



*2001 "ONE WORLD" Spring
Education & Certification Conference*



June 8th - 10th, 2001
Atlantic City Convention Center
Atlantic City, New Jersey

AAAI/ISMA PRE-CONFERENCE CERTIFICATIONS & WORKSHOPS

MASTER YOUR METABOLISM 4 Hours with Gin Miller

Gin will teach you how to manage your metabolism once and for all and maintain a healthy weight naturally through proper nutrition and exercise. She will show you how to teach your classes so your students can achieve maximum effectiveness from their workouts. The workout will be a major fat blaster that includes strength training and cardio movements in a new circuit pattern that enhances glycogen burn and reduces lactic acid build up. More fat calories burned and less soreness after workouts - it's a winning combination!!

Program Time: 1-5 Friday, June 8th, 2001 **Cost:** \$99 **CEC'S:** AAAI/ISMA, ACE, AFAA

TAI CHI FITNESS INSTRUCTOR CERTIFICATION: 8 Hours with Scott Cole

- 9:00-10:00 *Philosophy & history of Tai Chi*
- 10:00-11:00 *Health Benefits of Tai Chi Training*
- 11:00-12:00 *Chi Kung Warm Ups*
- 1:00-2:00 *Tai Chi Slow Set (Yang Long Form Inspired)*
- 2:00-3:00 *Martial Application (Fast Set)*
- 3:00-4:00 *Tai Chi Inspired Cool Downs & Dance of the Five Elements*
- 4:00-5:00 *AAAI/ISMA International Certification Exam (theoretical & practical)*

Program Time: 9-5 with 1 hour break Friday, June 8th, 2001 **Cost:** \$99
CEC'S: AAAI/ISMA, ACE, AFAA



PHASE II YOGA INSTRUCTOR CERTIFICATION: 8 Hours with John DeMinico

- 9:00-10:00 *Advanced variations of core asanas*
- 10:00-11:00 *Creating a power flow vinyasa*
- 11:00-12:00 *Advanced Pranayama*
- 1:00-2:00 *New intermediate level asana sets*
- 2:00-3:00 *Benefits of inverted positions and partner yoga*
- 3:00-4:00 *Advanced meditation techniques*
- 4:00-5:00 *AAAI/ISMA International Certification Exam (theoretical & practical)*

Program Time: 9-5 with 1 hour break Friday, June 8th, 2001 **Cost:** \$99

POWERHOUSE PILATES CERTIFICATION Featuring THE TOTAL GYM: 8 hours with Kathy Carter

- 9:00-9:30 *History and theory of Pilates.*
- 9:30-10:00 *Breathing techniques and body alignment.*
- 10:00-12:00 *Mat Basics - You'll learn essential matwork basics that you can bring into classes. Focus will be on your breathing and body placement.*
- 12:00-1:00 *Powerhouse Conditioning A one hour Pilates based mat class utilizing all of the techniques learned throughout the day.*
- 2:00-3:00 *Mastering the moves of the Total Gym*
- 3:00-4:00 *Total Gym Pilates Workout*
- 4:00-5:00 *AAAI/ISMA International Certification Exam (theoretical & practical)*

Program Time: 9-5 Friday, June 8th, 2001, **Cost:** \$99 **CEC'S:** AAAI/ISMA, ACE, AFAA



☆☆

FABULOUS FRIDAY NIGHT PRE-CONVENTION KICK OFF FEATURING THE

☆ FANTASTIK FOUR OF FITNESS ☆

Mat Pilates 101
Kathy Carter
CEC's: AAAI/ISMA, ACE, AFAA
5:00 - 6:00 PM

Kardio Kombat (WS)
Lisa Gaylord
CEC's: AAAI/ISMA, ACE, AFAA
6:00 - 7:00 PM

**Fat Blaster:
The Next Step(WS)**
Kendall Hogan
CEC's: AAAI/ISMA
7:00 - 8:00 PM

Stylin' it (WS)
Gin Miller
CEC's: AAAI/ISMA, ACE, AFAA
8:00 - 9:00 PM



Lisa Gaylord



Kendall Hogan



Gin Miller

New Pilates and Total Gym Personal Fitness Trainer Certifications

page
3



Add an exciting Pilates Total Gym class to your health club schedule!



Learn how to use the Total Gym for your Personal Fitness Training Sessions!



AAAI/ISMA'S New MIND-BODY SESSIONS

YOGA

Phase I Yoga Certification with John DeMinico
EmPower Yoga 2001 Workshop with Nora Anderson

Phase II Yoga Certification with John DeMinico
Yoga Ball Workshop with Nora Anderson

AAAI/ISMA's T'ai Chi Certification with Scott Cole

Martial T'ai Chi Workshop with Scott Cole

Pilates based Workshops

Mat Pilates 101 Workshop with Kathy Carter
Total Gym: The Pilates Workout Workshop with Kathy Carter
PowerHouse Pilates Workshop with Kathy Carter
Powerhouse Pilates Certification featuring the Total gym with Kathy Carter



Kickboxing

Kardio Kombat Workshop with Lisa Gaylord
M.A.S.S.T. Workshop with Lisa Gaylord
Strike Zone Express Workshop with Janis Saffell

2001 A Punching & Kicking Odyssey Lecture with Tom Seabourne
Ringside Express Workshop with Janis Saffell
AAAI/ISMA Kickboxing Certification with Adam Freedman M.S.

Holistic Health

Holistic Health Consultant Certification with John Motl M.D.

Exciting New Fitness Conditioning Track For Personal Trainers with Mike Rickett M.S. & Tom Seabourne Ph. D.

Heart Rate Training- Mike Rickett M.S. Learn how to monitor heart rate intensity to maximize your clients physiological adaptations and improve endurance performance. Applications to both interval exercise and steady pace training will be presented.

The Immune System & Exercise- Mike Rickett M.S. There is an accumulating amount of research evidence that regular exercise may have a profound impact on the immune system What are the players in the immune system response? We'll try to put it all into perspective.

New Trends in Nutrition- Mike Rickett M.S.-What should we eat? How much? When? It seems that everywhere we look the experts continue to debate the principles of eating a healthy diet. This session explores the current research and analyzes the differing concepts.

Fueling Your Muscles Starving Your Fat- Tom Seabourne Ph.D.- This lecture will answer all of your questions about the latest fad diets and eating plans. Metabolism, supplementation, and exercise plans are addressed.

Women & Strength Training Tom Seabourne Ph.D.-Strength training for women is essential to boost metabolism. There is no better way to shape and contour your body. Learn resistance training principles and convince your client that weight training is appropriate for her to reach her fitness goals.

Cross Training Tom Seabourne Ph.D. -Learn how to put it all together for your one-on-one personal training. This lecture provides you with all you need to know to help your clients reach their strength, flexibility, cardiovascular and body composition goals.

