

# FRIDAY, AUG. 23

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Dallas Ballroom 1	Dallas Ballroom 2	Ft Worth 2	Dallas Ballroom 3	Ft Worth 1	Brownsville	Laredo	Waco
FR1 7:30am-8:45am	Killer Core  <i>Appel</i> Tubing, Gliding Disc	Tailored Training for Active Agers  <i>Toole</i> Chairs, Dumbbells, Pods, Yoga Mat, Stability Balls Bands-Flat, Massage Sticks, Yoga Blocks	BARREfusion™ Experience  <i>Vandenberg</i> Barre, Gliding Disc, Dumbbells, 2 Mics	Yoga-Pilates Restore  <i>Bannister-Munn</i> Yoga Straps, Yoga Blocks	BeatBoss™ Tapbacks, Push-ups Yav or Nav <i>Austin &amp; Leadley</i> 2 Bikes on Stage, 2 Mics	H2O Rapid Resistance  <i>Kulp</i>	Inflammation: The Exercise-Nutrition Nexus <i>Fearheiley</i>	Operating a Profitable Boutique Studio <i>Gilbert</i>
	69	61	16	35	8	15	57	10
EXPO SHOPPING 8:45am-9:00am								
FR2 9:00am-10:15am	Core by 4  <i>Wartenberg</i> Chair, Yoga Mats, Dumbbells, Pilates Balls	Sitting Pretty: Strength & Support  <i>Gilbert</i> Pilates Balls, Dumbbells, Tubing	The Warrior® Workout  <i>Roberts</i>	Tiger Tail® Goodbye Back Pain  <i>Zuleger</i> Tiger Tail Massage Sticks, Tiger Tail Balls, PVC	Schwinn®: Savvy Cycling  <i>Schneider</i>	LaBlast® Splash: Buoyant Ballroom Blitz  <i>van Amstel &amp; Solis</i> Liquid Stars	Six Root Causes of Decreased Longevity  <i>Layne</i>	Start & Grow Your Business  <i>Kooperman, Clark, Webb, Day &amp; Ball</i>
	46	35	32	54	38	10	45	28
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Athletic Woman: Function & Strength  <i>Hughes</i> Bands-Loop, Med Balls, Dumbbells, Bands-Thigh, Stick Mobility	"Don't Just Sit There!" - Chair Yoga  <i>Ratliff</i> Chairs 2:1, Yoga Mats, Yoga Blocks 2:1	Prop Power: Amp Up Your Barre Workouts  <i>George</i> Pilates Ball, Gliding Disc, Yoga Blocks, Tubing	Symmetry: Advance Postural Corrective Exercise  <i>Mummy</i>	Schwinn®: Biker Barre  <i>Appel</i> Tubing	Aqua Boot Camp BOQ-style  <i>Ford</i> BOQs 2:1	A Wealth of Gut Health Unlocked  <i>Fearleiley</i>	Find Your Next 50 Leads  <i>Hughes</i>
	86	27	34	37	15	26	59	11
FR4 12:30pm-1:45pm Session 1	Integrated Strength  <i>George</i> Dumbbells	Time With Tissue  <i>Gilbert</i> Chairs, Pilates Ball, PVC, Yoga Mats			Schwinn®: Beast Mode  <i>Schneider</i> Aqua Noodles		Building Muscle While Losing Fat  <i>Layne</i>	
	61	30			24		99	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2			Athletic Flow  <i>Schell</i> Mobility Sticks 2:1	Bring the Toys!  <i>Bannister-Munn</i> Foam Rollers, Tennis Balls, Lacrosse Balls, Massage Peanuts		Aqua Drums Vibes  <i>Wartenberg</i> Indigo Aquatics Drumsticks		Pack Your PT Sessions: Successful Sales <i>Kooperman, Toole, Roberts &amp; Hughes</i>
			22	22		18		18
FR5 2:45pm-4:00pm	Mobility Training - Online or In-Person <i>Webb</i> Chairs, Yoga Mats	Creative Programming 55+  <i>Wartenberg</i>	Ultimate Leg Day  <i>Toole</i> Steps, Yoga Mats, Dumbbells	Functional Pilates  <i>Velazquez</i>	Warrior® Ride  <i>Roberts</i>	Aqua Sit to Stand Skills  <i>Layne</i>	Fit for Business: Leading for Maximum Performance <i>Kooperman</i>	Business Matery: Maximizing Time and Revenue <i>Ricketts</i>
	43	62	81	50	12	15	14	14
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	WARRIOR Strength™: Simple & Seriously "Sticky" <i>de Werd &amp; Ballance</i>  Bands-Loop, Gliding Disc	Strength Training for Longevity & Vitality II <i>Kooperman</i>  Yellow Tubing, Chairs Honeycombed	Kickbox N Chaos  <i>Turner</i>  Dumbbells, Jumpropes	By Any Stretch  <i>Appel</i>  Massage Table, Yoga Mats	Schwinn® Hear Us ROAR  <i>Thews</i>	Buoy, Oh Buoy, Oh Buoy!  <i>Velazquez, Kulp, Wartenberg &amp; Vandenberg</i> Aqua Dumbbells	Nutrition Panel  <i>Layne, Digsby, Toole &amp; Fearheiley</i>	Get "Certified" to Run Your Fitness Business!  <i>Day</i>
	35	76	28	59	14	28	45	15
FR7 6:00pm-7:00pm Evening Sessions		Fitness Idol  <i>Toole, Gilbert &amp; Bannister-Munn</i>	Dance Off!  <i>LaBlast® ZUMBA®, Wartenberg &amp; Velazquez</i>	Yoga Touch  <i>Kooperman</i>  Yoga Mats			Keynote & Cocktails - Fitness Business Strategies for Impact & Income  <i>Clark</i>	
		7	59	81			72	

