



Boston
MANIA
FITNESS PRO CONVENTION

BUSINESS
SUMMIT

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| TIME | CODE | SESSION | PRESENTER |
|----------------------|------|---|---|
| FRIDAY, NOVEMBER 1 | | | |
| 7:30am - 8:45am | FR1A | THE HIDDEN CORE | ROSS & CORSO |
| 9:00am - 10:15am | FR2A | ON THE FLOOR! | BANNISTER-MUNN |
| 11:00am - 12:15pm | FR3A | ATHLETIC WOMAN: FUNCTION & STRENGTH | LAYNE & TOOLE |
| 12:30pm -1:45pm | FR4A | FLUID CORE FUSION | VELAZQUEZ |
| 2:45pm - 4:00pm | FR5A | MOBILITY TRAINING – ONLINE OR IN-PERSON | WEBB |
| 4:30pm - 5:45pm | FR6A | DEEP CORE AND PELVIC FLOOR | LAYNE |
| 6:00pm – 7:00pm | FR7A | DANCE OFF! | LABLAST®, ZUMBA®, ALIGNMENT ESSENTIALS, HAGGARD & VELAZQUEAZ |
| SATURDAY, NOVEMBER 2 | | | |
| 7:30am - 8:45am | SA1A | REVITALIZE YOUR CORE TRAINING | D’AGATI & PERRY |
| 11:00am - 12:15pm | SA3A | FULL BODY 3D HIIT-CIRCUIT | LAYNE & TOOLE |
| 12:30pm – 1:45pm | SA4A | KETTLEBELL TRAINING FOR WOMEN | ROSS & CORSO |
| 2:45pm - 4:00pm | SA5A | KILLER CORE | APPEL |
| 4:30pm - 5:45pm | SA6A | EMOM – EVERY MINUTE TO WIN IT! | APPEL |
| SUNDAY, NOVEMBER 3 | | | |
| 7:30am - 8:45am | SU1A | TRAIN THE FEMALE ATHLETE | ROSS & CORSO |
| 9:00am - 10:15am | SU2A | SOULSTRENGTH™ | PARK |
| 10:45am - 12:00pm | SU3A | PUMPED UP STRENGTH | STENIS |
| 12:15pm-1:30pm | SU4A | PROGRAMMING CORE WORKOUTS & CLASSES | CHILAZI |



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| FRIDAY, NOVEMBER 1 | | | |
| 7:30am - 8:45am | FR1B | OPTIMAL MOBILITY: ENHANCING FUNCTIONALITY | GILBERT |
| 9:00am - 10:15am | FR2B | MOVE EFFICIENTLY, EFFECTIVELY & PAIN-FREE | MACK |
| 11:00am - 12:15pm | FR3B | “DON’T JUST SIT THERE!” – CHAIR YOGA | RATLIFF |
| 12:30pm – 1:45pm | FR4B | SITTING PRETTY: STRENGTH & SUPPORT | GILBERT |
| 2:45pm - 4:00pm | FR5B | STRENGTH TRAINING FOR LONGEVITY & VITALITY II | KOOPERMAN |
| 4:30pm - 5:45pm | FR6B | TIME WITH TISSUE | GILBERT |
| 6:00pm – 7:00pm | FR7B | FITNESS IDOL | KOOPERMAN, GILBERT, ESQUERRE & TOOLE |
| SATURDAY, NOVEMBER 2 | | | |
| 7:30am - 8:45am | SA1B | TAILORED TRAINING FOR ACTIVE AGERS | TOOLE |
| 9:15am – 10:30am | SA2B | KEYNOTE: WHERE HEALTHY MEETS HAPPY | DIGSBY |
| 11:00am - 12:15pm | SA3B | SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE | WEBB |
| 1:15pm – 2:30pm | SA4B | MASTER KNEE-PAIN REDUCTION STRATEGIES | WEBB |
| 2:45pm - 4:00pm | SA5B | S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING | GILBERT |
| 4:30pm - 5:45pm | SA6B | AGE DEFYING MOBILITY TRAINING: ENHANCING LONGEVITY | WEBB |
| SUNDAY, NOVEMBER 3 | | | |
| 7:30am - 8:45am | SU1B | LABLAST® CHAIR FITNESS: PULL UP A SEAT | VENEZIO |
| 9:00am - 10:15am | SU2B | ACTIVE AGING PLAYGROUND | TOOLE |
| 10:45am - 12:00pm | SU3B | LABLAST® FITNESS FOR ALL AGES | VENEZIO |
| 12:15pm - 1:30pm | SU4B | SENIOR CIRCUIT | HAGGARD |



