



TIME	CODE	SESSION	PRESENTER
FRIDAY, AUGUST 23			
7:30am - 8:45am	FR1A	KILLER CORE	APPEL
9:00am - 10:15am	FR2A	CORE BY 4	WARTENBERG
11:00am - 12:15pm	FR3A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
12:30pm -1:45pm	FR4A	INTEGRATED STRENGTH	GEORGE
2:45pm - 4:00pm	FR5A	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
4:30pm - 5:45pm	FR6A	WARRIOR STRENGTH™: SIMPLE & SERIOUSLY “STICKY”	de WERD & BALLANCE
6:00pm – 7:00pm	FR7A	WORKOUT WITH B-BOARD®	VANDENDRIESSCHE
SATURDAY, AUGUST 24			
7:30am - 8:45am	SA1A	DEEP CORE AND PELVIC FLOOR	LAYNE
11:00am - 12:15pm	SA3A	FULL BODY 3D HIIT-CIRCUIT	HUGHES
1:15pm – 2:30pm	SA4A	WARRIOR RHYTHM™ BRAVE, BOLD & BEAUTIFUL	de WERD
2:45pm - 4:00pm	SA5A	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY & BANNISTER-MUNN
4:30pm - 5:45pm	SA6A	BBB WORKOUT – BALL, BAND, BAR	BANNISTER-MUNN
SUNDAY, AUGUST 25			
7:30am - 8:45am	SU1A	POWER IN THE TRANSVERSE PLANE	MIKE
9:00am - 10:15am	SU2A	WARRIOR COMBAT™ KEEP FIGHTING	de WERD
10:45am - 12:00pm	SU3A	BARRE HARD CORE	GEORGE
12:15pm-1:30pm	SU4A	OPTIMAL OVERHEAD PRESSING	MIKE



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FRIDAY, AUGUST 23			
7:30am - 8:45am	FR1B	TAILORED TRAINING FOR ACTIVE AGERS	TOOLE
9:00am - 10:15am	FR2B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
11:00am - 12:15pm	FR3B	‘DON’T JUST SIT THERE!’ – CHAIR YOGA	RATLIFF
12:30pm – 1:45pm	FR4B	TIME WITH TISSUE	GILBERT
2:45pm - 4:00pm	FR5B	CREATIVE PROGRAMMING 55+	WARTENBERG
4:30pm - 5:45pm	FR6B	STRENGTH TRAINING FOR LONGEVITY & VITALITY II	KOOPERMAN
6:00pm – 7:00pm	FR7B	FITNESS IDOL	TOOLE, GILBERT, ESQUERRE & BANNISTER-MUNN
SATURDAY, AUGUST 24			
7:30am - 8:45am	SA1B	ACTIVE AGING PLAYGROUND	TOOLE
9:15am – 10:30am	SA2B	KEYNOTE: WHERE HEALTHY MEETS HAPPY	DIGSBY
11:00am - 12:15pm	SA3B	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
1:15pm – 2:30pm	SA4B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
2:45pm - 4:00pm	SA5B	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
4:30pm - 5:45pm	SA6B	BALANCE & COORDINATION FOR ACTIVE AGERS	VELAZQUEZ
SUNDAY, AUGUST 25			
7:30am - 8:45am	SU1B	FUSION REVOLUTION	SCHELL
9:00am - 10:15am	SU2B	LABLAST® CHAIR FITNESS: PULL UP A SEAT	van AMSTEL & SOLIS
10:45am - 12:00pm	SU3B	TAICHI FLOW: RECOVERY FOR GXS & PTS	GLASSMEYER
12:15pm - 1:30pm	SU4B	PERFECT PROGRAMMING FOR ACTIVE AGERS	TOOLE



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FRIDAY, AUGUST 23			
7:30am - 8:45am	FR1C	BARREFUSION™ EXPERIENCE	VANDENBERG
9:00am - 10:15am	FR2C	THE WARRIOR® WORKOUT	ROBERTS
11:00am - 12:15pm	FR3C	PROP POWER: AMP UP YOUR BARRE WORKOUTS	GEORGE
1:15pm – 2:30pm	FR4C	ATHLETIC FLOW	SCHELL
2:45pm - 4:00pm	FR5C	ULTIMATE LEG DAY	TOOLE
4:30pm - 5:45pm	FR6C	KICKBOX N CHAOS	TURNER
6:00pm – 7:00pm	FR7C	DANCE OFF!	LABLAST®, ZUMBA®, ALTERNATIVE BALANCE, FIT PRO PROGRAMMING, WARTENBERG & VELAZQUEZ
SATURDAY, AUGUST 24			
7:30am - 8:45am	SA1C	WELCOME II THE TERRORDOME	TURNER
11:00am - 12:15pm	SA3C	LABLAST® FITNESS: BALLROOM BLITZ	van AMSTEL & SOLIS
12:30pm-1:45pm	SA4C	ZUMBA®	MELENDEZ
2:45pm - 4:00pm	SA5C	SOULKICKBOXING™	PARK & COLEMAN
4:30pm - 5:45pm	SA6C	STRENGTHEN & SUPPORT	SCHELL
SUNDAY, AUGUST 25			
7:30am - 8:45am	SU1C	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED	van AMSTEL & SOLIS
9:00am - 10:15am	SU2C	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS	MIKE
10:45am - 12:00pm	SU3C	10 BEST BODYWEIGHT & BAND EXERCISES	MCCORMICK
12:15pm - 1:30pm	SU4C	STEP IT UP!	TURNER