An Exciting FITNESS EXPO with Great Discount Fitness Shopping



YOU ALWAYS GET YOUR FIRST SESSION CHOICE



Sponsored by:





June 8th-10th, 2001 Course Schedule

Key: WS-workshop L-lectures SP- specialty certifications

Saturday, June 9th

Come early to do your fitness shopping!
Registration begins at 7:30 and Orientation begins at 8:30 in the ballroom

9:00 am- 10:00 am	New!! Step 4 Fun (WS) Philip Gray CEC's:AAAI/ISMA, ACE	Lower Body Anatomy (L) Kat Kolaski M.D. AP,MS,AE	Muscle Magic(L) Todd Bezilla D.O.. WT, PFT, NUT, FE	2001 A Punching & Kicking Odyssey (L) Tom Seabourne Ph. D CEC'S AAAI/ISMA, ACE
10:00 am-11:00 pm	New!! The Next Step 2001 (WS) Michael Perron CEC's:AAAI/ISMA, ACE, AFAA	Energy Systems (L) Kat Kolaski M.D. AP, MS, AE	Designing Strength Conditioning Programs(L) Todd Bezilla D.O. PFT,NUT,WT	Best Abs on Earth (WS) Cole & Seabourne CEC's:AAAI/ISMA,ACE,AFAA
11:00 am-12:00 pm	New!! Intense Moves II(WS) Gin Miller CEC's:AAAI/ISMA,ACE, AFAA	Heart Health (L) Kat Kolaski M.D. AP,MS,AE	Client Assessment (L) Todd Bezilla DS.O. PFT,WT,NUT	Ball Express (WS) Janis Saffell CEC's:AAAI/ISMA,ACE,AFAA
12:00 pm-1:00 pm	Lunch & Shopping	Lunch & Shopping	Lunch & Shopping	Lunch & Shopping
1:00 pm- 2:00 pm	New!! Martial Arts Sports Specific Training (WS) Lisa Gaylord CEC's:AAAI/ISMA,ACE, AFAA	Aerobic Building Blocks Part I (L) Kathy Carter AP, MS, AE	Sports Nutrition (L) Part 1 Todd Bezilla D.O. PFT, WT, NUT	Groovilicious (WS) Calvin Wiley CEC's:AAAI/ISMA, AFAA
2:00 pm- 3:00 pm	New!! Retro Dance (WS) Scott Cole CEC's:AAAI/ISMA,ACE, AFAA	Aerobic Building Blocks Part II (L) Kathy Carter CEC's AAAI/ISMA, ACE	Sports Nutrition (L) Part 2 Todd Bezilla D.O. PFT, WT, NUT	Hydro-Runner: Part 1 (WS) MaryBeth Marotto CEC's:AAAI/ISMA/AEA, ACE
3:00 pm- 4:00 pm	New!! Strike Zone Express (WS) Janis Saffell CEC's:AAAI/ISMA,ACE,AFAA	Step & Injury Prevention (L) Marlene Jenkins M.S. AP,MS,AE	Super Supplements (L) Todd Bezilla D.O. PFT, WT, NUT	Hydro-Runner: Part 2 (WS) MaryBeth Marotto CEC's:AAAI/ISMA/AEA, ACE
4:00 pm- 5:00 pm	New!! Step: The Dance Edition (WS) Calvin Wiley CEC's AAAI/ISMA	Step Guidelines Marlene Jenkins M,S. AP,MS,AE	Heart Rate Training (L) Mike Rickett M.S. NUT	Total Gym: The Pilates Workout (WS) Kathy Carter CEC's:AAAI/ISMA, ACE
5:00 pm-6:00 pm	EmPower Yoga (WS) Nora Anderson M.S. CEC's:AAAI/ISMA,ACE	Step Choreography Marlene Jenkins M.S. AP, MS, AE	New Trends in Nutrition(L) Mike Rickett M.S. NUT	Women & Strength Training (BL) Tom Seabourne Ph.D. CEC's:AAAI/ISMA,ACE,AFAA

AAAI/ ISMA Core Certification Codes : AP Aerobic Primary Certification MS Master Step Certification PFT Personal Fitness Trainer Certification WT Weight Trainer Consultant Certification NUT Sports Nutrition Consultant Certification, TGPT Total Gym Personal Training Certification. The codes under the sessions indicate the lectures that will help you prepare for the corresponding exam. Please read the corresponding chapters in the books. Always choose the session that you think you need to enhance your career.

The Atlantic City Convention Center, Atlantic City, NJ

AAAI/ISMA Specialty Certification Sessions & Workshops
All lectures offer .1 ACE credits per hour except Yoga and Fitness Facility Director

Fundamentals of Aqua, Training(SP) Marlene Jenkins M.S. AQ(You must have a ticket to attend this session)	Origin of Yoga (SP) John DeMinico YG (you must have a ticket to take this course)	Working with Diabetic Clients (SP) Phil Robakiewicz Ph.D ADV (you must have a ticket to take this course)	Opening Your own Facility : Part 1 (SP) Don Weller Ph.D. FFD(you must have a ticket to take this course)
Hydrodynamics Properties of Water (SP) Marlene Jenkins M.S. AQ(You must have a ticket to attend this session)	Sun Salutation (SP) John DeMinico YG (you must have a ticket to take this course)	Working with Arthritic Clients (SP) Phil Robakiewicz Ph.D ADV (you must have a ticket to take this course)	Opening Your own Facility : Part 2 (SP) Don Weller Ph.D. FFD (you must have a ticket to take this course)
Components of a Water Program (SP) Marlene Jenkins M.S. AQ(You must have a ticket to attend this session)	Yoga Asanas Set 1 (SP) John DeMinico YG(you must have a ticket to take this course)	Working with Cardiac Clients (SP) Phil Robakiewicz Ph.D ADV (you must have a ticket to take this course)	New Industry Trends (SP) Don Weller Ph.D. FFD (you must have a ticket to take this course)
Aqua Choreography Technique (SP) Marlene Jenkins M.S. AQ(You must have a ticket to attend this session)	Lunch & Shopping	Lunch & Shopping	Lunch & Shopping
1:00 Lunch & Shopping	Yoga Asanas Set 2 (SP) John DeMinico YG (you must have a ticket to take this course)	Special Populations Youth & Senior (SP) Phil Robakiewicz Ph.D ADV (you must have a ticket to take this course)	Directing a Fitness Facility (SP) Don Weller Ph.D. FFD(you must have a ticket to take this course)
2:00 On Bike Cycling Orientation (SP) Kat Kolaski M.D. CY (you must have a ticket to take this course)	Yoga Asanas Set 3 (SP) John DeMinico YG (you must have a ticket to take this course)	Fueling Your Muscles Starving Your Fat (L) Tom Seabourne Ph.D. CEC's AAAI/ISMA, ACE, AFAA	Training your Staff in Strategic Sales Techniques(SP) Don Weller Ph.D. FFD(you must have a ticket to take this course)
Injury Prevention and Identification during Cycling classes (SP) Kat Kolaski M.D. CY (you must have a ticket to take this course)	Yoga Class Structure (SP) John DeMinico YG (you must have a ticket to take this course)	The Immune System & Exercise (L) Mike Rickett M.S. Cec's AAAI/ISMA, ACE	New Millennium Marketing Techniques (SP) Don Weller Ph.D. FFD(you must have a ticket to take this course)
Bio-Mechanics of Cycling (SP) Kat Kolaski M.D. CY (you must have a ticket to take this course)	Yoga Relaxation Techniques (SP) John DeMinico YG (you must have a ticket to take this course)	Lower Body Sculpting (BL) Phil Robakiewicz Ph.D. Cec's AAAI/ISMA, ACE	Implementing Specialty Programs in your Club (SP) Don Weller Ph.D. FFD(you must have a ticket to take this course)
Metabolic parameters of Cycling (SP) Kat Kolaski M.D. CY (you must have a ticket to take this course)	Shopping Break	Upper Body Sculpting (BL) Phil Robakiewicz Ph.D. Cec's AAAI/ISMA, ACE	Hiring & Firing (SP) Don Weller Ph.D. FFD(you must have a ticket to take this course)

