

2007 IDEA Fitness Fusion? Chicago®
Rosemont, IL
Friday, April 20 – Sunday, April 22
(Pre-Conferences, April 19, 2007)

If you are certified with the American College of Sports Medicine (ACSM), continuing education credits from ACE, NASM and NSCA may be applied towards the ACSM continuing certification process. World Instructor Training School (W.I.T.S.) will accept credits for sessions approved by (ACE) and (AFAA).

IDEA does not determine which sessions qualify for credit or the numbers of credits. Please contact your certifying agency with any questions.

Session #	Title	Presenter	ACE	NASM CGT	NASM CPT	AFAA	NSCA -CSCS	NSCA -CPT	NATA BOC	AEA	NFPT	
010	8:00AM – 5:00PM Drums Alive™: Certification Training!	Carrie Ekins, MA	0	0	0	6.0	0	0	0	4	0	
011	9:00AM – 7:00PM Schwinn® Indoor Cycling Instructor Training Course and Advanced Coaching Clinic Sponsored by the Nautilus Institute™	Jay Blahnik Juliane Arney	0.8	0.8	0	7.0	0	0	0.8	4	1	
012	8:00AM – 5:00PM Science of Tweakology: The Secrets of Functional Program Design	Chuck Wolf, MS	0.8	0.8	0.8	8.0	0.8	0.8	0.8	4	1	
013	1:00PM – 5:00PM STOTT PILATES® Group Reformer Classes: Teaching Skills & Programming Choices	Jennifer Dahl	0.4	0.4	0.4	3.0	0	0	0.4	4	1	
FRIDAY, April 20 8:15AM – 10:05AM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
100	Athletic Strength	Peter	Twist, MSc	0.2	0.2	0.2	1.5	0.2	0.2	0.2	1	1
101	New School Stability Ball Training	Douglas	Brooks, MS	0.2	0.2	0.2	1.5	0.2	0.2	0.2	1	1
102	STOTT PILATES® Essential Reformer	Dahl	Jennifer	0.2	0.2	0.2	1.5	0	0.2	0.2	1	1
103	Are you Ready to Zumba®?	Jessica Tony	Thompson Witt	0.0	0.2	0	1.5	0	0	0.0	1	0

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104	Resist-A-Ball® Boot Camp	Robert	Steigele	0.2	0.2	0.2	1.5	0	0	0.2	1	1
105	BODYVIVE™	Jan David	Kincaid Spence	0.2	0	0	1.5	0	0	0.2	1	1
106	Debunking Cardio Myths & Misconceptions	Fabio	Comana, MA, MS	0.2	0.2	0.2	2.0	0.2	0.2	0.2	1	1
107	Multifaceted Marketing	Debra	Atkinson, MS	0.2	0.2	0	2.0	0	0	0.2	1	1
108	Schwinn® Cycling: High Performance Training	Jay	Blahnik	0.2	0.2	0.2	1.5	0.2	0.2	0.2	1	1
109	Looking Forward: What's Next in Personal Training	Nicki Todd Justin	Anderson Durkin, MA Price, MA	0.2	0.2	0.2	2.0	0	0.2	0.2	1	1
110	Aqua Dance	Carrie	Ekins, MA	0.2	0.2	0	1.5	0	0	0.2	1.5	1
FRIDAY, April 20, 8:15 AM – 12:05 PM												
Sessions in this time block are 3 hour 50 minutes (unless otherwise indicated)												
111	InTensive : Hip & Lower Extremity Function, Assessment & Strategies	Chuck	Wolf, MS	0.4	.4	.4	3.5	0.4	0.4	0.4	1	1
FRIDAY, April 20, 10:20 AM – 12:10 PM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
120	Ballet Ball: Strength & Grace in Motion	Rebecca	Lloyd, PhD	0.2	0.2	0	1.5	0	0	0.2	1	1
121	BOSU® All-Ball Sport Circuit	Douglas	Brooks, MS	0.2	0.2	0.2	1.5	0.2	0.2	0.2	1	1
122	STOTT PILATES® Intensifying Essential Reformer	Jennifer	Dahl	0.2	.2	.2	1.5	0	0.2	0.2	1	1
123	Turbo Intervention—Creating Addictions	Chalene	Johnson	0.2	0.2	0	1.5	0	0	0.2	1	1
124	S.O.S (Seniors on Strength)	Carey	Fraley	0.2	.2	.2	1.5	0	0.2	0.2	1	1
125	Athletic Agility, Quickness and Reactivity	Peter	Twist, MSc	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
126	Women and Weight Loss	Nicki	Anderson	0.0	.2	.2	2.0	0	0.2	0.0	1	0

