



| TIME | CODE | SESSION | PRESENTER |
|--------------------|------|--|----------------|
| FRIDAY, MARCH 22 | | | |
| 7:30am - 8:45am | FR1A | CORE AMORE | MADDEN |
| 9:00am - 10:15am | FR2A | WARRIOR STRENGTH™: SIMPLE & SERIOUSLY “STICKY” | DE WERD |
| 11:00am - 12:15pm | FR3A | DEEP CORE AND PELVIC FLOOR | LAYNE |
| 1:15PM – 2:30PM | FR4A | ALL TIME HIITS | APPEL |
| 2:45pm - 4:00pm | FR5A | FULL BODY 3D HIIT-CIRCUIT | HUGHES |
| 4:30pm - 5:45pm | FR6A | CREATIVE CORE SOLUTIONS | MADDEN |
| SATURDAY, MARCH 23 | | | |
| 7:30am - 8:45am | SA1A | FLUID CORE FUSION | VELAZQUEZ |
| 11:00am - 12:15pm | SA3A | ATHLETIC WOMAN: FUNCTION & STRENGTH | HUGHES |
| 12:30pm - 1:45pm | SA4A | ARM CANDY | APPEL |
| 2:45pm - 4:00pm | SA5A | CORE TRAINING MEETS FUN | REYES & CAMPOS |
| 4:30pm - 5:45pm | SA6A | PICKLEBALL POWER & PERFORMANCE | KOOPERMAN |
| SUNDAY, MARCH 24 | | | |
| 7:30am - 8:45am | SU1A | 73 WAYS TO HIT THE GLUTES | GROVES |
| 9:00am - 10:15am | SU2A | WARRIOR COMBAT™ KEEP FIGHTING | RICHARDS |
| 10:45am - 12:00pm | SU3A | SOULSTRENGTH™ EXPERIENCE | PARK |
| 12:15pm-1:30pm | SU4A | PLANKS WITH PROPS | ESAU |



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| FRIDAY, MARCH 22 | | | |
| 7:30am - 8:45am | FR1B | MOBILITY TRAINING – ONLINE OR IN-PERSON | WEBB |
| 9:00am - 10:15am | FR2B | OPEN THE “GAIT” TO FALL PREVENTION | GILBERT |
| 11:00am - 12:15pm | FR3B | TAILORED TRAINING FOR ACTIVE AGERS | TOOLE |
| 12:30pm – 2:30pm | FR4B | STAY ON YOUR FEET | MADDEN |
| 2:45pm - 4:00pm | FR5B | SITTING PRETTY: STRENGTH & SUPPORT | GILBERT |
| 4:30pm - 5:45pm | FR6B | STRENGTH TRAINING FOR LONGEVITY & VITALITY II | KOOPERMAN |
| 6:00pm – 7:00pm | FR7B | FITNESS IDOL | KOOPERMAN, TOOLE, SILVAS & GILBERT |
| SATURDAY, MARCH 23 | | | |
| 7:30am - 8:45am | SA1B | TIME WITH TISSUE | GILBERT |
| 9:15am – 10:30am | SA2B | KEYNOTE: PURSUING YOUR PASSIONS IN WELLNESS | VOKOUN |
| 11:00am - 12:15pm | SA3B | MASTER KNEE-PAIN REDUCTION STRATEGIES | WEBB |
| 1:15pm – 2:30pm | SA4B | S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING | GILBERT |
| 2:45pm - 4:00pm | SA5B | ATHLETIC AGING | MADDEN |
| 4:30pm - 5:45pm | SA6B | SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE | WEBB |
| SUNDAY, MARCH 24 | | | |
| 7:30am - 8:45am | SU1B | FUNCTIONAL FITNESS THROUGH MIND & MOTION | PEREYRA |
| 9:00am - 10:15am | SU2B | ACTIVE AGING PLAYGROUND | TOOLE |
| 10:45am - 12:00pm | SU3B | LABLAST® CHAIR FITNESS: PULL UP A SEAT | SOLIS & ALVAREZ |
| 12:15pm - 1:30pm | SU4B | MOVEMENT THROUGH MENOPAUSE | GROVES |



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| FRIDAY, MARCH 22 | | | |
| 7:30am - 8:45am | FR1C | INTO THE RING | SPREEN-GLICK |
| 9:00am - 10:15am | FR2C | MOVE YOUR CORE THE LATIN WAY | REYES & CAMPOS |
| 11:00am - 12:15pm | FR3C | BARREFUSION™ EXPERIENCE | PARK |
| 1:15pm – 2:30pm | FR4C | LABLAST®KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED | SOLIS & ALVAREZ |
| 2:45pm - 4:00pm | FR5C | THE WARRIOR® WORKOUT | J. ROBERTS |
| 4:30pm - 5:45pm | FR6C | DYNAMIC CONDITIONING | JOHNSON |
| 6:00pm – 7:00pm | FR7C | DANCE OFF! | LABLAST®, ZUMBA®, VELAZQUEZ, HAGGARD & MADDEN |
| SATURDAY, MARCH 23 | | | |
| 7:30am - 8:45am | SA1C | BARRE MIXER | SILVAS |
| 11:00am - 12:15pm | SA3C | SOULKICKBOXING™ | PARK & COLEMAN |
| 12:30pm-1:45pm | SA4C | WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL | DE WERD |
| 2:45pm - 4:00pm | SA5C | LABLAST® FITNESS BALLROOM BLITZ | SOLIS & ALVAREZ |
| 4:30pm - 5:45pm | SA6C | ZUMBA® | STONE |
| SUNDAY, MARCH 24 | | | |
| 7:30am - 8:45am | SU1C | DANCE PUMP | BURDICK |
| 9:00am - 10:15am | SU2C | BOOT CAMP BUSINESS | SILVAS |
| 10:45am - 12:00pm | SU3C | TOTAL BODY STRENGTH | RICHARDS |
| 12:15pm - 1:30pm | SU4C | F.I.T. CAMP | BALLARD |



