



TIME	CODE	SESSION	PRESENTER
FRIDAY, MARCH 21			
7:30am - 8:45am	FR1A	MOBILITY & STABILITY CORE FLOW SEQUENCES	MELANI
9:00am - 10:15am	FR2A	ARMS, BUTTS & CORE ON THE FLOOR!	BANNISTER-MUNN
11:00am - 12:15pm	FR3A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
1:15pm – 2:30pm	FR4A	BLOOD FLOW RESTRICTION: UPPER BODY BLAST	SELMAN & INDIVIGLIA
2:45pm - 4:00pm	FR5A	INTEGRATED STRENGTH	MADDEN
4:30pm - 5:45pm	FR6A	SOULSTRENGTH™ EXPERIENCE	PARK
6:00pm – 7:00pm	FR7A	DANCE OFF!	LABLAST®, FIT PRO PROGRAMMING, PALANGO! FITNESS & VELAZQUEZ
SATURDAY, MARCH 22			
7:30am - 8:45am	SA1A	BEYOND SQUAT: UNCONVENTIONAL LOWER BODY TRAINING	ROCKIT
11:00am - 12:15pm	SA3A	FULL BODY 3D HIIT-CIRCUIT	HUGHES
1:15pm – 2:30pm	SA4A	BEYOND LOWER CROSS SYNDROME	FOX
2:45pm - 4:00pm	SA5A	BLOOD FLOW RESTRICTION: EMPOWERING WOMEN’S HEALTH	SELMAN & INDIVIGLIA
4:30pm - 5:45pm	SA6A	PELVIC FLOOR FROM THE OUTSIDE IN	LAYNE
SUNDAY, MARCH 23			
7:30am - 8:45am	SU1A	MASTER TRAINING THE FEET	FOX
9:00am - 10:15am	SU2A	STEP UP YOUR GROOVE	LAYNE
10:45am - 12:00pm	SU3A	MAXIMIZE LOWER BODY STRENGTH	SELMAN & INDIVIGLIA
12:15pm-1:30pm	SU4A	HIT THE WALL	ROCKIT



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FRIDAY, MARCH 21			
7:30am - 8:45am	FR1B	BALANCE TRAINING FOR HEALTHY AGING	RATLIFF
9:00am - 10:15am	FR2B	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
11:00am - 12:15pm	FR3B	THE ULTIMATE LONGEVITY WORKOUT	MELANI
1:15pm – 2:30pm	FR4B	AGING BRAINS & BONES	LAYNE
2:45pm - 4:00pm	FR5B	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
4:30pm - 5:45pm	FR6B	DEMENTIA CLIENT STRATEGIES FOR TRAINERS	ROTHSCHILD
SATURDAY, MARCH 22			
7:30am - 8:45am	SA1B	BODYFIT: TIPS ON MODIFICATIONS	K. ROSS
9:15am – 10:30am	SA2B	KEYNOTE: THE FITNESS EVOLUTION	MUMMY
11:00am - 12:15pm	SA3B	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS	ROTHSCHILD
12:30pm – 1:45pm	SA4B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	VANDENBERG
2:45pm - 4:00pm	SA5B	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
4:30pm - 5:45pm	SA6B	BAREFOOT THERAPY FOR FALL PREVENTION STRATEGY	MELANI
SUNDAY, MARCH 23			
7:30am - 8:45am	SU1B	AGE DEFYING MOBILITY TRAINING: ENHANCING LONGEVITY	WEBB
9:00am - 10:15am	SU2B	LABLAST® CHAIR FITNESS: PULL UP A SEAT	ALVAREZ
10:45am - 12:00pm	SU3B	EVERFLEXED STRENGTH	MADDEN & MELANI
12:15pm - 1:30pm	SU4B	AGILITY, BALANCE, COORDINATION FOR ACTIVE AGING	MELANI



