



### TSI's Internal Training Program

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

<b>Sales</b>			
<b>Sales Foundations</b>			
Region	Location	Date	Time
NYSC-NYC	Wall St	10/26-10/28	9:00am-5:00pm
NYSC-NYC	Wall St	11/9-11/11	9:00am-5:00pm
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	Thursday 10/29-Friday 10/30	9:00am-5:00pm
NYSC-NYC	Wall St	Thursday 11/5-Friday 11/6	9:00am-5:00pm
NYSC-NYC	Wall St	Tuesday 11/17-Wenesday 11/18	9:00am-5:00pm
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 11/3	9:00am-5:00pm
NYSC-NYC	Wall St	Thursday 11/19	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

### Sports Club for Kids

#### Swim Academy

Region	Location	Date	Time
NYSC-Boros	Morris Park	10/24 - 10/25	sat 12pm-7pm/ sun 11am-6pm





## PERSONAL TRAINING CERTIFICATIONS

*Available Through TSI*

<b>NASM-CPT</b>			
Region	Location	Date	Time
NYSC-NYC	Wall Street	Saturday 11/14-Sunday 11/15	9:00am-5:00pm
NYSC-NYC	Wall Street	Saturday 12/19-Sunday 12/20	9:00am-5:00pm

*Hosted at TSI*

<b>ACE</b>			
<b>Personal Training in Practice</b>			
Region	Location	Date	Time
NYSC-NYC	Wall Street Training Ctr.	Saturday 11/21-Sunday 11/22	8:30am-5:00pm

<b>NFPT Certification Workshop</b>			
Region	Location	Date	Time
NYSC	Wall Street C	Saturday 12/5-Sunday 12/6	9:30am-6:00pm





## SPECIALTY PROGRAMS FOR PERSONAL TRAINER PROGRESSION

*Hosted at TSI*

<b>Annette Lang</b>			
<b>Integrated Stretching Workshop</b>			
Region	Location	Date	Time
NYSC-NYC	Wall Street	Saturday 11/14	9:00am-5:00pm

<b>ISCA Boxing Certification</b>			
Region	Location	Date	Time
NYSC-NYC	49 <sup>th</sup> & Broadway	Saturday 11/7	8:00am-6:00pm
<b>ISCA Kickboxing Round Two Certification</b>			
Region	Location	Date	Time
NYSC-NYC	52 <sup>nd</sup> & Broadway	Sunday 11/8	9:00am-5:00pm

<b>KettleBell Concepts</b>			
<b>Level One Workshop</b>			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 11/14-Sunday 11/15	9:00am-5:00pm





## Group Exercise Certifications/Programs

*Hosted at TSI*

### Primary Certifications

<b>AFAA</b>			
<b>AFAA Primary Certification</b>			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 10/24	9:00am-6:00pm
NYSC-NYC	Grand Central	Saturday 12/19	9:00am-6:00pm

### Boxing/Kickboxing

<b>ISCA</b>			
<b>ISCA Boxing Certification</b>			
Region	Location	Date	Time
NYSC-NYC	49th & Broadway	Saturday 11/7	8:00am-6:00pm
<b>ISCA Kickboxing Round Two Certification</b>			
Region	Location	Date	Time
NYSC-NYC	52 <sup>nd</sup> & Broadway	Sunday 11/8	9:00am-5:00pm
<b>Kick Box Choreography CEC Workshop</b>			
Region	Location	Date	Time
NYSC-NYC	52 <sup>nd</sup> & Broadway	Sunday 12/13	9:00am-1:00pm
<b>Jump Rope</b>			
Region	Location	Date	Time
NYSC-NYC	52 <sup>nd</sup> & Broadway	Sunday 12/13	2:00pm-4:00pm





# October to December 2009 Learning Calendar - Eastern

## Pilates

<b>Balanced Body University</b>			
<b>Exo Chair</b>			
Region	Location	Date	Time
NYSC-LI	Hicksville	Saturday 11/7-Sunday 11/8	(Sat) 12pm-6pm (Sun) 12pm-6pm
<b>Mat With Band</b>			
Region	Location	Date	Time
NYSC-Boros	Bay Ridge 86th	Sunday 11/8	11:00am-2:00pm
NYSC-Li	Hicksville	Sunday 11/15	11:00am-2:00pm
<b>Mat with Balls</b>			
Region	Location	Date	Time
NYSC-Boros	Bay Ridge 86th	Sunday 11/8	2:30pm-5:30pm
NYSC-Li	Hicksville	Sunday 11/15	2:30pm-5:30pm

