

CEC/CEU SUBMISSION FORM

TSI Summit & Trade Show, November 5, 2011 New York, NY

This CEC/CEU Submission Form is authorized by Town Sports International, an approved convention continuing education provider. This form is intended for use by registered TSI Summit 2011 participants only.

INSTRUCTIONS FOR USE:

- 1) Make copies if submitting to more than one organization for certification renewal
- 2) Check off sessions that you attended
- 3) Enter total approved credits earned at the end of form
- 4) Fill in your name and date
- 5) Submit this form along with any other paperwork required/provided by your certifying organization - be sure to keep a copy for your records
- 6) Contact your certifying organization with CEC/CEU or renewal related questions for the most accurate information.

Check Sessions Attended	Session Time	Session	Presenter	ACE	AFAA	NASM CGT	NASM CPT	NCSF	NESTA	NFPT	NSCA CPT	NSCA CSCS
Pre-Conference Workshops - Friday, November 4th 2011												
		JrFit™ Specialty Certification and Workshop	Wayne Westcott	2	2	1.9	1.9	4	2	1	NA	NA
		SrFit™ Specialty Certification and Workshop	Wayne Westcott	2	1.5	1.9	1.9	4	2	1	2	2
		Divine Design: A Lotus Flow™ Sequencing Workshop	Alison Cramer	NA	2	0.4	0.4	2	0.4	1	NA	NA
		Gymlates: Incorporating Small Props into your Personal Training, Group X or Pilates Mat Class	Joy Puleo	NA	2	0.4	0.4	4	0.4	1	0.4	0.4
Conference Workshops - Saturday, November 5th 2011												
7:15am-8:45am	101	BeyondBarre: Contemporary Cardio	Colleen Ketchum	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	102	Reformer COREography	Joy Puleo	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	103	Spinning®: Vinyasa on the Bike	Tami Reilly	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	104	The MELT Method	Sue Hitzmann	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	105	Save Your Back, Get Your Butt in Gear	Eric Beard	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	106	TRX® Circuits for Metabolic Training	Marc Coronel	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	107	Batuka Dance	Alex McLean	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	108	A Step Above: Quick Fixes for Tired Choreography	Dana Hargis	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	109	YogaBack	Taj Harris	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	201	Pilates Tower	Enja Schenk	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
9:00am-10:30am	202	Peak Pilates®: MVe® Chair Flex and Flow Workout	Kathryn Coyle	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	203	TSI Town Hall	Bob Giardina	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	204	MMA Conditioning and Unconventional Training	Scott Gaines	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	205	10 Myths That Are Hard To Bust	Dominique Adair	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	206	Functional or Frightening	Bill Sonnemaker	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	207	Business Strategies for Personal Trainers	Pete McCall	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	208	SPINNING®: Ab-racadabra	Caroline Dawson	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	209	Its Not Stretching: Contract Relax Technique	Annette Lang	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	210	Movement Prep: The New Warm Up	Rick Richey	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	211	TRX® - Kettlebell Functional Fusion	Marc Coronel	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
212	Ultimate Boot Camp Workouts	Kelli Calabrese	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA	
213	reVamp® - Nitro!	Brett Hoebel	0.15	0.75	0.1	0.1	1	0.15	NA	NA	NA	
214	Joint Friendly Strength Training	Nick Tumminello	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15	
215	The Shakti Shakeup: A Lotus Flow Vinyasa Practice	Alison Cramer	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA	
10:45am-12:15pm	301	Power Pilates Mat Class with Magic Circle	Enja Schenk	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	302	Reformer Choreography to the Max!	Joy Puleo	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	303	The Art of Exceptional Training	Martin Rooney	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	304	Exploring Fitness Myth-Education	Steven Siemienski	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	305	Alternative Therapies for Personal Training Clients	Gabrielle Francis	0.15	NA	0.1	0.1	1	NA	0.5	NA	NA
	306	Squatology	Tomi Toles	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	307		NA	NA	0.1	0.1	1	NA	0.5	NA	NA	NA
	308	Spinning® Now & Zen	Tami Reilly	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	309	The Dirty Little Secret of Mind-Body Modalities	Sue Hitzmann	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	310	Real World Dynamic Flexibility Progressions	Eric Beard	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
311	Train the Joes like the Pros	Todd Durkin	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15	
312	STREET KATA: An Evolution to Kickboxing (Fighter Level I)	Bishop Garland	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA	
313	Step Up and Dance	Kendra Kemerley	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA	
314	The Female Chain Reaction™	Christina Christie, Rich Colosi	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	NA	
315	YogaFit Seniors	Taj Harris	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA	
1:00pm-2:30pm	401	BeyondBarre: Contemporary Cardio	Colleen Ketchum	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	402	Jumpstart your Reformer Class with the Jumpboard	Joy Puleo	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	403	The Movement Code: Movement Screening and Program Design	Gray Cook	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	404	Innovation in Movement Training: Move your members and your business with Kinesis	Juan Carlos Santana	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	405	Triathlons in 3-D	Bill Sonnemaker	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
406	The Ultimate Lecture on Medicine Ball Training	Mike Cruickshank	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15	
407	Making Biomechanics Fun! Part Deux	Scott Gaines	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15	
408	SPINNING®: Balanced Fusion	Caroline Dawson	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA	
409	Dynamic Warm Up – New Concepts and Techniques	Nick Tumminello	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15	
1:00pm-2:30pm	410	Drills! An Interactive event where participants learn how to perform and practice Sports Based Drills	Rick Richey	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	411	TRX RIP Training: Foundations	Marc Coronel	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	412	Batuka Dance	Alex McLean	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	413	How to Motivate, Train & Retain Members with KettleBell Programming	Myrna Brady & Vincent Metz	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	414	Looking at Movements: What Do You See and What Does It Mean?	Annette Lang	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	415	Yoga for Children	Shari Vilchez-Blatt	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
2:45pm-4:15pm	501	Pilates Tower	Enja Schenk	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	502	Peak Pilates®: MVe® Chair Hard Core	Kathryn Coyle	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	503	Training the Pregnant and Postpartum Client	Annette Lang	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	NA
	504	Creating Maximum I.M.P.A.C.T. in the Fitness Field	Todd Durkin	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	505	Turbo Fuel	Dominique Adair	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	506	Increasing Your Profit: Using Physics to Keep Clients Renewing	Steven Siemienski	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
	507	Use Value Based Selling to Grow Your Membership	Tom Kulp	0.15	NA	0.1	0.1	1	NA	0.5	NA	NA
	508	Spinning®: Ride of the Warrior	Tami Reilly	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA