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FRIDAY, MARCH 21			
7:30am - 8:45am	FR1C	SOULFUSION™ EXPERIENCE	PARK
9:00am - 10:15am	FR2C	TUBING XPRESS	SPREEN-GLICK
11:00am - 12:15pm	FR3C	ZUMBA®	SMITH
12:30pm – 1:45pm	FR4C	GAME YOUR CORE	VELAZQUEZ
2:45pm - 4:00pm	FR5C	STRENGTH TRAINING FOR LONGEVITY & VITALITY II	KOOPERMAN
4:30pm - 5:45pm	FR6C	PALANGO! STRENGTH	OJEDA
6:00pm – 7:00pm	FR7C	SCW FITNESS STAR SEARCH	KOOPERMAN,VANDENBERG, PARK & BANNISTER-MUNN
SATURDAY, MARCH 22			
7:30am - 8:45am	SA1C	BAND CAMP	BANNISTER-MUNN
11:00am - 12:15pm	SA3C	SOULKICKBOXING™	COLEMAN
12:30pm – 1:45pm	SA4C	LABLAST® FITNESS: BALLROOM BLITZ	ALVAREZ
2:45pm - 4:00pm	SA5C	CORE-CENTERED BARRE	MADDEN
4:30pm - 5:45pm	SA6C	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
6:00pm – 7:00pm	SA7C	PALANGO! CARDIO	OJEDA
SUNDAY, MARCH 23			
7:30am - 8:45am	SU1C	KICKBOX INTERVAL	SPREEN-GLICK
9:00am - 10:15am	SU2C	BARREFUSION™	VANDENBERG
10:45am - 12:00pm	SU3C	LABLAST® FITNESS FOR ALL AGES	ALVAREZ
12:15pm - 1:30pm	SU4C	T’AI CHI FOR GROUP EXERCISE	KILPATRICK



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FRIDAY, MARCH 21			
7:30am - 8:45am	FR1D	CORESPRING® PILATES: ABS & GLUTES	D'ANCONIA
9:00am - 10:15am	FR2D	IRON AND SILK: POWER MEETS PRECISION	DD. ROSS
11:00am - 12:15pm	FR3D	BRING THE TOYS!	BANNISTER-MUNN
12:30pm – 1:45pm	FR4D	FLOW LIKE A PRO	DD. ROSS
2:45pm - 4:00pm	FR5D	SYMMETRY-SCIENTIFIC STRETCHING	MUMMY
4:30pm - 5:45pm	FR6D	DECONSTRUCTING ASANAS	RATLIFF
6:00pm - 7:00pm	FR7D	STRETCH-BREATHE-RECOVER	SPREEN-GLICK
SATURDAY, MARCH 22			
7:30am – 8:45am	SA1D	PILATES PERFECT BLEND	VOKOUN
11:00am - 12:15pm	SA3D	POWER SOURCE: CORE PRCTICE	RATLIFF
1:15pm – 2:30pm	SA4D	HEART-CENTERED FLOW	SPREEN-GLICK
2:45pm - 4:00pm	SA5D	CORESPRING® PILATES FUNCTIONAL PERFORMANCE	D'ANCONIA
4:30pm - 5:45pm	SA6D	RECOVERY THROUGH MEDITATION	ROCKIT
SUNDAY, MARCH 23			
7:30am - 8:45am	SU1D	HUMAN REFORMER PILATES	MADDEN
9:00am - 10:15am	SU2D	FUNCTIONAL SOFT TISSUE: MOBILTY & STABILITY	HUGHES
10:45am - 12:00pm	SU3D	MOVEMENT MEDITATION	ROCKIT
12:15pm - 1:30pm	SU4D	GENTLE YOGA FOR MOBILITY	VELAZQUEZ



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FRIDAY, MARCH 21			
7:30am - 8:45am	FR1E	LIQUID GYM ACQUA PUNCH & PUMP	VELAZQUEZ
9:00am - 10:15am	FR2E	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ	ALVAREZ
11:00am - 12:15pm	FR3E	AQUATIC STRENGTH TRAINING	PLUIMMENTZ
12:30pm – 1:45pm	FR4E	LIQUID GYM® LIQUID STARS	VANDENBERG
2:45pm - 4:00pm	FR5E	WAVE WORKS	VELAZQUEZ & VANDENBERG
4:30pm - 5:45pm	FR6E	AQUAHOLIC	LAYNE
SATURDAY, MARCH 22			
7:30am - 8:45am	SA1E	TIDES OF POWER	VANDENBERG & VELAZQUEZ
11:00am - 12:15pm	SA3E	AQUA POWER: ONE DUMBBELL CIRCUIT	LAYNE
1:15pm – 2:30pm	SA4E	ALL-INCLUSIVE AQUATICS	PLUIMMENTZ
2:45pm - 4:00pm	SA5E	AGELESS AQUA	VANDENBERG & VELAZQUEZ
4:30pm - 5:45pm	SA6E	LIQUID GYM ACQUA TONNER STRETCH & TONE	VANDENBERG
SUNDAY, MARCH 23			
7:30am - 8:45am	SU1E	AQUA INTERVALS ROULETTE	VANDENBERG
9:00am - 10:15am	SU2E	WATER RUNNING	ROCKIT
10:45am - 12:00pm	SU3E	STRENGTH BENEATH THE SURFACE	PLUIMMENTZ
12:15pm - 1:30pm	SU4E	GIRL MEETS BUOY	VANDENBERG