# SATURDAY, AUG. 24

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Dallas Ballroom 1	Dallas Ballroom 2	Ft Worth 2	Dallas Ballroom 3	Ft Worth 1	Brownsville	Laredo	Waco
SA1 7:30am-8:45am	Deep Core and Pelvic Floor	Active Aging Playground	Welcome II the Terrordome	Human Reformer Pilates	Schwinn® Rhythm Roadtrip	Silver Tsunami	How You Move Matters	Selling Without Selling: It's About the Relationship!
	Layne Pilates Balls, Foam Rollers	Toole Pilates Balls, Pods 2:1, Bands-Loops, Cones, Med Balls	Turner Steps, Dumbbells, Gliding Disc, Bands-Loop, Kettlebells, Wobble Boards	George Tubing	Appel	Velazquez, Kulp, Carroll & Vandenberg	Laskowski	Esquerre
	101	39	24	49	30	14	23	18
EXPO SHOPPING 8:30am-9:15pm								
SA2 9:15am-10:30am	KEYNOTE ADDRESS - Grab for the Gold							
	Where Healthy Meets Happy with Sohailla Digsby, RDN, LD Room B		LaBlast-open/SEAT-close		263 (35% added 8/6/24)			
EXPO SHOPPING 10:30am-11:00am								
SA3 11:00am-12:15pm	Full Body 3D HIIT-Circuit	Shoulder Pain: Optimize Through Exercise	LaBlast® Fitness: Ballroom Blitz	Flow Slow Yoga	Schwinn®: Cycle A la Mode	Aquatic Equipment Innovations	Physics of Pain & Performance	Stretching For Strength - Flexible Foundations Panel
	Hughes Med Balls, Dumbbells, Kettlebells	Webb Chairs, Yoga Mats, PVC	van Amstel & Solis Dumbbells	Thews Yoga Mats, Yoga Straps	Schneider	Ford BOQs, Aqua Noodles, Drumsticks, Liquid Stars, Aqua Dumbbells, Liquid Gym Gloves	Mummy	Toole, Appel, McCormick & Laskowski
	101	73	30	36	4	8	16	45
SA4 12:30pm-1:45pm Session 1			ZUMBA®		Schwinn®: R.I.S.E. & #RideRight	4 Functional Aqua Circuits	Myofascial Release: The Vagus Nerve	
			Melendez		Thews	Layne Aqua Noodles	Zuleger	
			23		24	32	97	
SA4 1:15pm-2:30pm Session 2	WARRIOR Rhythm™   Brave, Bold & Beautiful	S.E.A.T. Supported Exercise for Ageless Training		Tai-Chi Fused Yoga				Find & Enroll Clients Using Social Media
	de Werd Dumbbells, Yoga Mats	Gilbert Chairs, Dumbbells, Pilates Balls, Bands-Loop		Velazquez Yoga Blocks, Yoga Mats				Clark
	53	31		19				30
	Session 2	Session 2		Session 2				Session 2
EXPO SHOPPING 12:00pm-2:45pm								
SA5 2:45pm-4:00pm	Posture & Alignment with Personal Training	Master Knee-Pain Reduction Strategies	SOULkickboxing™	Tiger Tail® Recovery for Longevity	Schwinn® Cycle Mixology	Liquid Gym Acqua Punch & Pump	Chain Reaction Biomechanics	Navigating Legal Pitfalls in Fitness
	Mummy & Bannister-Munn	Webb Chairs, Yoga Mats	Park & Coleman 2 Mics	Zuleger Tiger Tail 18" Original, Tiger Tail 5.0 Ball, Yoga Mats	Appel	Velazquez Liquid Gym Gloves, Tone Loops	Hughes	Ball & Clark
	63	78	46	23	30	23	32	16
EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:30pm-5:45pm	BBB Workout - Ball, Band, Bar	Balance & Coordination for Active Agers	Strengthen & Support	Warrior® Tai Chi Yoga and Qi Gong Fusion	Schwinn®: Rock & Roll Ride	Aqua ZUMBA®	Trending Diets & Weight Loss Meds	Maximize Your Brand's Earning Potential
	Bannister-Munn Stability Balls, PVC, Bands-Loop, Bands-Thigh, Pilates Balls, Tubing, Gliding Disc	Velazquez Chairs, Tennis Balls	Schell Mobility Sticks 2:1	Roberts Yoga Mats	Thews	Melendez	Digsby Whiteboard & Markers	Esquerre & McCormick
	86	68	14	20	20	30	57	16



