

Friday, May 3, 2024

Room	A	B	C	D	E	F	G
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	GRAND SIERRA F	GRAND SIERRA I	GRAND SIERRA G	GRAND SIERRA H	CURACAO 6/7	CURACAO 5	CURACAO 1
FR1 7:30am-8:45am	STRYKE Mansour & McNally Stryke Bags  21	Mobility Training Online or In-Webb Chairs, Yoga Mats  52	Ultimate Leg Day Toole Steps, Yoga Mats, Dumbbells  42	Yoga-Pilates Restore Bannister-Munn Yoga Straps, Yoga Blocks  50	Aquatic Personal Training Malaghan Aqua Dumbbells, Aqua Noodles, Dumbbells, Gliding Disc, Bands-Strength  25	Navigating Nutrition Digsby Whiteboard & Markers  29	Operating a Profitable Boutique Gilbert  14
EXPO SHOPPING 8:45am-9:00am							
FR2 9:00am-10:15am	WARRIOR Strength™: Simple & de Werd Dumbbells, Yoga Mats, Bands-Loop, Gliding Disc, 2 Mics  36	Senior Circuit Haggard Pods, Dumbbells, Kettlebells, Agiligty Ladder, 2 Stability Balls, Med Balls, Wobbleboard  62	Arm Candy Appel Tubing, Gliding Disc, Bands-Loops  53	Tiger Tail® Goodbye Back Pain Zuleger Tiger Tail Massage Sticks and Balls, PVC  52	LaBlast® Splash: Buoyant Ballroom Blitz Figueroa Liquid Stars  15	Sip or Skip: Alcohol's True Layne Whiteboard & Markers  17	Personal Training: A Lifelong Hughes  13
EXPO SHOPPING 10:00am-11:00am							
FR3 11:00am-12:15pm	Killer Core Appel Tubing, Gliding Disc  91	Sitting Pretty Strength & Gilbert Chairs, Pilates Balls, Dumbbells, Tubing  34	The Sold-Out Class Strategy Robinson  18	Symmetry: Advanced Postural Mummy  41	Ride the Wave Velazquez, Haggard & Vandenberg Aqua Noodles  28	Sugar, Snacks & Heart Attacks Digsby Whiteboard & Markers  24	Growth: Must or Bust Hughes, Evans  14
FR4 12:30pm-1:45pm Session 1	Full Body 3D HIIT-Circuit Hughes Med Balls, Dumbbells, Kettlebells, Gliding Disc, PVC pipes  48	Free your Feet: Sponsored bby Evans Wobbleboards (5), Wobble Cushions (5), Kettlebells  20			Liquid Gym Acqua Punch & Pump Velazquez Liquid Gym Gloves, Tone Loops  25	Six Root Causes of Decreased Layne Whiteboard & Marker  42	
	Session 1	Session 1			Session 1	Session 1	
EXPO SHOPPING 12:00pm-2:45pm							
FR4 1:15pm-2:30pm Session 2			Beyond Squat: Unconventional Rockit  52	Warrior® Tai Chi Yoga Qi Gong Roberts Yoga Mats  42			Selling Without Selling: It's Esquerre  20
			Session 2	Session 2			Session 2
FR5 2:45pm-4:00pm	Fluid Core Fusion Velazquez Dumbbells, Gliding Disc, Pilates Balls, Med Balls  42	Bodyfit: Tips on Modifications Ross Chairs, Tubing, Pilates Balls  48	LaBlast® Kids Fitness: Creative Mikszan  8	Pilates: Mat to the Max Appel Yoga Mats  53	Country Fusion® Aquatics Mooney  10	Building Muscle While Losing Layne Whiteboard & Markers  70	Organize and Simplify Lead Clark  14
EXPO SHOPPING 3:45pm-4:30pm							
FR6 4:30pm-5:45pm	Deep Core and Pelvic Floor Layne Pilates Balls, Foam Rollers  101	The Warrior® Workout Roberts  21	Kickbox N Chaos Turner Dumbbells, Jumppropes  31	"Don't Just Sit There!" Ratliff Chairs 2:1, Yoga Mats, Yoga Blocks 2:1  30	Aqua - Intervelocity Dziubinski  22	How You Move Matters Laskowski  28	FitBiz Finances: Boost, Day  14
FR7 6:00pm-7:00pm Evening Sessions	Dance Off! Fusion®, Velazquez, Haggard  48	Fitness Idol Bannister-Munn  14		Recovery Through Meditation Rockit Yoga Mats  67			Keynote & Cocktails - Fitness FitPro Room G  48

