycling: Work Not Twerk - Results with Rhythm	McLean	ZOOM OUT	0.2	1	2	2	0.2	0	0
FRI 8/6/21	7:00am-9:00am (EST)	202	Welcome to the Jungle - StairMaster® HIIT	Friend-Uhl	IN PERSON	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	7:00am-9:00am (EST)	203	Build a Better Core	Mylrea/Murphy Madden/George	IN PERSON	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	7:00am-9:00am (EST)	204	Best Training Tips for Maximizing Your 30 Min Sessions	Williams	IN PERSON	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	7:00am-9:00am (EST)	205	MASHUP®: Deliver 3 workouts in 1 with VIIT	Silvas/Taylor	IN PERSON	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	7:00am-9:00am (EST)	206	The Future of Work in the Fitness Industry	Hoffman	ZOOM IN	0.2	2	2	2	0.2	0	2
FRI 8/6/21	7:00am-9:00am (EST)	207	WARRIOR Rhythm™	de Werd	IN PERSON	0.2	1	2	2	0.2	0	0
FRI 8/6/21	7:00am-9:00am (EST)	208	Imposter Syndrome - How it's Holding you Back and What to Do About it	Coulton	IN PERSON	0.2	2	2	2	0.2	0	0
FRI 8/6/21	7:00am-9:00am (EST)	209	Rotator Cuff Problems? Corrective and Resistance Exercise Solutions	Osar	ZOOM OUT	0.2	2	2	2	0.2	0.2	2
FRI 8/6/21	7:00am-9:00am (EST)	210	Chair One Fitness: Cater Your Classes to The Fastest Growing Population: Aging Wellness	Perkins	IN PERSON	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	7:00am-9:00am (EST)	211	Viva Virtual	Appel	ZOOM OUT	0.2	2	2	2	0.2	0	0
FRI 8/6/21	7:00am-9:00am (EST)	212	Yoga Coaching Lab	Carmack	IN PERSON	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	7:00am-9:00am (EST)	213	Acquapole® Tone	Velazquez/Brown-Johnson	IN PERSON	0	2	2	2	0.2	0	0
FRI 8/6/21	9:30am-11:00am (EST)	214	Schwinn® Indoor Cycling: Bring IT: Verbal & Visual Cueing Mastery	Mylrea	ZOOM OUT	0.15	0.75	1	1.5	0.1	0.15	0
FRI 8/6/21	9:30am-11:00am (EST)	215	Barre Alignments	Bender	IN PERSON	0.15	0.75	1	1.5	0.1	0.15	0
FRI 8/6/21	9:30am-11:00am (EST)	216	Anchors Away: Functionally Fun Resistance and Rowing™	SGT Ken®	IN PERSON	0.15	0.75	1	1.5	0.1	0.15	0
FRI 8/6/21	9:30am-11:00am (EST)	217	Pound.Rockout.Workout®	Schmidt	IN PERSON	0	0.75	1	1.5	0.1	0	0

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FRI 8/6/21	9:30am-11:00am (EST)	218	Legal Essentials for Fitness Studio Owners & Professionals in a Post-COVID World	Sterling	IN PERSON	0.15	1.5	1	1.5	0.1	0	1
FRI 8/6/21	9:30am-11:00am (EST)	219	Jungshin® Athletic Flow Long Sword Format	Kahn(A)/Rockit	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
FRI 8/6/21	9:30am-11:00am (EST)	220	We Have Weight Loss All Wrong: We are Doing It Backwards and it Doesn't Work	Kingsford	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
FRI 8/6/21	9:30am-11:00am (EST)	221	Breath: The Secret to Improving Posture, Movement and Performance	Mattek	ZOOM OUT	0.15	1.5	1	1.5	0.1	0.15	0
FRI 8/6/21	9:30am-11:00am (EST)	222	Naboso® Falls Risk, Sensory Stimulation & Perception of Self	Splichal	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	1
FRI 8/6/21	9:30am-11:00am (EST)	223	ACE® Credibility Builders in the Fitness Industry	Fable	ZOOM OUT	0.15	1.5	1	1.5	0.1	0	0
FRI 8/6/21	9:30am-11:00am (EST)	224	Coconut Beach Camp	Snowden	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
FRI 8/6/21	9:30am-11:00am (EST)	225	Acqua Stretch and Tone	Velazquez/Brown-Johnson	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
FRI 8/6/21	11:30am-1:00pm (EST)	226	Schwinn® Indoor Cycling: Ride or Die: Killer Vibe to Connect with your Tribe	Rockit	ZOOM OUT	0.15	0.75	1	1.5	0.1	0.15	0
