

FRIDAY, JULY 19

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua Lecture) (Starts in	Nutrition/Ex Sc	Business
Hotel Rm	Grand Ballroom I	Grand Ballroom 2	Buckhead 2	Grand Ballroom 3	Buckhead 1	Peachtree	Cascade	Azalea
FR1 7:30am-8:45am	Pro Athlete Core Conditioning II	Athletic Flow	Beyond Squat: Unconventional Lower Body Training	Yoga-Pilates Restore		Ride the Wave	The Gut - Sleep Network Effect	Build the Financial Future of Your Dreams
	Robinson Med Balls, Bands-Loop, Stability Ball	McMullen Mobility Sticks 2:1	Rockit	Bannister-Munn Yoga Straps, Yoga Blocks		Velazquez & Hammer Aqua Noodles	Layne Whiteboard & Markers	Day
	23	16	22	37		18	16	8
EXPO SHOPPING 8:45am-9:00am								
FR2 9:00am-10:15am	Athletic Woman: Funtion & Strength	Sitting Pretty: Strength & Support	SoulBody Barre+LIIT	Tiger Tail® Goodbye Back Pain	Schwinn®: Biker Barre	LaBlast® Splash: Buoyant Ballroom Blitz	Magnesium: The Mighty Mineral Unveiled	Start & Grow Your Business
	Hughes Bands-Loop, Med Balls, Dumbbells, Bands-Thigh, PVC	Gilbert Chairs,Pilates Balls, Dumbbells, Tubing	Vandiver Dumbbells, Pilates Ball, Barres, Chairs	Zuleger Tiger Tail Massage Sticks and Balls, PVC	Appel Tubing	Miksan Liquid Stars	Toole	Kooperman, Clark, Web, Mooney, Day & Ball
	37	29	15	16	8	8	15	18
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Mobility Training - Online or In-Person	No Floor Core and Balance	Exercise and Pain: A Paradigm Shift	Symmetry: Advanced Postural Corrective Exercise	Schwinn®: Savvy Cycling	Liquid Gym Acqua Punch & Pump	Navigating Nutrition Overwhelm: Fact vs. Fiction	Find Your Next 50 Leads
	Webb Yoga Mats, Chairs	Layne Chairs, Gliding Disc	Mack Massage Table, Dumbbells, Tubing	Mummy	Sherman	Velazquez Liquid Gym Gloves, Tone Loops	Digsby	Clark
	26	55	8	8	11	12	16	11
FR4 12:30pm-1:45pm Session 1			Strengthen & Support	The Warrior® Workout	Schwinn®: Rock & Roll Ride		Six Root Causes of Decreased Longevity Layne	
			McMullen Mobility Sticks 2:1	Roberts	Sherman			
			5	12	11		37	
			Session 1	Session 1	Session 1		Session 1	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2	Two Legit to HIIT	Bring the Toys!				Country Fusion® Aquatics		FIT FOR BUSINESS: Leading for Maximum Performance
	Appel Kettlebells, Dumbbells, Tubing	Banister-Munn Foam Roller, Tennis Balls, Lacrosse Balls, Massage Peanuts				Mooney		Kooperman
	45	12				11		16
	Session 2	Session 2				Session 2		Session 2
FR5 2:45pm-4:00pm	Hit The Wall	Athletic Aging	Balls, Blocks Bands: Pilates Fusion	Tai-Chi Fused Yoga	Schwinn®: Hear Us ROAR	Aqua Drums Vibes	How to Create a Mental Well-Being Culture	Effective GX & PT Sales Strategies Panel
	Rockit Walls	Appel Dumbbells, Tubing, Gliding Disc	Metcalf Yoga Mats, Metcalf Pilates Balls, Metcalf Resistance Bands, Metcalf Yoga Blocks	Velazquez Yoga Mats, Yoga Blocks	Hogg & L Johnson	Wartenberg Indigo Aquatics Drumsticks	V Brick & L Brick 2 Mics	Kooperman, Robinson, Roberts & Hughes
	15	44	29	25	5	14	4	12
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Band Camp	EXPO SHOPPING 3:45pm-4:30pm "Don't Just Sit There!"	Strength Training for Longevity & Vitality II	By Any Stretch	Warrior® Ride	Aqua Boot Camp BOQ-style	Preventing Common Fitness Injuries	Personal Training: A Lifelong Career
	Bannister-Munn Bands-Loop, Bands-Thigh, Bands-Strength, Gliding Disc	Ratliff Chairs 2:1, Yoga Mats, Yoga Blocks	Kooperman Chairs (Honeycomb), Yoga Mats, Yellow Tubing, Skinny Foam Rollers	Appel Massage Table, Yoga Mats	J Roberts	Velazquez BOQs 2:1	Laskowski	Hughes
	32	10	23	37	7	19	10	7
FR7 6:00pm-7:00pm Evening Sessions		Fitness Idol	Dance Off!	Recovery Through Meditation				Keynote & Cocktails - Business Strategies for Impact & Income
		Kooperman, Toole, Gilbert & Robinson	LaBlast®, ZUMBA®, Country Fusion®, Wartenberg & Velazquez	Rockit Yoga Mats				Brandi Clark StandOut FitPro Room H
		4	26	34				36