<b>PHI Pilates Certifications and Workshops</b>			
<b>PHI Pilates Reformer Foundations Two</b>			
Region	Location	Date	Time
NYSC-NYC	49th & Broadway	Saturday 11/14-Sunday 11/15	9:00am-5:00pm
<b>PHI Pilates Reformer Foundations Three</b>			
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 Intensive Reformer-IR

Region	Location	Date	Time
NYSC-NYC	Reade Street	Oct 24-25, 30-Nov 1, 14-15, Dec 4-6	12:30pm-6pm

### 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

### STOTT Pilates Intensive Mat Plus-IMP

Region	Location	Date	Time
NYSC-NYC	Reade Street	Nov 6-8, 21-22, Dec 11-13	12:30pm-6pm

### STOTT Pilates Advanced Cadillac-

Region	Location	Date	Time
NYSC-NYC	Reade Street	Nov 9	11am-6pm

### STOTT Pilates Advanced Chair-

Region	Location	Date	Time
NYSC-NYC	Reade Street	Nov 10	11am-2pm

### STOTT Pilates Advanced Barrel-

Region	Location	Date	Time
NYSC-NYC	Reade Street	Nov 10	3pm-6pm





# October to December 2009 Learning Calendar - Eastern

## Spinning

<b>Mad Dogg</b>			
<b>Spinning Orientation</b>			
Region	Location	Date	Time
NYSC-NYC	City Hall	Saturday, 11/21	9:00am-6:00pm
NYSC-NYC	City Hall	Saturday, 12/19	9:00am-6:00pm
NYSC-LI/Boros	Hicksville	Saturday, 11/14	10:00am-6:00pm
<b>High Intensity Training</b>			
Region	Location	Date	Time
NYSC-Li	Hicksville	Saturday 12/12	11:00am-3:00pm
<b>Music, Movement &amp; Emotion</b>			
Region	Location	Date	Time
NYSC-Li	Hicksville	Saturday 12/12	4:00pm-6:00pm
<b>Profiles, Design &amp; Heart Rate Games</b>			
Region	Location	Date	Time
NYSC-Boros	Forest Hills	Sunday, 10/25	12:00pm-4:00pm
<b>Strength, Hills &amp; Power</b>			
Region	Location	Date	Time
NYSC-Boros	Forest Hills	Sunday, 10/25	4:30pm-6:30pm





# October to December 2009 Learning Calendar - Eastern

## YOGA

<b>YogaFit</b>			
<b>YogaFit Level One</b>			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 12/5-Sunday 12/6	8:30am-6:00pm
<b>YogaFit Level Three</b>			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 11/7-Sunday 11/8	8:30am-6:00pm
<b>YogaFit Seniors</b>			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Saturday 12/12	8:30am-6:00pm
<b>YogaFit PreNatal</b>			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Sunday 12/13	8:30am-6:00pm

## Continuing Education

<b>Annette Lang: Training the Pregnant and Post Natal Client Workshop</b>			
Region	Location	Date	Time
NYSC-NYC	Wall Street	Friday 11/13	10:00am-4:30pm

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

<b>Instructor Toolbox</b>			
Region	Location	Date	Time
NYSC-NYC	Grand Central	Sunday 10/25	11:00am-5:00pm

<b>Fitness Anywhere-TRX Suspension Training</b>			
Region	Location	Date	Time
NYSC-NYC	Wall Street	Saturday 10/24	9:00am-5:00pm





## AED-CPR

<b>Emergency Skills</b>			
<b>AED-CPR</b>			
<b>Region</b>	<b>Location</b>	<b>Dates</b>	<b>Time</b>
NYSC-NYC	Wall Street	Wednesday 11/4	5:00pm-9:00pm
NYSC-NYC	Wall Street	Thursday 11/5	9:00am-1:00pm
NYSC-NYC	Wall Street	Thursday 11/19	5:30pm-9:30pm
NYSC-NYC	Wall Street	Tuesday 12/8	5:30pm-9:30pm
NYSC-NYC	Wall Street	Thursday 12/17	5:30pm-9:30pm