Saturday, May 4, 2024

Room	A	B	C	D	E	F	G
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	GRAND SIERRA F	GRAND SIERRA I	GRAND SIERRA G	GRAND SIERRA H	CURACAO 6/7	CURACAO 5	CURACAO 1
SA1 7:30am-8:45am	Band Camp <i>Bannister-Munn</i> Bands-Loop, Bands Thigh, Bands-Strength, Tubing, Gliding Disc  73	Shoulder Pain: Optimize Through Exercise <i>Webb</i> Chairs, Yoga Mats, PVC  78	Welcome II the Terrordome <i>Turner</i> Steps, Dumbbells, Gliding Disc, Bands-Loop, Kettlebells, Wobbleboards  21	Supporting Your Client's Mental <i>Evans</i>  15	Aqua ZUMBA® <i>Bostic</i>  17	The Gut - Sleep Network Effect <i>Layne</i> Whiteboard & Markers  35	Your Financial Health <i>Ross</i>  11
	SA2 9:15am-10:30am	EXPO SHOPPING 8:30am-9:15pm					
		KEYNOTE ADDRESS					
	The Role of Fitness Professional in the Healthcare System with Patrick Mummy Keynote Room B 203						
EXPO SHOPPING 10:30am-11:00am							
SA3 11:00am-12:15pm	BBB Workout - Ball, Band, Bar  <i>Bannister - Munn</i> Stability Balls, PVC, Bands-Loop, Tubing, Gliding Disc  80	Active Aging Playground  <i>Toole</i> Pilates Balls, Pods, Bands-Loop  36	LaBlast® Fitness: Ballroom Blitz  <i>Figuroa</i> Dumbbells  15	WARRIOR Rhythm™/Brave, Bold & Beautiful  <i>de Werd</i> Dumbbells, Yoga Mats, 2 Mics  41	Buoy,Oh Buoy, Oh Buoy!  <i>Velazquez, Kulp, Haggard &amp; Vandenberg</i> Aqua Noodles  18	Myofascial Relaease: The Vagus Nerve  <i>Zuleger</i>  60	Navigating Legal Pitfalls in Fitness  <i>Ball &amp; Clark</i>  13
	SA4 12:30pm-1:45pm Session 1			ZUMBA® <i>Bostic</i>  27	Moving Meditations <i>Roberts</i>  24		Physics of Pain & Performance <i>Mummy</i>  42
			Session 1	Session 1		Session 1	
SA4 1:15pm-2:30pm Session 2	Athletic Woman: Function & Strength  <i>Hughes</i> Bands-Loop, Med Balls, Dumbbells, Bands-Thigh, PVC  83	S.E.A.T. Supported Exercise for Ageless Training  <i>Gilbert</i> Chairs, Dumbbells, Pilaties Balls, Bands-Loop  45			Silver Tsunami  <i>Velazquez, Kulp, Wartenberg &amp; Vandenberg</i> Aqua Noodles  27		Effective GX & PT Sales Strategies Panel  <i>Toole, Clark, Webb &amp; Roberts</i>  10
	Session 2	Session 2			Session 2		Session 2
	EXPO SHOPPING 12:00pm-2:45pm						
SA5 2:45pm-4:00pm	Posture & Alignment with Personal Training <i>Mummy</i>  38	Master Knee-Pain Reduction Strategies  <i>Webb</i> Chairs, Yoga Mats  87	Step It Up!  <i>Turner</i> Steps, Dumbbells  46	Tiger Tail® Active Recovery  <i>Zuleger</i> Tiger Tail 18" Original, Tiger Tail 5.0 Ball, Yoga Mats  25	Aqua Drums Vibes  <i>Wartenberg</i> Indigo Aqua Drumsticks  17	How To Know If Your're Under-Eating <i>Digsby</i> Whiteboard & Markers  25	Find & Enroll Clients Using Social Media <i>Clark</i>  29
	EXPO SHOPPING 3:45pm-4:30pm						
SA6 4:30pm-5:45pm	Functional Core Training  <i>Garcia</i> Stability Balls, Tubing  60	Timeless Motion: Age-Defying Movement  <i>Gilbert</i> Chairs, Pilates Balls, Dumbbells, Tennis Balls, Gliding Disc, Bands-Loop  35	360 Pickleball Performance Training  <i>Robinson</i> Med Balls, Dumbbells/Kettle bells, Stability Balls  45	By Any Stretch  <i>Appel</i> Massage Table, Yoga Mats  42	H2O Reporting for Duty  <i>Haggard</i> Dumbbells, Aqua Dumbbells, Aqua Noodles  21	Nutrition Panel <i>Layne, Digsby, Toole &amp; Malaghan</i>  32	Strategy, Implementation & Financial Management <i>McBride</i>  18

