

### ECA/OBOW NYC 2010 SHOW

| Day/Time             | Session Title  | Presenter             | ACE | AFAA | NSCA/<br>CPT | NSCA/<br>CSCS | NASM<br>CPT/CGT |
|----------------------|--|-----------------------|-----|------|--------------|---------------|-----------------|
| <b>Thursday 3/18</b> |  |                       |     |      |              |               |                 |
| 5:30-6:30pm          | Flirty Girl Fitness (wo)                                       | Jennifer Hall         | 0.1 |      |              |               | 0.1             |
|                      | Pure Power Yoga (ws)   | Michelle Demus        | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | Foundational Beaming™ (ws)                                     | David Mesirov         | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | Flexi-Bar Functional Training for Group Fitness (ws)           | Klein, Murphy         |     | 0.5  | 0.1          | 0.1           | 0.1             |
| 5:30-6:45pm          | What's Your EVE Ratio? (L)                                     | Wheeler, Dale         | 0.1 | 1.25 |              |               | 0.1             |
| 6:45-7:45pm          | WORKout (ws)   | Mindy Mylrea          | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | The Bannister Method (ws)                                      | Gail Bannister-Munn   |     | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | Core Power Within (ws)   | Fritzke, Voogt        | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | NYC Dance (wo)   | Marvin Foster         |     |      |              |               | 0.1             |
| 7-8:30pm             | Athletic Training (L)  | Juan Carlos Santana   | 0.1 | 1.5  | 0.1          | 0.1           | 0.15            |
| 8-9pm                | Zumba (wo)   | Tanya Beardsley       |     |      |              |               | 0.1             |
|                      | Yoga - Core, Flow and Fly(ws)                                  | Michelle Demus        | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | CRUNCH Barre Assets (ws)                                       | Jennifer Galardi      |     | 0.5  | 0.1          | 0.1           | 0.1             |
| <b>Friday 3/19</b>   |  |                       |     |      |              |               |                 |
| 7:30-8:45am          | BOSU® Athletic Movement, Strength & Power (ws)                 | Keli Roberts          | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Monday Morning Moves (ws)                                      | Petra Kolber          | 0.1 | 1    |              |               | 0.1             |
|                      | Top 10 Band Exercises (ws)                                     | Juan Carlos Santana   | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | TRX® Suspension Training for Functional Strength (ws)          | Fraser Quelch         | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Spinning® Energy Zone Sampler (ws)                             | Scott Schlesinger     | 0.1 | 1    |              |               | 0.1             |
|                      | Warrior Within (ws)  | Kimberly Spreen       | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Peak Pilates®: MVe® Reformer Definition (ws)                   | Zoey Trap             | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
| 7:30-9am             | Blackberry Yoga (ws)   | Benjamin Black        |     | 1.25 |              |               | 0.15            |
|                      | Soulful Sole-ful Synergy (ws)                                  | Lawrence Biscontinini | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Power Plate (ws)   |                       |     |      | 0.15         | 0.15          | 0.15            |
|                      | Art of Communication and Creative Cueing (L)                   | Lisa Wheeler          | 0.1 | 1.5  |              |               | 0.15            |
|                      | Eating for Energy and Performance (L)                          | Scott Josephson       | 0.1 | 1.5  | 0.15         | 0.15          | 0.15            |
| 9-10:15am            | BOSU® Multiplied (ws)  | Mindy Mylrea          | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Drums Alive: Step & Drum (ws)                                  | Carrie Ekins          | 0.1 | 1    |              |               | 0.1             |
|                      | Latin Tribal (L)   | Robert Steinbacher    |     |      |              |               | 0.1             |
|                      | Joseph Pilates by the Book (ws)                                | Fritzke, Voogt        | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Spinning® 101 (ws)   | Josh Taylor           |     | 1    | 0.15         | 0.15          | 0.1             |
|                      | Dance Workout (wo)   | Tony Stone            |     |      |              |               | 0.1             |
