

# IDEA programming schedule

fitness  
**fusion**  
chicago 2007

**GROUP EXERCISE**  
Step, Hi-Lo, Dance, BOSU®

**GROUP EXERCISE**  
Strength, Martial Arts, Stability Ball

**INDOOR CYCLING/WATER FITNESS**

**MIND/BODY**

**PERSONAL TRAINING**

**SPECIAL POPULATIONS/POST REHAB**

**NUTRITION/WEIGHT MANAGEMENT**

**BUSINESS MANAGEMENT/LIFESTYLE COACHING**

## FRIDAY, APRIL 20

<b>TIME BLOCK A</b> 7:30–8:00am	<b>INSPIRATIONAL WELCOME BY CHALENE JOHNSON</b>							
<b>TIME BLOCK B</b> 8:15–10:05am Up to 2.0 CECs	103 Are You Ready to Zumba®? (WS) Thompson and Witt 105 BODYVIVE™ (WS) Kincaid and Spence	101 New School Stability Ball Training (WS) Brooks 104 Resist-A-Ball® Boot Camp (WS) Steigele	108 Schwinn® Cycling: High Performance Training (WS) Blahnik 110 Aqua Dance (WS) Ekins	102 STOTT PILATES® Essential Reformer (WS) Dahl	100 Athletic Strength (WS) Twist 101 New School Stability Ball Training (WS) Brooks 106 Debunking Cardio Myths & Misconceptions (L) Comana 109 Looking Forward: What's Next in Personal Training (P) Anderson, Durkin, Price	111 InTensive: Hip & Lower Extremity Function, Assessment & Strategies (L/D) 8:15am–12:05pm Wolf		107 Multifaceted Marketing (L) Atkinson
<b>TIME BLOCK C</b> 10:20am–12:10pm Up to 2.0 CECs	123 Turbo Intervention—Creating Addictions (WS) Johnson	120 Ballet Ball: Strength & Grace in Motion (WS) Lloyd 121 BOSU® All-Ball Sport Circuit (WS) Brooks 124 S.O.S. (Seniors on Strength) (WS) Fraley	128 Schwinn® Cycling: Class Design in No Time (WS) Arney 130 Integral Intervals (WS) Kolovou	122 STOTT PILATES® Intensifying Essential Reformer (WS) Dahl	121 BOSU® All-Ball Sport Circuit (WS) Brooks 125 Athletic Agility, Quickness and Reactivity (WS) Twist 131 Nautilus Institute™ Complete Circuit Training (L/D) Blahnik and Roberts	127 Exercise and Osteoporosis: A Research Review (L) Schroeder 129 The Gait Analysis: The Relationship to Injuries (L/D) Hoffman 124 S.O.S. (Seniors on Strength) (WS) Fraley	126 Women and Weight Loss (L) Anderson	131 Nautilus Institute™ Complete Circuit Training (L/D) Blahnik and Roberts
1:00–4:55pm					140 InTensive: Structural Assessment 101 (L/D) 1:00–4:55pm Price	140 InTensive: Structural Assessment 101 (L/D) 1:00–4:55pm Price		
<b>LUNCH BREAK 12:10–2:15pm</b>								
<b>TIME BLOCK D</b> 2:15–4:05pm Up to 2.0 CECs	153 Super Starts and Fantastic Finishes (WS) Kolber 154 Drums Alive: Tribal Beats (WS) Ekins 155 Unlocked and Unloaded—Multiplanar Movement (WS) Appel 159 The Future of Group Exercise (P) Goudeau, Johnson and Murphy	150 Functional Circuits—Any Time, Anyone (WS) Comana 151 Circuit Training Partner Challenge (WS) Blahnik 153 Super Starts and Fantastic Finishes (WS) Kolber 154 Drums Alive™: Tribal Beats (WS) Ekins	158 Storm Cycling™: The Lactic Acid Bath (WS) Quelch 160 Back to the Future: Back to Basics (WS) Diamond	152 The New Yoga: Movement Science + Spirituality (WS) Sherman	157 Quantifying Training Loads (L) Bott			156 Great Trainer—Great Business?? (L) Durkin
<b>TIME BLOCK E</b> 5:15–6:45pm Up to 2.0 CECs		170 BOSU® Three Ring Circuit (WS) Blahnik, Brooks, Griffiths-Fable and Roberts						