		509	"Big Bang" Exercises	Tomi Toles	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
		510	Corrective Exercise for Shoulder Impairments	Eric Beard	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
		511	Secrets of Bodyweight Training	Martin Rooney	0.15	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
		512	The True Essence of ZUMBA®: Injury Prevention Techniques	Heather Fay	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
		513	Kickbox Jump Rope Combo	Thomas the Promise	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
		514	Group exercise for the rhythmically impaired: a survival guide for the modern fitness professional	Andrew Ambruch	0.15	0.75	0.1	0.1	1	0.15	0.5	NA	NA
		515	The Heart's Playground: A Lotus Flow Arm Balance and Inversion Practice	Alison Cramer	NA	0.75	0.1	0.1	1	0.15	0.5	NA	NA
	4:45pm-6:00pm	601	Power Pilates Mat Class with Magic Circle	Enja Schenk	NA	0.6	0.1	0.1	1	0.15	0.5	NA	NA
		602	Peak Pilates® MVe® Chair - Spring Into Action	Kathryn Coyle	NA	0.6	0.1	0.1	1	0.15	0.5	NA	NA
		603	Driving Small Group Training Profitability	Jesse Campanaro	NA	0.6	0.1	0.1	1	0.15	0.5	NA	NA
		604	Innovation in Movement Training: Move your members and your business with Kinesis	Juan Carlos Santana	0.15	0.6	0.1	0.1	1	0.15	0.5	NA	NA
		605	The Power of 3: The Training System for Guaranteed Improved Athleticism	Eric D'Agati	NA	0.75	0.1	0.1	1	0.15	0.5	0.15	0.15
		606	The Low Down on Low Back Pain	Tomi Toles	0.15	0.6	0.1	0.1	1	0.15	0.5	0.15	0.15
		607			NA	0.6	0.1	0.1	1	NA	0.5	NA	NA
		608	SPINNING®: Mind/Body Merger	Caroline Dawson	0.15	0.6	0.1	0.1	1	0.15	0.5	NA	NA
		609	High Intensity Interval Training	Angela Corcoran	0.15	0.6	0.1	0.1	1	0.15	0.5	0.15	0.15
		610	Metabolic Training: Progressions and Periodization	Rick Richey	0.15	0.6	0.1	0.1	1	0.15	0.5	0.15	0.15
	611	The Wisdom of the Get Up: Old School Training in the Modern Facility	Gray Cook	0.15	0.6	0.1	0.1	1	0.15	0.5	0.15	0.15	
	612	STREET KATA: The Movement of Warrior (Level II)	Bishop Garland	NA	0.6	0.1	0.1	1	0.15	0.5	NA	NA	
	613			NA	NA	NA	NA	1	NA	0.5	NA	NA	
	614	Vertical Core Training	Pete McCall	0.15	0.6	0.1	0.1	1	0.15	0.5	0.15	0.15	
	615	willPower & grace®: What's that barefoot program all about?	Jennifer DeLuccia	0.15	0.6	0.1	0.1	1	0.15	0.5	NA	NA	
Post-Conference Workshops - Sunday, November 6th/Kettlebell Concepts Level 1) Saturday/Sunday November 11-12													
			Primary Group Exercise Certification	Ruth Hughes	NA	5	0.3	0.3	4	0.8	1	NA	NA
			Primal Pattern® Movement System	Tomi Toles	0.4	3.5	0.3	0.3	2	0.4	1	0.4	0.4
			Kettleball Concepts Instructor Training: Level 1	Vince Metz	NA	NA	0.3	0.3	8	1.6	1	1.6	1.6
Certifying Organization					ACE	AFAA	NASM-CPT	NASM-CPT	NCSF	NESTA	NFPT	NSCA-CPT	NSCA CSCS
TOTAL CREDITS EARNED													

TSI Summit 2011 Participant _____ Date: _____
 please print first and last name clearly for verification purposes



Date: November 5, 2011

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