No one under sixteen will be allowed in the conference, and video taping is prohibited.
Class schedule is subject to change.

June 8th-10th, 2001 Course Schedule

Key: **WS**- workshop **L**-lectures **SP**- speciality certifications **BL**- bonus lectures

Sunday, June 10th

8:00 am- 9:00 am	<i>New!!</i> Martial Tai Chi (WS) Scott Cole CEC's AAAI/ISMA,ACE,AFAA			
9:00 am-10:00 am	<i>New!!</i> The Best of Andre: Step (WS) Andre Houle CEC's AAAI/ISMA,ACE,AFAA	Upper Body Anatomy (L) Kat Kolaski M.D. AP, MS, AE	Muscle Physiology (L) Phil Robakiewicz Ph.D. PFT, WT, NUT	
10:00am-11:00am	<i>New!!</i> All Stepped Out (WS) Mindy Mylrea CEC's AAAI/ISMA, AFAA, ACE	Skeletal System & the Spine (L) Kat Kolaski M.D. AP,MS, AE	Aerobic Conditioning for Personal Fitness & Strength Trainers (L) Phil Robakiewicz Ph.D. PFT, WT, NUT, FE	Body Meditations (WS) Scott Cole CEC's AAAI/ISMA, AFAA, ACE
11:00am-12:00pm	<i>New!!</i> StepMania (WS) Philip Gray CEC's AAAI/ISMA,ACE	Injury Rehabilitation (L) Kat Kolaski M.D. AP, MS, AE	Personal Fitness Training "IN HOME" Techniques (L) Phil Robakiewicz Ph.D. PFT, WT, NUT	
12:00 pm-1:00 pm	Lunch & Shopping	Lunch & Shopping	Lunch & Shopping	Lunch & Shopping
1:00 pm-2:00 pm	<i>New!!</i> Fat Blaster: High/Low (WS) Kendall Hogan CEC's AAAI/ISMA,	Kinesiology (L) Phil Robakiewicz Ph.D AP, MS, AE	Fitness Testing: Part 1 (L) Todd Bezilla D.O. PFT, WT,NUT	Mind Body Connection (L) Michael Perron CEC's AAAI/ISMA,ACE,AFAA
2:00 pm-3:00 pm	<i>New!!</i> Ring Side Express (WS) Janis Saffel CEC' AAAI/ISMA,ACE, AFAA			Medicine Ball Skills & Drills (WS) Mindy Mylrea CEC's AAAI/ISMA,ACE,AFAA
3:00 pm-4:00 pm	<i>New!!</i> Hi- Lo-to -Go (WS) Michael Perron CEC's AAAI/ISMA, ACE, AFAA	Cardio Sculpt (WS) Philip Gray CEC's AAAI/ISMA,ACE		
4:00 pm-4:30 pm	Seating for Testing and Study Break			
4:30 pm-6:00 pm	AAAI/ISMA Written and Practical Certification Exams (there will be no early testing!)			

AAAI/ISMA, P.O. Box 663, New Hope, PA, 18938 (609) 397 2139 or fax (609) 397 7683
check us out on the web www.aaai-ismafitness.com

The Atlantic City Convention Center, Atlantic City, NJ

AAAI/ISMA Specialty Certification Sessions & Workshops

<p>Bio-Mechanics of the Total Gym (L) Mike Rickett M.S. (you must have a ticket to take this course)</p>	<p>Master Power Yoga (SP) John DeMinico YG(You must have a ticket to attend this session)</p>	<p>BioMechanics of Kickboxing (SP) Adam Freedman M.S. KB(You must have a ticket to attend this session)</p>	<p>Acupuncture, Accupressure, Reflexology (L) John Motl M.D. HH</p>
<p>Upper Body Conditioning & the Total Gym (L) Mike Rickett M.S. (you must have a ticket to take this course)</p>	<p>Yoga Asanas Sets 4 & 5 (SP) John DeMinico YG(You must have a ticket to attend this session)</p>	<p>Kickboxing & Injury Prevention (SP) Adam Freedman M.S. KB(You must have a ticket to attend this session)</p>	<p>Vitamins, minerals & supplements (L) John Motl M.D. HH</p>
<p>Lower Body Conditioning & the Total Gym (L) Mike Rickett M.S. (you must have a ticket to take this course)</p>	<p>Yoga Test Review (SP) John DeMinico YG(You must have a ticket to attend this session)</p>	<p>Metabolic Parameters of Kickboxing (SP) Adam Freedman M.S. KB(You must have a ticket to attend this session)</p>	<p>Homeopathy & herbal remedies (L) John Motl M.D. HH</p>
<p>Lunch & Shopping</p>	<p>Lunch & Shopping</p>	<p>Lunch & Shopping</p>	<p>Lunch & Shopping</p>
<p>Abdominal Conditioning & the Total Gym (L) Mike Rickett M.S. (you must have a ticket to take this course)</p>	<p>Yoga Certification Exam Written & Practical (SP) John DeMinico YG(You must have a ticket to attend this session)</p>	<p>Mastering the Moves of a Kickboxing class(SP) Adam Freedman M.S. KB(You must have a ticket to attend this session)</p>	<p>Stress Reduction & Meditation Techniques (L) Nora Anderson M.S. HH</p>
<p>Back Strength & the Total Gym (L) Mike Rickett M.S. (you must have a ticket to attend this course)</p>	<p>W.E.T AquaTraining (WK) Marlene Jenkins M.S. CEC's AAAI/ISMA, ACE</p>	<p>Designing a Kickboxing Program (SP) Adam Freedman M.S. KB (You must have a ticket to attend this session)</p>	<p>Ayurvedic medicine (L) John Motl M.D. HH</p>
<p>Using the Total Gym for In-Home & Club Use (L) Mike Rickett M.S. (you must have a ticket to attend this course)</p>	<p>Shopping Break</p>	<p>Kickboxing Practical & Exam (SP) Adam Freedman M.S. KB (You must have a ticket to attend this session)</p>	<p>Detoxification Therapy (L) John Motl M.D. HH</p>

Seating for Testing and Study Break

AAAI/ISMA Written and Practical Certification Exams (there will be no early testing!)

