

Friday, May 2, 2025

Room	A	B	C	D	E	F	G	H	I
Description	Power & Performance	Longevity & Function	Group Programming	Recovery & Pilates	Cycle	Hiit & Strength	Water Works (Starts in Lecture)	Wellness	Business Summit
Hotel Rm	Grand Sierra F	Grand Sierra I	Grand Sierra G	Grand Sierra H	Bonaire 7	Bonaire 8	Curacao 3/4	Curacao 2	Curacao 1
FR1 7:30am-8:45am	Rotary Ground Force Training <i>Preston &amp; Horne</i> Stability Balls, Med Balls, PVC, Tubing	Dare to Chair <i>Gilbert</i> Chairs, Bands-Loop, Pods, Dumbbells, PVC	Prop Power: Amp Up Your Barre <i>Madden</i> Pilates Balls, Gliding Disc (1:1), Bands-Loops, Dumbbells	Deconstructing Asanas <i>Ratliff</i> Yoga Mats	Rhythm and Road <i>Toole</i>	Unlocking the Power of HIIT <i>Nicotera</i>	LaBlast® Splash: Buoyant Ballroom Blitz <i>Van Amstel</i>	Debunking Exercise Science Myths <i>Layne</i> Whiteboard & Markers	Secrets of Successful Studio Owners <i>Ritchie</i>
	10	13	13	8	13	8	3	29	8
FR2 9:00am-10:15am	Full Body Workout with BillyStix™ <i>Shuttic</i> Billy Stix™	Dementia Client Strategies for Trainers <i>Rothschild</i> Tubing, Pilates Balls	SOULkickboxing™ <i>Coleman</i>	Pair Up with Pilates <i>Toole</i> Dumbbells, Pilates Balls, Bands-Thigh	Quiet Chaos, Find Your Rhythm <i>Nicotera</i>	Kettlebell Training for Women <i>P. Ross &amp; Corso</i> Kettlebells, PVC	Aqua ZUMBA® <i>Bostic</i>	Anit-Obesity Wellness & Fitness Programming <i>Gilbert</i>	Your Financial Health <i>K. Ross</i>
	7	11	21	20	4	24	1	18	7
FR3 11:00am-12:15pm	Arms, Butts & Core on the Floor! <i>Bannister-Munn</i> Gliding Disc, Pilates Balls, Pods, Bands-Thigh	Balance Training for Healthy Aging <i>Ratliff</i> Yoga Mats, Yoga Blocks	ZUMBA® <i>Bostic</i>	Symmetry AlignSmart® - Scientific Stretching <i>Mummy</i>	Ride Re-Invented <i>Madden</i>	Train Smart & HIIT SMART Goals <i>Dayer</i>	Wave Works <i>Velazquez &amp; Sepulveda</i>	Nutrition: Hot Topic Research <i>Layne</i> Whiteboard & Markers	Marketing to Active Agers Panel <i>Toole, Ritchie, Gilbert, Pajunen &amp; Rothschild</i>
	35	32	1	4	10	3	17	8	4
FR4 12:30pm-1:45pm Session 1		Boost Brain & Body Balance <i>Gilbert</i> Chairs, Pods, Tubing, PVC		Shoulder Pain: Optimize Through Exercise <i>Webb</i> Chairs, Yoga Mats		The Hidden Core <i>P. Ross &amp; Corso</i> Kettlebells, PVC	When Breath Meets Water: Aqua Yoga <i>Lemons</i> Aqua Noodles		Confident Program Sales Strategies <i>Ritchie</i>
		14		24		10	7		1
		Session 1		Session 1		Session 1	Session 1		Session 1
FR4 1:15pm-2:30pm Session 2	Integrated Strength <i>Madden</i> Dumbbells, Bands-Loop, Tubing		Pump Your Peach! <i>Toole</i> Steps, Risers, Dumbbells, Bands-Thigh		Trends in Cycling <i>Nicotera</i>			Sleep Habits: Key to Fitness <i>Layne</i> Whiteboard & Markers	
	18		20		15			4	
	Session 2		Session 2		Session 2			Session 2	
FR5 2:45pm-4:00pm	Palango! Strength <i>Ojeda</i> Dumbbells, Yoga Mats	Functional Balance Circuits for Clients Over 50 <i>Ritchie</i>	BARREfusion™ Experience <i>Coleman</i> Barre, Gliding Disc, Dumbbells, 2 Mics	Ageless Pilates <i>Bender</i> Loop Bands, Gliding Discs, Pilates Balls	Music & Motivation: Perfect Cycling Pair <i>Madden</i>	Hypertrophy Unlocked <i>Mayweather</i>	Aqua Drums Vibes <i>Wartenberg</i> Indigo Drumsticks	Reverse Your Clock on Aging <i>Pajunen</i>	Strength Training for Active Agers Panel <i>Toole, Gilbert, Laskowski, Lemons &amp; Webb</i>
	14	32	8	21	6	8	8	7	10
FR6 4:30pm-5:45pm	RBB Burn <i>Strachan</i> Bands-Loop, Steps, Risers, Dumbbells	Master Knee-Pain Reduction Strategies <i>Webb</i> Chairs, Yoga Mats	Game Your Core <i>Velazquez</i> Med Balls, PVC	Stretch Savvy: Hands-On Techniques <i>Bannister-Munn</i> Yoga Straps		PureBack: Strengthen, Restore, Thrive <i>Preston &amp; Horne</i>	Water Fiesta: Splash & Flow <i>Sepulveda</i>	Cracking the Code to Weight Loss <i>Toole</i>	Balancing the Burn-Managing Inflammation <i>Lemons</i>
	6	14	7	34		11	11	14	15
FR7 6:00pm-7:00pm Evening Sessions	Dance Off! <i>LaBlast®, Palango Fitness, Tampa Bay Bodies, Inc. Wartenberg &amp; Velazquez</i>			SCW Fitness Star Search <i>Gilbert, Sepulveda &amp; Bannister-Munn</i>					Keynote: Address The Fitness Evolution <i>Mummy</i>
	29			4					45