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127	Exercise and Osteoporosis: A Research Review	Jan	Schroeder, PhD	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
128	Schwinn® Cycling: Class Design in No Time	Juliane	Arney	0.2	0	0	1.5	0	0	0.2	1	1
129	The Gait Analysis: The Relationship to Injuries	Stephanie	Hoffman	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
130	Integral Intervals	Tatiana	Kolovou, MBA	0.2	0.2	0.2	1.5	0.2	0.2	0.2	1	1
131	Nautilus Institute™ Complete Circuit Training Sponsored by the Nautilus Institute™	Jay Keli	Blahnik Roberts	0.2	.2	.2	1.5	0	0	0.2	1	1
FRIDAY, April 20, 1:00PM – 4:55PM												
Sessions in this time block are 3 hour 55 minutes (unless otherwise indicated)												
140	InTensive: Structural Assessment 101	Justin	Price, MA	0.4	.4	.4	3.5	0.4	0.4	0.4	2	1
FRIDAY, April 20, 2:15PM – 4:05PM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
150	Functional Circuits—Any Time, Anyone	Fabio	Comana, MA, MS	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
151	Circuit Training Partner Challenge	Jay	Blahnik	0.2	.2	.2	1.5	0	0	0.2	1	1
152	The New Yoga: Movement Science + Spirituality	Robert	Sherman	0.2	.2	.2	1.5	0	0.2	0.2	1	1
153	Super Starts and Fantastic Finishes	Petra	Kolber	0.2	0	0	1.5	0	0	0.2	1	1
154	Drums Alive: Tribal Beats	Carrie	Ekins, MA	0.0	0	0	1.5	0	0	0.0	1	0
155	Unlocked and Unloaded— Multiplanar Movement	Abbie	Appel	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
156	Great Trainer—Great Business??	Todd	Durkin, MA	0.2	.2	.2	2.0	0	0	0.2	1	1
157	Quantifying Training Loads	Carmen	Bott, MS	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1

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158	Storm Cycling™: The Lactic Acid Bath	Fraser	Quelch	0.2	0	0	1.5	0	0	0.2	1	1
159	The Future of Group Exercise	Patrick Chalene Carol	Goudeau Johnson Murphy	0.2	.2	0	2.0	0	0	0.2	1	1
160	Back to the Future: Back to Basics	Bethany	Diamond	0.2	0.2	0	1.5	0	0	0.2	1.5	1
FRIDAY, April 20, 5:15 PM – 6:45PM												
Sessions in this time block are 1 hour 30 minutes (unless otherwise indicated)												
170	BOSU® Three Ring Circuit	Jay Douglas Shannon Keli	Blahnik Brooks, MS Griffiths- Fable Roberts	0.0	.15	.15	0	0	0	0.0	1	0
SATURDAY, April 21, 7:30AM – 9:20AM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
200	Boot Camp	Todd	Durkin, MA	0.2	0.2	0	1.5	0	0	0.2	1	1
201	BOSU® Complete Lower Body Overload	Keli	Roberts	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
202	Sensational Stretching and Flawless Flexibility	Robert	Sherman	0.2	.2	.2	1.5	0	0.2	0.2	1	1
203	Fool-Proof, Full-Body Flexibility Formula Sponsored by the Nautilus Institute™	Jay	Blahnik	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
204	A Ball Had By All: Teaching Multilevel Ball	Rebecca	Lloyd, PhD	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
205	BodyBar Express	Carol	Murphy	0.2	.2	0	1.5	0	0	0.2	1	1
206	Power Eating – Power your Diet to Performance	Fabio	Comana, MA, MS	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
207	Getting Serious About Functional Training	Fraser	Quelch	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
208	Schwinn® Cycling: InterACTION	Juliane	Arney	0.2	0	0	1.5	0	0	0.2	1	1