The following tests require your ticket-Aqua, Pre/Post Natal, Yoga, Cycling, Advanced Personal Fitness, Kickboxing, Fitness Expert, Aerobic Expert

AAAI/ISMA “C
2001 EDUCATION & CERT
June 8th, 9th and 10th at the Atlantic City C



JANIS SAFFELL
stars on ESPN's "CRUNCH". She has
starred in numerous fitness videos,
including her new leading edge
KICKBOXING video.
CEC'S AAAI/ISMA, AFAA, ACE



LISA GAYLORD
is currently a Nike Athlete and
formerly a Reebok Master Trainer.
She has over 20 years of experience
in the fitness industry and 28 years
as a martial artist. She holds 4
black belts and is trained in both
Kendo and Aikido.
CEC'S AAAI/ISMA, ACE, AFAA



PHILIP GRAY
has been working for 15 years as an
international presenter. In 1993 he
won a gold medal in the mixed pairs
division at N.A.C. He has been
recognized as one of the best
presenters in the world.
CEC'S AAAI/ISMA, ACE



ANDRE HOULE
has starred in over 20 fitness videos
and is a star of the globally
syndicated workout show Body
Squad. Andre is known all over the
world for his innovative style,
personal warmth and his total
commitment to fitness.
CEC'S AAAI/ISMA, ACE, AFAA



MICHAEL PERRON
stars on ESPN 2's Coed
Training. He stars in the latest
"Men of Steel" video series
"Abs & Chest of Steel". He is
renown for his athletic and
lyric movement style.
CEC'S AAAI/ISMA, ACE, AFAA



MINDY MYLREA
is a National Aerobic Champion and Suzuki
World Cup Champion. She is the creator of
Jump, Inc., named by SHAPE magazine as one
of the top new programs of 1996. She is also the
1999 Presenter of the Year.
CEC'S AAAI/ISMA, ACE, AFAA

**ONE WORLD”
 IIFICATION CONFERENCE
 onvention Center, Atlantic City, New Jersey**



CALVIN WILEY

is a consummate international fitness presenter, award winning aerobic competitor. He was voted “Best Fitness Instructor” by New York Magazine.
 CEC’S AAAI/ISMA



GIN MILLER

is world renown for her innovative fitness programming. She initiated the step revolution and has starred in the best received fitness video of the industry.
 CEC’S AAAI/ISMA, ACE, AFAA



NORA ANDERSON, M.S.

is the president and founder of AAAI/ISMA. She has a M.S. in Exercise physiology and is currently working on her Ph.D. She has been practicing Yoga for 26 years and has appeared on numerous TV shows.
 CEC’S AAAI/ISMA



SCOTT COLE

continues to stay on the leading edge of the industry with his new sensational videos “Tai Chi Training” & “Millennium Stretch”
 CEC’S AAAI/ISMA, ACE, AFAA

TOM SEABOURNE PH.D.
 is a 2-time All-American. He holds several ultra-endurance cycling records and finished in the top 10 in the Race Across America. He was a former collegiate tennis player and international TaeKwonDo champion. Tom has written more than 200 articles, published 6 books and has appeared as *Sports Illustrated* Athlete of the Month
 CEC’S AAAI/ISMA, ACE, AFAA



MARYBETH MAROTTO

is an aquatic fitness professional who provides hands-on aquatic educational experiences and credit hours of water specific training to aquatic exercise facilities throughout the United States. She is featured in 3 HYDRO-FIT videos.
 CEC’S AAAI/ISMA, AEA



KENDALL HOGAN

is the star of ESPN’s Body Shaping TV show. Kendall currently is the regional group exercise director for CRUNCH Fitness Gyms.
 CEC’S AAAI/ISMA

ctitious international certification program with these sensational AAAI/ISMA presenters.
 members become aware of this exciting Fitness Conference

Saturday June 9th & Sunday June 10th: Course Descriptions

Saturday June 9th Time Slot 9:00-10:00

Step 4 Fun -Philip Gray Experience Philip's signature class! You'll learn a fresh and fun way to breakdown and focus on direction, style and variety to your step classes. Become more fluid!!

Lower Body Anatomy- Kolaski M.D. This is an in depth review of lower body injury prevention and identification. This lecture prepares for all AAI/ISMA certification exams.

Muscle Magic-Bezilla D.O This lecture is an in-depth look at the fascinating process of muscle growth and contraction. This lecture prepares you for the Personal Fitness Trainer and Weight Training Consultant Exams

2001: A Punching & Kicking Odyssey -Tom Seabourne Ph.D This lecture provides you with the knowledge you need to teach a safe cardiokickboxing program to keep your students injury free.

Time Slot 10:00-11:00

The Next Step -Michael Perron- Michael will guide you through advanced steps using rhythm and patterns to create a choreography that keeps them coming back.

Energy Systems- Kolaski M.D.- Understand the difference between aerobic and anaerobic conditioning and the latest research on fat as a fuel. This lecture prepares you for all of the AAI/ISMA exams.

Designing Strength Conditioning Programs-Bezilla D.O. Learn how to design a weight training program for yourself and your clients. This lecture prepares you for the Personal Fitness Training & Weight Training Consultant Exams.

The Best Abs on Earth -Tom Seabourne Ph.D & Scott Cole Inspired by Martial arts, gymnastics, dance & fitness, this is creative core training at its finest. Combine standing, kneeling, seated and partnered drills for strength and stability.

Time Slot 11:00-12:00

Intense Moves II -Gin Miller Learn the keys to proper development of intensity combos to provide new challenges for your classes. You will learn how to create, modify and apply your own intense moves

Heart Health-Kolaski M.D.- Cardiovascular disease is one of the leading health problems world wide. Learn the safety precautions for cardiac conditioning. This lecture pertains to all of AAI/ISMA's exams.

Client Assessment-Bezilla D.O. This lecture prepares a personal fitness trainer to understand the needs of their clients and how to provide them with a personalized fitness program. This lecture prepares you for the Personal Fitness, Weight Trainer, & Sports Nutrition Exams.

Ball Express- Janis Saffell- Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way.

Time Slot 12:00-1:00 LUNCH & SHOPPING

Time Slot 1:00-2:00

Martial Arts Sports Specific Training-Lisa Gaylord A combination of kickboxing, boxing and martial arts skills. Drills are performed to maximize strength and power.

