

Friday, November 1, 2024

Room	A	B	C	D	E	F	G
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom 3	North Shore B	Grand Ballroom 2	Grand Ballroom 1	Ipswich	North Shore A	North Shore C
FR1 7:30am-8:45am	The Hidden Core	Optimal Mobility: Enhnancing Functionality	Ultimate Leg Day	The Warrior® Workout	LaBlast® Splash: Buoyant Ballroom	Six Root Causes of Decreased Longevity	Coaching the Female Client
	Ross & Corso Kettlebells	Gilbert Chairs, Pilates Balls, Dumbbells	Toole Steps, Risers, Mats, Dumbbells	Roberts	Blitz Venezio Liquid Stars, Aqua Dumbbells	Layne Whiteboard & Markers	Lenart
	47	20	33	8	9	16	6
EXPO SHOPPING 8:45am-9:00am							
FR2 9:00am-10:15am	On the Floor!	Move Efficiently, Effectively & Pain-Free	Cardio Dance	Optimal Warm-Ups with 2-4-4	Buoy, Oh Buoy, Oh Buoy!	Sip or Skip: Alcohol's True Impact	Start & Grow Your Business
	Bannister-Munn Gliding Disc, Pilates Balls, Pods, Bands-Thigh	Mac Massage Table, Dumbbells, Tubing	McDonald	D'Agati & Perry	Velazquez, Haggard & Carvalho Aqua Dumbbells	Layne Whiteboard & Markers	Kooperman, Hughes, Day, Gilbert & Toole
	43	22	19	18	19	20	8
EXPO SHOPPING 10:00am-11:00am							
FR3 11:00am-12:15pm	Athletic Woman: Function & Strength	"Don't Just Sit There!" - Chair Yoga	SOULfusion™ EXPERIENCE	Bring the Toys!	Aqua Disco	Preventing Common Fitness Injuries	Anti-Obesity Wellness & Fitness Programming
	Layne & Toole Band-Loop, Med Balls, Dumbbells, Bands-Thigh, PVC	Ratliff Chairs 2:1, Yoga Mats, Yoga Blocks 2:1	Park Dumbbells, Yoga Mats	Bannister-Munn Foam Rollers, Slim Foam Rollers, Tennis Balls, Lacrosse Balls, Massage Peanuts	Haggard	Laskowski	Esquerre & Gilbert
	39	18	19	27	18	23	13
FR4 12:30pm-1:45pm Session 1	Fluid Core Fusion	Sittine Pretty: Strength & Support		Goodbye Back Pain			Stretching For Strength - Flexible Foundations Panel
	Velazquez Dumbbells, Gliding Disc, Pilates Balls, Med Balls	Gilbert Pilates Balls, Dumbbells, Tubing		Bannister-Munn Tennis Balls, LaCrosse Balls, Yoga Blocks, Yoga Straps, Foam Rollers			Kooperman, Toole, Roberts & Laskowski
	29	15		10			20
	Session 1	Session 1		Session 1			Session 1
EXPO SHOPPING 12:00pm-2:45pm							
FR4 1:15pm-2:30pm Session 2			Step, Stamina & Strength		Water Remix	Building Muscle While Losing Fat	
			Chilazi Steps, Risers, Bands-Loop		Stenis	Layne Whiteboard & Markers	
			19		15	52	
			Session 2		Session 2	Session 2	
FR5 2:45pm-4:00pm	Mobility Training - Online or In-Person	Strength Training for Longevity & Vitality II	Hustle & Flow	SYMMETRY - Scientific Stretching	Aqua Boot Camp BOQ - Style	Cracking the Code to Weight Loss	Operating a Profitable Boutique Studio
	Webb Chairs, Yoga Mats	Kooperman Chairs (Honeycombed) Sara's Tubing, Yoga Mats	Haggard Dumbbells, Pods, Yoga Mats	Mummy & Bannister-Munn	Ford BOQs 2:1	Toole	Gilbert
	22	20	26	15	22	23	9
EXPO SHOPPING 3:45pm-4:30pm							
FR6 4:30pm-5:45pm	Deep Core and Pelvic Floor	Time With Tissue	Barre Hard Core	Pilates Powered by CoreSpring®	Aqua Vibes	How You Move Matters	Rethinking Obesity Treatment: Elevate your Business
	Layne Pilates Balls, Foam Rollers, Yoga Mats	Gilbert Chairs, Pilates Balls, PVC, Yoga Mats	McDonald Dumbbells, Gliding Disc,	d'Anconia CoreSpring, Yoga Mats	Stenis	Laskowski	Rogers
	63	16	29	9	19	8	10
FR7 6:00pm-7:00pm Evening Sessions	Dance Off!	Fitness Idol		Foam Rolling off the Floor			Keynote & Cocktails - 5 Keys for Financial Fitness Success
	LaBlast®, ZUMBA®, Alignment Essentials, Haggard & Velazquez	Kooperman, Gilbert, Esquerre & Toole		Chilazi Foam Rollers			Mummy
	20	3		67			19

