Part				Fri	day, October 4, 2	024			
The column The	Room	Α	В	С	D	E	F	G	Н
FRI 1.00 1	Description	HIIT/ Strength/Core	Function/Active Aging		Recovery/Mind Body	Cycle	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Part	Hotel Rm	Salon 1	Huges/Earhart	Davis	Salon 2	Lindbergh	Collins	Layton	Yeager
File Color		No Floor Core and Balance	"Don't Just Sit There!" - Chair Yoga	Add an EMOM	Gentle Yoga for Mobility		Waves on Fire: Active Agers		Operating a Profitable Boutique
Character Control Co	ED4	Layne	Ratliff	Merrill	Velazguez		Martin		Studio
FRE Aport Title , Dist glick Core Plants (Frein , Dist glick) and the First (Frein) and glick Core Plants (Frein , Dist glick) and the First (Frein , Dist				Dumbbells	Yoga Mats,Yoga Blocks		Aqua Noodles		
FR FR		80	19	51			17	17	10
FR2 3-00-00-00-00-00-00-00-00-00-00-00-00-00		1571							
FR2 April 100 Genry Dec Proceed Colors April 2015 Symmodic Service Symmodic Service		Killer Core	Active Aging Playground	Into The Ring	Tiger Tail® Goodbye Back Pain	Schwinn®: Beast Mode		Chain Reaction Biomechanics	Start & Grown Your Business
### Control of State Price of State	ED2	A nnot	T	On an Official	7	<i>H</i>	5	Maraka -	Kooperman, B Clark, Webb, Day,
Come, you for first Section Come, you for first Section						Hogg		Hughes	Ball & Lessard
Affective Windows Faction & Betting Prefly, Strongth & Support FIG. 11.00am-12-15pm Affective Windows Faction & Betting Prefly, Strongth & Support Agent Gorges A Visionary Strongth Strongth Support Agent Gorges A Visionary Strongth S	9.00am-10.13am	3,					'		
Affective Windows Faction & Betting Prefly, Strongth & Support FIG. 11.00am-12-15pm Affective Windows Faction & Betting Prefly, Strongth & Support Agent Gorges A Visionary Strongth Strongth Support Agent Gorges A Visionary Strongth S		55	48	24	26	16	10	44	5
Strength Angles Business Business Business Colorana & Vancionocop Colorana & Vancionocop Business Colorana & Vancionocop Colorana & V			40	27					
### Part Part	ED2		Sitting Pretty: Strength & Support	BARREfusion™ Experience	Symmetry-Scientific Stretching	Schwinn®: Rhythm Roadtrip	Aqua Boot camp BOQ-style	,	
Darwer Tright, Models, State-oph 30 30 31 32 32 33 31 30 30 30 30 30 30 30 30 30 30 30 30 30					Mummy	Appel		Childers-Richmond	Day
Integrated Strength 1230pm-1:45pm Session 1 48 49 100 100 100 100 100 100 100	11.00dini-12.10pin		Pilates Balls, Dumbbells, Tubing	Barres, Gliding Disc, Dumbbells			BOQs 2:1		
George & Mertill Tuting, Seed Jurys Session 1 Session 2 Session			38		24		21		9
Turing Sarai Loops As 10		Integrated Strength		Athletic Flow		Schwinn®: Roar into Your Ride		Building Muscle While Losing Fat	
Session 1 Session 1 Session 1 Session 1 Session 1 EXPO SHOPPING 12:00pm 2:48pm EXPO SHOPPING 12:00pm 2:48pm EXPO SHOPPING 12:00pm 2:48pm EXPO SHOPPING 12:00pm 2:48pm FR4 1:15pm 2:30pm Session 2 Session 3 Session 2 Session 2 Session 3 Session 2 Session 2 Session 2 Session 3 Session 2 Session 2 Session 3 Session 2 Sess						Kolovou			
