

PNW Fit Con presented by Core Health Fitness * December 5-6, 12-13, 2020 * Page 1 of 2

SATURDAY 12/5/20 KEYNOTE 8:00 AM - 8:45 AM PST / 10:00 AM – 10:45 AM CST / 11:00 AM – 11:45 AM EST			AEA	ACE	AFAA	NASM
	How to Thrive and Build Reliance in the Fitness Industry	Thews, Doris	0	0	1	0.1
SATURDAY 12/5/20 GROUP 1 9:00 AM - 10:30 PST / 11:00 AM – 12:30 PM CST / 12:00 PM – 1:30 PM EST			AEA	ACE	AFAA	NASM
301	Schwinn® Cycling: Set the Stage – Planning the Perfect Ride Every Time	Sherman, Robert	0	0.15	1	0.1
302	Quick HIIT: The Short Circuit Programming Solutions	Piercy, Michael	0	0.15	1	0.1
303	CARDIO YOGA™: YOGA FOCUS	Krauss, Stacey Lei	0	0	1	0.1
304	Pilates Powered Barre	Appel, Abbie	0	0.15	1	0.1
305	305 One more time! One More time! The Finale	McLean/Madden	0	0.15	1	0.1
306	FAI®: How to Launch or Jumpstart your business in 2021!	Ritchie, Dr. Dan	0	0.15	1	0.1
307	Teaching from the Heart	Glick, with Rob	0	0.15	1	0.1
308	Leslee Bender	Bender, Leslee	0	0	1	0.1
309	Acquapole® Tone	Indigo Aquatics	1.5	0.15	1	0.1
SATURDAY 12/5/20 GROUP 2 12:00 PM - 1:30 PM PST / 2:00 PM – 3:30 PM CST / 3:00 PM – 4:30 PM EST			AEA	ACE	AFAA	NASM
310	Schwinn® Cycling: Pedal N Pulse	Mylrea, Mindy	0	0.15	1	0.1
311	Keys to a Powerful Virtual Training Experience	Piercy, Michael	0	0.15	1	0.1
312	Yoga Theming	Glick, Rob	0	0.15	1	0.1
313	Getting to the Core of your Barre Classes	DeHaven, Cat	0	0.15	1	0.1
314	Zumba®	Smith, Joy	0	0	1	0.1
315	Social Media in a Covid World	Freese, Colleen	0	0.15	1	0.1
316	Soul Happy Through Reinventing	Silvas, Jacquese	0	0.15	1	0.1
317	FAI®: Functional Fitness Assessment for Mature Clients	Ritchie, Dr. Dan	0	0.15	1	0.1
318	Acquapole® Aqua Boxing	Indigo Aquatics	1.5	0	1	0.1
SATURDAY 12/5/20 GROUP 3 1:45 PM – 3:15 PM PST / 3:45 PM – 5:15 PM CST / 4:45 PM -6:15 PM EST			AEA	ACE	AFAA	NASM
319	Schwinn® Cycling: A D.J. Saved My Life – The Secret to Savvy Playlists	Appel, Abbie	0	0.15	1	0.1
320	MASHUP®: The Personal Training & Group Fitness Sweet Spot	Brown/Silvas	0	0.15	1	0.1
321	Hipster Yoga Stretch	Thews, Doris	0	0	1	0.1
322	Functional Flexibility and Fascia Fitness in an Inflexible World	Bender, Leslee	0	0.15	1	0.1
323	HIIT the Ballet	Hatch Moen/Lenart	0	0	1	0.1
324	Online Workouts - What Works Now	Coulter, Kelly	0	0.15	1	0.1
325	Fitness Solutions: Diversity, Inclusion, and Equity	Williams, Kia	0	0.15	1	0.1
326	Naboso® Understanding the Aging Foot & its Effect on Movement	Splichal, Dr. Emily	0	0.15	1	0.1
327	Liquid Gym Acqua Toner Stretch and Tone	Indigo Aquatics	1.5	0	1	0.1
SUNDAY 12/6/20 GROUP 4 9:00 AM - 10:30 PST / 11:00 AM – 12:30 PM CST / 12:00 PM – 1:30 PM EST			AEA	ACE	AFAA	NASM
328	Schwinn® Cycling: How to Wow	McLean, Alex	0	0.15	1	0.1
329	Metabolic Conditioning with 9 Monster Workouts	Kravitz, Len	0	0.15	1	0.1
330	Ashtanga Vinyasa Flow	Glick, Rob	0	0	1	0.1
331	BOSU® Stability Ball Overhaul	Vanderburg, Helen	0	0.15	1	0.1
332	Dance Club	Cesarano, Medora	0	0	1	0.1
333	Virtual Trainings: How to Create Synergy, Inclusiveness and CommUNITY	Silvas, Jacquese	0	0.15	1	0.1
334	Elevate Motivate Celebrate: Redefining Group Fitness Success	Thews, Doris	0	0.15	1	0.1
335	FAI®: Cognified Fitness for Optimal Aging	Ritchie, Dr. Dan	0	0.15	1	0.1
336	SAF Aqua Drums Vibes	Indigo Aquatics	1.5	0.15	1	0.1
SUNDAY 12/6/20 GROUP 5 12:00 PM - 1:30 PM PST / 2:00 PM – 3:30 PM CST / 3:00 PM – 4:30 PM EST			AEA	ACE	AFAA	NASM
337	Schwinn® Cycling: Rhythm Done Right	Vanderburg, Helen	0	0.15	1	0.1
338	Gentle but Powerful Program Design	McMillan, Sherri	0	0.15	1	0.1
339	United We Flow	Glick, Rob	0	0.15	1	0.1
340	Barre for Active Aging	Bender, Leslee	0	0.15	1	0.1
341	LaBlast® Fitness: Envision the New Normal	Bulich, Lexi	0	0.15	1	0.1
342	How To Pivot Your Business Toward Innovative Success When The World Is Changing In C	Thews, Doris	0	0.15	1	0.1
343	Team Communication to Create Relationships, Longevity and Inspiration	Alden, Staci	0	0.15	1	0.1
344	FAI®: 10 simple and Low Cost Ways to Market More Effectively	Ritchie, Dr. Dan	0	0.15	1	0.1
345	Liquid Gym Punch and Pump	Indigo Aquatics	1.5	0	1	0.1
SUNDAY 12/6/20 GROUP 6 1:45 PM – 3:15 PM PST / 3:45 PM – 5:15 PM CST / 4:45 PM -6:15 PM EST			AEA	ACE	AFAA	NASM
346	Schwinn® Cycling: Rock Steady – Recovery Rides That Drive Results	Roberts, Keli	0	0.15	1	0.1
347	Naboso® Gravity & Human Movement - Friend or Foe?	Splichal, Emily	0	0.15	1	0.1
348	Freedom Flow	Glick, Rob	0	0	1	0.1
349	CARDIO YOGA™: YOGA FORMAT	Harris/Krauss	0	0.15	1	0.1
350	Club Vibe Create a Dance Fitness Experience!	Ponte/Schur	0	0.15	1	0.1
351	The Small Giant	McMillan, Sherri	0	0.15	1	0.1
352	ACE® Take Control of Your Career	Fable, Shannon	0	0.15	1	0.1
353	FAI®: Exercise Program Design for the 55+ Client	Ritchie, Dan	0	0.15	1	0.1
354	Liquid Gym Star workout	Indigo Aquatics	1.5	0	1	0.1
SATURDAY 12/12/20 KEYNOTE 8:00 AM - 8:45 AM PST / 10:00 AM – 10:45 AM CST / 11:00 AM – 11:45 AM EST			AEA	ACE	AFAA	NASM
	"THE LB METHOD": FASCINATING PARADOXES OF FITNESS	Biscontini, Lawrence	0	0	1	0.1