# SATURDAY, JULY 20

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua Lecture) (Starts in	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom I	Grand Ballroom 2	Buckhead 2	Grand Ballroom 3	Buckhead 1	Peachtree	Cascade	Azalea
SA1 7:30am-8:45am	BBB Workout - Ball, Band, Bar	Time With Tissue	Barre Hard Core	SoulBody Yoga Sculpt	Schwinn®: Cycle A la Mode	Water Running	How You Move Matters	Your Financial Health
	Bannister-Munn Stability Balls, PVC, Bands-Loop, Band-Thigh, Pilates Balls, Tubing, Gliding Disc	Gilbert Chairs, Pilates Balls, PVC, Yoga Mats	Appel Dumbbells, Gliding Disc, Yoga Mats, Barres	Dawson Dumbbells, Yoga Mats	Sherman	Rockit Aqua Dumbbells	Laskowski	Ross
	48	26	16	23	1	22	14	8
EXPO SHOPPING 8:30am-9:15pm								
SA2 9:15am-10:30am	KEYNOTE ADDRESS							
	Where Healthy Meets Happy with Sohailla digsby, RDN, LD (Grab the Gold) Keynote Room B WIM-Open/SEAT-Closes			142				
EXPO SHOPPING 10:30am-11:00am								
SA3 11:00am-12:15pm	Full Body 3D HIIT-Circuit	S.E.A.T. Supported Exercise for Ageless Training	LaBlast® Fitness: Ballroom Blitz	Tiger Tail® Recovery for Longevity	Schwinn®: Beast Mode	Aquatic Equipment Innovations	Physics of Pain & Performance	Navigating Legal Pitfalls In Fitness
	Hughes Med Balls, Dumbbells, Kettlebells	Gilbert Chairs, Dumbbells, Pilates Balls, Bands-Loop	Miksan Dumbbells	Zuleger Tiger Tail® 18" Original, Tiger Tail 5.0 Ball, Yoga Mats	Hogg	Ford BOQs, Aqua Noodles, Aqua Dumbbells, (Drumsticks, Liquid Stars, Liquid Gym Gloves-Indigo Equip)	Mummy	Ball & Kooperman
SA4 12:30pm-1:45pm Session 1		Master Knee-Pain Reduction Strategies	Eliminating Back Pain with Deadlifts		Schwinn®: R.I.S.E. & #RideRight			Physics of Pain & Performance
		Webb Chairs, Yoga Mats	Bongelli Bands-Loop, Kettlebells		Hogg			Mummy
		19	12		13			25
SA4 1:15pm-2:30pm Session 2	Deep Core and Pelvic Floor			Warrior® Tai Chi Yoga and Qi Gong Fusion		Aqua ZUMBA®	Trending Diets & Weight Loss Meds	
	Layne Pilates Balls, Foam Rollers			Roberts Yoga Mats		Melendez	Toole, Clark, Webb & Roberts	
	45			14		12	21	
SA5 2:45pm-4:00pm	Posture & Alignment with Personal Training	Country Fusion® 2024	Ultimate Let Day	Yoga Touch	Schwinn® Rhythm Roadtrip	Buoy, Oh Buoy, Oh Buoy!	Myofascial Release: The Vagus Nerve	Find & Enroll Clients Using Social Media
	Mummy & Bannister-Mun	Mooney	Toole Steps, Yoga Mats, Dumbbells	Kooperman Yoga Mats	Appel	Velazquez, Wartenberg & Hammer Aqua Dumbbells	Zuleger	Clark
	22	11	41	12	11	25	23	16
EXPO SHOPPING 12:00pm-2:45pm								
SA6 4:30pm-5:45pm	Fundamentals of Squat Progressions and Variations	Shoulder Pain: Optimize Through Exercise	ZUMBA®	Flexibility - Stop Doing It Wrong	Schwinn®: Cycle Mixology	4 Functional Aqua Circuits	When Exercise Makes Client's Worse	Operating a Profitable Boutique Studio
	Mike Chairs,PVC	Webb Chairs, PVC, Yoga Mats	Santana	Metcalf Metcalf Flexi Stretchers, Yoga Mats	Appel	Layne Aqua Dumbbells	Mack	Kooperman, Gilbert, Toole, Hughes & Roberts
	19	22	11	38	12	34	7	12