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FRIDAY, MARCH 21			
7:30am - 8:45am	FR1F	SLEEP HABITS: KEY TO FITNESS	LAYNE
9:00am - 10:15am	FR2F	CHAIN REACTION BIOMECHANICS	HUGHES
11:00am - 12:15pm	FR3F	DEBUNKING EXERCISE SCIENCE MYTHS	LAYNE
1:15pm – 2:30pm	FR4F	EMPOWER INCLUSION: MEDICAL & FITNESS	HARGRAVE
2:45pm - 4:00pm	FR5F	MUSCLE, BONE & FAT CROSSTALK	LAYNE
4:30pm - 5:45pm	FR6F	HOW TO AVOID BEING MY PATIENT	LASKOWSKI
SATURDAY, MARCH 22			
7:30am - 8:45am	SA1F	WOMEN: TRAINING THROUGH THE STAGES	LAYNE
11:00am - 12:15pm	SA3F	BODY COMPOSITION 101	HAN
12:30pm – 1:45pm	SA4F	PHYSICS OF PAIN & PERFORMANCE	MUMMY
2:45pm - 4:00pm	SA5F	BOOST YOUR PRE-WORKOUT & RECOVERY	KOOPERMAN, ONTIVEROS, LASKOWSKI & LAYNE
4:30pm - 5:45pm	SA6F	HOW YOU MOVE MATTERS	LASKOWSKI
SUNDAY MARCH 23			
7:30am - 8:45am	SU1F	STRESS & INFLAMMATION IMPACTS & OUTCOMES	LAYNE
9:00am - 10:15am	SU2F	PREVENTING COMMON FITNESS INJURIES	LASKOWSKI
10:45am - 12:00pm	SU3F	WELLNESS IS THE NEW FITNESS	SPREEN-GLICK
12:15pm-1:30pm	SU4F	BRIDGING MEDICINE & FITNESS	HUGHES



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FRIDAY, MARCH 21			
7:30am - 8:45am	FR1G	NO SWEAT INCOME OPPORTUNITIES	SPREEN-GLICK
9:00am - 10:15am	FR2G	CLIMBING THE CORPORATE LADDER IN HEELS (AND GYM SHOES)	KOOPERMAN
11:00am - 12:15pm	FR3G	KNOW YOUR WORTH	K. ROSS
12:30pm – 1:45pm	FR4G	PACK YOUR PT SESSIONS: SUCCESSFUL SALES	KOOPERMAN, HUGHES, ROTHSCHILD & WEBB
2:45pm - 4:00pm	FR5G	THE CONTINUED PATH TOWARD REBRANDING ONESELF	COLMAN
4:30pm - 5:45pm	FR6G	START & GROW YOUR BUSINESS	KOOPERMAN, ROSS, MCBRIDE, STEVENSON & HOFF
6:00pm – 7:00pm	FR7G	BUSINESS KEYNOTE: THE PURPOSE-DRIVEN FITNESS FORMULA	WEBB
SATURDAY, MARCH 22			
7:30am - 8:45am	SA1G	LIFELONG LESSONS IN LEADERSHIP	STEVENSON
11:00am - 12:15pm	SA3G	STRETCHING STRATEGIES: FLEXIBILITY, RECOVERY, PERFORMANCE	KOOPERMAN, BANNISTE-MUNN, FOX & LASKOWSKI
1:15pm – 2:30pm	SA4G	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE	KOOPERMAN
2:45pm - 4:00pm	SA5G	NEW WORLD SALES & MANAGEMENT	MCBRIDE
4:30pm - 5:45pm	SA6G	THE POWER OF PRODUCTIVITY	HOFF
SUNDAY, MARCH 23			
7:30am - 8:45am	SU1G	DEALING WITH DIFFICULT PEOPLE AND SITUATIONS	STEVENSON
9:00am - 10:15am	SU2G	CREATING WITH CANVA	HOFF
10:45am - 12:00pm	SU3G	STRATEGY, IMPLEMENTATION & FINANCIAL MANAGEMENT	MCBRIDE
12:15pm – 1:30pm	SU4G	BUILDING YOUR PERSONAL BRAND	SPREEN-GLICK