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| FRIDAY, NOVEMBER 1 | | | |
| 7:30am - 8:45am | FR1C | ULTIMATE LEG DAY | TOOLE |
| 9:00am - 10:15am | FR2C | CARDIO DANCE | MCDONALD |
| 11:00am - 12:15pm | FR3C | SOULFUSION™ EXPERIENCE | PARK |
| 1:15pm – 2:30pm | FR4C | STEP, STAMINA & STRENGTH | CHILAZI |
| 2:45pm - 4:00pm | FR5C | HUSTLE & FLOW | HAGGARD |
| 4:30pm - 5:45pm | FR6C | BARRE HARD CORE | MCDONALD |
| SATURDAY, NOVEMBER 2 | | | |
| 7:30am - 8:45am | SA1C | BAND CAMP | BANNISTER-MUNN |
| 11:00am - 12:15pm | SA3C | SOULKICKBOXING™ | COLEMAN |
| 1:15pm – 2:30pm | SA4C | ZUMBA® | SALDI |
| 2:45pm - 4:00pm | SA5C | LABLAST® FINTESS: BALLROOM BLITZ | VENEZIO |
| 4:30pm - 5:45pm | SA6C | POSTURE & ALIGNMENT WITH PERSONAL TRAINING | MUMMY & BANNISTER-MUNN |
| SUNDAY, NOVEMBER 3 | | | |
| 7:30am - 8:45am | SU1C | NAIL THE PERFECT WARM-UP | CHILAZI |
| 9:00am - 10:15am | SU2C | MASTERING EXERCISE PROGRESSIONS WITH THE BELT SYSTEM | D'AGATI & PERRY |
| 10:45am - 12:00pm | SU3C | BASIC TO BADASS: PROGRESSIVE TRAINING PROTOCOLS | LENART |
| 12:15pm - 1:30pm | SU4C | BARREFUSION™ EXPERIENCE | COLEMAN |



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| FRIDAY, NOVEMBER 1 | | | |
| 7:30am - 8:45am | FR1D | THE WARRIOR® WORKOUT | ROBERTS |
| 9:00am - 10:15am | FR2D | OPTIMAL WARM-UPS WITH 2-4-4 | D'AGATI & PERRY |
| 11:00am - 12:15pm | FR3D | BRING THE TOYS! | BANNISTER-MUNN |
| 12:30pm – 1:45pm | FR4D | GOODBYE BACK PAIN | BANNISTER-MUNN |
| 2:45pm - 4:00pm | FR5D | SYMMETRY-SCIENTIFIC STRETCHING | MUMMY & BANNISTER-MUNN |
| 4:30pm - 5:45pm | FR6D | PILATES POWERED BY CORESPRING® | D'ANCONIA |
| 6:00pm - 7:00pm | FR7D | FOAM ROLLING OFF THE FLOOR | CHILAZI |
| SATURDAY, NOVEMBER 2 | | | |
| 7:30am – 8:45am | SA1D | FOREVER PILATES | APPEL |
| 11:00am - 12:15pm | SA3D | GENTLE YOGA FOR MOBILITY | VELAZQUEZ |
| 12:30pm – 1:45pm | SA4D | RECOVERY FOR LONGEVITY | APPEL |
| 2:45pm - 4:00pm | SA5D | WARRIOR® TAI CHI YOGA AND QI GONG | ROBERTS |
| 4:30pm - 5:45pm | SA6D | YOGA TOUCH | KOOPERMAN |
| SUNDAY, NOVEMBER 3 | | | |
| 7:30am - 8:45am | SU1D | MOVING MEDITATIONS | ROBERTS |
| 9:00am - 10:15am | SU2D | FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY | CHILAZI |
| 10:45am - 12:00pm | SU3D | PELVIC FLOOR MAKEOVER | HEAD |
| 12:15pm - 1:30pm | SU4D | HUMAN REFORMER PILATES | LENART |



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| FRIDAY, NOVEMBER 1 | | | |
| 7:30am - 8:45am | FR1E | LABLAST® SPLASH: BUOYANT BALLROOM BLITZ | ENEZIO |
| 9:00am - 10:15am | FR2E | UOY, OH UOY, OH UOY | ELAZQUEZ, HAGGARD & CARVALHO |
| 11:00am - 12:15pm | FR3E | AQUA DISCO | HAGGARD |
| 1:15pm – 2:30pm | FR4E | WATER REMIX | STENIS |
| 2:45pm - 4:00pm | FR5E | AQUA BOOT CAMP BOQ-STYLE | FORD |
| 4:30pm - 5:45pm | FR6E | AQUA VIBES | STENIS |
| SATURDAY, NOVEMBER 2 | | | |
| 7:30am - 8:45am | SA1E | SILVER TSUNAMI | ELAZQUEZ, HAGGARD & CARVALHO |
| 11:00am - 12:15pm | SA3E | AQUA ZUMBA® | CUSSON |
| 12:30pm – 1:45pm | SA4E | MOVE, SHAKE, SPLASH | STENIS |
| 2:45pm - 4:00pm | SA5E | AQUATIC EQUIPMENT INNOVATIONS | FORD |
| 4:30pm - 5:45pm | SA6E | AQUATIC AGING ATHLETE – WOMEN WARRIORS! | GILBERT |
| SUNDAY, NOVEMBER 3 | | | |
| 7:30am - 8:45am | SU1E | AB-SOLUTE AQUA STRENGTH! | HENRY |
| 9:00am - 10:15am | SU2E | 4 FUNCTIONAL AQUA CIRCUITS | LAYNE |
| 10:45am - 12:00pm | SU3E | RIDE THE WAVE | HAGGARD & CARVALHO |
| 12:15pm - 1:30pm | SU4E | DEEP WAVES | HENRY |