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FRA 1:15pm-2:30pm Session 2 Dementia Cilium Strategies for Trainess Rehischild Bands-Flut, Plates Balls Session 2 Liquid Gym Acque Punch & Pump Key for Customer Loyally Meltin Strategies. Utilization Volarquez Liquid Gym Cloves, Tone Loops Liquid Gym Cloves, Tone Loops									
FR4 115pm-2:30pm Session 2 Mobility Training - Online or In- Passon Web Chairs, Yoga Mats Torre Training Foundations of Performance FR6 4:30pm-5:45pm FR6 4:30pm-5:45pm FR6 4:30pm-5:45pm FR7 Apparation Stategies for Training Foundations of Performance FR7 Fr7 Service Cope Address Dementia Cililar Stategies for Training Foundations of Performance FR7 Session 2 Dementia Cililar Stategies for Training Foundations of Performance FR7 Apparation Stategies for Training Foundations of Performance FR8 4:30pm-5:45pm FR7 Dipm-7:00pm Revening Sessions Dementia Cililar Stategies for Training Foundations of Performance FR7 Fr7 Session 2 Schwinné: Rock & Roil Ride Aqua Innovate Martin Aqua Noodes, Aqua Dumboells Aqua Dumboells Fr7 Aqua Dumboells Fr7 Service Agrae Aqua Dumboells Fr7 Service Cope Mats Aqua Dumboells Business Strategies for Training Foundations of Performance Fr7 Service Cope Mats Aqua Dumboells Fr7 Service Cope Mats Aqua Dumboells Fr7 Service Cope Mats Aqua Dumboells Business Strategies for Impact Income Business Strategies for Impa		00330111		OCSSION 1	FXPO SHOPPING 12:00nm-2:45nm	ocasion i		ocosion 1	
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Session 2 Mobility Training - Online or In- Person Wobb Chairs, Yoga Mats					Spreen-Glick		Velazguez		
Session 2 Mobility Training-Online or In- Person Webb Chairs, Yoga Mats Chairs, Yoga Mats Core Training: Foundations of Performance FR6 4:30pm-5:45pm At 17 Session 2 Mobility Training-Online or In- Person Webb Chairs, Yoga Mats Chairs, Yoga Mats Chairs, Yoga Mats Tubing EXPO SHOPPING 3:45pm-4:30pm FR7 Toole Kooperman Chairs, Yoga Mats Toole Kooperman Toole Toole Kooperman Toole Kooperman Toole Toole Kooperman Toole Toole Kooperman Toole Toole Toole Kooperman Toole Too									Netto
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Chairs, Yoga Mats 19 45 10 69 17 28 41 9 EXPO SHOPPING 3:45pm-4:30pm Core Training: Foundations of Performance FR6 4:30pm-5:45pm Taggart Foam Roller, Giding Disc Yoga Block, Bands-Thigh, Mod Palls (Each in a Circuit Station) Time With Tissue Ultimate Leg Day Yoga Mats Voga Mats Voga Mats Voga Mats Toole Kooperman Yoga Mats Yoga Mats Yoga Mats Aqua Noodles, Aqua Dumbbells Aqua Noodles, Aqua Dumbbells Aqua Noodles, Aqua Dumbbells Understanding Exercise & Anti-Obesity Medications PT 2024: Meet The Hybrid Fitner Professional Noga Mats Welazquez, Kulp & Vandenberg Aqua Dumbbells Regers Esquerre Aqua Dumbbells Fitness Idol Fitness Idol Dance Offt Mind Body Beautiful Keynote & Cocktails - Fitness Business Strategies for Impact Income LaBlasse, ZUMBA®, Fit Pro Programming, Wartenberg, Haggard & Volazquez Noga Mats Spreen-Glick Voga Mats				SoulBody Yoga Sculpt	Human Reformer Pliates	Schwinn®: Rock & Roll Ride	Aqua innovate	Preventing Common Fitness injuries	
