



# October to December 2009 Learning Calendar - Southern

## TSI's Internal Training Program

<b>WebEx</b>			
<b>Membership Enrollment</b>			
Region	Location	Date	Time
Open-to-all	WebEx	11/9	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





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## Management

### Select Better Part 1

Region	Location	Date	Time
PSC	Market Street	11/20	9:00am-5:00pm
WSC	Fairfax	11/19	9:00am-5:00pm

### Select Better for Fitness Part 1

Region	Location	Date	Time
NYSC-NJ	Livingston	12/4	9:00am-5:00pm

## Sales

### Sales Foundations

Region	Location	Date	Time
PSC	Market Street	12/16-12/18	9:00am-5:00pm
WSC	Columbia Heights	11/9-11/11	9:00am-5:00pm





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### Fitness Foundations

Region	Location	Date	Time
NYSC-NJ	Ramsey	Thursday 12/17-Friday 12/18	9:00am-5:00pm
WSC	K St.	Saturday 11/14-Sunday 11/15	9:00am-5:00pm
WSC	K St.	Thursday 12/10-Friday 12/11	9:00am-5:00pm

### Fitness Sales

Region	Location	Date	Time
NYSC-NJ	Ramsey	Tuesday 11/10	9:00am-5:00pm
NYSC-NJ	Ramsey	Thursday 12/10	9:00am-5:00pm
WSC	K St.	Friday 11/13	9:00am-5:00pm
WSC	K St.	Saturday 12/12	9:00am-5:00pm
PSC	Market St.	Friday 11/13	9:00am-5:00pm

### Sports Club for Kids

#### Swim Academy

Region	Location	Date	Time
NYSC-NJ	East Brunswick	10/24-10/25	sat 12pm-7pm/ sun 11am-6pm
NYSC-NJ	Butler	11/7 - 11/8	sat 12pm-7pm/ sun 11am-6pm





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### PERSONAL TRAINING CERTIFICATIONS

*Available Through TSI*

<b>NASM-CPT</b>			
Region	Location	Date	Time
NYSC-NJ	Ramsey	Saturday 12/5-Sunday 12/6	9:00am-5:00pm
WSC	K St.	Saturday 12/5-Sunday 12/6	9:00am-5:00pm

### SPECIALTY PROGRAMS FOR PERSONAL TRAINER PROGRESSION

*Hosted at TSI*

<b>Annette Lang</b>			
<b>Integrated Stretching Workshop</b>			
Region	Location	Date	Time
WSC	K Street	Friday 11/20	9:00am-5:00pm
PSC	Market Street	Friday 12/4	9:00am-5:00pm

<b>ISCA Kickboxing Certification</b>			
Region	Location	Date	Time
PSC	Market Street	Saturday 11/7	8:00am-6:00pm
<b>ISCA Kickboxing Round Two Certification</b>			
Region	Location	Date	Time
PSC	Radnor	Sunday 11/22	8:00am-4:00pm





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## Group Exercise Certifications/Programs

*Hosted at TSI*

### Primary Certifications

<b>AFAA</b>			
<b>AFAA Primary Certification</b>			
Region	Location	Date	Time
WSC	1211 Connecticut Ave	Sunday 11/22	9:00am-6:00pm

### Boxing/Kickboxing

<b>ISCA</b>			
<b>ISCA Kickboxing Certification</b>			
Region	Location	Date	Time
PSC	Market Street	Saturday 11/7	8:00am-6:00pm
<b>ISCA Kickboxing Round Two Certification</b>			
Region	Location	Date	Time
PSC	Market Street	Sunday 11/8	8:00am-4:00pm
<b>Kick Box Choreography CEC Workshop</b>			
Region	Location	Date	Time
WSC	1211 Conn. Ave	Sunday 11/8	9:00am-1:00pm
<b>Jump Rope</b>			
Region	Location	Date	Time
WSC	1211 Conn. Ave	Sunday 11/8	2:00pm-4:00pm





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## Pilates

<b>Balanced Body University</b>			
<b>Reformer Level Two</b>			
Region	Location	Date	Time
NYSC-NJ	East Brunswick	Saturday 12/5-Sunday 12/6	11:00am-7:00pm
<b>Reformer Level Three</b>			
Region	Location	Date	Time
NYSC-NJ	Livingston	Saturday 11/7-Sunday 11/8	9:00am-5:00pm
<b>Exo Chair</b>			
Region	Location	Date	Time
NYSC-NJ	Ridgewood	Saturday 12/5-Sunday 12/6	(Sat) 12pm-6pm (Sun) 11am-5pm

<b>PHI Pilates Certifications and Workshops</b>			
<b>PHI Pilates Reformer Foundations Two</b>			
Region	Location	Date	Time
NYSC-NJ	Freehold	Saturday 11/21-Sunday 11/22	9:00am-5:00pm
<b>PHI Pilates Integrated Training</b>			
Region	Location	Date	Time
NYSC-NJ	Livingston	Saturday 12/5	11:30am-7:00pm
<b>PHI Pilates Tower Training</b>			
Region	Location	Date	Time
NYSC-NJ	Livingston	Sunday 12/6	11:30am-7:00pm





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## Spinning

<b>Mad Dogg</b>			
<b>Spinning Orientation</b>			
Region	Location	Date	Time
WSC	Georgetown	Saturday, 12/5	10:00am-7:00pm
PSC	Market Street	Saturday, 12/12	8:00am-4:00pm
<b>High Intensity Training</b>			
Region	Location	Date	Time
NYSC-NJ	Livingston	Saturday 11/14	11:00am-3:00pm
<b>Music, Movement &amp; Emotion</b>			
Region	Location	Date	Time
NYSC-NJ	Livingston	Saturday 11/14	4:00pm-6:00pm
<b>Spin Core</b>			
Region	Location	Date	Time
NYSC-NJ	Livingston	Saturday 12/12	11:00am-3:00pm
WSC	Georgetown	Saturday 11/7	11:00am-3:00pm
PSC	Market Street	Sunday 12/13	9:00am-1:00pm
<b>Rate of Perceived Exertion</b>			
Region	Location	Date	Time
NYSC-NJ	Livingston	Saturday 12/12	4:00pm-6:00pm
WSC	Georgetown	Saturday 11/7	4:00pm-6:00pm
PSC	Market Street	Sunday 12/13	2:00pm-4:00pm





## October to December 2009 Learning Calendar - Southern

### Continuing Education

<b>Annette Lang: Training the Pregnant and Post Natal Client Workshop</b>			
Region	Location	Date	Time
PSC	Rodin Place	Saturday 12/5	11:30am-6:00pm

### AED-CPR

<b>Emergency Skills</b>			
<b>AED-CPR</b>			
Region	Location	Dates	Time
NYSC-NJ	Ramsey	Wednesday 12/16	1:00pm-5:00pm
WSC	K Street	Saturday 12/5	9:00am-1:00pm