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| FRIDAY, MARCH 22 | | | |
| 7:30am - 8:45am | FR1D | PILATES 4 LIFE | KAHN |
| 9:00am - 10:15am | FR2D | SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE | MUMMY |
| 11:00am - 12:15pm | FR3D | WARRIOR® TAI CHI YOGA AND QI GONG FUSION | J. ROBERT |
| 1:15pm – 2:30pm | FR4D | TIGER TAIL® GOODBYE BACK PAIN | ZULEGER |
| 2:45pm - 4:00pm | FR5D | PILATES TO THE MAX | APPEL |
| 4:30pm - 5:45pm | FR6D | TAI-CHI FUSED YOGA | VELASQUEZ |
| 6:00pm - 7:00pm | FR7D | RESET & RECHARGE | SPREEN-GLICK |
| SATURDAY, MARCH 23 | | | |
| 7:30am – 8:45am | SA1D | TRUE POWER YOGA | SPREEN-GLICK |
| 11:00am - 12:15pm | SA3D | GENTLE YOGA FOR MOBILITY | VELAZQUEZ |
| 1:15pm-2:30pm | SA4D | TIGER TAIL® ACTIVE RECOVERY | ZULEGER |
| 2:45pm - 4:00pm | SA5D | POSTURE & ALIGNMENT WITH PERSONAL TRAINING | MUMMY |
| 4:30pm - 5:45pm | SA6D | BY ANY STRETCH | APPEL |
| SUNDAY, MARCH 24 | | | |
| 7:30am - 8:45am | SU1D | SOULFUSION™ EXPERIENCE | PARK |
| 9:00am - 10:15am | SU2D | FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY | HUGHES |
| 10:45am - 12:00pm | SU3D | ALL GAIN NO PAIN FOAM ROLLING | THEWS |
| 12:15pm - 1:30pm | SU4D | FLOW SLOW YOGA | THEWS |



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| FRIDAY, MARCH 22 | | | |
| 9:00am - 10:15am | FR1E | WARRIOR® RIDE | J. ROBERTS |
| 9:00am - 10:15am | FR2E | SCHWINN®: BIKER BARRE | THEWS |
| 11:00am - 12:15pm | FR3E | SCHWINN®: SAVVY CYCLING | SCHNEIDER |
| 12:30pm-2:15pm | FR4E | SCHWINN®: ROCK & ROLL RIDE | K. ROBERTS |
| 2:45pm – 5:45pm | FR5E | SCHWINN®: HEAR US ROAR | THEWS |
| SATURDAY, MARCH 23 | | | |
| 7:30am - 8:45am | SA1E | SCHWINN®: CYCLE A LA MODE | K. ROBERTS |
| 11:00am - 12:15pm | SA3E | SCHWINN®: RHYTHM ROADTRIP | APPEL |
| 12:30pm – 1:45pm | SA4E | SCHWINN® R.I.S.E. #RIDERIGHT | THEWS |
| 2:45pm-4:00pm | SA5E | SCHWINN®: CYCLE MIXOLOGY | APPEL |
| 4:30pm-5:45pm | SA6E | SCHWINN®: BEAST MODE | SCHNEIDER |



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| FRIDAY, MARCH 22 | | | |
| 7:30am - 8:45am | FR1F | RIDE THE WAVE | VELAZQUEZ & VANDENBERG |
| 9:00am - 10:15am | FR2F | LABLAST® SPLASH: BUOYANT BALLROOM BLITZ | SOLIS & ALVAREZ |
| 11:00am - 12:15pm | FR3F | CORE FUSION H2O | VANDENBERG |
| 12:30pm – 1:45pm | FR4F | BEAUTIFUL BUOYANT BOOTY | VANDENBERG |
| 2:45pm - 4:00pm | FR5F | SILVER TSUMANI | VELAZQUEZ & VANDENBERG |
| 4:30pm - 5:45pm | FR6F | GIRL MEETS BUOY | VANDENBERG |
| SATURDAY, MARCH 23 | | | |
| 7:30am - 8:45am | SA1F | AQUA ZUMBA® | STONE |
| 11:00am - 12:15pm | SA3F | AQUA SIT TO STAND SKILLS | LAYNE |
| 1:15pm-2:30pm | SA4F | 4 FUNCTIONAL AQUA CIRCUITS | LAYNE |
| 2:45pm - 4:00pm | SA5F | BUOY, OH BUOY, OH BUOY! | VELAZQUEZ & VANDENBERG |
| 4:30pm - 5:45pm | SA6F | H2O REPORTING FOR DUTY | HAGGARD |
| SUNDAY, MARCH 24 | | | |
| 7:30am - 8:45am | SU1F | WATER WALKING FOR BETTER GAIT AND PERFORMANCE | PYLE |
| 9:00am - 10:15am | SU2F | SOCA SPLASH | HAGGARD |
| 10:45am - 12:00pm | SU3F | HIIT H2O FOR ALL | PYLE |
| 12:15pm - 1:30pm | SU4F | AQUA DISCO | HAGGARD |



