

Friday, February 28, 2025

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	Luray A	Cirrus A/B	Cirrus C/D	Luray B/C	Private Dining Room	Rockbridge	Layton
FR1 7:30am-8:45am	Kettlebell Training for Women  <i>P. Ross &amp; Corso</i> Kettlebells  33	Dare to Chair  <i>Gilbert</i> Chair, Bands-Loop, Pods, Dummbells, PVC 12	ZUMBA®  <i>BUSCH</i>  7	Flow Like a Pro  <i>DD. Ross</i>  5	Liquid Gym Acqua Toner Stretch & Tone <i>Kulp</i> Toner Bands, Toner Bar, Liquid Stars 11	Debunking Exercise Science Myths  <i>Layne</i> Whiteboard & Markers 18	Making Sales Suck Less  <i>Robinson</i>  14
	Welcome II the Terrordome  <i>Turner</i> Steps, Dummbells, Gliding Disc, Tubing 7	Aging Brains & Bones  <i>Layne</i> Chairs, Pilates Balls 23	Barre-Raising Workout  <i>Batyan</i> Barre, Pilates Balls 16	Iron and Silk: Power Meets Precision  <i>DD. Ross</i>  5	Buoy, Oh Buoy, Oh Buoy!  <i>Kulp, Sepulveda &amp; Carvalho</i> Aqua Dummbells 14	The Truth About Processed Foods  <i>Digsby</i> Whiteboard & Markers 16	Stretching Strategies: Flexibility, Recovery, Performance  <i>Kooperman, Bannister-Munn, Webb &amp; Laskowski</i>  19
FR3 11:00am-12:15pm	The Core 6: Strength & Movement Essentials  <i>Bannister-Munn</i> PVC, Gliding Disc, Bands-Strength, Pilates Balls 27	Prime Performance for 50+  <i>Robinson</i> Cones, Tubing, Dummbells, Med Balls 22	Flex & Power: Hip Mobility Mastery  <i>Kulp</i> Bands-Loops, Pilates Balls, Yoga Mats 23	Unlocking Revenue Streams with Stretch Therapy  <i>Armantrading</i> Massage Table or Yoga Mats 3	Aqua Ease: Flexibility for Active Agers  <i>Velazquez</i>  12	Boost Your Pre-Workout & Recovery  <i>Kooperman &amp; Ontiveros</i>  7	Marketing Mastery  <i>Conti</i>  10
FR4 12:30pm-1:45pm Session 1	Kettlebell Krush  <i>Turner</i> Kettlebells  15	ToughAgers® Active Older Adult Fitness  <i>Rothschild</i> Dummbells, Foam Rollers, Yoga Mats 19					Start & Grown Your Business  <i>Kooperman, Day, Clark, Gilbert, Toole &amp; Dorsey</i>  5
	Session 1	Session 1					Session 1
FR4 1:15pm-2:30pm Session 2			Hip Mobility for Peak Performance  <i>Bannister-Munn</i> Pilates Balls, Yoga Blocks, Bands-Loop, Gliding Disc 23	CoreSpring® Pilates: Abs & Glutes  <i>d'Anconia</i> Yoga Mats, CoreSprings 11	Liquid Gym Acqua Punch & Pump  <i>Velazquez</i> Liquid Gym Gloves, Tone Loops 15	Transforming Training for GLP-1 Clients  <i>Durak</i>  14	
			Session 2	Session 2	Session 2	Session 2	
FR5 2:45pm-4:00pm	Mobility Training - Online or In-Person  <i>Webb</i> Chairs, Yoga Mats 18	Strength Training for Longevity & Vitality II  <i>Kooperman</i> Chairs (Honeycombed) Sara's Tubing 31	SOULfusion™ EXPERIENCE  <i>Carvalho</i> Dummbells 11	SYMMETRY - Scientific Stretching  <i>Mummy &amp; Bannister-Munn</i>  12	Aqua ZUMBA®  <i>Bostic</i>  10	Nutrition for Lasting Change  <i>Lee</i>  8	Find & Enroll Clients Using Social Media  <i>Clark</i>  12
FR6 4:30pm-5:45pm	Next-Level Core Training  <i>Garcia</i> Stability Balls, Tubing 12	Boost Brain & Body Balance  <i>Gilbert</i> Chairs, Tennis Balls, Pilates Balls, Skinny Foam Rollers 27	Pump Your Peach!  <i>Toole</i> Steps, Risers, Dummbells, Bands-Thigh 19	Gentle Yoga for Mobility  <i>Velaquez</i> Yoga Mats, Yoga Blocks 14	LaBlast® Splash: Buoyant Ballroom Blitz  <i>Dovel</i> Liquid Starts, Aqua Dummbells 8	Nutrition: Hot Topic Research  <i>Layne</i> Whiteboard & Markers 12	Your Financial Health  <i>K. Ross</i>  10
FR7 6:00pm-7:00pm Evening Sessions	Dance Off!		SCW Fitness Star Search	Yin to My Yang			Keynote & Cocktails - Fitness Business Strategies for Impact & Income
	<i>Velazquez, Batyan, Dovel, Carvalho</i>  18		<i>Kooperman, Gilbert, Robinson &amp; Toole</i>  1	<i>Lemons</i> Yoga Mats, Yoga Blocks 26			<i>Clark</i>  34