PNW Fit Con presented by Core Health Fitness * December 5-6, 12-13, 2020 * Page 2 of 2

SATURDAY 12/12/20 GROUP 7 9:00 AM - 10:30 PST / 11:00 AM – 12:30 PM CST / 12:00 PM – 1:30 PM EST		AEA	ACE	AFAA	NASM	
401	Heck of a HIIT	Mylrea, Mindy	0	0.15	1	0.1
402	Welcome to the Jungle (Gym). Optimizing the HIIT Experience	McCall, Pete	0	0.15	1	0.1
403	YogaFit® Healing Trauma with Yoga	Shaw, Beth	0	0.15	1	0.1
404	BOSU® Dimensional Core Training	Vanderburg, Helen	0	0.15	1	0.1
405	LaBlast®: Ballroom Fitness Using PATTERNography	Tombaugh, Katy	0	0.15	1	0.1
406	From Zooming to Booming with the 3 LANGUAGES OF FITNESS	Biscontin, Lawrence	0	0.15	1	0.1
407	Easing into Plant-Strong Eating	Gentes, Teri	0	0.15	1	0.1
408	Got Older Clients with Shoulder and Neck Issues? Do this!	Osar, Dr. Evan	0	0.15	1	0.1
409	Aquatic Plyometrics	Sherlock, Lori	1.5	0.15	1	0.1

SATURDAY 12/12/20 GROUP 8 12:00 PM - 1:30 PM PST / 2:00 PM – 3:30 PM CST / 3:00 PM – 4:30 PM EST		AEA	ACE	AFAA	NASM	
410	“Toning” is NOT a Thing – Work is Part of Workout!	Friend-Uhl, Sonja	0	0.15	1	0.1
411	STRONG Nation™	McLean, Alex	0	0	1	0.1
412	Fire Core Yoga Flow	Akanni, Abiola	0	0	1	0.1
413	Pilates on a Roll	Appel, Abbie	0	0.15	1	0.1
414	Party on the Step	Andrews, Elizabeth	0	0	1	0.1
415	Running A Safe And Protected Fitness Business In The Post COVID Landscape	Fagan, Joe	0	0.15	1	0.1
416	The Physiology of Fat Loss: New Exciting Findings	Kravitz, Len	0	0.15	1	0.1
417	YOUR BODY 2.0 – Group Fitness for the 40 Plus	Murphy Madden/McCall	0	0.15	1	0.1
418	DIY: Senior Independence	Sherlock, Lori	1.5	0.15	1	0.1