Aerobic Building Blocks: Part 1 - Kathy Carter Learn about each component of an aerobic routine. Establish a foundation class for the beginning instructor. This lecture prepares you for all AAI/ISMA Aerobic Exams.

Sports Nutrition: Part 1-Bezilla D.O. This session includes diets for body builders, aerobic instructors and endurance athletes. This prepares you for the Personal Fitness, Weight Trainer & Sports Nutrition Exams.

Groovilicious -Calvin Wiley Dynamic & rhythmic beats and of course, Calvin's explicit intoxicating personality will give you a workout that will renew and bring joy to your spirit.

Time Slot 2:00-3:00

Retro Dance -Scott Cole Retro music and creative cardio influenced by the 60's, 70's, 80's and 90's. This is a "rev it up" movement class journeying through Motown, Rock, Disco and a Salsa. GET DOWN TONIGHT!!!

Aerobic Building Blocks: Part 2- Kathy Carter This session is a practical teaching component including a breakdown of all parts of an aerobic routine. Proper use of music will be stressed. This class prepares you for AAI/ISMA Aerobic Practical exam.

Sports Nutrition: Part 2- Bezilla D.O.- The second hour of learning about specialty diets for your clients. This prepares for Personal Fitness, Weight Trainer & Sports Nutrition exams.

Hydro-Runner: Part 1 -MaryBeth Marotto- Learn body control & stability through vertical training of the trunk muscles while enhancing your cardiovascular capacity. Lecture component.

Fueling your Muscles, Starving your Fat-Tom Seabourne Ph.D. - This lecture will answer all your questions about the latest fad diets and eating plans.

Time Slot 3:00-4:00

Strike Zone Express- Janis Saffell- This course allows combinations never before possible by using the strike zone surface of targets. Gain speed, balance and coordination while focusing on the "strike zone"

Step & Injury Prevention- Jenkins M.S. This lecture covers lower & upper body anatomy relating to injury prevention and identification when teaching a step aerobic class. This lecture prepares you for Step and Aerobic Expert Exams.

Super Supplements- Bezilla D.O. - Newest information on antioxidants, exercise, aging and disease prevention. Learn how antioxidants and anabolics affect your health and athletic performance. This prepares you for the Personal Training, Weight Training & Sports Nutrition Certifications.

Hydro-Runner: Part 2.-Marybeth Marotto - Learn body control & stability through vertical training of the trunk muscles while enhancing your cardiovascular capacity. Practical portion(Aqua belt will be needed)

The Immune System & Exercise -Mike Rickett M.S. -There is an accumulating amount of research evidence that regular exercise may have a profound impact on the immune system What are the players in the immune system response? We'll try to put it all into perspective.

Time Slot 4:00-5:00

Step: The Dance Edition -Calvin Wiley Dynamic & rhythmic beats and of course, Calvin's explicit intoxicating personality will give you a workout that will renew and bring joy to your spirit.

Step Guidelines- Jenkins M.S. In depth look at safety guidelines and the do's and don'ts of step aerobics. This lecture prepares you for the Master Step and Aerobic Expert Exams.

Heart Rate Training- Mike Rickett M.S.- Learn how to monitor heart rate intensity to maximize your clients physiological adaptations and improve endurance performance. Applications to both interval exercise and steady pace training will be presented

Total Gym: The Pilates Workout- Kathy Carter- Learn to utilize the Total Gym as a Pilates Reformer. If you have a Reformer or if you are thinking about stocking your gym, this is the class for you!

Lower Body Sculpting-Phil Robakiewicz Ph.D.- Phil shares with you his latest natural bodybuilding techniques

Time Slot 5:00

EmPower Yoga- Nora Anderson -A perfect blend of Hatha and Power Yoga that will stretch your body, mind, and spirit to new horizons.

Step Choreography- Jenkins M.S. In this class Marlene will be giving you her signature step techniques. From warmup to stretch, learn how to teach a safe, effective and exciting step class!

Saturday June 9th & Sunday June 10th: Course Descriptions

New Trends in Nutrition - Mike Rickett M.S.- This session presents an overview of the research on several nutritional considerations: high carb vs. high protein diets; antioxidants; supplementation.

Women & Strength Training- Tom Seabourne Ph.D.- Strength training for women is essential to boost metabolism. Convince your client that weight training is appropriate for her fitness goals.

Upper Body Sculpting - Phil Robakiewicz Ph.D.- Let this natural bodybuilder give you the latest moves in upper body sculpting

Sunday June 10th: Time Slot 8:00-9:00

Martial Tai Chi- Scott Cole -Scott will guide you through the slow energy-building "Chi" preparation, then take it up-tempo with cross training/martial arts drills done in combination.

Time Slot 9:00-10:00

The Best of Andre: Step- Andre Houle -Join Andre as he takes favorite moves from the past and uses them to create step choreography for the future. Expect to learn the best of the best!

Upper Body Anatomy- Kolaski M.D. Learn about upper body anatomy. This session includes the complexities of shoulder ROM. This lecture prepares you for all AAAI/ISMA exams.

Muscle Physiology -Robakiewicz Ph.D. Learn about the types, structure and composition of muscles. This prepares for the Personal Fitness Training & Weight Training Consultant Exams.

Cross-Training- Tom Seabourne Ph.D. Tom provides you with all you need to know to help your clients reach their strength, flexibility, cardiovascular and body composition goals.

Time Slot 10:00-11:00

All Stepped Out- Mindy Mylrea - This workshop will help you break out of the traditional step choreography and break into sports based training on, off, and all around the step.

Skeletal System & the Spine- Kolaski M.D.- Imbalance in the skeletal system and spine can lead to pain and discomfort. Understand the bony structures that support your muscles. This lecture prepares you for all of the AAAI/ISMA Certifications.

Aerobic Conditioning for Personal Fitness & Strength Trainers- Robakiewicz Ph.D.- Learn how to incorporate cardiac and aerobic conditioning into your client's fitness program. This prepares for the Personal Fitness Trainer & Weight Training Certifications.

Body Meditations- Scott Cole -Release negative energy, empowering your body through movement, yoga, stretching, Chi Kung, guided imagery, and meditation.

Time Slot 11:00-12:00

StepMania -Philip Gray Philip will show you some basics then turn them into exciting new combos. You will be moving up and around the world with his original moves.

Injury Rehabilitation -Kolaski M.D.- New techniques that allow an athlete to stay active while recovering from injury. This lecture pertains to all of AAAI/ISMA's exams.

Personal Fitness Training "IN HOME" Techniques -Robakiewicz Ph.D. Learn the latest techniques to train your clients without expensive equipment. This lecture prepares you for Personal Fitness, Weight Trainer Exams.

Powerhouse Pilates -Kathy Carter. -Think you can't break a sweat in Pilates? Well think again! Kathy will take you through mat Pilates with some added power.

Time Slot 12:00-1:00 LUNCH & SHOPPING

Time Slot 1:00-2:00

Fat Blaster: High/Low -Kendall Hogan- Blast fat with fun-filled and high metabolizing moves from Kendall's hot ESPN Bodyshaping TV show.