Saturday, May 3, 2025

Room	A	B	C	D	E	F	G	H	I
Description	Power & Performance	Longevity & Function	Group Programming	Recovery & Pilates	Cycle	Hiit & Strength	Water Works (Starts in Lecture)	Wellness	Business Summit
Hotel Rm	Grand Sierra F	Grand Sierra I	Grand Sierra G	Grand Sierra H	Bonaire 7	Bonaire 8	Curacao 3/4	Curacao 2	Curacao 1
SA1 7:30am-8:45am	Hip Mobility for Peak Performance Bannister-Munn	ToughAgers® Active Older Adult Fitness Rothschild	No Gym Equipment? No Excuses! Garcia	Human Reformer Pilates Appel	Connect With Music, Messaging, Motivation Nicotera	Train the Female Athlete P. Ross & Corso	Aquatic Strength Training PluimMentz	Physics of Pain & Performance Mummy	Rebrand and Thrive Gilbert
	24	18	13	25	4	4	8	10	10
	KEYNOTE ADDRESS - The Mobility Recipe 98 The Purpose-Driven Fitness Formula - R. Webb								
SA2 9:15am-10:30am	The Core 6: Strength & Movement Essentials Bannister-Munn	S.E.A.T. Supported Exercise for Agelss Training Gilbert	LaBlast® Fitness: Ballroom Blitz Van Amstel	Conquering Sciatic Pain Garcia	Rhythm Ride: Ride the Beat Jackson	HIIT Ratios & Exercise Progression Appel	Tides of Power Kulp, Velazquez & Sepulveda	Body Composition 101 Han	
	Med Balls, Dumbbells, Kettlebells	Chairs, Dumbbells, Pilates Balls, Bands-Loop	Dumbbells	Massage Table, Foam Rollers, Yoga Blocks, Lacrosse Balls			Aqua Dumbbells		
	22	15	14	15	20	10	14	11	
SA4 12:30pm-1:45pm Session 1	Pelvic Floor from the Outside In Layne		Palango! Cardio Ojeda		Warrior® Ride Roberts	Reframing Strength Training: Real Results Mayweather			Start & Grow Your Business Toole, K. Ross, & Rothschild
	Pilates Balls, Foam Rollers		Dumbbells		3	11			4
	27		6		Session 1	Session 1			Session 1
SA4 1:15pm-2:30pm Session 2		Athletic Aging Appel		Pilates Functional Progressions Velazquez			Liquid Gym Acqua Toner Stretch & Tone Kulp	How to Avoid Being My Patient Laskowski	
		43		7			Toner Bands, Toner Bar, Liquid Stars	17	
		Session 2		Session 2			10	Session 2	
SA5 2:45pm-4:00pm	Active Strengthening with Stretch K. Ross	Mobility Training - Online or In-Person Webb	SOULfusion™ ExPERIENCE Coleman	Posture & Alignment with Personal Training Mummy	Create Rides With AI Nicotera	Killer Core Appel	H2) Reporting for Duty Haggard	Build a High Performance Team Boost Your Pre-Workout & Recovery Ontiveros, Layne, Toole & Lemons	Build a High Performance Team Gilbert
	21	11	11	17	15	14	Dumbbells, Tubing, Bands-Loop, Med Balls	11	10
							14		
SA6 4:30pm-5:45pm	Next-Level Core Training Garcia	The Joy of Line Dancing Kittay	Warrior® Workout Roberts	Forever Pilates Appel		Push, Pull, Squat, Hinge Mayweather	Ageless Aqua Kulp, Velazquez, Wartenberg & Sepulveda	The Ecosystem of Food Foss	So, You're a Personal Trainer Now What? Lemons
	Stability Balls, Tubing						Aqua Noodles	8	6
	13	25	7	22		28	11		