Chairs, Yoga Mats 19 45 10 69 17 28 41 9 EXPO SHOPPING 3:45pm-4:30pm Core Training: Foundations of Performance FR6 4:30pm-5:45pm Taggart Foam Roller, Giding Disc Yoga Block, Bands-Thigh, Mod Palls (Each in a Circuit Station) Time With Tissue Ultimate Leg Day Yoga Mats Voga Mats Voga Mats Voga Mats Toole Kooperman Yoga Mats Yoga Mats Yoga Mats Aqua Noodles, Aqua Dumbbells Aqua Noodles, Aqua Dumbbells Aqua Noodles, Aqua Dumbbells Understanding Exercise & Anti-Obesity Medications PT 2024: Meet The Hybrid Fitner Professional Noga Mats Welazquez, Kulp & Vandenberg Aqua Dumbbells Regers Esquerre Aqua Dumbbells Fitness Idol Fitness Idol Dance Offt Mind Body Beautiful Keynote & Cocktails - Fitness Business Strategies for Impact Income LaBlasse, ZUMBA®, Fit Pro Programming, Wartenberg, Haggard & Volazquez Noga Mats Spreen-Glick Voga Mats	FR5	Webb		Miles	George	K. Roberts	Martin	Laskowski	B. Clark
EXPO SHOPPING 3.45pm-4:30pm Core Training: Foundations of Performance Time With Tissue Ultimate Leg Day Yoga Touch Schwinn®: Transcend Cycle Flow Buoy, Oh Buoy, Oh Buoy! Understanding Exercise & Anti-Obesity Medications PT 2024: Meet The Hybrid Fitner Professional		Chairs, Yoga Mats		Dumbbells, Yoga Mats	Tubing		Aqua Noodles, Aqua Dumbbells		
EXPO SHOPPING 3:45pm-4:30pm Core Training: Foundations of Performance FR6 4:30pm-5:45pm FR6 Core Training: Foundations of Performance FR6 Core Training: Foundations of Performance Foam Roller, Gliding Disc, Yoga Block, Bands-Thigh, Med Balls (Each in a Circuit Station) Steps, Risers, Yoga Mats Fitness Idol Dance Off! LaBlast®, ZUMBA®, Fit Pro Programming, Wartenberg, Haggard & Voga Mats Kooperman, Gilbert, Esquerre & Programming, Wartenberg, Haggard & Voga Mats Schwinn®: Transcend Cycle Flow Buoy, Oh Buoy, Oh Buoy! Welazquez, Kulp & Vandenberg Aqua Dumbbells PT 2024: Meet The Hybrid Fitners Rogers Esquerre Kooperman Yoga Mats Wind Body Beautiful Keynote & Cocktalis - Fitness Business Strategies for Impact Income Kooperman, Gilbert, Esquerre & Programming, Wartenberg, Haggard & Volazquez Spreen-Glick Yoga Mats									
Core Training: Foundations of Performance FR6 4:30pm-5:45pm Taggart Foam Roller, Gillopert Active the Hybrid Fitnes From Roller, Gillopert From Roller, Gillopert From Roller, Gillopert Fram Roller, Gillopert Chairs, Piates Balls, Mobility Sticks, Yoga Mats Steps, Risers, Yoga Mats, Dumbbells Fram Roller, Gillopert Chairs, Piates Balls, Mobility Sticks, Yoga Mats Steps, Risers, Yoga Mats Fitness Idol Dance Off! Mind Body Beautiful Keynote & Cocktails - Fitness Business Strategies for Impact Income Ropers Rogers Esquerre Rogers Esquerre Rogers Fram Roller, Gillopert Chairs, Piates Balls, Mobility Sticks, Yoga Mats Fitness Idol Dance Off! Kooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre Fraggarmming, Wartenberg, Haggard & Velazquez Fraggarman Fransend Cycle Flow Buoy, Oh Buo		19	45	10		17	28	41	9