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FRIDAY, AUGUST 23			
7:30am - 8:45am	FR1D	YOGA-PILATES RESTORE	BANNISTER-MUNN
9:00am - 10:15am	FR2D	TIGER TAIL® GOODBYE BACK PAIN	ZULEGER
11:00am - 12:15pm	FR3D	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
1:15pm – 2:30pm	FR4D	BRING THE TOYS!	BANNISTER-MUNN
2:45pm - 4:00pm	FR5D	FUNCTIONAL PILATES	VELAZQUEZ
4:30pm - 5:45pm	FR6D	BY ANY STRETCH	APPEL
6:00pm - 7:00pm	FR7D	YOGA TOUCH	KOOPERMAN
SATURDAY, AUGUST 24			
7:30am – 8:45am	SA1D	HUMAN REFORMER PILATES	GEORGE
11:00am - 12:15pm	SA3D	FLOW SLOW YOGA	THEWS
1:15pm – 2:30pm	SA4D	TAI-CHI FUSED YOGA	VELAZQUEZ
2:45pm - 4:00pm	SA5D	TIGER TAIL® RECOVERY FOR LONGEVITY	ZULEGER
4:30pm - 5:45pm	SA6D	WARRIOR® TAI CHI YOGA AND QI GONG FUSION	ROBERTS
SUNDAY, AUGUST 25			
7:30am - 8:45am	SU1D	THE BATTLE FOR MOBILITY	MCCORMICK
9:00am - 10:15am	SU2D	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY	HUGHES
10:45am - 12:00pm	SU3D	SOULFUSION™ EXPERIENCE	PARK
12:15pm - 1:30pm	SU4D	TAICHI: THE MIND/BODY EXPERIENCE	GLASSMEYER



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FRIDAY, AUGUST 23			
7:30am – 8:45am	FR1E	BEATBOSS™ TAPBACKS, PUSH-UPS YAY OR NAY	AUSTIN & LEADLEY
9:00am - 10:15am	FR2E	SCHWINN®: SAVVY CYCLING	SCHNEIDER
11:00am - 12:15pm	FR3E	SCHWINN®: BIKER BARRE	APPEL
12:30pm -1:45pm	FR4E	SCHWINN®: BEAST MODE	SCHNEIDER
2:45pm – 4:00pm	FR5E	WARRIOR® RIDE	ROBERTS
4:30pm – 5:45pm	FR6E	SCHWINN®: HEAR US ROAR	THEWS
SATURDAY, AUGUST 24			
7:30am - 8:45am	SA1E	SCHWINN®: RHYTHM ROADTRIP	APPEL
11:00am - 12:15pm	SA3E	SCHWINN®: CYCLE A LA MODE	SCHNEIDER
12:30pm – 1:45pm	SA4E	SCHWINN®: R.I.S.E. & #RIDERIGHT	THEWS
2:45pm-4:00pm	SA5E	SCHWINN®: CYCLE MIXOLOGY	APPEL
4:30pm-5:45pm	SA6E	SCHWINN®: ROCK & ROLL RIDE	THEWS
SUNDAY, AUGUST 25			
7:30am - 8:45am	SU1E	BEATBOSS™ BIKE SCULPTING DONE RIGHT	AUTIN & LEADLEY



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FRIDAY, AUGUST 23			
7:30am - 8:45am	FR1F	H2O RAPID RESISTANCE	KULP
9:00am - 10:15am	FR2F	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ	van AMSTEL & SOLIS
11:00am - 12:15pm	FR3F	AQUA BOOT CAMP BOQ-STYLE	FORD
1:15pm – 2:30pm	FR4F	AQUA DRUMS VIBES	WARTENBERG
2:45pm - 4:00pm	FR5F	AQUA SIT TO STAND SKILLS	LAYNE
4:30pm - 5:45pm	FR6F	BUOY, OH BUOY, OH BUOY!	VELAZQUEZ, KULP, WARTENBERG & VANDENBERG
SATURDAY, AUGUST 24			
7:30am - 8:45am	SA1F	SILVER TSUNAMI	VELAZQUEZ, KULP, CARROLL & VANDENBERG
11:00am - 12:15pm	SA3F	AQUATIC EQUIPMENT INNOVATIONS	FORD
12:30pm – 1:45pm	SA4F	4 FUNCTIONAL AQUA CIRCUITS	LAYNE
2:45pm - 4:00pm	SA5F	LIQUID GYM ACQUA PUNCH & PUMP	VELAZQUEZ
4:30pm - 5:45pm	SA6F	AQUA ZUMBA®	MELENDEZ
SUNDAY, AUGUST 25			
7:30am - 8:45am	SU1F	RIDE THE WAVE	KULP, CARROLL & VANDENBERG
9:00am - 10:15am	SU2F	LIQUID GYM ACQUA TONER STRETCH & TONE	KULP
10:45am - 12:00pm	SU3F	BEAUTIFUL BUOYANT BOOTY	VANDENBERG
12:15pm - 1:30pm	SU4F	CORE FUSION H2O	VANDENBERG