SATURDAY 12/12/20 GROUP 9 1:45 PM – 3:15 PM PST / 3:45 PM – 5:15 PM CST / 4:45 PM -6:15 PM EST		AEA	ACE	AFAA	NASM	
419	Extreme HIIT Chaos™ Powered by Savvier Fitness®	Mylrea/Erickson	0	0.15	1	0.1
420	Your Brain on HIIT – Bonus Benefits of High Intensity Interval Training	McCall, Pete	0	0.15	1	0.1
421	YogaFit® The Language of Yoga	Gray, Kim	0	0.15	1	0.1
422	Functional Pilates	Vanderburg, Helen	0	0.15	1	0.1
423	Get LIIT on the Dance Floor	McLean, Alex	0	0.15	1	0.1
424	Virtual Pricing Strategy Demystified	Barnes, Julian	0	0.15	1	0.1
425	Hacks for Health Promotion, Disease Prevention, and Graceful Aging	Gentes, Teri	0	0.15	1	0.1
426	Breath: The Secret to Improving Posture, Movement and Performance	Mattek, Jenice	0	0.15	1	0.1
427	Aquatic HIIT	Sherlock, Lori	1.5	0.15	1	0.1

SUNDAY 12/13/20 GROUP 10 9:00 AM - 10:30 PST / 11:00 AM – 12:30 PM CST / 12:00 PM – 1:30 PM EST		AEA	ACE	AFAA	NASM	
428	Work Your Why – Your Unique Strength Proposition	Hogg, Jenn	0	0.15	1	0.1
429	The Best Cueing And Coaching Techniques For Any Group Exercise Class	Murphy Madden/Yochum	0	0.15	1	0.1
430	Naboso® BARE (Barefoot Strong) The Workout	Splichal, Dr. Emily	0	0	1	0.1
431	Pilates Band-It	Appel, Abbie	0	0.15	1	0.1
432	Balletone® The Best Low-Impact Cardio Workout On The PLANET	Hatch Moen, Vicki	0	0	1	0.1
433	Legal Essentials for Fitness Studio Owners & Professionals in a Post-COVID World	Sterling, Cory	0	0.15	1	0.1
434	Cannabis Fundamentals	Myrlea	0	0.15	1	0.1
435	Got Older Clients with Tight Hip Flexors and Weak Glutes? Do These 3 Things!	Osar, Dr. Evan	0	0.15	1	0.1
436	How to build a HIIT Class	Sherlock, Lori	1.5	0.15	1	0.1

SUNDAY 12/13/20 GROUP 11 12:00 PM - 1:30 PM PST / 2:00 PM – 3:30 PM CST / 3:00 PM – 4:30 PM EST		AEA	ACE	AFAA	NASM	
437	ACE® Theoretical and Foundational Aspects of Building a Successful Program	Wall, Anthony	0	0.15	1	0.1
438	Purpose NOT Circus - Legit HIIT	Friend-Uhl, Sonja	0	0.15	1	0.1
439	YogaFit® Don't Worry – Be Happy!	Gray, Kim	0	0	1	0.1
440	Release, Relieve, Restore	Vanderburg, Helen	0	0.15	1	0.1
441	Dance Club	Cesarano, Medora	0	0	1	0.1
442	Club Vibe® Teaching Virtually - Lights! Camera! Action!	Ponte/Schur	0	0.15	1	0.1
443	Evidence-based Weight Loss	Mylrea, Mindy	0	0.15	1	0.1
444	Connecting the Core and Pelvic Floor	Mattek, Jenice	0	0.15	1	0.1
445	Power to Function with Lori Sherlock	Sherlock, Lori	1.5	0.15	1	0.1

SUNDAY 12/13/20 GROUP 12 1:45 PM – 3:15 PM PST / 3:45 PM – 5:15 PM CST / 4:45 PM -6:15 PM EST		AEA	ACE	AFAA	NASM	
446	Savvier® Nothing but the HIITS	Mylrea/Murphy Madden/George	0	0.15	1	0.1
447	MASHUP® Precision Variable-intensity Interval Training (VIIT)	Silvas/Taylor	0	0.15	1	0.1
448	Body Positive Hip Opening Yoga Flow	Akanni, Abiola	0	0.15	1	0.1
449	Peak Power Pilates	Appel, Abbie	0	0.15	1	0.1
450	B. Hip-Hop	Williams, Kia	0	0	1	0.1
451	Kelly Coulter	Coulter, Kelly	0	0.15	1	0.1
452	Cultivating an Optimal Mindset for Mental, Emotional and Physical Well-Being	Gentes, Teri	0	0.15	1	0.1
453	Exercise Solutions for Common Knee Problems	Osar/Linkul	0	0.15	1	0.1
454	Task Oriented Training	Sherlock, Lori	1.5	0.15	1	0.1