Performance Taggart Foam Roller, Gliding Disc, Yoga Block, Bands-Thigh, Med Balls (Each in a Circuit Station) Taggart Foam Roller, Gliding Disc, Yoga Block, Bands-Thigh, Med Balls (Each in a Circuit Station) The performance Gilbert Foam Roller, Gliding Disc, Yoga Block, Bands-Thigh, Med Balls (Each in a Circuit Station) The performance Kooperman Yoga Mats Toole Kooperman Yoga Mats Fitness Idol Dance Off! Mind Body Beautiful Keynote & Cocktails - Fitness Business Strategies for Impact Income Kooperman, Gilbert, Esquere & Toole Kooperman, Gilbert,		Core Training: Foundations of	Time With Tissue	Ultimate Leg Day		Schwinn®: Transcend Cycle Flow	Buoy, Oh Buoy, Oh Buoy!	Understanding Exercise & Anti-	PT 2024: Meet The Hybrid Fitness
4:30pm-5:45pm Foam Roller, Gliding Disc, Yoga Block, Bands-Thigh, Med Balls (Each in a Circuit Station) 34 47 54 17 12 28 19 13 Keynote & Cocktails - Fitness Idol Fitness Id						,			
4:30pm-5:45pm Foam Roller, Gliding Disc, Yoga Block, Bands-Thigh, Med Balls (Each in a Circuit Station) 34 47 54 17 12 28 19 13 Keynote & Cocktails - Fitness Idol Fitness Id									
Bands-Thigh, Med Balls (Each in a Circuit Station) 34 47 54 17 12 28 19 34 Fitness Idol Fitness Idol Dance Off! Mind Body Beautiful Keynote & Cocktails - Fitness Business Strategies for Impact Income Kooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre & Toole FR7 Toole Spreen-Glick Yoga Mats						Hogg		Rogers	Esquerre
34 47 54 17 12 28 19 13 Fitness Idol Dance Off! Mind Body Beautiful FR7 DOpm-7:00pm Evening Sessions Kooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre & Velazquez Spreen-Glick Yoga Mats	4:30pm-5:45pm	Bands-Thigh, Med Balls (Each in a		Steps, Risers, Toga Mats, Duffibbells	Toga Mais		Aqua Dumbbelis		
Fitness Idol Dance Off! Mind Body Beautiful FR7 ### Cooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre & Toole Keynote & Cocktails - Fitness Business Strategies for Impact Income **Example Compact Income**		Circuit Station)							
Fitness Idol Dance Off! Mind Body Beautiful FR7 ### Cooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre & Toole Keynote & Cocktails - Fitness Business Strategies for Impact Income **Example Compact Income**									
FR7 00pm-7:00pm Evening Sessions Kooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre & Velazquez Spreen-Glick Yoga Mats		34				12	28	19	
FR7 00pm-7:00pm Evening Sessions Kooperman, Gilbert, Esquerre & Toole Kooperman, Gilbert, Esquerre & Velazquez Frogramming, Wartenberg, Haggard & Velazquez Spreen-Glick Yoga Mats			Fitness Idol	Dance Off!	Mind Body Beautiful				
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Toole & Velazquez Spreen-Glick Yoga Mats B. Clark	FR7 :00pm-7:00pm Evening Sessions			Programming, Wartenberg, Haggard					
			Toole	& Velazquez	Spreen-Glick Yoga Mats				B. Clark
			19	30	73				41

			Satı	urday, October 5, 2	2024			
Room	Α	В	С	D	E	F	G	н
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycling	Aqua (Starts in Lecture)	Nutrition/Ex Science	Business
Hotel Rm	Salon 1	Huges/Earhart	Davis	Salon 2	Lindbergh	Collins	Wright	Yeager
	Forever Pilates	Creative Programming 55+	Prop Power: Amp Up Your Barre Workouts	The Chakras: Align Your Energy	Fascial Integration of the Foot, Core and Diaphragm	H2O Rapid Resistance	Myofascial Release: The Vagus Nerve	Selling Without Selling: It's About the Relationship!