Saturday, March 1, 2025

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	Luray A	Cirrus A/B	Cirrus C/D	Luray B/C	Private Dining Room	Rockbridge	Layton
SA1 7:30am-8:45am	Killer Core	More Than Muscle: Welcome to the Brain Game	Step it Up!	CoreSpring® Pilates Functional Performance	Aqua Boot Camp BOQ-Ftyle	Pro Athlete Recovery	Rebrand and Thrive
	<i>Appel</i> Tubing, Gliding Disc	<i>Lemons</i> Chairs, Dumbbells	<i>Turner</i> Steps, Dumbbells	<i>d'Anconia</i> Yoga Mats, CoreSprings	<i>Ford</i> BOQs 2:1	<i>Robinson</i>	<i>Gilbert</i>
	25	20	19	8	15	8	10
SA2 9:15am-10:30am	KEYNOTE ADDRESS - Symmetry The Fitness Evolution w/Patrick Mummy 89						
SA3 11:00am-12:15pm	Shoulder Pain: Optimize Through Exercise	S.E.A.T. Supported Exercise for Ageless Training	Barre Hard Core	Stretch Savvy: Hands On Techniques	HIIT the Flow	Body Composition 101	Run Your Fitness Business!
	<i>Webb</i> Chairs, Yoga Mats, PVC	<i>Gilbert</i> Chairs, Dumbbells, Pilates Balls, Bands-Loop	<i>Chilazi</i> Pilates Balls, Gliding Disc, Dumbbells	<i>Bannister-Munn</i> Yoga Mats, Towels	<i>Kulp</i> Aqua Gloves	<i>Han</i>	<i>Day</i>
	27	11	20	13	15	15	10
SA4 12:30pm-1:45pm Session 1	SOULstrentgth™ Experience		Pumped Up Strength			Physics of Pain & Performance	
	<i>Carvalho</i> Dumbbells		<i>Chilazi</i> Dumbbells			<i>Mummy</i>	
	7		20			20	
SA4 1:15pm-2:30pm Session 2		No Gym Equipment? No Excuses		Forever Pilates	Aqua Drums Vibes		Find Your Next 50 Leads
		<i>Garcia</i> PVC, Tennis Balls		<i>Appel</i> Yoga Mats, Pilates Balls	<i>Kulp</i> Indigo Aquatics Drumsticks		<i>Clark</i>
		19		16	18		11
SA5 2:45pm-4:00pm	The Hidden Core	Master Knee-Pain Reduction Strategies	LaBlast® Fitness: Ballroom Blitz	Yin+Restore	Silver Tsunami	Nutrition Panel	Bringing Medicine and Fitness Together
	<i>P. Ross &amp; Corso</i> Kettlebells, PVC	<i>Webb</i> Chairs, Yoga Mats	<i>Cooperman</i> Dumbbells	<i>Greenbaum</i> Yoga Mats	<i>Kulp, Velasquez, Speulveda and Carvalho</i> Aqua Noodles	<i>Layne, Toole, Digsby &amp; Lemons</i>	<i>D. Appel</i>
	18	35	0	16	12	12	10
SA6 4:30pm-5:45pm	Pelvic Floor from the Outside In	Posture & Alignment with Personal Training	The Secret to Rockin' Dance Fitness Classes	High Roller	AB-Solute Aqua Strength!	How to Avoid Being My Patient	Pack Your PT Sessions: Successful Sales
	<i>Layne</i> Pilates Balls, Gliding Disc	<i>Mummy &amp; Bannister-Munn</i>	<i>Batyan</i>	<i>Appel</i> Foam Rollers	<i>Henry</i>	<i>Laskowski</i>	<i>Kooperman, Gilbert, Toole, Rothschild &amp; Webb</i>
	37	12	0	12	12	0	12

