



TIME	CODE	SESSION	PRESENTER
FRIDAY, FEBRUARY 23			
7:30am - 8:45am	FR1A	METABOLIC DISRUPTION	LENART
9:00am - 10:15am	FR2A	WARRIOR COMBAT™ KEEP FIGHTING	RICHARDS
11:00am - 12:15pm	FR3A	GAME YOUR CORE	VELAZQUEZ
12:30pm-1:45pm	FR4A	EFFORT MASTERY: COACHING PEAK PERFORMANCE AND MOTIVATION	MCBEE
2:45pm - 4:00pm	FR5A	FULL BODY 3D HIIT-CIRCUIT	HUGHES
4:30pm - 5:45pm	FR6A	HIIT ‘EM UP STYLE DANCE JAM	TURNER
SATURDAY, FEBRUARY 24			
7:30am - 8:45am	SA1A	ALL TIME HIITS	APPEL
11:00am - 12:15pm	SA3A	WELCOME II THE TERRORDOME	TURNER
12:30pm - 1:45pm	SA4A	FUNCTIONAL CORE TRAINING	GARCIA
2:45pm - 4:00pm	SA5A	EMOM – EVERY MINUTE TO WIN IT!	APPEL
4:30pm - 5:45pm	SA6A	ZUMBA®	BUSCH & BOSTIC
SUNDAY, FEBRUARY 25			
7:30am - 8:45am	SU1A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
9:00am - 10:15am	SU2A	WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL	de WERD
10:45am - 12:00pm	SU3A	TOTAL BODY STRENGTH	RICHARDS
12:15pm-1:30pm	SU4A	CORE BY 4	WARTENBERG



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FRIDAY, FEBRUARY 23			
7:30am - 8:45am	FR1B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
9:00am - 10:15am	FR2B	OPEN THE “GAIT” TO FALL PREVENTION	GILBERT
11:00am - 12:15pm	FR3B	AGING SHOULDER: EXERCISE TO FUNCTION!	ASLAKSON
1:15pm-2:30pm	FR4B	PLYOMETRIC EXERCISES FOR OLDER ADULTS	ASLAKSON
2:45pm - 4:00pm	FR5B	ACTIVE AGERS FROM THE GROUND UP!	VELAZQUEZ
4:30pm - 5:45pm	FR6B	DEEP CORE AND PELVIC FLOOR	LAYNE
6:00pm – 7:00pm	FR7B	FITNESS IDOL	KOOPERMAN, VALAZQUEZ, TOOLE & GILBERT
SATURDAY, FEBRUARY 24			
7:30am - 8:45am	SA1B	TIME WITH TISSUE	GILBERT
9:15am – 10:30am	SA2B	KEYNOTE: WHERE HEALTHY MEETS HAPPY	DIGSBY
11:00am - 12:15pm	SA3B	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
1:15pm – 2:30pm	SA4B	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
2:45pm - 4:00pm	SA5B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
4:30pm - 5:45pm	SA6B	STRENGTH TRAINING FOR LONGEVITY & VITALITY II	KOOPERMAN
SUNDAY, FEBRUARY 25			
7:30am - 8:45am	SU1B	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS	ROTHSCHILD
9:00am - 10:15am	SU2B	TAILORED TRAINING FOR ACTIVE AGERS	TOOLE
10:45am - 12:00pm	SU3B	SENIOR CIRCUIT	HAGGARD
12:15pm - 1:30pm	SU4B	INJURY PREVENTION FOR FITNESS INCTRACTORS	CHILAZI