# SUNDAY, AUG. 25

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Dallas Ballroom 1	Dallas Ballroom 2	Ft Worth 2	Dallas Ballroom 3	Ft Worth 1	Brownsville	Laredo	Waco
SU1 7:30am-8:45am	Power In the Transverse Plane	Fusion Revolution	LaBlast® Kids Fitness: Creative Movement Revolutionized	The Battle for Mobility	BeatBoss™ Bike Sculpting Done Right	Ride the Wave	The Gut - Sleep Network Effect	Fitness Marketing Masterclass: Insider Tips
	<i>Mike</i> Med Balls, Bands-Loop, Kettlebells, PVC, Dumbbells	<i>Schell</i> Mobiity Sticks 2:1	<i>van Amstel &amp; Solis</i> Dumbbells	<i>McCormick</i> Foam Rollers, Pilates Balls, Massage Sticks	<i>Austin &amp; Leadley</i> 2 Bikes on Stage, 2 Mics	<i>Kulp, Carroll &amp; Vandenberg</i> Aqua Noodles	<i>Layne</i> Whiteboard & Markers	<i>Tate</i>
	43	14	5	53	24	19	39	15
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	WARRIOR Combat™  Keep Fighting	LaBlast® Chair Fitness: Pull Up a Seat	Fundamentals of Squat Progressions and Variations	Functional Soft Tissue: Mobility & Stability		Liquid Gym Acqua Toner Stretch & Tone	Kitchen Makeover for Food Lovers	PT 2024: Meet The Hybrid Fitness Professional
	<i>de Werd</i> Dumbbells, 2 Mics	<i>van Amstel &amp; Solis</i> Chairs, Dumbbells	<i>Mike</i> Chairs, PVC	<i>Hughes</i> Foam Rollers, Stick Mobility		<i>Kulp</i> Toner Bands, Toner Bar, Liquid Stars	<i>Digsby</i> Whiteboard & Markers	<i>Esquerre</i>
	34	24	51	46		11	41	12
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	Barre Hard Core	TaiChi Flow: Recovery for GXs & PTs	10 Best Bodyweight & Band Exercises	SOULfusion™ Experience		Beautiful Buoyant Booty	Preventing Common Fitness Injuries	Create Content to Boost Sales
	<i>George</i> Pilates Balls, Gliding Disc, Tubing, Bands-Loop	<i>Glassmeyer</i> Chairs	<i>McCormick</i> Bands-Thigh, Tubing	<i>Park</i> Dumbbells, Yoga Mats		<i>Vandenberg</i> Aqua Noodles, Aqua Dumbbells	<i>Laskowski</i>	<i>Toole</i>
	28	11	92	26		11	43	11
SU4 12:15pm-1:30pm	Optimal Overhead Pressing	Perfect Programming for Active Agers	Step It Up!	TaiChi: The Mind/Body Experience		Core Fusion H2O	Navigating Nutrition Overwhelm: Fact vs Fiction	Monetize Your Bottom Line
	<i>Mike</i> PVC, Kettlebells, Dumbbells, Bands-Strength, Tubing	<i>Toole</i> Chairs, Pods, Dumbbells	<i>Turner</i> Steps, Dumbbells	<i>Glassmeyer</i>		<i>Vandenberg</i>	<i>Digsby</i> Whiteboard & Markers	<i>McCormick</i>
	30	55	47	14		22	38	7
	Austin 2	El Paso	Frisco	Austin 3	Austin 1	Galveston	Amarillo	
SUNDAY CERTIFICATIONS	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm	SCW Yoga I Certification 7:30am-3:30pm	ZUMBA® Basic 1 Training 7:30am-3:30pm	Symmetry Postural Measurement Certification 7:30am-3:30pm	Warrior® Tai Chi Yoga Instructor Certification 7:30am-3:30pm	SCW Pilates Matwork Certification 7:30am-3:30pm	
	<i>Appel</i> Massage Table, Yoga Mats, Yoga Straps, Tennis Balls, Foam Rollers	<i>Gilbert</i> Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing	<i>Thews</i> Yoga Mats, Yoga Blocks, Yoga Straps	<i>Melendez</i>	<i>Mummy</i>	<i>Roberts</i>	<i>Velazquez</i>	
	10	3	2			2	8	