# SUNDAY, JULY 21

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom I	Grand Ballroom 2	Buckhead 2	Grand Ballroom 3	Buckhead 1	Peachtree	Cascade	Azalea
SU1 7:30am-8:45am	Core by 4	Bone Health Boot Camp	Retro Aerobics	SoulBody Restore		Knockout Aqua with HIIT	Sugar, Snacks & Heart Attacks	From Struggling to Streaming
	Wartenberg Chair, Pilates Ball, Dumbbells, Yoga Mats	Conti Chair, Bands-Loop	Aktzi	Dawson Foam Rollers, Yoga Mats		McCormick	Digsby	Bongelli
	15	26	14	14		21	8	7
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	LaBlast® Kids Fitness: Creative Movement Revolutionized	Active Aging Playground	Training the Neurodivergent Client	The Battle for Mobility		Silver Tsunami	Solve 30 Training & Nutrition Mistakes	Individualized Semi-Private Training
	Mikszan Dumbbells	Toole Pilates Balls, Pods (2:1), Bands-Loop, Cones, Med Balls	Conti Chairs, Tennis Balls	McCormick Foam Rollers, Bands-Loop, Massage sticks		Wartenberg & Hammer Aqua Noodles	Mike	G. Johnson
	19	18	7	22		18	15	10
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	Optimal Overhead Pressing	LaBlast® Chair Fitness: Pull Up a Seat	Bringing Back Foundational Strength Training	Functional Soft Tissue: Mobility & Stability		Liquid Gym Acqua Toner Stretch & Tone	Kitchen Makeover for Food Lovers	Monetize Your Bottom Line
	Mike PVC, Kettlebells, Dumbbells, Bands-Strength, Tubing	Miksan Chairs, Dumbbells	G. Johnson Kettlebells (1:4), Tubing (1:4)	Hughes Foam Rollers, PVC		Wartenberg Toner Bands, Toner Bar, Liquid Stars	Digsby	McCormick
	10	19	23	22		11	12	11
SU4 12:15pm-1:30pm	Power in the Transverse Plane	Creative Programming 55+	Glute Training - Beginner to Advanced	Heat Ups & Finishers		Strong & Stable Aqua	Mindset Magic: Guiding Nutrition Mastery	Attract Motivate & Retain clients with Chronic Illness
	Mike Med Balls, Bands-Loop, Kettlebells, PVC, Dumbbells	Wartenberg	G Johnson Bands-Loop, Kettlebells	McCormick		Layne	Toole	Conti
	10	26	29	8		15	12	7
	Cassis A	Ivy I		Buckhead 1	Ivy II	Veranda??		
SUNDAY CERTIFICATIONS	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm	SCW Pilates Matwork Certification 7:30am-3:30pm	ZUMBA® Basic 1 Training 7:30am-3:30pm	Symmetry Postural Measurement Certification 7:30am-3:30pm	Warrior® Tai Chi Yoga Instructor Certification 7:30am-3:30pm		
	Appel Massage Table, Yoga Mats, Yoga Straps, Tennis Balls, Foam Rollers	Gilbert Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing	Velazquez Yoga Mats, Yoga Blocks	Bostic	Mummy	Roberts		
	5	1	8	0	1	3		