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FRIDAY, FEBRUARY 23			
7:30am - 8:45am	FR1C	ULTIMATE LEG DAY	TOOLE
9:00am - 10:15am	FR2C	TOTAL BODY SHAPING	MCBEE
11:00am - 12:15pm	FR3C	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED	COOPERMAN
12:30pm – 1:45pm	FR4C	SOULFUSION™ EXPERIENCE	VANDENBERG
2:45pm - 4:00pm	FR5C	POWER: ONE SIZE DOES NOT FIT ALL	LENART
4:30pm - 5:45pm	FR6C	PICKLEBALL POWER & PERFORMANCE	KOOPERMAN
SATURDAY, FEBRUARY 24			
7:30am - 8:45am	SA1C	BARREFUSION™ EXPERIENCE	VANDENBERG
11:00am - 12:15pm	SA3C	SOULBODY YOGA SCULPT	DAWSON
12:30pm-1:45pm	SA4C	BASIC TO BADASS – PROGRESSIVE TRAINING PROTOCOLS	LENART
2:45pm - 4:00pm	SA5C	LABLAST® FITNESS BALLROOM BLITZ	COOPERMAN
4:30pm - 5:45pm	SA6C	STEP IT UP!	TURNER
6:00pm – 7:00pm	SA7C	DANCE OFF!	LABLAST®, ZUMBA®, HAGGARD, VELAZQUEZ, CHILAZI & WARTENBERG
SUNDAY, FEBRUARY 25			
7:30am - 8:45am	SU1C	NAIL THE PERFECT WARM-UP	CHILAZI
9:00am - 10:15am	SU2C	SOULKICKBOXING™	VANDENBERG
10:45am - 12:00pm	SU3C	LABLAST® CHAIR FITNESS: PULL UP A SEAT	COOPERMAN
12:15pm - 1:30pm	SU4C	FUTURE-PROOFING FITNESS	BATYAN



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FRIDAY, FEBRUARY 23			
7:30am - 8:45am	FR1D	YOGA-BATA VIIT	MALAGHAN
9:00am - 10:15am	FR2D	PILATES, POWER & POISE	LENART
11:00am - 12:15pm	FR3D	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
1:15pm – 2:30pm	FR4D	TIGER TAIL® GOODBYE BACK PAIN	ZULEGER
2:45pm - 4:00pm	FR5D	FUNCTIONAL TRAINING WITH FOAM ROLLERS	GARCIA
4:30pm - 5:45pm	FR6D	BY ANY STRETCH	APPEL
6:00pm - 7:00pm	FR7D	SOULBODY RESTORE	TOWNSEND
SATURDAY, FEBRUARY 24			
7:30am – 8:45am	SA1D	GOT BACK PAIN?	GARCIA
11:00am - 12:15pm	SA3D	TIGER TAIL® ACTIVE RECOVERY	ZULEGER
1:15pm-2:30pm	SA4D	WARRIOR RHYTHM™ THE GUTS TO STAND OUT	de WERD
2:45pm - 4:00pm	SA5D	MELT. MOLD. MOVE: MOBILITY & RESTORATION	HUGHES
4:30pm - 5:45pm	SA6D	SOULBODY BARRE+LIIT	DAWSON
SUNDAY, FEBRUARY 25			
7:30am - 8:45am	SU1D	GENTLE YOGA FOR MOBILITY	VELAZQUEZ
9:00am - 10:15am	SU2D	MARTIAL ASANA	CRADDOCK
10:45am - 12:00pm	SU3D	QIGONG AND SELF-HEALING	CRADDOCK
12:15pm - 1:30pm	SU4D	YIN TO MY YANG	MALAGHAN



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FRIDAY, FEBRUARY 23			
9:00am - 10:15am	FR2E	TIDAL TONING	KULP
11:00am - 12:15pm	FR3E	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ	COOPERMAN
1:15pm-2:30pm	FR4E	RIDE THE WAVE	VELAZQUEZ, KULP & HAGGARD
2:45pm - 4:00pm	FR5E	BEAUTIFUL BUOYANT BOOTY	VANDENBERG
4:30pm-5:45pm	FR6E	H2O REPORTING FOR DUTY	HAGGARD
SATURDAY, FEBRUARY 24			
7:30am - 8:45am	SA1E	AQUA ZUMBA®	BOSTIC
11:00am - 12:15pm	SA3E	AQUA SIT TO STAND SKILLS	LAYNE
12:30pm – 1:45pm	SA4E	BUOY, OH BUOY, OH BUOY!	VELAZQUEZ, KULP & VANDENBERG
2:45pm-4:00pm	SA5E	4 FUNCTIONAL AQUA CIRCUITS	LAYNE
4:30pm-5:45pm	SA6E	H2O RAPID RESISTANCE	KULP
SUNDAY, FEBRUARY 25			
7:30am - 8:45am	SU1E	CORE FUSION H2O	VANDENBERG
9:00am - 10:15am	SU2E	CHANGING TIDES – H2O TABATA STYLE	KULP
10:45am - 12:00pm	SU3E	TABATA AQUA RUNING & CONDITIONING	WARTENBERG
12:15pm - 1:30pm	SU4E	AQUA BOOT CAMP	CARROLL