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209	Preschool Health and Fitness	Michelle	Clemens-Silence, MA	0.2	.2	.2	2.0	0	0.2	0.2	1	1
210	Back to the Future: Back to Basics	Bethany	Diamond	0.2	.2	.2	1.5	0	0.2	0.2	1	1
SATURDAY, April 21, 7:30AM – 11:20AM												
Sessions in this time block are 3 hour 50 minutes (unless otherwise indicated)												
211	InTensive: Structural Assessment 201	Justin	Price, MA	0.4	.2	.2	3.5	0.4	0.4	0.4	2	1
FRIDAY, April 21, 9:30AM – 11:25AM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
220	Free To Move™	Carmen	Bott, MS	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
221	BOSU® Skills and Drills	Jay	Blahnik	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
222	STOTT PILATES® Fitness Circle® Flow	Jennifer	Dahl	0.2	.2	.2	1.5	0	0.2	0.2	1	1
223	Fitness Dance Workout	Patrick	Goudeau	0.2	0	0	1.5	0	0	0.2	1	1
224	Drums Alive™: Kids Beat	Carrie	Ekins, MA	0.2	0	0	1.5	0	0	0.2	1	1
225	Zumba®—The Next Step!	Jessica Tony	Thompson Witt	0.0	0	0	1.5	0	0	0.0	1	0
226	Secrets to Break Thru Any Plateau	Kara	Gallagher, PhD	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
227	Exercise and Menopause: A Research Review	Jan	Schroeder, PhD	0.2	.2	.2	2.0	0	0.2	0.2	2	1
228	Schwinn® Cycling: Hills and Sprints	Shannon	Griffiths-Fable	0.2	0	0	1.5	0	0	0.2	1	1
229	The Effects of Gait and the Sacroiliac Joint	Stephanie	Hoffman	0.2	.2	.2	2.0	0.2	0.2	0.2	2	1
230	Integral Intervals	Tatiana	Kolovou, MBA	0.2	0.2	0	1.5	0.2	0.2	0.2	1	1
SATURDAY, April 22, 1:00 PM – 2:50 PM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
240	Kickin' Core Ball Workout	Chalene	Johnson	0.0	.2	.2	1.5	0	0	0.0	1	0
241	Take the Curl Out!	Bethany	Diamond	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1

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242	Release, Align, Renew	Linda	Freeman	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
243	DanceBody BOOGIE!	Juliane	Arney	0.2	0	0	1.5	0	0	0.2	1	1
244	Fluid Strength With Resist-a-Ball®	Carol	Murphy	0.2	.2	.2	1.5	0	0	0.2	1	1
245	More Body Design	Patrick	Goudeau	0.2	.2	.2	1.5	0	0	0.2	1	1
246	The Dirty Dozen: 12 Weight Loss Saboteurs	Kara	Gallagher, PhD	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
247	Strength Training for Runners & Triathletes	Fraser	Quelch	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
248	Schwinn® Cycling: Sprint Distance Triathlon	Tatiana	Kolovou, MBA	0.2	0	0	1.5	0	0	0.2	1	1
249	Balance: Assessment and Design	Jan	Schroeder, PhD	0.2	.2	.2	2.0	0	0.2	0.2	2	1
250	Aqua Dance	Carrie	Ekins, MA	0.2	0	0	1.5	0	0	0.2	1.5	1
SATURDAY, April 21, 1:00PM – 4:50AM												
Sessions in this time block are 3 hour 50 minutes (unless otherwise indicated)												
251	InTensive: Women in Business: Getting Started	Nicki Mary	Anderson Bratcher, MA	0.4	.4	.4	3.5	0	0	0.4	2	1
SATURDAY, April 21, 3:05PM – 4:55AM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
260	Soca Sensation	Jody	Evanson	0.2	0.2	0	1.5	0	0	0.2	1	1
261	Train the Joes Like the Pros	Todd	Durkin, MA	0.2	.2	.2	1.5	0	0	0.2	1	1
262	Iron Flow Yoga	Hope	Zvara	0.0	.2	.2	1.5	0	0	0.0	1	0
263	Up, Down and All Around	Robert	Steigele	0.2	0	0	1.5	0	0	0.2	1	1
264	Your CENTER MOVES You	Shannon	Griffiths-Fable	0.2	0.2	0	1.5	0	0	0.2	1	1
265	Step Moves, New Grooves	Petra	Kolber	0.2	0.2	0	1.5	0	0	0.2	1	1
266	Opening the Relationship, Closing the Sale	Debra	Atkinson, MS	0.2	.2	.2	2.0	0	0	0.2	1	1