Sunday, May 4, 2025

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SU1 7:30am-8:45am	Core by 4	Fascial Fitness for an Ageless Body	LaBlast® Fitness for all Ages	Mindful Body Fusion			Aqua Disco	Women: Training Through the Stages	
	Wartenberg	Bender	Figueroa	Lemons			Haggard	Layne	
	Chairs, Pilates Balls, Dumbbells, Yoga Mats	Foam Rollers		Pilates Balls, Yoga Mats, Dumbbells				Whiteboard & Markers	
	11	21	1	18			6	24	
SU2 9:00am-10:15am	Strength & Grace: Back to Power	Ankle Mechanics for Peak Performance	RBB Shred	Kardio Kenpo			Liquid Gym Punch & Pump	Mastering Macros	Pain-Free Neck & Back: Mobility Strategies
	Lemons	Garcia	Strachan	Shuttic			Wartenberg	Toole	Webb
	Dumbbells, Kettlebells, Bands-Loop	Massage Table, Foam Rollers, Bands-Loops, Lacrosse Balls	Bands-Loops, Steps, (4) Risers, Dumbbells	Billy Stix™			Lidquid Gym Gloves, Tone Loops		
	24	8	14	3			8	22	15
SU3 10:45am-12:00pm	Step Up Your Groove	AASK Amber: Anti-Aging Survival Kit	Train Like an Athlete	Posture Perfect: Body Weight Exercises for Better Posture			All-Inclusive Aquatics	Preventing Common Fitness Injuries	
	Layne	Toole	Kornegay	Preston & Horne			PluimMentz	Laskowski	
	Steps, Risers	Dumbbells, Pods 2:1, Massage Sticks	Bands-Loops, Bands-Strength, Cones, Med Balls, Jump Ropes, Dumbbells	Yoga Mats			Aqua Ohms		
	21	8	6	24			15	13	
SU4 12:15pm-1:30pm	Don't Forget Your Unilateral Exercises	LaBlast Chair Fitness: Pull Up a Seat	Step into Strutercize™	Warrior® Tai Chi Yoga and Qi Gong Fusion			Tabata Aqua Running & Conditioning	Storing Issues in Tissues	
	Lemons	Figueroa	Taub	Roberts			Wartenberg	Foss	
	Dumbbells, Bands-Loops	Chairs, Dumbbells	Dumbbells						
	27	8	7	10			18	7	
	Curacao 4	Bonaire 6	Sandpebble D	Sandpebble C	Bonaire 8	Bonaire 5			
SUNDAY CERTIFICATIONS	SCW Yoga I Certification 8:00am-4:00pm	SCW Stretching & Flexibility Certification 8:00am-4:00pm	Symmetry Postural Measurement Certification 8:00am-4:00pm	WATERinMOTION® Aqua Exercise Certification 8:00am-4:00pm	SCW Pilates Matwork Certification 8:00am-4:00pm	S.E.A.T. Supported Exercise For Ageless Training Certification 8:00am-4:00pm			
	Velazquez	Bannister-Munn	Mummy	Kulp	Appel	Gilbert & Vandenberg			
	Yoga Mats, Yoga Blocks	Massage Tables, Yoga Mats		Aqua Noodles, Aqua Dumbbells, Tubing	Yoga Mats, Pilates Balls	Yoga Mats, Pilates Balls			
	0	1	0	1	0	0			