SA1 7:30am-8:45am	Appel Pilates Balls, Gliding Disc	Wartenberg Bands-Loop, Pilates Balls, Dumbbells	George & Madden Pilates Balls Gliding Disc, Yoga Blocks, Tubing	<i>Kaufman</i> Yoga Mats, Yoga Blocks	Splichal Brings Own Equipment	Kulp	Zuleger	Esquerre
	40	24	23	17	19	38	7	0
				EXPO SHOPPING 8:30am-9:15pm				
SA2 9:15am-10:30am			KEYNOTE A		ealthy Meets Happy with Sohailla Digsl 24	by, RDN, LD		
				EXPO SHOPPING 10:30am-11:00am				
SA3	Shoulder Pain: Optimize Through Exercise	ToughAgers® Active Older Adult Fitness	LaBlast® Fitness: Ballroom Blitz	SoulBody Cardio Sculpt	Schwinn®: Biker Barre	Aqua ZUMBA®	Physics of Pain & Performance	Find Your Next 50 Leads
11:00am-12:15pm	<i>Webb</i> Chairs, Yoga Mats, Mobility Sticks	Rothschild Dumbbells, Foam Rollers, Yoga Mats	Figueroa & Tomassi Dumbbells	Syverson Yoga Mats, Dumbbells	Appel Tubing	Bullard	Mummy	B. Clark
	55	52 S.E.A.T. Supported Exercise for Ageless Training	10	33 Fusion Revolution	24 Schwinn®: Kettle & Pedal	14	21	7 Pack Your PT Sessions: Success Sales
SA4 12:30pm-1:45pm Session 1		Gilbert Chairs, Dumbbells, Pilates Balls, Bands Loop		<i>McMullen</i> Mobility Sticks 2:1	Roberts Kettlebells			Kooperman, Toole, Rothschild Hughes
		42		19	27			21
	Docture 9 Alignment with Developel	Session 1	COLUL kiekh evine TM	Session 1	Session 1	A mus Duums Vilhaa	Dathinking Obasity Treatment	Session 1
	Posture & Alignment with Personal Training		SOULkickboxing™			Aqua Drums Vibes	Rethinking Obesity Treatment: Elevate your Business	
SA4 1:15pm-2:30pm Session 2	Mummy		Coleman			Wartenberg Indigo Aquatics Drumsticks	Rogers	
36331011 2	44		30			23	12	
	Session 2		Session 2			Session 2	Session 2	
				EXPO SHOPPING 12:00pm-2:45pm			1=	
	Deep Core and Pelvic Floor	Master Knee-Pain Reduction Strategies	All About the Ankle	Tiger Tail® Recovery for Longevity	Schwinn®: Nowhere to Hide	Aquatic Equipment Innovations	Trending Diets & Weight Loss Meds	Navigating Legal Pitfalls in Fitne
SA5 2:45pm-4:00pm	Layne Pilates Balls, Foam Rollers	Webb Chairs, Yoga Mats	Splichal Brings Own Equipment	Zulegar Tiger Tail® 18" Original, Tiger Tail® 5.0 Ball, Yoga Mats	Kolovou	Ford BOQs, Aqua Noodles, Indigo Drumsticks, Liquid Stars, Aqua Dumbbells, Liquid Gym Gloves	Digsby	Kooperman & Lessard
	98	34	10	9	10	14	31	5
				EXPO SHOPPING 3:45pm-4:30pm				
	Full Body 3D HIIT-Circuit	Tailored Training for Active Agers	ZUMBA®	Tai-Chi Fused Yoga	Schwinn®: Mode Magic	Silver Tsunami	How You Move Matters	Personal Trainer Programming Profits
SA6 4:30pm-5:45pm	Hughes Med Balls, Dumbbells, Kettlebells	Toole Chairs, Dumbbells, Pods, Yoga Mats, Stability Balls, Massage Sticks, Bands-Flat, Yoga Blocks	Bullard	Velasquez	Roberts	Kulp, Wartenberg, Carvalho & Vandenberg Aqua Noodles	Ross	C. Gilbert
