

Friday, November 3, 2023

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 3	North Shore B	Grand Ballroom 2	Grand Ballroom 1	Grand Ballroom 4	Ipswich	North Shore A	North Shore C
FR1 7:30am-8:45am	Coaching Core Engagement <i>Chilazi</i> 39	Sitting Pretty: Strength & Support <i>Gilbert</i> Pilates Balls, Dumbbells, Tubing 16	Pulling for Power™ by WATERROWER/ NOHRD® <i>Lenart</i> Rowers 5	Yoga-Pilates Restore <i>Bannister-Munn</i> Yoga Straps, Yoga Blocks (Towels if Possible) 21		Water Walking for Better Gait and Performance <i>Pyle</i> Aqua Noodles 8	Healthy Eating for Active Agers <i>Malaghan</i> 27	7 Skills to Turn Personal Training into a Lifelong Career <i>Hughes</i> 12
EXPO SHOPPING 8:45am-9:00am								
FR2 9:00am-10:15am	Balance Your HIIT <i>Lenart</i> BOSU Balance Trainers, Gliding Disc 23	Functional Training with Foam Rollers <i>Garcia</i> Foam Rollers, Wall Space 29	POUND Rockout Workout® <i>Ward</i> Yoga Mats 9	Bring the Toys! <i>Bannister-Munn</i> Bands-Strength, Tennis Balls, Lacrosse Balls, Pilates Balls 20	Schwinn®: R.I.S.E. & #RideRight <i>Nicotera</i> 10	LaBlast®: Buoyant Ballroom Blowout <i>Venezio & Mikszan</i> Aqua Dumbbells 7	Brain Science <i>Layne</i> Whiteboard & Markers 27	New World Sales & Management <i>McBride</i> 13
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Fluid Core Fusion <i>Velazquez</i> Dumbbells, Gliding Disc, Pilates Balls 31	Manual Dexterity Training <i>Gilbert</i> Pilates Balls 18	SOULfusion™ EXPERIENCE <i>Park</i> Dumbbells, Yoga Mats 20	Symmetry: Advanced Postural Corrective Exercise <i>Mummy</i> 30	Schwinn®: Dynamic Duos - Cvclina Fusion <i>Stenis</i> Tubing, Kettlebells 10	When Breath Meets Water: Aqua Yoga <i>Melaghan</i> 8	Carb-cycling & HIIT <i>Derrick</i> 17	Fireside Chat with Mark Harrington Jr. <i>Kooperman & Harrington</i> 10
FR4 12:30pm-1:45pm Session 1		Functional Fitness 50+ <i>Toole</i> Station 1: Stability Balls/Station 2: Yoga Mats/Station 3: BOSU Balance 43	LaBlast® Fitness: Dance. Diversity. Inclusion. <i>Venezio & Mikszan</i> Dumbbells 9		Schwinn®: Leader of the Pack <i>Appel</i> 9			Personal & Business Protection <i>Kooperman & Ball</i> 7
		Session 1	Session 1		Session 1			Session 1
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2	Got Back Pain? <i>Garcia</i> PVC, Lacrosse Balls 27			Yin to My Yang <i>Malaghan</i> Yoga Blocks, Yoga Mats, Foam Rollers 17		Ride the Wave <i>Velazquez, Carvalho & Vandenberg</i> Aqua Noodles 10	Five Fat-Burning Hormones <i>Layne</i> Whiteboard & Markers 26	
	Session 2			Session 2		Session 2	Session 2	
FR5 2:45pm-4:00pm	Athletic Woman: Function & Strenath <i>Hughes</i> Bands-Loop, Med Balls, Yoga Blocks, Dumbbells 34	Pickleball Power & Performance <i>Kooperman</i> Yellow Tubing (No Carabiners) 17	Barre Strong <i>Lenart</i> BOSU Balance Bars, BOSU Balance Trainers 31	Tiger Tail® Happy Muscles! 365 Recovery <i>Zuleger</i> Tiger Tail® 18" Original, Tiger Tail 5.0 Ball, Yoga Mats 9	Schwinn®: Let the Beat Drop <i>Appel</i> 9	Silver Tsunami <i>Velazquez, Carvalho & Vandenberg</i> Aqua Noodles, Aqua Dumbbells 17	Nutritional Panel Moderator: Layne <i>Layne, Toole, Malaghan, Pyle & Derrick</i> 23	Rebuilding Sandcastles 2023 <i>McBride</i> 8
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Core Connection <i>Turner</i> Gliding Disc, Dumbbells, Med Balls, Yoga Mats 13	Functional Training for Active Aaers <i>Gilbert</i> Pilates Balls, Dumbbells, Tubing, Bands-Loop 33	Long, Strong, Sculpted: Dynamic Flexibilitv <i>Chilazi</i> Yoga Mats 36	By Any Stretch <i>Appel</i> Massage Table, Yoga Mats 25		Beautiful Buoyant Booty <i>Vandenberg</i> Aqua Noodles, Aqua Dumbbells 12	Chain Reaction Biomechanics <i>Hughes</i> 16	Effective GX & PT Sales Strategies Panel <i>Kooperman, Canty, Toole & Clark</i> 13
FR7 6:00pm-7:00pm Evening Sessions		Fitness Idol <i>Kooperman, Bannister-Munn, Carvalho & Gilbert</i> 8	MANIA® MASHUP! <i>LaBlast®, Tiger Tail®, POUND, Brazily, RAQISA®, Chilazi,</i> 43	Myofascial Recovery <i>Garcia</i> Foam Rollers, Massage Peanuts, Lacrosse Balls, Yoga Blocks 66				