|                      | Peak Pilates®: MVe® Reformer "Rhythm is Going to Get You" (ws) | Kathryn Coyle         |     | 1    |              |               | 0.1             |

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|--------------------|--|---------------------|------|------|--------------|---------------|-----------------|
| 9:30-11:30am       | YogaTune Up® - Hip Helpers (ws)  | Jill Miller         | 0.2  | 1.5  | 0.2          | 0.2           | 0.2             |
|                    | Foundational Beaming™ (ws)   | David Mesirov       | 0.1  | 1.5  | 0.2          | 0.2           | 0.2             |
|                    | Indo-Row (ws)  | Blahnik, Crosby     | 0.2  | 1.5  | 0.2          | 0.2           | 0.2             |
|                    | Eating Green (L)   | Pamela Nisevich     | 0.2  | 2    | 0.2          | 0.2           | 0.2             |
|                    | Tao-Te-Zen (L)   | Paul Chek           | 0.2  | 2    |              |               | 0.2             |
| 10:30-11:30am      | Body Strikes (ws)  | Ilaria Montagnani   |      | 0.5  | 0.1          | 0.1           | 0.1             |
|                    | Step 911 (ws)  | Geoff Bagshaw       |      |      |              |               | 0.1             |
|                    | XCO Training (ws)  | Klein, Murphy       |      | 0.5  | 0.1          | 0.1           | 0.1             |
|                    | Advanced Mat-Fun with Flow & Variations (ws)                             | Lesy Levy           |      | 0.5  | 0.1          | 0.1           | 0.1             |
|                    | Spinning® Ridin' Dirty (ws)  | Caroline Dawson     |      | 0.5  |              |               | 0.1             |
|                    | Hip Hop Theatre (ws)   | Marvin Foster       |      |      |              |               | 0.1             |
|                    | Peak Pilates®: Reformer on the Ball (ws)                                 | Zoey Trap           | 0.1  | 0.5  | 0.1          | 0.1           | 0.1             |
| 11:45-1pm          | Body Bar-Bending All the Rules (ws)                                      | Calvin Wiley        |      | 1    |              |               | 0.1             |
|                    | 4-Dimensional Step (ws)  | Rebecca Small       |      | 1    |              |               | 0.1             |
|                    | Powerstrike on Guard (ws)  | Ilaria Montagnani   |      | 1    | 0.15         | 0.15          | 0.1             |
|                    | STOTT PILATES® Reformer Wkout for Men (ws)                               | John Garey          | 0.1  | 1    | 0.15         | 0.15          | 0.1             |
|                    | Spinning® Jumpin' on the Drum (ws)                                       | Scott Schlesinger   |      | 1    |              |               | 0.1             |
|                    | G.R.A.N.T. Grooves (wo)  | Clay Grant          |      |      |              |               | 0.1             |
|                    | RAB® Cardio, Strength Interval (ws)                                      | Carol Murphy        | 0.1  | 1    | 0.15         | 0.15          | 0.1             |
| 11:45-1:15pm       | YogaFit Full Body Blast (ws)   | Beth Shaw           | 0.1  | 1.25 | 0.15         | 0.15          | 0.15            |
|                    | CRUNCH Barre Assets (ws)   | Jennifer Galardi    |      | 1.25 | 0.15         | 0.15          | 0.15            |
|                    | Indo-Row (ws)  | Blahnik, Crosby     | 0.1  | 1.25 | 0.15         | 0.15          | 0.15            |
|                    | IMAGINE-Moving from Good to Great (L)                                    | Petra Kolber        | 0.1  | 1.5  |              |               | 0.15            |
|                    | Women, Metabolism and Hormones (L)                                       | Scott Josephson     | 0.1  | 1.5  | 0.15         | 0.15          | 0.15            |
| 1:30-3pm           | Play Ball (ws)   | Patrick Goudeau     | 0.1  | 1.25 | 0.15         | 0.15          | 0.15            |
|                    | 7-Layer Step (ws)  | Rob Glick           | 0.1  | 1.25 |              |               | 0.15            |
|                    | Top 10 Bodyweight Exercises (ws)   | Juan Carlos Santana | 0.1  | 1.25 | 0.15         | 0.15          | 0.15            |
|                    | STOTT PILATES® V2 Max Plus™ Reformer Prog. for Scoliosis Management (ws) | Stefania Della Pia  | 0.1  | 1.25 | 0.15         | 0.15          | 0.15            |
|                    | Spinning® Bike Fit (ws)  | Josh Taylor         |      | 1.25 | 0.15         | 0.15          | 0.15            |
|                    | Hi/Low Fix (ws)  | Geoff Bagshaw       |      |      |              |               | 0.15            |
|                    | RAB® Bootcamp (ws)   | Carol Murphy        | 0.1  | 1.25 | 0.15         | 0.15          | 0.15            |
