



TSI's Internal Training Program

WebEx			
Cash Reconciliation			
Region	Location	Date	Time
Open-to-all	WebEx	12/8	2:00pm-3:30pm
Member Enrollment			
Region	Location	Date	Time
Open-to-all	WebEx	12/9	2:00pm-3:30pm
Contract Auditing			
Region	Location	Date	Time
Open-to-all	WebEx	12/10	2:00pm-3:30pm
Voids & Returns			
Region	Location	Date	Time
Open-to-all	WebEx	12/11	2:00pm-3:30pm
Credits and Refunds			
Region	Location	Date	Time
Open-to-all	WebEx	12/15	2:00pm-3:30pm
Cancellation			
Region	Location	Date	Time
Open-to-all	WebEx	12/16	2:00pm-3:30pm
Guest Usage			
Region	Location	Date	Time
Open-to-all	WebEx	12/17	2:00pm-3:30pm
Reinstates & Renewals			
Region	Location	Date	Time
Open-to-all	WebEx	12/18	2:00pm-3:30pm

Sales			
Sales Foundations			
Region	Location	Date	Time
NYSC-NYC	Wall St	11/23-11/25	9:00am-5:00pm
NYSC-NYC	Wall St	12/7-12/9	9:00am-5:00pm
NYSC-NYC	Wall St	12/21-12/23	9:00am-5:00pm





October to December 2009 Learning Calendar - Eastern

Fitness Foundations

Region	Location	Date	Time
NYSC-NYC	Wall St	Wednesday 12/2-Thursday 12/3	9:00am-5:00pm
NYSC-NYC	Wall St	Thursday 12/17-Friday 12/18	9:00am-5:00pm

Fitness Sales

Region	Location	Date	Time
NYSC-NYC	Wall St	Tuesday 12/1	9:00am-5:00pm
NYSC-NYC	Wall St	Tuesday 12/3	9:00am-5:00pm
NYSC-NYC	Wall St	Saturday 12/19	9:00am-5:00pm

Spinning Refresher

Region	Location	Date	Time
NYSC-NYC	Hicksville	Saturday 12/12	12:00pm-5:00pm

PERSONAL TRAINING CERTIFICATIONS

Available Through TSI

NASM-CPT

Region	Location	Date	Time
NYSC-NYC	Wall Street	Saturday 12/19-Sunday 12/20	9:00am-5:00pm

Hosted at TSI

NFPT Certification Workshop

Region	Location	Date	Time
NYSC	Wall Street C	Saturday 12/5-Sunday 12/6	9:30am-6:00pm





Group Exercise Certifications/Programs

Hosted at TSI

Primary Certifications

AFAA			
AFAA Primary Certification			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 12/19	9:00am-6:00pm

Boxing/Kickboxing

ISCA			
Kick Box Choreography CEC Workshop			
Region	Location	Date	Time
NYSC-NYC	52 nd & Broadway	Sunday 12/13	9:00am-1:00pm
Jump Rope			
Region	Location	Date	Time
NYSC-NYC	52 nd & Broadway	Sunday 12/13	2:00pm-4:00pm

PHI Pilates Certifications and Workshops			
PHI Pilates Reformer Foundations Three			
Region	Location	Date	Time
NYSC-NYC	49th & Broadway	Saturday 12/19-Sunday 12/20	9:00am-5:00pm





October to December 2009 Learning Calendar - Eastern

STOTT Pilates

STOTT Pilates Advanced Reformer-AR

Region	Location	Date	Time
NYSC-NYC	Reade Street	Dec 1-3	11am-6pm

STOTT Pilates Injuries and Special Populations-ISP

Region	Location	Date	Time
NYSC-NYC	Reade Street	Dec 7-10	11am-6pm

Spinning

Mad Dogg

Spinning Orientation

Region	Location	Date	Time
NYSC-NYC	City Hall	Saturday, 12/19	9:00am-6:00pm

High Intensity Training

Region	Location	Date	Time
NYSC-Li	Hicksville	Saturday 12/12	11:00am-3:00pm

Music, Movement & Emotion

Region	Location	Date	Time
NYSC-Li	Hicksville	Saturday 12/12	4:00pm-6:00pm





October to December 2009 Learning Calendar - Eastern

YOGA

YogaFit			
YogaFit Level One			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 12/5-Sunday 12/6	8:30am-6:00pm
YogaFit Seniors			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 12/12	8:30am-6:00pm
YogaFit PreNatal			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Sunday 12/13	8:30am-6:00pm

Continuing Education

Catwalk Confidence			
Region	Location	Date	Time
NYSC-NYC	Wall Street Training Center	Saturday 12/5-Sunday 12/6	9:00am-5:00pm

AED-CPR

Emergency Skills			
AED-CPR			
Region	Location	Dates	Time
NYSC-NYC	Wall Street	Tuesday 12/8	5:30pm-9:30pm
NYSC-NYC	Wall Street	Thursday 12/17	5:30pm-9:30pm

