



October to December 2009 Learning Calendar – Northern

TSI's Internal Training Program

WebEx			
Cash Reconciliation			
Region	Location	Date	Time
Open-to-all	WebEx	11/3	2:00pm-3:30pm
Contract Auditing			
Region	Location	Date	Time
Open-to-all	WebEx	11/5	2:00pm-3:30pm
Voids & Returns			
Region	Location	Date	Time
Open-to-all	WebEx	11/6	2:00pm-3:30pm
Credits and Refunds			
Region	Location	Date	Time
Open-to-all	WebEx	11/10	2:00pm-3:30pm
Cancellation			
Region	Location	Date	Time
Open-to-all	WebEx	11/11	2:00pm-3:30pm
Guest Usage			
Region	Location	Date	Time
Open-to-all	WebEx	11/12	2:00pm-3:30pm
Reinstates & Renewals			
Region	Location	Date	Time
Open-to-all	WebEx	11/13	2:00pm-3:30pm

Sales			
Sales Foundations			
Region	Location	Date	Time
NYSC-CT	Mamaroneck	11/9-11/11	9:00am-5:00pm
NYSC-CT	Mamaroneck	12/7-12/9	9:00am-5:00pm
BSC	Downtown Crossing	11/30-12/2	9:00am-5:00pm





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Fitness Foundations			
Region	Location	Date	Time
NYSC-CT	Mamaroneck	Saturday 11/23-Sunday 11/24	9:00am-5:00pm
NYSC-CT	Mamaroneck	Saturday 12/10-Sunday 12/11	9:00am-5:00pm
BSC	DTX	Thursday 11/19-Friday 11/20	9:00am-5:00pm
BSC	DTX	Thursday 12/17-Friday 12/18	9:00am-5:00pm

Fitness Sales			
Region	Location	Date	Time
NYSC-CT	Mamaroneck	Thursday 11/12	9:00am-5:00pm
NYSC-CT	Mamaroneck	Tuesday 12/22	9:00am-5:00pm
BSC	DTX	Thursday 11/12	9:00am-5:00pm
BSC	DTX	Saturday 12/12	9:00am-5:00pm

Sports Club for Kids			
Swim Academy			
Region	Location	Date	Time
BSC	Wellington	11/7 - 11/8	sat 12pm-7pm/ sun 11am-6pm
NYSC-CT	New Rochelle	11/7 - 11/8	sat 12pm-7pm/ sun 11am-6pm
NYSC-CT	New Rochelle	12/12-12/13	sat 12pm-7pm/ sun 11am-6pm
Games Training			
Region	Location	Date	Time
NYSC-CT	Dobbs Ferry	10/22	5:00pm - 9:00pm
NYSC-CT	New Rochelle	12/10	5:00pm - 9:00pm
Dance TV			
Region	Location	Date	Time
BSC	Lexington	10/20	5:00pm - 9:00pm
Birthday Party			
Region	Location	Date	Time
NYSC-CT	Dobbs Ferry	12/3	5:00pm - 9:00pm





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PERSONAL TRAINING CERTIFICATIONS

Available Through TSI

NASM-CPT			
Region	Location	Date	Time
BSC	DTX	Saturday 11/7-Sunday 11/8	9:00am-5:00pm

Hosted at TSI

ACE			
Personal Training in Practice			
Region	Location	Date	Time
BSC	Allston	Saturday 11/21-Sunday 11/22	8:30am-5:00pm

NFPT Certification Workshop			
Region	Location	Date	Time
BSC	Allston	Saturday 12/5-Sunday 12/6	9:30am-6:00pm





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SPECIALTY PROGRAMS FOR PERSONAL TRAINER PROGRESSION

Hosted at TSI

ISCA Kickboxing Certification			
Region	Location	Date	Time
BSC	Government Center	Sunday 11/15	8:30am-6:00pm
ISCA Kickboxing Round Two Certification			
Region	Location	Date	Time
BSC	Government Center	Sunday 11/22	9:00am-5:00pm

Group Exercise Certifications/Programs

Hosted at TSI

Primary Certifications

AFAA			
AFAA Primary Certification			
Region	Location	Date	Time
BSC	Government Center	Sunday 12/6	9:00am-6:00pm

Boxing/Kickboxing

ISCA			
ISCA Kickboxing Certification			
Region	Location	Date	Time
BSC	Government Center	Sunday 11/15	8:30am-6:00pm
ISCA Kickboxing Round Two Certification			
Region	Location	Date	Time
BSC	Government Center	Sunday 11/22	9:00am-5:00pm





October to December 2009 Learning Calendar – Northern

Pilates

PHI Pilates Certifications and Workshops			
PHI Pilates Reformer Foundations Three			
Region	Location	Date	Time
NYSC-CT	Stamford-Springdale	Saturday 12/12-Sunday 12/13	11:00am-7:00pm

Spinning

Mad Dogg			
Spinning Orientation			
Region	Location	Date	Time
NYSC-CT	Stamford Commerce	Saturday, 10/24	10:30am-7:00pm
NYSC-CT	Stamford Commerce	Saturday, 12/5	10:30am-7:00pm
BSC	Watertown	Saturday, 12/12	10:30am-7:00pm
High Intensity Training			
Region	Location	Date	Time
BSC	Watertown	Sunday 10/25	11:00am-3:00pm
Music, Movement & Emotion			
Region	Location	Date	Time
BSC	Watertown	Sunday 10/25	4:00pm-6:00pm
Spin Core			
Region	Location	Date	Time
BSC	Watertown	Saturday 12/5	11:00am-3:00pm
Rate of Perceived Exertion			
Region	Location	Date	Time
BSC	Watertown	Saturday 12/5	4:00pm-6:00pm
Spintensity			
Region	Location	Date	Time
NYSC-CT	Dobbs Ferry	Saturday 11/7	11:00am-3:00pm
Strength Hills Power			
Region	Location	Date	Time
NYSC-CT	Dobbs Ferry	11/7	3:30pm-5:30pm





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YOGA

YogaFit			
YogaFit Level One			
Region	Location	Date	Time
BSC	Fenway	Saturday 12/12-Sunday 12/13	8:30pm-6:00pm
YogaFit Level Three			
Region	Location	Date	Time
BSC	Fenway	Saturday 11/14-Sunday 11/15	8:30am-6:00pm

Continuing Education

Instructor Toolbox			
Region	Location	Date	Time
BSC	South Station	Sunday 11/1	11:00am-5:00pm

AED-CPR

Emergency Skills			
AED-CPR			
Region	Location	Dates	Time
NYSC-CT	Mamaroneck	Friday 11/13	9:00am-1:00pm
BSC	Allston	Wednesday 11/11	5:00pm-9:00pm