| Yoga Chikitsa (ws) | Erika Halweil  |                     | 1.25 |      |              | 0.15          |                 |

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|                      | Kettlebell Ultimate Body Detonation (ws)                | Keli Roberts          | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Secrets to World Class Mind/Body Programming (L)        | Lawrence Biscontini   | 0.1 | 1.5  |              |               | 0.15            |
|                      | Through the Looking Glass (L)                           | Paul Chek             | 0.1 | 1.5  |              |               | 0.15            |
| 3:30-5pm             | Best of Boot Camp (ws)                                  | Mindy Mylrea          | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | STOTT PILATES® Equip. Prog. for Brest Cancer Rehab (ws) | Stefania Della Pia    | 0.1 | 1.25 | 0.15         |               | 0.15            |
|                      | Spinning® Periodizing in the Real World (ws)            | Caroline Dawson       | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Kardio Kombat: The Warriors Workout (ws)                | Lisa Gaylord          |     | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Power Vinyasa Yoga (ws)                                 | Rob Glick             | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Inspiring a Home Practice (ws)                          | Erika Halweil         |     | 1.25 |              |               | 0.15            |
|                      | Beam-lates (ws)   | June Kahn             | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Power Plate (ws)  |                       |     |      | 0.15         | 0.15          | 0.15            |
|                      | Everything You Need to Know About Group Fitness (L)     | Lawrence Biscontini   | 0.1 | 1.5  |              |               | 0.15            |
|                      | Internal Awareness (L)                                  | Scott Josephson       | 0.1 | 1.5  | 0.15         | 0.15          | 0.15            |
| <b>Saturday 3/20</b> |   |                       |     |      |              |               |                 |
| 7:30-8:30am          | Body Bar Bar-tending (ws)                               | Lisa Wheeler          | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | G.I. Geoff's Boot Camp (ws)                             | Geoff Bagshaw         |     |      | 0.1          | 0.1           | 0.1             |
|                      | Core Training with Flexi-Bar (ws)                       | Klein, Murphy         |     | 0.5  | 0.1          | 0.1           | 0.1             |
|                      | Pilates Mat Work for Seniors (ws)                       | Christine Romani-Ruby | 0.1 | 0.5  | 0.1          |               | 0.1             |
|                      | Spinning® Powerful Peaks (ws)                           | Caroline Dawson       |     | 0.5  |              |               | 0.1             |
|                      | Jazz Funk (wo)  | Christiane Reiter     |     |      |              |               | 0.1             |
|                      | Best Games for Fitness Fun (ws)                         | Mindy Mylrea          | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
| 7:30-9am             | The Heart of Yoga: Breathe, Bandha's and Dristi (ws)    | Robert Sherman        | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Triadball™ Trinity (ws)                                 | Fritzke, Voogt        | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Indo-Row (ws)   | Blahnik, Crosby       | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|                      | Can Aging Be Controlled (L)                             | Jeff Leighton         |     | 1.5  | 0.15         | 0.15          | 0.15            |
| 9-10:15am            | Rolling Ropes (ws)                                      | Petra Kolber          | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Calvinography: The Diary of Step (ws)                   | Calvin Wiley          |     |      |              |               | 0.1             |
|                      | RAB® Hard Core (ws)                                     | Carol Murphy          | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Rolling Up Pilates (ws)                                 | Christine Romani-Ruby | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|                      | Spinning® Fire N' Ice (ws)                              | Scott Schlesinger     | 0.1 | 1    |              |               | 0.1             |
|                      | Exploring the Realms of Vinyasa (ws)                    | Marco Rojas           |     | 1    |              |               | 0.1             |