Sunday, March 2, 2025

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	Luray A	Cirrus A/B	Cirrus C/D	Luray B/C	Private Dining Room	Rockbridge	Layton
SU1 7:30am-8:45am	Cardio Kickboxing for the Active Ager	LaBlast® Chair Fitness: Pull up a Seat	Prop Power: Amp up Your Barre Workouts	Prana Energy	Aqua Fiesta: Latin Rhythms for All	Preventing Common Fitness Injuries	Boost Memberships: Women 50+
	Lemons	Dovel Chairs, Dumbbells	Chilazi Pilates Balls, Gliding Disc, Bands-Loops, Dumbbells, Barre	Greenbaum Yoga Mats	Sepulveda	Laskowski	Shaver
SU2 9:00am-10:15am	Intervals Reimagined: Strength - Power - Roll	Fifty, Fit & Fierce	Step Up Your Groove	Human Reformer Pilates	Aqa Intervals Roulette	Overworked & Overweight: Impact of Stress on Obesity	Power of "8" Business Growth Strategies
	Conti Foam Rollers	Toole Dumbbells, Pods (2:1), Med Balls	Layne Steps, Risers	Chilazi Tubing (CoreSpring?)	Vandenberg Aqua Dumbbells	Digsby Whiteboard & Markers	Esquerre
SU3 10:45am-12:00pm	Train the Female Athlete	Conquering Sciatic Pain	LaBlast® Fitness for all Ages	Breath Empowerment	AQUAHOLIC	Strength Training for Hormonal Health	Create Value - Retain Clients
	P. Ross & Corso Kettlebells, PVC	Garcia Massage Table, Foam Rollers, Yoga Blocks, LaCrosse Balls	Dovel	Craddock Yoga Mats	Layne	Shaver	Toole
SU4 12:15pm-1:30pm	Active Strengthening with Stretch	AASK Amber: Anti-Aging Survival Kit	Ankle Mechanics for Peak Performance	Barefoot: More than a Trend	Aquatic Equipment Innovations	Healthy Eating for Active Agers	Fitness Manager: Are you Ready?
	K. Ross Chairs, Tubing, Bands-Loops	Toole Dumbbells, Pods (2:1), Massage Sticks	Garcia Massage Table, Foam Rollers, Bands-Loops, LaCrosse Balls	Craddock Yoga Mats, Yoga Blocks, Pods, Tennis Balls	Ford BOQs, Aqua Noodles, Aqua Dumbbells	Lemon	Esquerre
SUNDAY CERTIFICATIONS	Chesapeake BR	Cirrus A	Luray E	Luray D	Potomac BR	Luray F	
	SCW Yoga I Certification 7:30am-3:30pm	SCW Pilates Matwork Certification 7:30am-3:30pm	Symmetry Postural Measurement Certification 7:30am-3:30pm	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm	WIM Practice	
	Velazquez Yoga Mats, Yoga Blocks	Appel Yoga Mats, Pilates Balls	Mummy	Bannister-Munn Yoga Mats, Towels	Vandenberg Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing	WIM Team	