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| FRIDAY, MARCH 22 | | | |
| 7:30am - 8:45am | FR1G | FUELING FOR FITNESS AND PERFORMANCE | COMANA |
| 9:00am - 10:15am | FR2G | SIP OR SKIP: ALCHOHOL’S TRUE IMPACT | LAYNE |
| 11:00am - 12:15pm | FR3G | CHAIN REACTION BIOMECHANICS | HUGHES |
| 1:15PM – 2:30PM | FR4G | SIX ROOT CAUSES OF DECREASED LONGEVITY | LAYNE |
| 2:45pm - 4:00pm | FR5G | THE SCIENCE OF FAT | COMANA |
| 4:30pm - 5:45pm | FR6G | EXERCISE, STRESS, HORMONES, AND INFLAMMATION | COMANA |
| SATURDAY, MARCH 23 | | | |
| 7:30am - 8:45am | SA1G | THE GUT – SLEEP NETWORK EFFECT | LAYNE |
| 11:00am - 12:15pm | SA3G | MYOFACIAL RELEASE: THE VAGUS NERVE | ZULEGAR |
| 12:30pm-1:15pm | SA4G | PHYSICS OF PAIN & PERFORMANCE | MUMMY |
| 2:45pm - 4:00pm | SA5G | KITCHEN MOKEOVER FOR WEIGHT LOSS SUCCESS | SETI |
| 4:30pm - 5:45pm | SA6G | BUILDING MUSCLE WHILE LOSING FAT | LAYNE |
| SUNDAY, MARCH 24 | | | |
| 7:30am - 8:45am | SU1G | MAGNESIUM: THE MIGHTY MINERAL UNVEILED | TOOLE |
| 9:00am - 10:15am | SU2G | SLEEP: THE WEIGHT LOSS MIRACLE | SETI |
| 10:45am - 12:00pm | SU3G | SELF-CARE FOR YOUR IMMUNE SYSTEM | SETI |
| 12:15pm-1:30pm | SU4G | FEED YOUR BODY & SOUL: MINDFUL EATING | PYLE |



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| FRIDAY, MARCH 22 | | | |
| 7:30am - 8:45am | FR1H | BUILD A HIGH-PERFORMANCE TEAM | GILBERT |
| 9:00am - 10:15am | FR2H | SMALL BUSINESS GRASSROOTS MARKETING | KAHN |
| 11:00am - 12:15pm | FR3H | TRENDS IN FITNESS PROGRAMMING | KOOPERMAN |
| 12:30pm-1:45pm | FR4H | EFFECTIVE GX & PT SALES STRATEGIES PANEL | KOOPERMAN, TOOLE, DE WERD, CLARK & J. ROBERTS |
| 2:45pm - 4:00pm | FR5H | NAVIGATING LEGAL PITFALLS IN FITNESS | KOOPERMAN & BALL |
| 4:30pm - 5:45pm | FR6H | AUTOMATED LEAD & FOLLOW-UP PROCESSES | CLARK |
| 6:00pm-7:00pm | FR7H | SYMMETRY BUSINESS KEYNOTE: USE YOUR DATA | RAITHEL |
| SATURDAY, MARCH 23 | | | |
| 7:30am - 8:45am | SA1H | 7 SKILLS TO TURN PERSONAL TRAINING INTO A LIFELONG CAREER | HUGHES |
| 11:00am - 12:15pm | SA3H | GROWTH: MUST OR BUST | KOOPERMAN, BALL, CLARK, MADDEN & KLECKNER |
| 1:15pm – 2:30pm | SA4H | FIND & ENROLL CLIENTS USING SOCIAL MEDIA | CLARK |
| 2:45pm - 4:00pm | SA5H | START & GROWN YOUR BUSINESS | KOOPERMAN, WEBB, DAY & HUGHES |
| 4:30pm - 5:45pm | SA6H | TAX & FINANCIAL FITNESS BOOTCAMP DAY | DAY |
| SUNDAY, MARCH 24 | | | |
| 7:30am - 8:45am | SU1H | AFFECTING BEHAVIOR CHANGE | SILVAS |
| 9:00am - 10:15am | SU2H | FIND YOUR POP(ULATION) | BALBI |
| 10:45am - 12:00pm | SU3H | BUILDING A FINANCIALLY SUCCESSFUL GYM | KLECHNER |