



TIME	CODE	SESSION	PRESENTER
FRIDAY, APRIL 14			
7:30am - 8:45am	FR1A	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
9:00am - 10:15am	FR2A	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS	ROTHSCHILD
11:00am - 12:15pm	FR3A	MANUAL DEXTERITY TRAINING	GILBERT
12:30pm-1:45pm	FR4A	FUNCTIONAL FITNESS 50+	TOOLE
2:45pm - 4:00pm	FR5A	BALANCE & COORDINATION FOR ACTIVE AGERS	VELAZQUEZ
4:30pm - 5:45PM	FR6A	AGING WITH STRENGTH & GRACE	DZIUBINSKI
6:00pm - 7:00pm	FR7A	FITNESS IDOL	KOOPERMAN, GILBERT, BANNISTER- MUNN & MCBEE
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1A	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
9:15am - 10:30am	SA2A	KEYNOTE: EXERCISE IS MEDICINE	LASKOWSKI
11:00am - 12:15pm	SA3A	ABSOLUTE CORE YOU’VE NEVER TRIED	CHRISTOPHER
12:30pm-1:45pm	SA4A	STRENGTH TRAINING FOR LONGEVITY & VITALITY	KOOPERMAN
2:45pm - 4:00pm	SA5A	BALANCE & STABILITY FOR ACTIVE AGERS	GILBERT
4:30pm - 5:45pm	SA6A	FUNCTIONAL TRAINING WITH FOAM ROLLERS	GARCIA
SUNDAY, APRIL 16			
7:30am - 8:45am	SU1A	LABLAST® CHAIR FITNESS	FIGUEROA
9:00am - 10:15am	SU2A	PERFECT PROGRAMMING FOR ACTIVE AGERS	TOOLE
10:45am-12:00pm	SU3A	PRE-HAB FOR OLDER ADULTS	WARTENBERG
12:15pm-1:30pm	SU4A	MOBILITY, FASCIA & THE ACTIVE AGER	MCCORMICK



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FRIDAY, APRIL 14			
7:30am - 8:45am	FR1B	LEVEL UP YOUR STRENGTH CLASSES!	BANNISTER-MUNN
9:00am - 10:15am	FR2B	DYNAMIC CORE TRAINING	MCBEE
11:00am - 12:15pm	FR3B	KILLER CORE	APPEL
1:15pm-2:30pm	FR4B	FUNCTIONAL CORE TRAINING	GARCIA
2:45pm - 4:00pm	FR5B	BODY WEIGHT EXERCISES YOU ARE UNDERUTILIZING	WILLIAMS
4:30pm - 5:45pm	FR6B	FLUID CORE FUSION	VELAZQUEZ
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1B	LEG CIRCUIT BLAST FOR POWER	WILLIAMS
11:00am - 12:15pm	SA3B	STABILITY BALL BREAKTHROUGH	BANNISTER-MUNN
1:15pm-2:30pm	SA4B	CREATE A SIGNATURE HIIT CLASS	MEDINA
2:45pm - 4:00pm	SA5B	RESISTANCE BAND TOTAL BODY WORKOUT	BANNISTER-MUNN
4:30pm - 5:45pm	SA6B	SEXY, SMART STRENGTH FOR WOMEN	MCCORMICK
SUNDAY, APRIL 16			
7:30am - 8:45am	SU1B	HOW TO HANDLE HYPERTROPHY	ROBINSON
9:00am - 10:15am	SU2B	BEAUTY & THE BEAST: YOGA POWER BAR	WARTENBERG
10:45am - 12:00pm	SU3B	TOP TIER CORE CONDITIONING	ROBINSON
12:15pm - 1:30pm	SU4B	LIT 101 (LOW IMPACT TRAINING)	ROBINSON



FLORIDAMANIA®

FITNESS PRO CONVENTION

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HEALTH & FITNESS
BUSINESS SUMMIT