FRI 8/6/21	11:30am-1:00pm (EST)	227	Your Brain on HIIT - Bonus Benefits of High Intensity Training - StairMaster®	Friend-Uhl	IN PERSON	0.15	0.75	1	1.5	0.1	0.15	0
FRI 8/6/21	11:30am-1:00pm (EST)	228	Triple Threat Barre	Bender/Murphy Madden/George	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
FRI 8/6/21	11:30am-1:00pm (EST)	229	Circuit Modality Mayhem	Piercy	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
FRI 8/6/21	11:30am-1:00pm (EST)	230	LaBlast® Fitness: Dance Patternography 2.0	Merced	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
FRI 8/6/21	11:30am-1:00pm (EST)	231	Sleep on It	Biscontini	ZOOM IN	0.15	1.5	1	1.5	0.1	0	1
FRI 8/6/21	11:30am-1:00pm (EST)	232	BOSU® Barre Strong	Lenart	IN PERSON	0.15	0.75	1	1.5	0.1	0.15	0
FRI 8/6/21	11:30am-1:00pm (EST)	233	Tips and Tricks For Sustained Weight Loss	Mylrea/Mylrea	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
FRI 8/6/21	11:30am-1:00pm (EST)	234	Core Training for Low Back and Hip Problems: An Inside Out Approach	Mattek	ZOOM OUT	0.15	1.5	1	1.5	0.1	0	0

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FRI 8/6/21	11:30am-1:00pm (EST)	235	Silver Superhero	Ross	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
FRI 8/6/21	11:30am-1:00pm (EST)	236	Transformational Leadership for The World 2.0	Kolber	ZOOM OUT	0.15	1.5	1	1.5	0.1	0.15	0
FRI 8/6/21	11:30am-1:00pm (EST)	237	WARRIOR Strength™	de Werd	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
FRI 8/6/21	11:30am-1:00pm (EST)	238	Acquapole® Boxing	Velazquez/Brown-Johnson	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
FRI 8/6/21	2:00pm-4:00pm (EST)	239	Schwinn® Cycling: SchwINTENSITY	Sherman	ZOOM OUT	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	2:00pm-4:00pm (EST)	240	Basic Movement Assessments for Cardio Modalities by Star Trac®	Friend-Uhl	IN PERSON	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	2:00pm-4:00pm (EST)	241	Gliding Re-Invented!	Mylrea	IN PERSON	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	2:00pm-4:00pm (EST)	242	AMRAP in a SNAP	Appel	IN PERSON	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	2:00pm-4:00pm (EST)	243	Step CELEBRATION	McMullen	IN PERSON	0.2	1	2	2	0.2	0	0
FRI 8/6/21	2:00pm-4:00pm (EST)	244	The Science of Beating Burnout and Re-Energizing Your Fitness Career	Klika	ZOOM IN	0.2	2	2	2	0.2	0	0
FRI 8/6/21	2:00pm-4:00pm (EST)	245	Peak Pilates® Transitions, Transitions!	Trap	IN PERSON	0.2	1	2	2	0.2	0.2	2
FRI 8/6/21	2:00pm-4:00pm (EST)	246	Why Won't my Clients do What I Tell them to Do?	Kingsford	IN PERSON	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	2:00pm-4:00pm (EST)	247	FAI® Functional Balance Circuits for Clients Over 50	Osar	ZOOM OUT	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	2:00pm-4:00pm (EST)	248	YOUR BODY 2.0 - Group Fitness for the 40 Plus	Murphy Madden/McCall	IN PERSON	0.2	1	2	2	0.2	0	0
FRI 8/6/21	2:00pm-4:00pm (EST)	249	Built to Last	Fable/Alden	ZOOM OUT	0.2	2	2	2	0.2	0	0
FRI 8/6/21	2:00pm-4:00pm (EST)	250	Yoga Choreography Lab	Carmack	IN PERSON	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	2:00pm-4:00pm (EST)	251	Liquid Gym Star Workout	Velazquez/Brown-Johnson	IN PERSON	0	2	2	2	0.2	0	0

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FRI 8/6/21	4:30pm-6:30pm (EST)	252	Schwinn® Cycling: Breathly Not Breathless - Base-Building Threshold Training	Appel	ZOOM OUT	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	4:30pm-6:30pm (EST)	253	PILATES FIT + STRONG	Kahn(J)	IN PERSON	0.2	1	2	2	0.2	0.2	2