Saturday, November 4, 2023

Saturday, November 4, 2023								
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 3	North Shore B	Grand Ballroom 2	Grand Ballroom 1	Grand Ballroom 4	Ipswich	North Shore A	North Shore C
SA1 7:30am-8:45am	Band Camp <i>Bannister-Mun</i> Tubing, Bands-Loop, Bands-Strength, Bands-Thigh 47	Functional Core Training <i>Garcia</i> Stability Balls, Tubing 16	Sexy & Confident with Brazily Dance <i>Santos & Santos</i> 4	Pilates: Mat to the Max <i>Appel</i> Yoga Mats, Pilates Balls 29	Schwinn®: Prime Design 2.0 <i>Nicotera</i> 13	Core Fusion H2O <i>Vandenberg</i> Aqua Noodles 23	Nutrition & Weight Loss Drugs <i>Derrick</i> 20	Create Value - Retain Clients <i>Toole</i> 13
EXPO SHOPPING 8:30am-9:15pm								
SA2 9:15am-10:30am	KEYNOTE ADDRESS - Symmetry The Role of Fitness Professional in the Healthcare System Patrick Mummy (North Shore B) 144							
EXPO SHOPPING 10:30am-11:00am								
SA3 11:00am-12:15pm	Full Body 3D HIIT-Circuit <i>Hughes</i> Foam Rollers, PVC 43	S.E.A.T. Supported Exercise for Ageless Training <i>Gilbert</i> Chairs, Dumbbells, Pilates Balls, Bands-Loop 27	Crew Conditioning™ by WATERROWER/ NOHRD® <i>Lenart</i> Cones 8	Hips Don't Lie <i>Bannister-Mun</i> Bands-Loop, Tubing, Bands-Strength, Pilates Balls 38	Schwinn®: Tri-Cycle Triple Threat <i>Nicotera</i> 8	Buoy, Oh Buoy, Oh Buoy! <i>Velazquez, Carvalho & Vandenberg</i> Aqua Dumbbells 17	Optimal Recovery <i>Layne</i> Whiteboard & markers 25	Find & Enroll Clients Using Social Media <i>Clark</i> 16
SA4 12:30pm-1:45pm Session 1	Body Weight Militia <i>Garland</i> 20			Goodbye Back Pain <i>Zuleger</i> Tiger Tail Massage Sticks, Tiger Tail Balls 36	Schwinn®:Cycle Mixology - Killer Playlists <i>Appel</i> 14	Aquatic Personal Training <i>Malaghan</i> Aqua Dumbbells, Aqua Noodles, Dumbbells, Gliding Disc, Bands-Strength 18		Fitness Business Success: Strategies, Coverage and Tech <i>Kooperman, Ball, Clark, Toole & Dennis</i> 20
	Session 1			Session 1	Session 1	Session 1		Session 1
SA4 1:15pm-2:30pm Session 2		Balance & Coordination for Active Agers <i>Velazques</i> Chairs, Tennis Balls 42	SOULkickboxing <i>Park</i> 22				Physics of Pain & Performance <i>Mummy</i> 12	
		Session 2	Session 2				Session 2	
EXPO SHOPPING 12:00pm-2:45pm								
SA5 2:45pm-4:00pm	Posture & Alignment with Personal Training <i>Mummy</i> 25	Cardio Kickboxing for the Active Ager <i>Malaghan</i> 27	Kettlebell Krush <i>Turner</i> Kettlebells 36	Chair Yoga for the Young at Heart <i>Kooperman</i> Chairs 22	Schwinn®: Breathy Not Breathless <i>Stenis</i> 13	HIIT H2O for All <i>Pyle</i> Aqua Noodles, Aqua Dumbbells 17	Functional Nutrition and Hormones: Healthy Aging <i>Zuleger</i> 35	Technologies to Affordably Expand <i>Dennis</i> 8
EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:30pm-5:45pm	Arm Candy <i>Appel</i> Tubing, Gliding Disc, Bands-Loop 55	Sole Sisters <i>Chilazi & Lenart</i> 10	LaBlast® Fitness: Ballroom Blowout <i>Venezio & Mikszan</i> Dumbbells 5	Melt. Mold. Move: Mobility & Restoration <i>Hughes</i> 38		Aqua Ab Arsenal <i>Gilbert</i> Aqua Noodles 18	Feasting & Fasting? <i>Layne</i> Whiteboard & Markers 22	Trends In Fitness Programming <i>Kooperman</i> 29
SA7 6:00pm-7:00pm			Raq The Barre® Belly Dance Fitness <i>Doherty & Chilazi</i> Dumbbells, Bands-Loop, Pilates Balls 70					

