

Friday, March 21

Room	A	B	C	D	E	F	G
Description	Power & Performance	Longevity & Function	Group Programming	Recovery & Pilates	Water Works (Starts in Lecture)	Wellness	Business Summit
Hotel Rm	Grand Peninsula E/F	Grand Peninsula D	Grand Peninsula C	Grand Peninsula A/B	Sandpebble E	Sandpebble A	Sandpebble B
FR1 7:30am-8:45am	Mobility & Stability Core Flow Sequences	Balance Training for Healthy Aging	SOULfusion™	CoreSpring® Pilates: Abs & Glutes	Liquid Gym Acqua Punch & Pump	Sleep Habits: Key to Fitness	No Sweat Income Opportunities
	Melani	Ratliff	Park	d'Anconia	Velazquez	Layne	Spreen-Glick
	Yoga Mats	Yoga Mats, Yoga Blocks	Dumbbells	Yoga Mats, CoreSprings	Liquid Gym Gloves, Tone Loops	Whiteboard & Markers	
	40	40	11	3	6	12	8
FR2 9:00am-10:15am	ABC: Arms, Butts & Core On the Floor!	Shoulder Pain: Optimize Through Exercise	Tubing Xpress	Iron and Silk: Power Meets Precision	LaBlast® Splash: Buoyant Ballroom Blitz	Chain Reaction Biomechanics	Climbing the Corporate Ladder in Heels (and gym shoes)
	Bannister-Munn	Webb	Spreen-Glick	DD Ross	Alvarez	Hughes	Kooperman
	Gliding Discs, Pilates Balls, Pods, Bands-Thigh	Yoga Mats, Chairs	Tubing		Liquid Stars, Aqua Dumbbells		
	39	47	15	6	6	8	6
FR3 11:00am-12:15pm	Athletic Woman: Function & Strength	The Ultimate Longevity Workout	ZUMBA®	Bring the Toys!	Aquatic Strength Training	Debunking Exercise Science Myths	Know Your Worth
	Hughes	Melani	Smith	Bannister-Munn	PluimMentz	Layne	K. Ross
	Med Balls, Dumbbells, Bands-Thigh, PVC, Gliding Disc, Kettlebells	Yoga Mats, Dumbbells		Tennis Balls, LaCrosse Balls, Massage Peanuts, Slim Foam Rollers, Yoga Straps		Whiteboard & Markers	
	24	39	7	15	17	19	8
FR4 12:30pm-1:45pm Session 1			Game Your Core	Flow Like a Pro	Liquid Gym® Liquid Stars		Pack Your PT Sessions: Successful Sales
			Velazquez	DD. Ross	Vandenberg		Kooperman, Hughes, Rothschild & Webb
			Med Balls, PVC		Liquid Stars		
			25	6	7		10
			Session 1	Session 1	Session 1		Session 1
FR4 1:15pm-2:30pm Session 2	Blood Flow Restriction: Upper Body Blast	Aging Brains & Bones				Empower Inclusion: Medical & Fitness	
	Selman & Indiviglia	Layne				Hargrave	
	Tubing, Dumbbells	Chairs, Pilates Balls					
	17	53				7	
	Session 2	Session 2				Session 2	
FR5 2:45pm-4:00pm	Integrated Strength	Master Knee-Pain Reduction Strategies	Strength Training for Longevity & Vitality II	SYMMETRY - Scientific Stretching	Wave Works	Muscle, Bone & Fat Crosstalk	The Continued Path Toward Rebranding Oneself
	Madden	Webb	Kooperman	Mummy	Velazquez & Vandenberg	Layne	Colman
	Dumbbells, Bands-Loop, Tubing	Yoga Mats, Chairs	Sara's tubing, Chairs (Honeycomb)		Aqua Noodles	Whiteboard & Markers	
	19	28	26	11	12	21	6
FR6 4:30pm-5:45pm	SOULstrength™ EXPERIENCE	Dementia Client Strategies for Trainers	PALANGO! Strength	Deconstructing Asanas	AQUAHOLIC	How to Avoid Being My Petient	Start & Grow Your Business
	Park	Rothschild	Ojeda	Ratliff	Layne	Laskowski	Kooerman, K. Ross, McBride, Stevenson & Hoff
	Dumbbells	Tubing, Pilates Balls	Dumbbells	Yoga Mats			
	14	30	15	6	17	30	10
FR7 6:00pm-7:00pm Evening Sessions	Dance Off!		SCW Fitness Star Search	Stretch-Breathe-Recovery			Business Keynote: - The Purpose-Driven Fitness Formula
	LaBlast®, Fit Pro Programming, Palango! Fitness & Velazquez		Kooperman, Vandenberg, Park & Bannister-Munn	Spreen-Glick			Webb
				Yoga Mats			
	17		0	57			15