## SATURDAY, APRIL 21

<b>TIME BLOCK F</b> 7:30–9:20am Up to 2.0 CECs	203 Fool-Proof, Full-Body Flexibility Formula (WS) Blahnik	200 Boot Camp (WS) Durkin 201 BOSU® Complete Lower Body Overload (WS) Roberts 204 A Ball Had By All: Teaching Multilevel Ball (WS) Lloyd 205 BodyBar Express (WS) Murphy	208 Schwinn® Cycling: InterACTION (WS) Arney 210 Back to the Future: Back to Basics (WS) Diamond	202 Sensational Stretching and Flawless Flexibility (WS) Sherman	200 Boot Camp (WS) Durkin 201 BOSU® Complete Lower Body Overload (WS) Roberts 203 Fool-Proof, Full-Body Flexibility Formula (WS) Blahnik 207 Getting Serious About Functional Training (L) Quelch 211 InTensive: Structural Assessment 201 (L/D) 7:30–11:20am Price	209 Preschool Health and Fitness (L/D) Clemens-Silence 211 InTensive: Structural Assessment 201 (L/D) 7:30–11:20am Price	206 Power Eating—Power Your Diet to Performance (L) Comana	
<b>TIME BLOCK G</b> 9:35–11:25am Up to 2.0 CECs	223 Fitness Dance Workout (WS) Goudeau 225 Zumba®—The Next Step! (WS) Thompson and Witt	220 Free To Move™ (WS) Bott 221 BOSU® Skills and Drills (WS) Blahnik 224 Drums Alive™: Kids Beat (WS) Ekins	228 Schwinn® Cycling: Hills and Sprints (WS) Griffiths-Fable 230 Integral Intervals (WS) Kolovou	222 STOTT PILATES® Fitness Circle® Flow (WS) Dahl	221 BOSU® Skills and Drills (WS) Blahnik 226 Secrets to Break Thru Any Plateau (L) Gallagher 229 The Effects of Gait and the Sacroiliac Joint (L/D) Hoffman	224 Drums Alive: Kids Beat (WS) Ekins 227 Exercise and Menopause: A Research Review (L) Schroeder 229 The Effects of Gait and the Sacroiliac Joint (L/D) Hoffman	226 Secrets to Break Thru Any Plateau (L) Gallagher	
<b>LUNCH BREAK 11:25am–1:00pm</b>								
<b>TIME BLOCK H</b> 1:00–2:50pm Up to 2.0 CECs	243 DanceBody BOOGIE! (WS) Arney	240 Kickin' Core Ball Workout (WS) Johnson 241 Take the Curl Out! (WS) Diamond 244 Fluid Strength With Resist-A-Ball® (WS) Murphy 245 More Body Design (WS) Goudeau	248 Schwinn® Cycling: Sprint Distance Triathlon (WS) Kolovou 250 Aqua Dance (WS) Ekins	242 Release, Align, Renew (WS) Freeman	247 Strength Training for Runners & Triathletes (L) Quelch 249 Balance: Assessment and Design (L/D) Schroeder	249 Balance: Assessment and Design (L/D) Schroeder	246 The Dirty Dozen: 12 Weight Loss Saboteurs (L) Gallagher	251 InTensive: Women in Business: Getting Started (L) 1:00–4:50pm Anderson and Bratcher
<b>TIME BLOCK I</b> 3:05–4:55pm Up to 2.0 CECs	260 Soca Sensation (WS) Evanson 263 Up, Down and All Around (WS) Steigele 264 Your CENTER MOVES You (WS) Griffiths-Fable 265 Step Moves, New Grooves (WS) Kolber		268 Schwinn® Cycling: Cycle Sculpt (WS) Roberts	262 Iron Flow Yoga (WS) Zvara 264 Your CENTER MOVES You (WS) Griffiths-Fable	261 Train the Joes Like the Pros (WS) Durkin 267 Lactate Threshold: Best O2 Bang for Your Buck (L) Karp	269 Avoiding Back Pain: A Practical Approach (L/D) Brooks		266 Opening the Relationship, Closing the Sale (L) Atkinson

## SUNDAY, APRIL 22

<b>TIME BLOCK J</b> 8:00–9:50am Up to 2.0 CECs	300 LOVE 2 Hip Hop (WS) Arney 303 Balletone: Sole Synthesis (WS) Griffiths-Fable 304 Step: Then & Now (WS) Steigele	301 Progressive Strength (WS) Lloyd 305 Top Toning With Tubing (WS) Appel	308 Schwinn® Cycling: Instructor's Choice (WS) Diamond	302 Pilates 50/50 (WS) Freeman 303 Balletone: Sole Synthesis (WS) Griffiths-Fable	306 Planning Clients' Training With Periodization (L) Karp 307 Reps, Sets and Loads 101: Strength Training Foundations (L) Brooks	309 Fit to Deliver Strong (L/D) Lewis-McCormick 310 InTensive: Skills for Training the Overweight Client (L/D) 8:00–11:50am Rice	310 InTensive: Skills for Training the Overweight Client (L/D) 8:00–11:50am Rice	
<b>TIME BLOCK K</b> 10:05–11:55am Up to 2.0 CECs	320 BODY with SOUL (WS) Goudeau 321 STEP IRIE (WS) Evanson 324 Sports Step (WS) Kolber	323 Total Body Fit—Tubing Challenge! (WS) Murphy	328 Perfect Class Planning for Indoor Group Cycling (WS) Quelch	322 Yoga Modifications & Adaptations (WS) Zvara	325 Every Step Counts with Pedometers (WS) Blahnik	327 Advanced Reps, Sets, Loads & Periodization (L) Brooks	329 Food Label Savvy (L) Lewis-McCormick	326 Introduction to Lifestyle Coaching (L) Bratcher

**KEY**  
**L** Lecture  
**L/D** Lecture/Demo (Approximately 75% lecture and 25% movement)  
**P** Panel Discussion  
**WS** Workshop (Primarily movement)