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FRIDAY, AUGUST 23			
7:30am - 8:45am	FR1G	INFLAMMATION: THE EXERCISE-NUTRITION NEXUS	FEARHEILEY
9:00am - 10:15am	FR2G	SIX ROOT CAUSES OF DECREASED LONGEVITY	LAYNE
11:00am - 12:15pm	FR3G	A WEALTH OF GUT HEALTH UNLOCKED	FEARHEILEY
12:30pm – 1:45pm	FR4G	BUILDING MUSCLE WHILE LOSING FAT	LAYNE
2:45pm - 4:00pm	FR5G	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE	KOOPERMAN
4:30pm - 5:45pm	FR6G	NUTRITION PANEL	LAYNE DIGSBY, TOOLE & FEARHEILEY
6:00pm – 7:00pm	FR7G	KEYNOTE & COCKTAILS – FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME	CLARK
SATURDAY, AUGUST 24			
7:30am - 8:45am	SA1G	HOW YOU MOVE MATTERS	LASKOWSKI
11:00am - 12:15pm	SA3G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
12:30pm – 1:45pm	SA4G	MYOFASCIAL RELEASE: THE VAGUS NERVE	ZULEGER
2:45pm - 4:00pm	SA5G	CHAIN REACTION BIOMECHANICS	HUGHES
4:30pm - 5:45pm	SA6G	TRENDING DIETS & WEIGHT LOSS MEDS	DIGSBY
SUNDAY AUGUST 25			
7:30am - 8:45am	SU1G	THE GUT – SLEEP NETWORK EFFECT	LAYNE
9:00am - 10:15am	SU2G	KITCHEN MAKEOVER FOR FOOD LOVERS	DIGSBY
10:45am - 12:00pm	SU3G	PREVENTING COMMON FITNESS INJURIES	LASKOWSKI
12:15pm-1:30pm	SU4G	NAVIGATING NUTRITION OVERWHELM: FACT VS FICTION	DIGSBY



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FRIDAY, AUGUST 23			
7:30am - 8:45am	FR1H	OPERATING A PROFITABLE BOUTIQUE STUDIO	GILBERT
9:00am - 10:15am	FR2H	START & GROW YOUR BUSINESS	KOOPERMAN, CLARK, WEBB, DAY & BALL
11:00am - 12:15pm	FR3H	FIND YOUR NEXT 50 LEADS	CLARK
1:15pm – 2:30pm	FR4H	PACK YOUR PT SESSIONS: SUCCESSFUL SALES	KOOPERMAN, TOOLE , WEBB & HUGHES
2:45pm - 4:00pm	FR5H	BUSINESS MASTERY: MAXIMIZING TIME AND REVENUE	RICKETTS
4:30pm - 5:45pm	FR6H	GET “CERTIFIED” TO RUN YOUR FITNESS BUSINESS!	DAY
SATURDAY, AUGUST 24			
7:30am - 8:45am	SA1H	SELLING WITHOUT SELLING: IT’S ABOUT THE RELATIONSHIP!	ESQUERRE
11:00am - 12:15pm	SA3H	STRETCHING FOR STRENGTH – FLEXIBLE FOUNDATIONS PANEL	TOOLE, APPEL, MCCORMICK, ROBERTS & LASKOWSKI
1:15pm – 2:30pm	SA4H	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
2:45pm - 4:00pm	SA5H	NAVIGATING LEGAL PITFALLS IN FITNESS	BALL & CLARK
4:30pm - 5:45pm	SA6H	MAXIMIZE YOUR BRAND’S EARNING POTENTIAL	ESQUERRE & MCCORMICK
SUNDAY, AUGUST 25			
7:30am - 8:45am	SU1H	FITNESS MARKETING MASTERCLASS: INSIDER TIPS	TATE
9:00am - 10:15am	SU2H	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL	ESQUERRE
10:45am - 12:00pm	SU3H	CREATE CONTENT TO BOOST SALES	TOOLE
12:15pm – 1:30pm	SU4H	MONETIZE YOUR BOTTOM LINE	MCCORMICK