Kinesiology- Robakiewicz Ph.D.- Learn about spatial orientation and how the body learns movement skills, coordination and balance. This lecture prepares you for all AAAI/ISMA exams.

Fitness Testing: Part 1-Bezilla D.O. Body composition, muscular strength and endurance, flexibility, blood pressure, cardio submaximal and postural screening will be addressed. This prepares you for the Personal Fitness, Weight Trainer & Sports Nutrition exams.

Mind/Body Connection -Michael Perron Michael will revitalize your attitude, encourage your heart, and teach you techniques to make every day your best.

Time Slot 2:00-3:00

RingSide Express- Janis Saffell Learn how to integrate circuit training, partner work & utilize equipment into a safe & effective cardio, upper and lower body workout.

Yoga Ball- Nora Anderson M.S. Add a playful dimension to your Yoga class by curving, stretching, balancing and rounding around the big beautiful ball.

Fitness Testing: Part 2-Bezilla D.O. Body composition, muscular strength and endurance, flexibility, blood pressure, cardio submaximal and postural screening will be addressed. This prepares you for the Personal Fitness, Weight Trainer & Sports Nutrition exams.

Medicine Balls Skills & Drills -Mindy Mylrea Learn the in's and out's, the why for's and how to's of medicine ball training.

W.E.T.-Marlene Jenkins M.S. Experience a total body workout utilizing the waters resistance. Get wet and wild in the water.

Time Slot 3:00-4:00

Hi-Lo-to-Go- Michael Perron- Michael combines high energy and advanced choreography to give you a class that will motivate and inspire both instructors and students.

Cardio Sculpt -Philip Gray In this upbeat class you will learn how to use simple choreographic moves utilizing hand weights to chisel n' sculpt every inch of your body. Lots of squats and lunges!!! **Please bring your own hand held weights!!**

Directing the Director- Kendall Hogan- Kendall shares his secrets on how to successfully direct an aerobic and group fitness program from his years as group fitness director for CRUNCH.

Final Cut- Lisa Gaylord- This is defined as exercise that enables a muscle to reach maximum strength in as short a time as possible. Plyometric training is incorporated.

Time Slot 4:00-4:30

Seating for AAAI/ISMA testing begins. Please be prepared to begin your practical exam immediately after seating!! If you are not staying for testing, AAAI/ISMA thanks you for joining us and hopes to see you at next year's conference!

Time Slot 4:30-7:00

AAAI/ISMA Certification Exams begin. Please note that you may only take one exam in this time period. Testing will be both theoretical and practical. The theoretical exams include 100 questions of true/false, fill in the blank, multiple choice and one essay. During this testing time, our practical examiners will take students out ten at a time and test you on your specific exam. Our tests are the following: Primary Aerobic, Master Step Aerobic, Advanced Aerobic, Personal Fitness Trainer, Advanced Personal Fitness Trainer, Weight Training Consultant, Sports Nutrition Consultant, Aqua Instructor, Cycling Instructor, Pre/Post Natal Instructor, Yoga Phase I & II Instructor, Kickboxing Instructor, Fitness Facility Director, Holistic Health Consultant, Tai Chi Fitness Instructor, Total Gym Personal Trainer, Aerobic Expert & Fitness Expert.

Have A Fun and Fitness filled Weekend!!

AAAI/ISMA's CORE CERTIFICATIONS GIVE YOU THE INDUSTRY'S LEADING EDGE TEACHING AND TRAINING CREDENTIALS

Saturday June 9th

PRIMARY AEROBIC INSTRUCTOR CERTIFICATION:

- 9:00-10:00 Lower Body Anatomy
- 10:00-11:00 Energy Systems
- 11:00-12:00 Heart Health
- 1:00-2:00 Aerobic Building Blocks I
- 2:00-3:00 Aerobic Building Blocks II

STEP AEROBIC INSTRUCTOR CERTIFICATION:

- 9:00-10:00 Lower Body Anatomy
- 10:00-11:00 Energy Systems
- 11:00-12:00 Heart Health
- 1:00-2:00 Aerobic Building Blocks I
- 2:00-3:00 Aerobic Building Blocks II
- 3:00-4:00 Step & Injury Prevention
- 4:00-5:00 Step Guidelines
- 5:00-6:00 Step Choreography

ADVANCED AEROBIC INSTRUCTOR CERTIFICATION:

- 9:00-10:00 Lower Body Anatomy
- 10:00-11:00 Energy Systems
- 11:00-12:00 Heart Health
- 1:00-2:00 Aerobic Building Blocks I
- 2:00-3:00 Aerobic Building Blocks II

PERSONAL FITNESS TRAINER CERTIFICATION

- 9:00-10:00 Muscle Magic
- 10:00-11:00 Designing Strength Programs
- 11:00-12:00 Client Assessment
- 1:00-3:00 Sports Nutrition / Part 1 & Part 2
- 3:00-4:00 Super Supplements

WEIGHT TRAINING CONSULTANT CERTIFICATION:

- 9:00-10:00 Muscle Magic
- 10:00-11:00 Designing Strength Programs
- 11:00-12:00 Client Assessment
- 1:00-3:00 Sports Nutrition / Part 1 & Part 2
- 3:00-4:00 Super Supplements

SPORTS NUTRITION CONSULTANT CERTIFICATION:

- 9:00-10:00 Muscle Magic
- 10:00-11:00 Designing Strength Programs
- 11:00-12:00 Client Assessment
- 1:00-3:00 Sports Nutrition / Part 1 & Part 2
- 3:00-4:00 Super Supplements
- 5:00-6:00 New Trends in Nutrition

HOLISTIC HEALTH CONSULTANT CERTIFICATION:

Sunday June 10th

- 9:00-10:00 Upper Body Anatomy
- 10:00-11:00 Skeletal System & the Spine
- 11:00-12:00 Injury Rehabilitation
- 1:00-2:00 Kinesiology

- 9:00-10:00 Upper Body Anatomy
- 10:00-11:00 Skeletal System & the Spine
- 11:00-12:00 Injury Rehabilitation
- 1:00-2:00 Kinesiology

- 9:00-10:00 Upper Body Anatomy
- 10:00-11:00 Skeletal System & the Spine
- 11:00-12:00 Injury Rehabilitation
- 1:00-2:00 Kinesiology

- 9:00-10:00 Muscle Physiology
- 10:00-11:00 Aerobic Conditioning for PFT
- 11:00-12:00 In Home Techniques
- 1:00-2:00 Fitness Testing/ Part 1
- 2:00-3:00 Fitness Testing/ Part 2

- 9:00-10:00 Muscle Physiology
- 10:00-11:00 Aerobic Conditioning for PFT
- 11:00-12:00 In Home Techniques
- 1:00-2:00 Fitness Testing/ Part 1
- 2:00-3:00 Fitness Testing/ Part 2

- 9:00-10:00 Muscle Physiology
- 10:00-11:00 Aerobic Conditioning for PFT
- 11:00-12:00 In Home Techniques
- 1:00-2:00 Fitness Testing/ Part 1
- 2:00-3:00 Fitness Testing/ Part 2

- 9:00-10:00 Acupuncture, Accupressure, Reflexology
- 10:00-11:00 Vitamins, minerals & supplements
- 11:00-12:00 Homeopathy & herbal remedies
- 1:00-2:00 Stress Reduction & meditation techniques
- 2:00-3:00 Ayurvedic medicine
- 3:00-4:00 Detoxification Therapy

IMPORTANT Please note: You can skip the above suggested certification classes if you have pre-read the corresponding study guides and feel that you have a clear understanding of the material, taken the class before or have prior knowledge. Also please note that these lecture sessions also have corresponding practical and movement sessions during the conference, so that you can learn the corresponding movement and training techniques! Please balance your program with lectures and practical.