Saturday, March 22

Room	A	B	C	D	E	F	G
Description	Power & Performance	Longevity & Function	Group Programming	Recovery & Pilates	Water Works (Starts in Lecture)	Wellness	Business Summit
Hotel Rm	Grand Peninsula E/F	Grand Peninsula D	Grand Peninsula C	Grand Peninsula A/B	Sandpebble E	Sandpebble A	Sandpebble B
SA1 7:30am-8:45am SA2 9:15am-10:30am	Beyond Squat: Unconventional Lower Boddy Training	Bodyfit: Tips on Modifications	Band Camp	Pilates Perfect Blend	Tides of Power	Women: Training Through the Stages	Lifelong Lessons in Leadership
	Rockit	K. Ross	Bannister-Munn	Vokoun	Vandenberg & Velazquez	Layne	Stevenson
			Bands-Loop, Bands- Thigh, Bands-Strength, Tubing, Gliding Disc	Yoga Mats	Aqua Dumbbells	Whiteboard & Markers	
	36	17	14	20	8	26	8
KEYNOTE ADDRESS - Symmetry The Fitness Evolution w/Patrick Mummy 81							
SA3 11:00am-12:15pm	Full Body 3D HIIT- Circuit	ToughAgers® Active Older Adult Fitness	SOULkickboxing™	Power Source: A Core Practice	Aqua Power: One Dumbbell Circuit	Body Composition 101	Stretching Strategies: Flexibility, Recovery, Performance
	Hughes	Rothschild	Coleman	Ratliff	Layne	Han	Kooperman, Bannister- Munn, Fox & Laskowski
	Med Balls, Dumbbells, Kettlebells	Dumbbells, Foam Rollers, Yoga Mats		Yoga Mats, Yoga Blocks	Aqua Dumbbell		
	32	33	18	14	12	4	23
SA4 12:30pm-1:45pm Session 1		S.E.A.T. Supported Exercise for Agelss Training	LaBlast® Fitness: Ballroom Blitz			Physics of Pain & Performance	
		Vandenberg	Alvarez			Mummy	
		Chairs, Dumbbells, Pilates Balls, Bands- Loop	Dumbbells				
		21	10			19	
		Session 1	Session 1			Session 1	
SA4 1:15pm-2:30pm Session 2	Beyond Lower Cross Syndrome			Heart-Centered Flow	All-Inclusive Aquatics		FIT FOR BUSINESS: Leading for Maximum Performance
	Fox			Spreen-Glick	PluimMentz		Kooperman
	35			Yoga Mats 26	10		10
	Session 2			Session 2	Session 2		Session 2
SA5 2:45pm-4:00pm	Blood Flow Restriction: Empowering Women's Health	Mobility Training - Online or In-Person	Core-Centered Barre	CoreSpring® Pilates Functional Performance	Ageless Aqua	Boost Your Pre- Workout & Recovery	New World Sales & Management
	Selman & Indiviglia	Webb	Madden	d'Anconia	Vandenberg & Velazquez	Kooperman, Ontiveros, Laskowski & Layne	McBride
	Dumbbells, Tubing	Chairs, Yoga Mats		Yoga Mats, CoreSpring	Aqua Noodles		
	17	29	30	11	12	25	7
SA6 4:30pm-5:45pm	Pelvic Floor from the Outside In	Barefoot Therapy for Fall Prevention Strategy	Posture & Alignment with Personal Training	Recovery Through Meditation	Liquid Gym Acqua Toner Stretch & Tone	How You Move Matters	The Power of Productivity
	Layne	Melani	Mummy	Rockit	Vandenberg	Laskowski	Hoff
	Pilates Balls, Foam Rollers	Chair, LaCrosse Balls		Yoga Mats	Toner Bands, Toner Bar, Liquid Stars		
	32	26	22	17	8	17	7