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TIME	CODE	SESSION	PRESENTER
FRIDAY, APRIL 14			
7:30am - 8:45am	FR1C	YOGA-BATA VIIT	MALAGHAN
9:00am - 10:15am	FR2C	TAI-CHI FUSED YOGA	VELAZQUEZ
11:00 - 12:15pm	FR3C	HANDS ON STRETCHING	BANNISTER-MUNN
12:20pm – 1:45pm	FR4C	SYMMETRY: ADVANCED “POSTRUAL” CORRECTIVE EXERCISE	MUMMY
2:45pm - 4:00pm	FR5C	YOGA-PILATES RESTORE	BANNISTER-MUNN
4:30pm - 5:45pm	FR6C	CORRECTIVE EXERCISE STRATEGIES FOR THE ANKLE	WILLIAMS
6:00pm – 7:00pm	FR7C	MYOFASCIAL RECOVERY	GARCIA
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1C	BY ANY STRETCH	APPEL
11:00am - 12:15pm	SA3C	HIGH ROLLER	APPEL
12:30pm – 1:45pm	SA4C	GENTLE YOGA FOR MOBILITY	VELAZQUEZ
2:45pm - 4:00pm	SA5C	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
4:30pm – 5:45pm	SA6C	HAPPY HIPS & HEALTHY BACKS	FULTON
SUNDAY, APRIL 16			
7:30am - 8:45am	SU1C	ACTIVE RECOVERY FOR OPTIMAL PERFORMANCE	FULTON
9:00am - 10:15am	SU2C	ADAPTIVE TAICHI: MOVING DESPITE LIMITATIONS	GLASSMEYER
10:45am - 12:00pm	SU3C	SHOULDERS: PROTECTION & PERFORMANCE	CHRISTOPHER
12:15pm - 1:30pm	SU4C	5 SECONDS TO IMPROVED FLEXIBILITY	FULTON



TIME	CODE	SESSION	PRESENTER
FRIDAY, APRIL 14			
7:30am - 8:45am	FR1D	ELITE HIIT FOR BARRE	MCCORMICK
9:00am - 10:15am	FR2D	MOVEMENT TRAINING: KEEPING IT R.A.W.©!	ROBBINS
11:00am - 12:15pm	FR3D	LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION.	FIGUEROA
1:15pm-2:30pm	FR4D	COACHING THE STATION BASED CIRCUIT WORKOUT	MCBEE
2:45pm - 4:00pm	FR5D	BRAZILY DANCE EXPERIENCE	SANTOS & SANTOS
4:30pm - 5:45pm	FR6D	BAREFOOT KICKBOX	MEDINA
6:00pm – 7:00pm	FR7D	DANCE OFF – WARTENBERG (MODERATOR)	LABLAST®, BRAZILY, VELAZQUEZ, GHADBAN & HAGGARD
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1D	TOTAL BODY SHAPING	MCBEE
11:00am - 12:15pm	SA3D	LABLAST® FITNESS: EMOTIONAL WEALTH	FIGUEROA
1:15pm – 2:30pm	SA4D	DISCOVER A TEACHING VACATION	GHADBAN
2:45pm - 4:00pm	SA5D	MAKE YOUR BRAINSWEAT©	ROBBINS
4:30pm – 5:45pm	SA6D	KICKBOX VS RESISTANCE	MEDINA
SUNDAY, APRIL 16			
7:30am - 8:45am	SU1D	JUST BEAT IT!	WARTENBERG
9:00am - 10:15am	SU2D	KICKBOXING GROOVE	HAGGARD
10:45am - 12:00pm	SU3D	QUICK & DIRTY 30 – 2023	MCCORMICK
12:15pm - 1:30pm	SU4D	DANCE PARTY FITNESS	HAGGARD



TIME	CODE	SESSION	PRESENTER
FRIDAY, APRIL 14			
7:30am - 8:45am	FR1E	SCHWINN®: R.I.S.E. & #RIDERIGHT	APPEL
9:00am - 10:15am	FR2E	SCHWINN®: DYNAMIC DUOS – CYCLING FUSION	HOGG
11:00am - 12:15pm	FR3E	SCHWINN®: POLISHING DIAMONDS – LEVEL UP	SHERMAN
12:30pm-1:45pm	FR4E	SCHWINN®: LEADER OF THE PACK	HOGG
2:45pm - 4:00pm	FR5E	SCHWINN®: LET THE BEAT DROP	APPEL
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1E	SCHWINN®: PRIME DESIGN 2.0	HOGG
11:00am - 12:15pm	SA3E	SCHWINN®: CYCLE MIXOLOGY – KILLER PLAYLISTS	SHERMAN
1:15pm – 2:30pm	SA4E	SCHWINN®: BREATHY NOT BREATHLESS	APPEL
2:45pm - 4:00pm	SA5E	SCHWINN®: TRI-CYCLE TRIPLE THREAT	HOGG
4:15pm - 5:30pm	SA6E	SCHWINN®: PEDAL N PULSE	APPEL