	35	40	20	35	13	21	28	13
		SOULBODY Private Party			-			

Private Party

			Sui	nday, October 6, 20)24			
Room	Α	В	С	D	E	F	G	н
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	Salon 1	Huges/Earhart	Davis	Salon 2	Lindbergh	Collins	Wright	Yeager
SU1 7:30am-8:45am	Flex Like a Boss rayyaru Dumbbells, Kettlebells, Tubing, Yoga Mats	Get a Grip! Healthy Hands for Strength and Longevity அம்பள Brings Own Equipment	Strengthen & Support wcwunen Mobility Sticks 2:1	SOULfusion™ EXPERIENCE Coleman Dumbbells, Yoga Mats		Liquid Gym Acqua Toner Stretch & Tone Tone Toner Bands, Toner Bar, Liquid Stars	Navigating Nutrition Overwhelm: Fact vs Fiction יטפטעוע Whiteboard & Markers	Empowering Disability Fitness Ventures ษยาผล
	34	16	14	9		17	37	5
		EXPO SHOPPIN	G 8:30am-9:45pm					
	Bulletproof Your Feet	Aging Brains & Bones	Kickboxing Groove	Functional Soft Tissue: Mobility & Stability		Ride the Wave	Kitchen Makeover for Food Lovers	FIT FOR BUSINESS: Leading for Maximum Performance
SU2 9:00am-10:15am	<i>Splichal</i> Brings Own Equipment	Layne Chairs, Pilates Balls	Haggard Dumbbells, Tubing	Hughes Foam Rollers, Mobility Sticks		Kulp & Carvalho Aqua Noodles	Digsby	Kooperman
	13	40	7	33		20	17	6
			PPING 10:00AM-1:00PM					
	Hustle & Flow	LaBlast® Chair Fitness: Pull Up a Seat	Barre Hard Core	SoulBody Restore		Water Fiesta: Latin Rhythms for Active Agers	Thriving During Peri/Menopause Madness	Systems Thinking for Health & Fitness
SU3 10:45am-12:00pm	Haggard Dumbbells, Pods, Yoga Mats	Figueroa & Tomassi Chairs, Dumbbells	Madden Pilates Balls, Gliding Disc, Tubing, Bands-Loop	Sylvester Foam Rollers, Yoga Mats		Sepulveda	Childers-Richmond	Stangel
	19	10	21	26		10	41	9
	Sport Science: Unleashing Athletic Potential	Athletic Aging	LaBlast® Kids Fitness: Creative Movement Revolutionized	Move and Flow		Aqua Zen	The Gut - Sleep Network Effect	Workplace Strategies for Healthy Lifestyles
SU4 12:15pm-1:30pm	O. Clark Whiteboard & Markers	Madden	Figueroa & Tomassi	<i>Taylor</i> Yoga Mats, Yoga Blocks		Sepulveda	Layne Whiteboard & Markers	Griffith
	9	34	9	30		14	35	6
	Garros	Aldrin	Davis	Lindbergh	Armstrong	Crossfield	Collins	Rickenbacker
	SCW Aquatic Exercise Certification 7:30am-3:30pm	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm	SCW Pilates Matwork Certification 7:30am-3:30pm	ZUMBA® Jump Start Gold 7:15am-3:30pm	SCW Yoga I Certification 7:30am-3:30pm	Symmetry Postural Measurement Certification 7:30am-3:30pm	WIM Filming Room Sunday after 1:30-Tue	WIM Sunday Practice
SUNDAY CERTIFICATIONS	Wartenberg	Vandenberg Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing	<i>Appel</i> Yoga Mats, Pilates Balls	Bullard	Velazquez Yoga Mats, Yoga Blocks	Mummy	WIM Team	WIM Team
	3	6	10	0	4	0		