AAAI/ISMA'S Global Fitness Faculty is composed of fifty of the world's top educators. We have selected some of our best so that you'll receive the practical and theoretical knowledge that you need to keep your career on the leading edge.

Nora Anderson M.S. is the president and founder of AAAI/ISMA. She has a M.S. in Exercise physiology and is currently working on her Ph.D. She has been practicing Yoga for 26 years and has appeared on numerous TV shows.

Todd Bezilla D.O. M.Ed has been a AAAI/ISMA. presenter for 124years. He is an Osteopathic physician and holds a Master's degree in Exercise Physiology.

Marlene Jenkins M.S. has been a faculty member of AAAI/ISMA for ten years. Her expertise is in Pre/Post Natal fitness and Aquatic fitness. She has been teaching aerobics for the past fifteen years. Her wit and sense of humor make her lectures enjoyable as well as informative.

Kat Kolaski M.D. has been an AAAI/ISMA faculty trainer for six years. She is a rehabilitation physician for the Charlotte Rehabilitation Hospital in Charlotte, North Carolina. Her creative approach to teaching anatomy and physiology is combined with her practical expertise as a trainer.

John Motl M.D. Dr. Motl received his medical degree from Creighton University school of medicine in 1973 and later completed the medical Acupuncture course for physicians at the U.C.L.A. School of Medicine. He has received training in Herbal Medicine and combines the best of western & eastern techniques in his holistic approach to health & healing.

Mike Rickett M.S. has an M.S. in Exercise Physiology and a B.S. in Psychology. He is a Certified Strength and Conditioning Specialist. His is the President of Innovative Fitness and has competed nationally as a runner and aerobic competitor.

Phil Robakiewicz Ph.D. has a Ph.D. in Physiology. He is a professor at the Worcester Polytechnic Institute in Massachusetts and is a drug free competitive body builder. His creative teaching style makes complex anatomy and physiology interesting and understandable.

Tom Seabourne Ph.D. is a two-time All-American. He holds several ultra-endurance cycling records and finished in the top 10 in the Race Across America. He was a former collegiate tennis player and international Taekwondo champion. Tom has written more than 200 articles, published six books and has appeared as the *Sports Illustrated* Athlete of the Month.

Don Weller Ph.D. is the former Senior Administrative Director of Service for Bally's Total Fitness. He has developed Wellness Centers for over 12 Community Colleges.

AAAI/ISMA FACULTY: *Irene Abbott-Kepler M.S./Todd Bezilla D.O./Greg Biren M.S./Joe Cannon M.S./Maria Dalton M.S./Adam Freedman M.S./Susie Gorman M.S./Val Guzman D.C./Vern Jimmerson Ph.D./Tracy Klehr M.S./Jennifer McGrath M.S./Pat Mediate M.S./Michelle Olson M.S./Robin Pultz M.S./Gail*

Sanborn M.S./Bill Shull M.D./Brian Thorburn M.S./Reine Vilim M.S./Tammy Zee M.S.

AAAI/ISMA 2001 Atlantic City Presenters

Kathy Carter: is currently the Vice President of AAAI/ISMA. She has a background in dance and has been teaching Mat Pilates for years. She is the Aerobic Coordinator for LA Fitness and is an international presenter.

Scott Cole: is a National Aerobic Champion and is world renown for his creativity and Millennium fitness workouts. He has starred in numerous fitness videos and has contributed in magazines such as Shape, GQ, Men's Health.

John DeMinico: is a nationally renown instructor of Hatha & Power yoga. He stars on the TV show "Body, Mind & Yoga. His balanced approach to teaching Yoga combines the best of the East and West.

Lisa Gaylord: is currently a Nike Athlete and formerly a Reebok Master Trainer.. She has over 20 years of experience in the fitness industry and 28 years of experience as a Martial Artist. She holds four black belts and is trained in both Kendo and Aikido. Lisa is an internationally renowned presenter.

Philip Gray: is British and has been working for 15 years as an international fitness presenter. He has been recognized as one of the best presenters in the world, constantly creating new and richer choreographies and different teaching methods. He was also the 1993 Gold Medalist for Mixed Pairs at N.A.C. in Italy

Kendall Hogan: is the owner of T.F.C., a fitness consulting company that specializes in aerobics training, personal training and masterclasses. He is also the star of ESPN's BodyShaping. Kendall is currently to regional group exercise director for CRUNCH Fitness.

Andre Houle: has starred in over 20 fitness videos and is a star of the globally syndicated workout show Body Squad. Andre is known all over the world for his innovative style, personal warmth and his total commitment to fitness.

MaryBeth Marotto: is an aquatic fitness professional who provides hands-on aquatic educational experiences of water specific training to aquatic exercise facilities throughout the United States. MaryBeth is featured in three HYDRO-FIT videos, and has presented with FITOUR and SARA CITY WORKOUTS.

Gin Miller: is world renown for her innovative fitness programming. She initiated the step revolution and has starred in the best received fitness video of the industry.



Mindy Mylrea: is a national Aerobic Champion and Suzuki World Cup Champion. She is the creator of Jump,Inc., named by SHAPE magazine as one of the top new programs of 1996. Mindy is also the star of several best selling videos including JUMP & JAB and KILLER FLOORWORK

Michael Perron: stars on ESPN 2's Coed Training. He stars in the latest "Men of Steel" video series "Abs & Chest of Steel". He is world renown for his athletic and lyric movement style.

Janis Saffell: stars on ESPN's "Crunch Fitness". She has starred in numerous fitness videos and has created the innovative Kickbox Express.