Sunday, March 23

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Hotel Rm	Grand Peninsula E/F	Grand Peninsula D	Grand Peninsula C	Grand Peninsula A/B	Sandpebble E	Sandpebble A	Sandpebble B
SU1 7:30am-8:45am	Master Training the Feet	Age Defying Mobility Training: Enhancing Longevity	Kickboxing Interval	Human Reformer Pilates	Aqua Intervals Roulette	Stress & Inflammation: Impacts & Outcomes	Dealing with Difficult People and Situations
	Fox	Webb	Spreen-Glick	Madden	Vandenberg	Layne	Stevenson
			PVC, Dumbbells	Tubing	Aqua Dumbbells	Whiteboard & Markers	
	20	25	14	18	8	17	10
SU2 9:00am-10:15am	Step Up Your Groove	LaBlast® Chair Fitness: Pull Up a Seat	BARREFusion™ EXPERIENCE	Functional Soft Tissue: Mobility & Stability	Water Running	Preventing Common Fitness Injuries	Creating with Canva
	Layne	Alvarez	Vandenberg	Hughes	Rockit	Laskowski	Hoff
	Steps, Risers	Chairs, Dumbbells	Barres, Gliding Disc, Dumbbells, 2 Mics	Foam Rollers, PVC	Aqua Dumbbells		
	14	7	11	28	8	26	17
SU3 10:45am-12:00pm	Maximize Lower Body Strength	EverFlexed Strength	LaBlast® Fitness for all Ages	Movement Meditation	Strength Beneath the Surface	Wellness is the New Fitness	Strategy, Implementation & Financial Management
	Selman & Indiviglia	Madden & Melani	Alvarez	Rockit	PluimMentz	Spreen-Glick	McBride
	Chair, Tubing						
	21	23	4	15	12	18	11
SU4 12:15pm-1:30pm	Hit The Wall	Agility, Balance, Coorination for Active Aging	T'ai chi for Group Exercise	Gentle Yoga for Mobility	Girl Meets Buoy	Bridging Medicine & Fitness	Building Your Personal Brand
	Rockit	Melani	Kilpatrick	Velazquez	Vandenberg	Hughes	Spreen-Glick
	Walls	LaCrosse Balls, Yoga Mat, Gliding Disc, Steps	Chairs	Yoga Mats, Yoga Blocks	Aqua Dumbbells		
	8	50	10	14	8	12	7
	Grand Peninsula A	Grand Peninsula G	Sandpebble D	Sandpebble C			
SUNDAY CERTIFICATIONS	SCW Yoga I Certification 8:00am-4:00pm	SCW Stretching & Flexibility Certification 8:00am-4:00pm	Symmetry Postural Measurement Certification 8:00am-4:00pm	WATERinMOTION® Aqua Exercise Certification 8:00am-4:00pm			
	Velazquez	Bannister-Munn	Mummy	Kulp			
	Yoga Mats, Yoga Blocks	Massage Table, Mats, Yoga Straps, Tennis Balls, Foam Rollers		Aqua Noodles, Aqua Dumbbells, Tubing			
	0	4	2	0			