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FRIDAY, FEBRUARY 23			
7:30am - 8:45am	FR1F	BUILDING MUSCLE WHILE LOSING FAT	LAYNE
9:00am - 10:15am	FR2F	MAGNESIUM: THE MIGHTY MINERAL UNVEILED	TOOLE
11:00am - 12:15pm	FR3F	HOW YOU MOVE MATTERS	LASKOWSKI
1:15pm - 2:30pm	FR4F	HEALTHY EATING FOR ACTIVE AGERS	MALAGHAN
2:45pm - 4:00pm	FR5F	THE GUT – SLEEP NETWORK EFFECT	LAYNE
4:30pm - 5:45pm	FR6F	ART OF FOOD AS FUEL	MALAGHAN
SATURDAY, FEBRUARY 24			
7:30am - 8:45am	SA1F	PREVENTING COMMON FITNESS INJURIES	LASKOWSKI
11:00am - 12:15pm	SA3F	CHAIN REACTION BIOMECHANICS	HUGHES
1:15pm-2:30pm	SA4F	WEIGHT-LOSS MEDS & FAD DIET UPDATE	DIGSBY
2:45pm - 4:00pm	SA5F	FUNCTIONAL NUTRITION AND HORMONES: HEALTHY AGING	ZULEGER
4:30pm - 5:45pm	SA6F	SUGAR, SNACKS & HEART ATTACKS	DIGSBY
SUNDAY, FEBRUARY 25			
7:30am - 8:45am	SU1F	HOW TO KNOW IF YOU'RE UNDER-EATING	DIGSBY
9:00am - 10:15am	SU2F	NAVIGATING NUTRITION OVERWHELM: FACT VS FICTION	DIGSBY
10:45am - 12:00pm	SU3F	MINDSET MAGIC: GUIDING NUTRITION MASTERY	TOOLE
12:15pm - 1:30pm	SU4F	OLDER & WISER	ROTHSCHILD



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FRIDAY, FEBRUARY 23			
7:30am - 8:45am	FR1G	MONETIZE RECOVERY FOR FACILITIES & PERSONAL TRAINERS	MCBEE
9:00am - 10:15am	FR2G	TRENDS IN FITNESS PROGRAMMING	KOOPERMAN
11:00am - 12:15pm	FR3G	7 SKILLS TO TURN PERSONAL TRAINING INTO A LIFELONG CAREER	HUGHES
12:30pm-1:45pm	FR4G	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, TOOLE, de WERD, SMITH & CLARK
2:45pm - 4:00pm	FR5G	NAVIGATING LEGAL PITFALLS IN FITNESS	KOOPERMAN & BALL
4:30pm - 5:45pm	FR6G	STOP SELLING & CREATE CULTURE	GILBERT
6:00pm-7:00pm	FR7G	TAX & FINANCIAL FITNESS BOOTCAMP	DAY
SATURDAY, FEBRUARY 24			
7:30am - 8:45am	SA1G	BECOMING THE BOSS: BUSINESS 101	SMITH
11:00am - 12:15pm	SA3G	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
12:30pm-1:15pm	SA4G	GROWTH: MUST OR BUST	KOOPERMAN, BALL, CLARK, ROSS & DENNIS
2:45pm - 4:00pm	SA5G	START & GROW YOUR BUSINESS	KOOPERMAN, DENNIS, WEBB, DAY & ESQUERRE
4:30pm - 5:45pm	SA6G	YOUR FINANCIAL HEALTH	ROSS
SUNDAY, FEBRUARY 25			
7:30am - 8:45am	SU1G	SELLING WITHOUT SELLING: IT'S ABOUT THE RELATIONSHIP!	ESQUERRE
9:00am - 10:15am	SU2G	THE NUTS & BOLTS OF BUSINESS	ESQUERRE
10:45am - 12:00pm	SU3G	RAMP UP YOUR RETENTION WITH A CHALLENGE!	DIGSBY
12:15pm-1:30pm	SU4G	PUBLIC RELATIONS FOR FITNESS PROS	DECOSTA