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| FRIDAY, NOVEMBER 1 | | | |
| 7:30am - 8:45am | FR1F | SIX ROOT CAUSES OF DECREASED LONGEVITY | LAYNE |
| 9:00am - 10:15am | FR2F | SIP OR SKIP: ALCOHOL’S TRUE IMPACT | LAYNE |
| 11:00am - 12:15pm | FR3F | PREVENTING COMMON FITNESS INJURIES | LASKOWSKI |
| 1:15pm – 2:30pm | FR4F | BUILDING MUSCLE WHILE LOSING FAT | LAYNE |
| 2:45pm - 4:00pm | FR5F | CRACKING THE CODE TO WEIGHT LOSS | TOOLE |
| 4:30pm - 5:45pm | FR6F | HOW YOU MOVE MATTERS | LASKOWSKI |
| SATURDAY, NOVEMBER 2 | | | |
| 7:30am - 8:45am | SA1F | UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS | ROGERS |
| 11:00am - 12:15pm | SA3F | EXERCISE ANALYSIS | MACK |
| 1:15pm – 2:30pm | SA4F | PHYSICS OF PAIN & PERFORMANCE | MUMMY |
| 2:45pm - 4:00pm | SA5F | STRENGTHEN THE VAGUS NERVE | LAYNE |
| 4:30pm - 5:45pm | SA6F | TRENDING DIETS & WEIGHT LOSS MEDS | DIGSBY |
| SUNDAY NOVEMBER 3 | | | |
| 7:30am - 8:45am | SU1F | THE GUT – SLEEP NETWORK EFFECT | LAYNE |
| 9:00am - 10:15am | SU2F | KITCHEN MAKEOVER FOR FOOD LOVERS | DIGSBY |
| 10:45am - 12:00pm | SU3F | NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION | DIGSBY |
| 12:15pm-1:30pm | SU4F | MAGNESIUM: BOOST PERFORMANCE, ENHANCE RECOVERY | TOOLE |



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| FRIDAY, NOVEMBER 1 | | | |
| 7:30am - 8:45am | FR1G | RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY | NETTO |
| 9:00am - 10:15am | FR2G | START & GROW YOUR BUSINESS | KOOPERMAN, DAY, GILBERT & TOOLE |
| 11:00am - 12:15pm | FR3G | ANTI-OBESITY WELLNESS & FITNESS PROGRAMMING | ESQUERRE & GILBERT |
| 12:30pm – 1:45pm | FR4G | STRETCHING FOR STRENGTH – FLEXIBLE FOUNDATIONS PANEL | KOOPERMAN, TOOLE, ROBERTS & LASKOWSKI |
| 2:45pm - 4:00pm | FR5G | OPERATING A PROFITABLE BOUTIQUE STUDIO | GILBERT |
| 4:30pm - 5:45pm | FR6G | RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS | ROGERS |
| 6:00pm – 7:00pm | FR7G | KEYNOTE & COCTAILS – 5 KEYS FOR FINANCIAL FITNESS SUCCESS | MUMMY |
| SATURDAY, NOVEMBER 2 | | | |
| 7:30am - 8:45am | SA1G | SELLING WITHOUT SELLING: IT’S ABOUT THE RELATIONSHIP! | ESQUERRE |
| 11:00am - 12:15pm | SA3G | RUN YOUR FITNESS BUSINSS! | DAY |
| 12:30pm – 1:45pm | SA4G | FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE | KOOPERMAN |
| 2:45pm - 4:00pm | SA5G | PACK YOUR PT SESSIONS: SUCCESSFUL SALES | KOOPERMAN, TOOLE & WEBB |
| 4:30pm - 5:45pm | SA6G | CREATE CONTENT TO BOOST SALES | TOOLE |
| SUNDAY, NOVEMBER 3 | | | |
| 7:30am - 8:45am | SU1G | INNOVATIVE TECH FOR SUPERIOR CLIENT OUTCOMES | DIGSBY |
| 9:00am - 10:15am | SU2G | PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL | ESQUERRE |
| 10:45am - 12:00pm | SU3G | CLIENT RETENTION MADE EASY | D’AGATI & PERRY |
| 12:15pm – 1:30pm | SU4G | SCULPTING YOUR PERSONAL TRAINING SUCCESS | DE LEON |