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267	Lactate Threshold: Best O2 Bang for Your Buck	Jason	Karp, MS	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
268	Schwinn® Cycling: Cycle Sculpt	Keli	Roberts	0.2	0.2	0	1.5	0	0	0.2	1	1
269	Avoiding Back Pain: A Practical Approach	Douglas	Brooks, MS	0.2	.2	.2	2.0	0	0.2	0.2	1	1
SUNDAY, April 22, 8:00AM-9:50AM												
Sessions in this time block are 1 hour 50 minutes unless otherwise stated												
300	LOVE 2 Hip Hop	Juliane	Arney	0.2	0	0	1.5	0	0	0.2	1	1
301	Progressive Strength	Rebecca	Lloyd, PhD	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
302	Pilates 50/50	Linda	Freeman	0.2	.2	.2	1.5	0	0.2	0.2	1	1
303	Balletone: Sole Synthesis	Shannon	Griffiths-Fable	0.2	0.2	0	1.5	0	0	0.2	1	1
304	Step: Then & Now	Robert	Steigele	0.2	0	0	1.5	0	0	0.2	1	1
305	Top Toning With Tubing	Abbie	Appel	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
306	Planning Clients' Training With Periodization	Jason	Karp, MS	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
307	Reps, Sets and Loads 101: Strength Training Foundations	Douglas	Brooks, MS	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
308	Schwinn® Cycling: Instructor's Choice	Bethany	Diamond	0.2	0	0	1.5	0	0	0.2	1	1
309	Fit to Deliver Strong	Irene	Lewis-McCormick, MS	0.2	.2	.2	2.0	0	0.2	0.2	1	1
SUNDAY, April 22, 8:00AM – 11:50AM												
Sessions in this time block are 3 hour 50 minutes (unless otherwise indicated)												
310	InTensive: Skills for Training the Overweight Client	Rochelle	Rice, MA	0.4	.2	.2	3.5	0	0.4	0.4	2	1
SUNDAY, April 22, 10:05AM – 11:55AM												
Sessions in this time block are 1 hour 50 minutes (unless otherwise indicated)												
320	BODY with SOUL	Patrick	Goudeau	0.0	.2	.2	1.5	0	0	0.0	1	0

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321	STEP IRIE	Jody	Evanson	0.2	0	0	1.5	0	0	0.2	1	1
322	Yoga Modifications & Adaptations	Hope	Zvara	0.0	.2	.2	1.5	0	0.2	0.0	1	0
323	Total Body Fit-Tubing Challenge!	Carol	Murphy	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
324	Sports Step	Petra	Kolber	0.2	0.2	0	1.5	0	0	0.2	1	1
325	Every Step Counts With Pedometers	Jay	Blahnik	0.2	.2	.2	1.5	0.2	0.2	0.2	1	1
326	Introduction to Lifestyle Coaching	Mary	Bratcher, MA	0.2	.2	.2	2.0	0	0	0.2	1	1
327	Advanced Reps, Sets, Loads & Periodization	Douglas	Brooks, MS	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1
328	Perfect Class Planning for Indoor Group Cycling	Fraser	Quelch	0.2	0	0	1.5	0	0	0.2	1	1
329	Food Label Savvy	Irene	Lewis- McCormick, MS	0.2	.2	.2	2.0	0.2	0.2	0.2	1	1