FRI 8/6/21	4:30pm-6:30pm (EST)	254	Best Buns and Leg Exercises on the Planet	Mylrea	IN PERSON	0.2	1	2	2	0.2	0.2	0
FRI 8/6/21	4:30pm-6:30pm (EST)	255	Jungshin Combat® Long Sword	Kahn(A)/Rockit	IN PERSON	0.2	1	2	2	0.2	0	0
FRI 8/6/21	4:30pm-6:30pm (EST)	256	How to Create and Grow A Youth Fitness Program	Klika	ZOOM IN	0.2	2	2	2	0.2	0	0
FRI 8/6/21	4:30pm-6:30pm (EST)	257	Strength and Flow	Roberts	IN PERSON	0.2	1	2	2	0.2	0	0
FRI 8/6/21	4:30pm-6:30pm (EST)	258	Beyond Traditional Core Training	Williams	IN PERSON	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	4:30pm-6:30pm (EST)	259	FAI® Functional Aging Training Model and Why your Clients Over 40 Need this Approach	Ritchie	ZOOM OUT	0.2	2	2	2	0.2	0.2	2
FRI 8/6/21	4:30pm-6:30pm (EST)	260	Naboso® Understanding the Aging Foot & Its Effect on Movement	Splichal	IN PERSON	0.2	2	2	2	0.2	0.2	0
FRI 8/6/21	4:30pm-6:30pm (EST)	261	Branding for Fitness Professionals	McCall	ZOOM OUT	0.2	2	2	2	0.2	0	0
FRI 8/6/21	4:30pm-6:30pm (EST)	262	YogaFit® Don't Worry - Be Happy!	Gray	IN PERSON	0.2	1	2	2	0.2	0	0
FRI 8/6/21	4:30pm-6:30pm (EST)	263	LaBlast® Splash: Patternography 2.0	Cooperman	IN PERSON	0.2	2	2	2	0.2	0	0
SAT 8/7/21	7:00am-9:00am (EST)	264	Schwinn® Cycling: Rock Steady - Recovery Rides that Drive Results	Roberts	ZOOM OUT	0.2	1	2	2	0.2	0.2	0
SAT 8/7/21	7:00am-9:00am (EST)	265	Purpose NOT Circus - Legit HIIT - StairMaster®	McCall	IN PERSON	0.2	1	2	2	0.2	0.2	0
SAT 8/7/21	7:00am-9:00am (EST)	266	PRANA BARRE	Kahn(J)	IN PERSON	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	7:00am-9:00am (EST)	267	BOSU® Bootcamp Redefined	Mylrea/Thews	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	7:00am-9:00am (EST)	268	LaBlast® Dance Fitness: Active Aging For All	Cooperman	IN PERSON	0.2	2	2	2	0.2	0	0

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SAT 8/7/21	7:00am-9:00am (EST)	269	Peak Pilates® Progressions	Trap	IN PERSON	0.2	1	2	2	0.2	0.2	2
SAT 8/7/21	7:00am-9:00am (EST)	270	Group X: Master the Side Hustle or Successfully Make It Your Career	Perkins	IN PERSON	0.2	2	2	2	0.2	0	0
SAT 8/7/21	7:00am-9:00am (EST)	271	FAI® Power Training for Older Adults, How to Safely Train for Power and Speed	Ritchie	ZOOM OUT	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	7:00am-9:00am (EST)	272	Ageless Glutes	Bender	IN PERSON	0.2	1	2	2	0.2	0.2	0
SAT 8/7/21	7:00am-9:00am (EST)	273	The Virtual meets Real World	Murphy Madden/George	ZOOM OUT	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	7:00am-9:00am (EST)	274	YogaFit® YogaLean	Shaw	IN PERSON	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	7:00am-9:00am (EST)	275	Acquapole® Advanced	Velazquez/Brown- Johnson	IN PERSON	0.2	2	2	2	0.2	0	0
SAT 8/7/21	9:30am-11:00am (EST)	276	Schwinn® Cycling: Master Your One - Rule Yourself & Rock Your Room	Appel	ZOOM OUT	0.15	0.75	1	1.5	0.1	0	0
SAT 8/7/21	9:30am-11:00am (EST)	277	“Toning” is NOT a Thing. WORK is Part of Work Out! - Nautilus	Friend-Uhl	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SAT 8/7/21	9:30am-11:00am (EST)	278	Let the Beat Drop	George	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