|                      | Groovalicious Sexy Dance Party (wo)                     | Misty Tripoli         |     |      |              |               | 0.1             |
| 9:30-11:30am         | Yoga Tune Up® Core Integration (ws)                     | Jill Miller           | 0.2 | 1.5  | 0.2          | 0.2           | 0.2             |
|                      | Beam-lates (ws)   | June Kahn             | 0.2 | 1.5  | 0.2          | 0.2           | 0.2             |

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|               | Indo-Row (ws)  | Blahnik, Crosby     | 0.2 | 1.5  | 0.2          | 0.2           | 0.2             |
|               | 10 Customer Service Secrets Every Prof. Should Know (L)                      | Nicki Anderson      | 0.2 | 2    |              |               | 0.2             |
|               | Stand Up Straight! Understanding Posture (L)                                 | Mark Stone          | 0.2 | 2    | 0.2          | 0.2           | 0.2             |
| 10:30-11:30am | Medicine Ball Madness (ws)   | Mindy Mylrea        | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|               | Super Step (ws)  | Rebecca Small       |     | 0.5  |              |               | 0.1             |
|               | Zumba (wo)   | Tanya Beardsley     |     |      |              |               | 0.1             |
|               | TRX® for Sports Performance (ws)   | Fraser Quelch       | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
|               | Spinning® Attack! (ws)   | Josh Taylor         |     | 0.5  |              |               | 0.1             |
|               | Danceology (wo)  | Abby Goldenberg     |     |      |              |               | 0.1             |
|               | Kettlebell Complex Training (ws)   | Keli Roberts        | 0.1 | 0.5  | 0.1          | 0.1           | 0.1             |
| 11:45-1pm     | Body Bar Body Revival (ws)   | Clay Grant          | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|               | The Final Step (ws)  | Patrick Goudeau     | 0.1 | 1    |              |               | 0.1             |
|               | Hip Funkin' Hop (wo)   | Calvin Wiley        |     |      |              |               | 0.1             |
|               | STOTT PILATES® Jumpboard Interval Training on the Cardio Tramp, Level 1 (ws) | John Garey          | 0.1 | 1    | 0.15         | 0.15          | 0.1             |
|               | Spinning® Afterburner (ws)   | Scott Schlesinger   |     | 1    |              |               | 0.1             |
|               | Reit House Moves (wo)  | Christiane Reiter   |     |      |              |               | 0.1             |
|               | Israeli Krav Maga Fundamental Movements (ws)                                 | James Sherman       |     | 1    | 0.15         | 0.15          | 0.1             |
| 11:45-1:15pm  | YogaFit Flex & Flow (ws)   | Beth Shaw           | 0.1 | 0.5  | 0.15         | 0.15          | 0.15            |
|               | MELT Hand & Foot Treatment (ws)  | Sue Hitzmann        | 0.1 | 0.5  | 0.15         | 0.15          | 0.15            |
|               | Creating a Team of MVPs (L)  | Shannon Fable       | 0.1 | 1    |              |               | 0.15            |
|               | Protein, Carbs and Fats: The Real Ergogenic Aids (L)                         | Pamela Nisevich     | 0.1 | 1    | 0.15         | 0.15          | 0.15            |
| 1:30-3pm      | BOSU® Core Flow (ws)   | Keli Roberts        | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|               | Rotational Circuit (ws)  | Petra Kolber        | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|               | Video Dance 2010 (wo)  | Tony Stone          |     |      |              |               | 0.15            |
|               | STOTT PILATES® Jumpboard Interval Training on the Cardio Tramp, Level 2 (ws) | John Garey          | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|               | Spinning® How to "Sell" the Endurance Energy Zone™ (ws)                      | Caroline Dawson     | 0.1 | 1.25 |              |               | 0.15            |
|               | Kardio Kombat: Skills & Drills (ws)  | Lisa Gaylord        |     | 1.25 | 0.15         | 0.15          | 0.15            |
|               | Total Body Rolling (ws)  | Lawrence Biscontini | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|               | Yoga Tune Up® Shoulder Shape Up (ws)   | Jill Miller         | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|               | MELT on Yoga (ws)  | Sue Hitzmann        | 0.1 | 1.25 | 0.15         | 0.15          | 0.15            |
|               | Power Plate (ws)   |                     |     |      | 0.15         | 0.15          | 0.15            |
|               | Should I Stay Or Should I Go (L)   | Nicki Anderson      | 0.1 | 1.5  |              |               | 0.15            |