Saturday, November 2, 2024							
Room	A	B	C	D	E	F	G
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom 3	North Shore B	Grand Ballroom 2	Grand Ballroom 1	Ipswich	North Shore A	North Shore C
SA1 7:30am-8:45am	Revitalize Your Core Training D'Agati & Perry	Tailored Training for Active Agers Toole Chairs, Dumbbells, Pods, Yoga Mats, Massage Sticks, Yoga Blocks	Band Camp Banniste-Munn Band-Loop, Band-Thigh, Band-Strength, Tubing, Gliding Disc	Forever Pilates Appel Yoga Mats, Pilates Balls	Silver Tsunami Velazquez, Haggard & Carvalho Aqua Noodles	Understanding Exercise & Anti-Obesity Medications Rogers	Selling Without Selling: It's About the Relationship! Esquerre
	27	20	44	31	9	16	6
EXPO SHOPPING 8:30am-9:15pm							
SA2 9:15am-10:30am	KEYNOTE ADDRESS - Grab for the Gold Where Healthy Meets Happy with Sohailla Digsby, RDN, LD 143						
EXPO SHOPPING 10:30am-11:00am							
SA3 11:00am-12:15pm	Full Body 3D HIIT-Circuit Layne & Toole Med Balls, Dumbbells, Kettlebells	Shoulder Pain: Optimize Through Exercise Wed Yoga Mats, Chairs	SOULkickboxing™ Coleman	Gentle Yoga for Mobility Velazquez Yoga Mats, Yoga Blocks	Aqua ZUMBA® Cusson	Exercise Analysis Mack Whiteboard & Markers	Run Your Fitness Business! Day
	41	48	16	30	10	18	11
SA4 12:30pm-1:45pm Session 1	S.E.A.T. Supported Exercise for Ageless TrainingKettlebell Training for Women Ross & Corso Kettlebells			Recovery for Longevity Appel Foam Rollers, Tennis Balls	Move, Shake, Splash Stenis		FIT FOR BUSINESS: Leading for Maximum Performance Kooperman
	61			17	26		9
SA4 1:15pm-2:30pm Session 2		Master Knee-Pain Reduction Strategies Webb Yoga Mats, Chairs	ZUMBA® Saldi			Physics of Pain & Performance Mummy	
		40	10			10	
EXPO SHOPPING 12:00pm-2:45pm							
SA5 2:45pm-4:00pm	Killer Core Appel Med Balls, Gliding Disc	S.E.A.T. Supported Exercise for Ageless Training Gilbert Chairs, Dumbbells, Pilates Balls	LaBlast® Fitness: Ballroom Blitz Venezio Dumbbells	Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts Yoga Mats	Aquatic Equipment Innovations Ford BOQs, Aqua Noodles, Indigo Drumsticks, Liquid Stars, Aqua Dumbbells, Liquid Gym Gloves	Strengthen the Vagus Nerve Layne Whiteboard & Markers	Pack Your PT Sessions: Successful Sales Kooperman, Toole, & Webb
	58	21	6	34	23	23	14
EXPO SHOPPING 3:45pm-4:30pm							
SA6 4:30pm-5:45pm	EMOM - Every Minute to Win It!	Age Defying Mobility Training: Enhancing Longevity	Posture & Alignment with Personal Training	Yoga Touch	Aquatic Aging Athlete - Women Warriors!	Trending Diets & Weight Loss meds	Create Content to Boost Sales
	Appel	Webb	Mummy & Bannister-Munn	Kooperman Yoga Mats	Gilbert	Digsby Whiteboard & Markers	Toole
	24	38	31	17	27	23	6