SAT 8/7/21	9:30am-11:00am (EST)	279	Basic to Badass Powered by Flex Cord	Erickson	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SAT 8/7/21	9:30am-11:00am (EST)	280	ACE® Elevate Your Group Fitness Experiences by Incorporating Behavior Change	Alden	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SAT 8/7/21	9:30am-11:00am (EST)	281	MASHUP®: Active Recovery, Are You Implementing It?	Silvas/Taylor	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SAT 8/7/21	9:30am-11:00am (EST)	282	Top Foods for a Healthy Gut Microbiome	Mylrea/Mylrea	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SAT 8/7/21	9:30am-11:00am (EST)	283	FAI® Caregiving Exercise Training	Ritchie	ZOOM OUT	0.15	1.5	1	1.5	0.1	0	0
SAT 8/7/21	9:30am-11:00am (EST)	284	Naboso® Foot Function & Fascial Lines	Splichal	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SAT 8/7/21	9:30am-11:00am (EST)	285	Inspired Leadership - Lessons from Three Decades in the Business of Fitness	Thompson	ZOOM OUT	0.15	1.5	1	1.5	0.1	0	0

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SAT 8/7/21	9:30am-11:00am (EST)	286	WARRIOR Strength™	de Werd	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
SAT 8/7/21	9:30am-11:00am (EST)	287	Liquid Gym Punch and Pump	Velazquez/Brown-Johnson	IN PERSON	0	1.5	1	1.5	0.1	0	0
SAT 8/7/21	11:30am-1:00pm (EST)	288	Schwinn® Cycling: A DJ Saved My Life: The Secret to Savvy Playlists	Sherman	ZOOM OUT	0.15	0.75	1	1.5	0.1	0	0
SAT 8/7/21	11:30am-1:00pm (EST)	289	Nautilus Strength® - Does size REALLY matter?	McCall	IN PERSON	0.15	0.75	1	1.5	0.1	0.15	0
SAT 8/7/21	11:30am-1:00pm (EST)	290	Balletone® Meets Barre	Lenart	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
SAT 8/7/21	11:30am-1:00pm (EST)	291	Quick Hiit: The Short Circuit Programming Solutions	Piercy	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SAT 8/7/21	11:30am-1:00pm (EST)	292	Pound.Rockout.Workout®	Schmidt	IN PERSON	0	0.75	1	1.5	0.1	0	0
SAT 8/7/21	11:30am-1:00pm (EST)	293	Body BARRE BLAST	McMullen	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SAT 8/7/21	11:30am-1:00pm (EST)	294	Things I Wish I Knew in My First Year in Fitness	Ross	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SAT 8/7/21	11:30am-1:00pm (EST)	295	FAI® Secrets of Successful Studio Owners	Ritchie	ZOOM OUT	0.15	1.5	1	1.5	0.1	0.15	0
SAT 8/7/21	11:30am-1:00pm (EST)	296	Ageless Pilates	Bender	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SAT 8/7/21	11:30am-1:00pm (EST)	297	Take Control of Your Career	Fable	ZOOM OUT	0.15	1.5	1	1.5	0.1	0	1
SAT 8/7/21	11:30am-1:00pm (EST)	298	YogaFit® The Addict In Us All	Shaw	IN PERSON	0.15	0.75	1	1.5	0.1	0	0
SAT 8/7/21	11:30am-1:00pm (EST)	299	LaBlast® Splash: Dancing with Aquatic Principles	Cooperman	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SAT 8/7/21	12:30 pm -1:00 pm (EST)		ZUMBA®	Smith	IN PERSON	0	n/a	0	n/a	0	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	300	Schwinn® Cycling: Set the Stage: Planning the Perfect Ride Every Time	McLean	ZOOM OUT	0.2	1	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	301	360 Solution - Consultative Business Solutions Core H&F	McCall/DeBish	IN PERSON	0.2	2	2	2	0.2	0	2