Sunday, November 5, 2023

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 3	North Shore B	Grand Ballroom 2	Grand Ballroom 1	Grand Ballroom 4	Ipswich	North Shore A	North Shore C
SU1 7:30am-8:45am	SOULstrength™ EXPERIENCE Park 13	The Aging Brain Layne Masking Tape, Dots, Bands-Thigh, Pods, Bands-Strength 14	Disco & Dumbbells Haggard Dumbbells 25	Work Your ASANA Off Aronson Dumbbells, Bands-Loop 5		Tabata Aqua Running & Conditioning Wartenberg Dumbbells, Aqua Dumbbells, Aqua Noodles 26	Fad Diets & Failed Expectations Toole Whiteboard & Markers 17	Bridging Medicine & Fitness Hughes 13
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	Core off the Floor Lenart Gliding Disc 53	LaBlast® Chair Fitness Venezio & Mikszan Dumbbells, Chairs 4	Agility Ability Layne 10	No Place Like Foam Chilazi Foam Rollers 10		Aqua Yoga Barre Wartenberg Dumbbells, Aqua Dumbbells, Aqua Noodles, Tubing 17	Nutrition for Group Fitness and Personal Trainers Price 18	Fostering Employee Wellbeing Through Engagement Weiss 9
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	Planks in all Three Planes Chilazi Yoga Mats, Pilates Balls, Dumbbells, Gliding Discs, Bands-Loop 23	Perfect Programming for Active Agers Toole Chairs, Pods, Massage Sticks 25	Elevate Your Class Experience Brown Yoga Mats 18	Beauty & the Beast: Yoga Power Bar Wartenberg BOSU Balance Bar 13		H2O Reporting for Duty Haggard Dumbbells, Aqua Dumbbells, Tubing 16	Chasing the Dragon: Food Addiction Layne Whiteboard & Markers 13	The Beauty of Building a Brand Park 8
SU4 12:15pm-1:30pm	Kicking H.I.T. Lloyd Tubing, Agility Ladders, Bands-Loop 14	Core by 4 Wartenberg Chair, Pilates Balls, Dumbbells, Yoga Mats 34	Kickbox N Chaos Turner Dumbbells, Jump Ropes 7	Time With Tissue Gilbert Chairs, Pilates Balls, Stability Balls, Yoga Mats 25		Soca Splash Haggard 17		Build a High Performing Personal Training Team Canty 13
SUNDAY	Gloucester A SCW Yoga I Certification 7:30am Velazquez Yoga Mats, Yoga Blocks 4	Gloucester B SCW Stretching & Flexibility Appel Massage Table, Yoga Mats, Yoga Straps, Tennis Balls, Foam Rollers 12	Marblehead B S.E.A.T. Supported Exercise For Gilbert Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing 10	Marblehead A Symmetry Postural Measurement Mummy 2	Boxford SCW Aquatic Personal Training Malaghan Aqua Dumbbells, Aqua Noodles, Dumbbells, Gliding Disc, Bands-Strength 4			