Sunday, November 3, 2024

Room	A	B	C	D	E	F	G
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom 3	North Shore B	Grand Ballroom 2	Grand Ballroom 1	Ipswich	North Shore A	North Shore C
SU1 7:30am-8:45am	Train the Female Athlete Ross & Corso Kettlebells 31	LaBlast® Chair Fitness: Pull Up a Seat Venezio Chairs, Dumbbells 9	Nail the Perfect Warm-Up Chilazi 18	Moving Meditations Roberts 6	AB-solute Aqua Strength! Henry Aqua Dumbbells, Aqua Noodles 17	The Gut - Sleep Network Effect Layne Whiteboard & Markers 28	Innovative Tech for Superior Client Outcomes Digsby Whiteboard & Markers 3
EXPO SHOPPING 8:30am-9:45pm							
SU2 9:00am-10:15am	SOULstrength™ Experience Park Dumbbells 14	Active Aging Playground Toole Pilates Balls, Pods (2:1), Tubing, Cones, Med Balls 16	Mastering Exercise Progressions with the BELT System D'Agati & Perry 9	Functional Soft Tissue: Mobility & Stability Chilazi Foam Rollers 26	4 Functional Aqua Circuits Layne Aqua Noodles 26	Kitchen Makeover for Food Lovers Digsby Whiteboard & Markers 18	PT 2024: Meet The Hybrid Fitness Professional Esquerre 11
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM							
SU3 10:45am-12:00pm	Pumped Up Strength Stenis Tubing, Band-Loops, Dumbbells 30	LaBlast® Fitness for all Ages Venezio 3	BASIC to BADASS: Progressive Training Protocols Lenart Dumbbells, Steps, Bands-Flat, Tubing 23	Pelvic Floor Makeover Head Yoga Straps, Yoga Blocks, Yoga Mats 27	Ride the Wave Haggard & Carvalho Aqua Noodles 13	Navigating Nutrition Overwhelm: Fact vs. Fiction Digsby Whiteboard & Markers 17	Client Retention Mad Easy D'Agati & Perry 6
SU4 12:15pm-1:30pm	Programming Core Workouts & Classes Chilazi Pilates Balls, Gliding Disc, Bands- Loop 21	Senior Circuit Haggard 16	BARREFusion™ Experience Coleman Barre, Dumbbells, Pilates Balls, Bands-Loop 19	Human Reformer Pilates Lenart Tubing 16	Deep Waves Henry Aqua Dumbbells, Aqua Noodles 13	Magnesium Boost Performance, Enhance Recovery Toole 11	Sculpting Your Personal Training Success De Leon 9
SUNDAY CERTIFICATIONS	Marblehead B	Gloucester B	Newburyport	Gloucester A	Marblehead A		
	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm Gilbert Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing 3	SCW Pilates Matwork Certification 7:30am- 3:30pm Appel Yoga Mats, Pilates Balls 10	ZUMBA® Basic 1 Training 7:15am-3:30pm Saldi 1	SCW Yoga I Certification 7:30am-3:30pm Velazquez Yoga Mats, Yoga Blocks 3	Symmetry Postural Measurement Certification 7:30am-3:30pm Mummy 0		