Calvin Wiley: is a consummate international fitness presenter, award winning aerobic competitor, choreographer and artistic director of the Rainbow Tribe Dance Company. He was voted "Best Fitness Instructor" by New York Magazine

INDIVIDUAL OR GROUP CONFERENCE REGISTRATION FORM
AAAI/ISMA "ONE WORLD" SPRING FITNESS EDUCATION & CERTIFICATION CONFERENCE
ATLANTIC CITY CONVENTION CENTER, ATLANTIC CITY, NJ JUNE 8th-10th, 2001

 To register by phone call at (609) 397 2139 or fax to (609)397 7683.  To register by mail send to P.O. Box 663, New Hope, PA, 18938 or visit our web site at www.aaai-ismafitness.com

Discount Hotels: You must say you're with AAAI/ISMA to receive the discount:

Enjoy the convenience of staying right at the Sheraton Hotel Atlantic City 800-325-3535 only \$125.00 per night

Please book your room early- availability is limited or call Atlantic City Central Reservations at 800-524-1706

CEC Credits: At the conference you will receive the 8 CEC credits you need toward AAAI/ISMA renewal, up to 1.5 ACE credits toward ACE renewal & at least 15 AFAA credits toward AFAA renewal. AEA credits are also available.

ACSM, NSCS, NASM and other organizations can be petitioned for CEC's.

Pre-Conference Certifications & Workshops - Friday, June 8th, 2001

- Master your Metabolism with Gin Miller *from 1-5* \$99
- Powerhouse Pilates Certification featuring the Total Gym: with Kathy Carter *from 9-5* \$99
- Phase II Hatha & Power Yoga Instructor Certification: with John DeMinico *from 9-5* \$99
- Tai Chi Instructor Certification: with Scott Cole *from 9-5* \$99

- Early Bird fee:** \$119.00 before May 11th, 2001
- Regular fee:** \$150 after May 11th, 2001. Please note that only one discount may be taken per registration.
- Group Discount:** Register a group of 4 or more together for a \$10 discount off each registration. Which would make your fee only \$109.00 if you register before May 11th !! You can only take one discount!!
- Student Discount:** \$10 discount off each conference registration with valid I.D.
- Walk In Registration:** \$175.00 at the door!
- Fantastik Four of Fitness:** FREE if attending the conference or \$20 if not.

These Specialty Certifications are an additional \$15.00 each:

- Aqua Instructor Cycling Instructor
- Kickboxing Advanced Personal Fitness Trainer Specialist,

These Specialty Certifications are an additional \$25.00 each:

- Yoga Instructor Fitness Facility Director

Aerobic & Fitness Expert Certifications are each an additional \$99.00

Manual Supplements are \$15.00 each:

- Aqua Cycling Pre & Post Kickboxing
- Advanced Personal Trainer Yoga Tai Chi
- High Low & Step Aerobics Holistic Health
- Personal Fitness Trainer Sports Nutrition Powerhouse Pilates

AAAI/ISMA'S Anatomy & Physiology Manual

Studies in Exercise Science \$20 English Spanish

The following core certifications are included in the cost of the conference: Aerobic Primary, Master Step, Advanced Aerobic, Personal Fitness Trainer, Weight Training Consultant, Holistic Health Consultant, Sports Nutrition Consultant, Total Gym Personal Fitness Trainer

I understand and agree to the following: There will be no video taping, no children under the age of 16.

Amount Enclosed _____ Send check, money order, or credit card number in U.S. funds only

Fax in your credit card registration to 609-397-7683 Include a \$4.00 shipping and handling fee with your registration fees!

Visa Mastercard # _____

Exp. Date _____ Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone() _____

SEND TO:
AAAI/ISMA
P.O. BOX 663, NEW HOPE, PA, 18938
OR REGISTER BY PHONE (609) 397-2139
OR FAX (609) 397-7683

If you are unable to attend the conference you will get credit toward a future event of your choice. No refunds!

Visit our web site www.aaai-ismafitness.com



American Aerobic Association International/
International Sports Medicine Association
P.O. Box 663, New Hope, PA, 18938

PRESORTED STD.
U.S. POSTAGE
PAID
DOYLESTOWN, PA 18901
PERMIT #642

RECEIVE THE FITNESS CERTIFICATION YOU NEED TO TAKE YOUR CAREER TO THE TOP AT THE AAAI/ISMA "ONE WORLD" 2001 INTERNATIONAL CERTIFICATION & EDUCATION CONFERENCE AT THE ATLANTIC CITY CONVENTION CENTER, ATLANTIC CITY, NEW JERSEY- June 8th-10th, 2001

CHOOSE AAAI/ISMA'S "ONE WORLD" CERTIFICATION & EDUCATION CONFERENCES

AAAI/ISMA provides certification and the corresponding education so that you have the practical knowledge to back up your credentials! AAAI/ISMA exams are both theoretical and practical.

AAAI/ISMA has a faculty of exercise physiologists, all with at least a Master's degree, Ph.D., or M.D.

AAAI/ISMA offers 20 certification options to keep your career on the leading edge: Primary Aerobic, Master Step Instructor, Advanced Aerobic, Personal Fitness Trainer, Advanced Personal Fitness Trainer, Weight Training Consultant, Sports Nutrition Consultant, Aqua Instructor, Cycling Instructor, Pre/Post Natal Instructor, Yoga Instructor Phase I & II, Aerobic & Fitness Expert, Kickboxing, Fitness Facility Director, T'ai Chi Instructor, Holistic Health Consultant, *NEW Powerhouse Pilates and New Total Gym Personal Fitness Trainer Certifications.*

AAAI/ISMA conferences provide you with world renown movement and technique presenters.

AAAI/ISMA conferences provide you with the AAAI/ISMA, ACE, AEA & AFAA credits needed for renewal. Credits such as ACSM, NACSM and others can be petitioned

AAAI/ISMA certifications are approved by Gold's Gyms, Bally's, World's Gyms and other major chains.

AAAI/ISMA has over 105,000 certified members globally. Be part of the world's largest fitness family.

AAAI/ISMA provides our members with local in-club programs to meet your continuing education needs.

AAAI/ISMA conferences provide you with a fabulous fitness expo and great discount fitness shopping.

AAAI/ISMA was founded in 1985. We have 16 years of industry expertise to share with our members.

**AND IN ADDITION TO ALL OF THE ABOVE
YOU ALWAYS GET YOUR FIRST SESSION CHOICE AT A AAAI/ISMA CONFERENCE!**

**Compare AAAI/ISMA's Conference Cost and Credentials
and see for yourself why we're Certifiably Superior!**



March 1-3, 2002
The Broodmoor
Colorado Springs, CO



June 8-10, 2001
Atlantic City Convention Center
Atlantic City, NJ



August 17-19, 2001
Sheraton Hyannis
Cape Cod, MA



October 26-28, 2001
Baltimore Convention Center
Baltimore, MD

COMING TO ATLANTIC CITY, JUNE 8, 9, 10, 2001

**AAAI/ISMA is the WORLD LEADER in FITNESS EDUCATION AND CERTIFICATION
COMPARE OUR CREDENTIALS AND COST!
YOU CAN'T AFFORD TO MISS THIS CONFERENCE!**