TIME	CODE	SESSION	PRESENTER
FRIDAY, APRIL 14			
7:30am - 8:45am	FR1F	AQUA STRIDES & STRENGTH	DZIUBINSKI
9:00am - 10:15am	FR2F	CHANGING TIDES – H2O TABATA STYLE	KULP
11:00am - 12:15pm	FR3F	WATER WORKS	VELAZQUEZ & KULP
1:15pm-2:30pm	FR4F	EASY-GRIP AQUA DUMBBELL WORKOUT	KULP
2:45pm - 4:00pm	FR5F	LABLAST® SPLASH: EMOTIONAL WEALTH	FIGUEROA
4:30pm - 5:45pm	FR6F	STRONG & STABLE AQUA	LAYNE
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1F	SPLISH SPLASH CALORIE SMASH	MALAGHAN
11:00am - 12:15pm	SA3F	STRENGTH BENEATH THE SURFACE	PLUIMMENTZ
12:30pm – 1:45pm	SA4F	FREE TO MOVE IN THE POOL	DZIUBINSKI
2:45pm - 4:00pm	SA5F	TURBULENCE TRAINING	PLUIMMENTZ
4:30pm – 5:45pm	SA6F	SILVER TSUNAMI	VELAZQUEZ & KULP
SUNDAY, APRIL 16			
7:30am - 8:45am	SU1F	AQUA DISCO	HAGGARD
9:00am - 10:15am	SU2F	SWIM UP BARRE	MALAGHAN
10:45am - 12:00pm	SU3F	H2O STRENGTH	KULP
12:15pm - 1:30pm	SU4F	AQUA RUNNING & CONDITIONING	WARTENBERG



TIME	CODE	SESSION	PRESENTER
FRIDAY, APRIL 14			
7:30am - 8:45am	FR1G	DIET VS EXERCISE: FOOD CHOICES ALWAYS WIN	FEARHEILEY
9:00am - 10:15am	FR2G	FEASTING & FASTING	LAYNE
11:00am - 12:15pm	FR3G	INFORMATION & ENERGY – KEYS TO HEALTH	TECLAW
12:20pm – 1:45pm	FR4G	FIVE FAT-BURNING HORMONES	LAYNE
2:45pm - 4:00pm	FR5G	HEALTHY EATING FOR ACTIVE AGERS	MALAGHAN
4:30pm - 5:45pm	FR6G	FUNCTIONAL FOODS FOR A FANTASTIC YOU	FEARHEILEY
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1G	CHASING THE DRAGON	LAYNE
11:00am - 12:15pm	SA3G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
1:15pm – 2:30pm	SA4G	WHAT IS PRIMAL FITNESS?	RUP SIS
2:45pm - 4:00pm	SA5G	FUTURE WELLNESS: BIOENERGETICS	TECLAW
4:30pm - 5:45pm	SA6G	CHILDHOOD & ADOLESCENT OBESITY: HEALTHY GUIDANCE	FEARHEILEY
SUNDAY, APRIL 16			
7:30am - 8:45am	SU1G	OPTIMAL RECOVERY	LAYNE
9:00am - 10:15am	SU2G	FIX 7 MENOPAUSE SYSTEMS WITH EXERCISE	ATKINSON
10:45am - 12:00pm	SU3G	BRAIN SCIENCE	LAYNE
12:15pm - 1:30pm	SU4G	FAD DIETS & FAILED EXPECTATIONS	TOOLE



TIME	CODE	SESSION	PRESENTER
FRIDAY, APRIL 14			
7:30am - 8:45am	FR1H	PERSONAL AND SMALL GROUP TRAINING SALES	MCBEE
9:00am - 10:15am	FR2H	ENTREPRENEURSHIP & OPENING	SHEPPARD
11:00am - 12:15pm	FR3H	CONTENT CREATION IN PARADISE	GHADBAN
1:15pm – 2:30pm	FR4H	CLUB, STUDIO & CLIENT RETENTION	KOOPERMAN
2:45pm - 4:00pm	FR5H	OPERATIONS: 5 COMPONENTS OF BUSINESS	SHEPPARD
4:30pm - 5:45pm	FR6H	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, CLARK, MCBEE, TOOL & CHRISTOPHER
SATURDAY, APRIL 15			
7:30am - 8:45am	SA1H	MONETIZING YOUR PASSION & SKILLS	ESQUERRE
11:00pm - 12:15pm	SA3H	STAND OUT ON SOCIAL MEDIA	CLARK
12:30pm – 1:45pm	SA4H	PERSONAL TRAININGS MISSING PLAYBOOK	CHRISTOPHER
2:45pm - 4:00pm	SA5H	FITNESS LOGIC: COMMON SENSE TRAINING	CHRISTOPHER
4:15pm - 5:30pm	SA6H	CREATE VALUE – RETAIN CLIENTS	TOOLE
SUNDAY, APRIL 16			
7:30am - 8:45am	SU1H	AGE-PROOF MARKETING	ATKINSON
9:00am - 10:15am	SU2H	STRETCHING FOR STRENGTH – FLEXIBLE FOUNDATIONS PANEL	KOOPERMAN, FULTON, MCCORMICK, MUMMY & CHRISTOPHER
10:45am - 12:00pm	SU3H	WELLNESS PROGRAMMING TO ATTRACT THE NON-EXERCISER	BELLENGER
12:15pm - 1:30pm	SU4H	GROW YOUR BUSINESS BY ADDING VALUE	ESQUERRE