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| 3:30-5pm    | BOSU® Total Stretch (ws)   | Helen Vanderburg   | 0.1       | 1.25 | 0.15         | 0.15          | 0.15            |      |
|             | Drums Alive-Power Beats (ws)   | Carrie Ekins   | 0.1       | 1.25 |              |               | 0.15            |      |
|             | BodyART™ Strength (ws)   | Robert Steinbacher                                       |           |      | 0.15         | 0.15          | 0.15            |      |
|             | STOTT PILATES® Reformer for the Older Adult (ws)   | Stefania Della Pia                                       | 0.1       | 1.25 | 0.15         |               | 0.15            |      |
|             | Spinning® Everesr Ride-Mini Version (wo)   | Josh Taylor  |           |      |              |               | 0.15            |      |
|             | Culture Shock Workout (wo)   | Angie Bunch  |           |      |              |               | 0.15            |      |
|             | Yo-Chi-Glow (ws)   | Lawrence Biscontini                                      | 0.1       | 1.25 |              |               | 0.15            |      |
|             | The Architecture of Asana (ws)   | Elena Brower   |           | 1.25 |              |               | 0.15            |      |
|             | Recycle Me! (L)  | Robert Sherman   | 0.1       | 1.5  | 0.15         | 0.15          | 0.15            |      |
|             | Indo-Row (ws)  | Blahnik, Crosby  | 0.1       | 1.25 | 0.15         | 0.15          | 0.15            |      |
|             | Your Bliss: How to Find It & Follow It (L)   | Benjamin Black   |           | 1.5  |              |               | 0.15            |      |
|             | The Role of Evidenced Medicine in the Development of Safe Energy Cocktails to Prolong Effective Exercise Periods (L) | Jeff Leighton  |           |      | 1.5          | 0.15          | 0.15            | 0.15 |
|             | 5:30-7:30pm  | 1-2-3-4 of Overcoming Addiction on Obesity & Disease (L) | Paul Chek | 0.2  | 2            |               |                 | 0.2  |
|             | <b>Sunday 3/21</b>   |  |           |      |              |               |                 |      |
| 7:45-9:15am | 25 Powerful Questions to Motivate Change (L)   | Melissa Baumgartner                                      | 0.1       | 1.5  |              |               | 0.15            |      |
|             | Superb Scheduling: Done in a Snap (L)  | Shannon Fable  | 0.1       | 1.5  |              |               | 0.15            |      |
|             | Rotational Training for Performance (L)  | Mark Stone   | 0.1       | 1.5  | 0.15         | 0.15          | 0.15            |      |
| 8-9:15am    | BOSU® Studio Pilates (ws)  | Helen Vanderburg   | 0.1       | 1    | 0.15         | 0.15          | 0.1             |      |
|             | Feel My Passion (wo)   | Patrick Goudeau  |           |      |              |               | 0.1             |      |
|             | Pilates Barre Blend (ws)   | Abbie Appel  | 0.1       | 1    | 0.15         | 0.15          | 0.1             |      |
|             | TRX® Suspension Training for Core Performance (ws)   | Fraser Quelch  | 0.1       | 1    | 0.15         | 0.15          | 0.1             |      |
|             | P.U.R.E. Dance (wo)  | Misty Tripoli  |           |      |              |               | 0.1             |      |
|             | Spinning® The Matrix (ws)  | Scott Schlesinger  |           | 1    |              |               | 0.1             |      |
|             | Yoga for Athletes (ws)   | Kimberly Fowler  |           | 1    | 0.15         | 0.15          | 0.1             |      |
| 9:30-11am   | BOSU® Amped (ws)   | Blahnik, Mylres,<br>Roberts, Vanderburg                  | 0.1       | 1.25 | 0.15         | 0.15          | 0.15            |      |
|             | Step Up & Shake It (ws)  | Manny Velazquez  | 0.1       | 1.25 |              |               | 0.15            |      |
|             | Pole Precision: The Linear Effect (ws)   | Robert Sherman   | 0.1       | 1.25 | 0.15         | 0.15          | 0.15            |      |
|             | STOTT PILATES® Muscular Strength & Endurance for Teens (ws)  | Stefania Della Pia                                       | 0.1       | 1.25 | 0.15         | 0.15          | 0.15            |      |
|             | Calvinography: Gold Edition (wo)   | Calvin Wiley   |           |      |              |               | 0.15            |      |
|             | Spinning® Exercise ADD (ws)  | Caroline Dawson  | 0.1       | 1.25 |              |               | 0.15            |      |
|             | Essence of Chakras (ws)  | Alanna Kaivalya  |           | 1.25 |              |               | 0.15            |      |
|             | Women In Business (L)  | Nicki Anderson   | 0.1       | 1.5  |              |               | 0.15            |      |