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SAT 8/7/21	2:00pm-4:00pm (EST)	302	Extreme HIIT Chaos®	Mylrea	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	303	The WaterRower® Games™ with SGTKen®	SGT Ken®	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	304	Jungshin Rhythm® Double Short Swords	Kahn(A)/Rockit	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	305	WARRIOR Rhythm™	de Werd	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	306	The 3 Biggest Mistakes Fit Pros Make when Getting Started Online	Coulter	IN PERSON	0.2	2	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	307	Tight Hip Flexors? Anatomy, Assessment and Corrective Exercise for the Hips	Osar/Leary	ZOOM OUT	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	2:00pm-4:00pm (EST)	308	BOSU® Body in Balance: Life Training for Active Aging	Roberts	IN PERSON	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	2:00pm-4:00pm (EST)	309	Fundamentals for entering the Fitness Technology Space	Thews	ZOOM OUT	0.2	2	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	310	BARE® #barefootstrong Workout	Splichal	IN PERSON	0.2	2	2	2	0.2	0	0
SAT 8/7/21	2:00pm-4:00pm (EST)	311	Liquid Gym Jump	Velazquez/Brown-Johnson	IN PERSON	0	2	2	2	0.2	0	0
SAT 8/7/21	4:30pm-6:30pm (EST)	312	Schwinn® Cycling: RIDE AND ROW	Thews	ZOOM OUT	0.2	1	2	2	0.2	0	0
SAT 8/7/21	4:30pm-6:30pm (EST)	313	Encore! One More Time!	Murphy Madden/McLean	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	4:30pm-6:30pm (EST)	314	Plyo Play	Ross	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	4:30pm-6:30pm (EST)	315	Step It Up!	Bannister-Munn	IN PERSON	0.2	1	2	2	0.2	0	0
SAT 8/7/21	4:30pm-6:30pm (EST)	316	Barre Bang	Appel	IN PERSON	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	4:30pm-6:30pm (EST)	317	Reinvent and Change Your View	Silvas	IN PERSON	0.2	2	2	2	0.2	0	0
SAT 8/7/21	4:30pm-6:30pm (EST)	318	Balance Your Client's Feet	Osar	ZOOM OUT	0.2	2	2	2	0.2	0.2	2

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ZOOM IN: PRESENTER WILL BE OFF SITE BUT <i>ON SCREEN</i> IN HOTEL AS WELL AS LIVESTREAM ZOOM OUT: PRESENTER WILL BE IN PERSON IN HOTEL AS WELL AS LIVESTREAM IN PERSON: PRESENTER WILL BE IN THE HOTEL ONLY - NOT AVAILABLE AS LIVESTREAM												
Day/Date	Time	#	Session/Description	Presenter	Class Type	ACE	AEA	AFAA	AFPA	NASM	NCSA	PEAK
SAT 8/7/21	4:30pm-6:30pm (EST)	319	Ageless Intensity	McCall	IN PERSON	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	4:30pm-6:30pm (EST)	320	The Confidence Catalyst	Kolber	ZOOM OUT	0.2	2	2	2	0.2	0	0
SAT 8/7/21	4:30pm-6:30pm (EST)	321	Genius Breaks Coach Certification	Carmack	IN PERSON	0.2	2	2	2	0.2	0.2	0
SAT 8/7/21	4:30pm-6:30pm (EST)	322	SAF Aqua Drums Vibes®	Velazquez/Brown-Johnson	IN PERSON	0.2	2	2	2	0.2	0	0
SUN 8/8/21	7:00am- 9:00am (EST)	323	Flexibility for the Inflexible	Roverts	IN PERSON	0.2	2	2	2	0.2	0.2	0
SUN 8/8/21	7:00am- 9:00am (EST)	324	Flex Cord: Pilates Powered Barre	Appel	IN PERSON	0.2	2	2	2	0.2	0.2	0
SUN 8/8/21	7:00am- 9:00am (EST)	325	M2: Movement Meditation	Rockit	IN PERSON	0.2	2	2	2	0.2	0.2	0
SUN 8/8/21	9:30am-11:00am (EST)	326	Mobility Combos Your Body Craves	Ross	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SUN 8/8/21	9:30am-11:00am (EST)	327	Peak Pilates® Relax and Rewind	Trap	IN PERSON	0.15	0.75	1	1.5	0.1	0	1
SUN 8/8/21	9:30am-11:00am (EST)	328	Road to Recovery	McMullen	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SUN 8/8/21	11:30am-1:00pm (EST)	329	Hipster Yoga Stretch	Thews	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SUN 8/8/21	11:30am-1:00pm (EST)	330	The Bannister Method™ Hands On Stretching	Bannister-Munn	IN PERSON	0.15	1.5	1	1.5	0.1	0.15	0
SUN 8/8/21	11:30am-1:00pm (EST)	331	Be Water, My Friend	Rockit	IN PERSON	0.15	1.5	1	1.5	0.1	0	0
SUN 8/8/21	12:30 pm -1:00 pm (EST)		STRONG Nation™	Alas	IN PERSON	0	n/a	0	n/a	0	0	0