Sunday, May 5, 2024

Room	A	B	C	D	E	F	G
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	GRAND SIERRA F	GRAND SIERRA I	GRAND SIERRA G	GRAND SIERRA H	CURACAO 6/7	CURACAO 5	CURACAO 1
SU1 7:30am-8:45am	Effort Mastery: Coaching Peak Performance & Motivation  McBee	Creative Programming 55+  Wartenberg	Country Fusion® 2024  Mooney	Myofascial Recovery  Garcia Foam Rollers, Massage Peanuts, Massage Sticks	Liquid Gym Acqua Toner Stretch & Tone  Kulp Indigo Toner Bands, Toner Bar, Liquid Starts	Trending Diets & Weight Loss Meds  Digsby Whiteboard & Markers	Social Media: Stryke While The Iron's Hot  Mansour & McNally
	20	46	20	36	18	28	14
EXPO SHOPPING 8:30am-9:45pm							
SU2 9:00am-10:15am	WARRIOR Combat™  Keep Fighting  de Werd & Richards Dumbbells, 2 Mics	LaBlast® Chair Fitness: Pull Up a Seat  Mikszan Chairs, Dumbbells	Stryke X-Press & Stretch  Mansour & McNally Stryke Bags	Pro Athlete Active Recovery  Robinson Foam Rollers, Bands-Loop	Aqua Power Bar  Wartenberg	Preventing Common Fitness Injuries  Laskowski	Monetize Recovery for Facilities & Personal Trainers  McBee
	31	31	13	34	17	56	11
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM							
SU3 10:45am-12:00pm	Total Body Strength  Richards Dumbbells, Kettlebells	Cardio Kickboxing for the Active Ager  Malaghan	Total Body Shaping  McBee Tubing, Gliding Disc	Functional Soft Tissue: Mobility & Stability  Hughes Yoga Mats, Tiger Tail 5" balls, PVC Pipes	4 Functional Aqua Circuits  Layne Aqua Noodles	Magnesium: the Mighty Mineral Unveiled  Toole	PT 2024: Meet The Hybrid Fitness Professional  Esquerre
	52	17	28	25	28	27	14
SU4 12:15pm-1:30pm	Flex Like a Boss  Haggard Dumbbells, Kettlebells, Tubing, Med Balls	Active Aging Latin Joyful Mix  Sepulveda Chairs	Strength, Courage and Wisdom  Freeman Yoga Mats, Drumsticks	Got Back Pain?  Garcia PVC	Beautiful Buoyant Booty  Vandenberg Aqua Noodles, Aqua Dumbbells	Healthy Eating for Active Agers  Malaghan	New World Sales & Management  McBride
	35	15	10	53	17	35	10
	Curacao 3	Curacao 2	Curacao 4	Grand Sierra E	Curacao 7	Curacao 8	
SUNDAY CERTIFICATIONS	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm  Appel Massage Table, Yoga Mats, Yoga Straps, Tennis Balls, Foam Rollers	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm  Gilbert Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing	SCW Yoga I Certification 7:30am-3:30pm  Velasquez Yoga Mats, Yoga Blocks	ZUMBA® Basic 1 Training 7:30am-3:30pm  Bostic	Symmetry Postural Measurement Certification 7:30am-3:30pm  Mummy	Warrior® Tai Chi Yoga Instructor Certification 7:30am-3:30pm  Roberts	
	11	5	5	0	1	3	