

Friday, October 4, 2024								
Room	A	B	C	D	E	F	G	H
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	Layton	Yeager
FR1 7:30am-8:45am	No Floor Core and Balance	"Don't Just Sit There!" - Chair Yoga	Add an EMOM	Gentle Yoga for Mobility		Waves on Fire: Active Agers	10 Steps To Ultimate Weight Loss Experience Netto	Operating a Profitable Boutique Studio
	Layne Chairs, Gliding Disc, Wobble Cushions, Pods	Ratliff Chairs 2:1, Yoga Blocks 2:1, Yoga Mats	Merrill Dumbbells	Velazquez Yoga Mats,Yoga Blocks		Martin Aqua Noodles		
	80	19	51	23		17	17	10
EXPO SHOPPING 8:45am-9:00am								
FR2 9:00am-10:15am	Killer Core	Active Aging Playground	Into The Ring	Tiger Tail® Goodbye Back Pain	Schwinn®: Beast Mode	LaBlast® Splash: Buoyant Ballroom Blitz	Chain Reaction Biomechanics	Start & Grown Your Business
	Appel Tubing, Gliding Disc	Toole Pilates Balls, Pods (2:1), Bands-Loop, Cones, Med Balls	Spreen-Glick Dumbbells	Zuleger Tiger Tail® Massage Sticks, Tiger Tail® Balls, Mobility Sticks	Hogg	Figueroa & Tomassi Liquid Stars	Hughes	Kooperman, B Clark, Webb, Day, Ball & Lessard
	55	48	24	26	16	10	44	5
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Athletic Woman: Function & Strength	Sitting Pretty: Strength & Support	BARREfusion™ Experience	Symmetry-Scientific Stretching	Schwinn®: Rhythm Roadtrip	Aqua Boot camp BOQ-style	Supporting Clients on Anti-Obesity Medications	Get "Certified" To Run Your Fitness Business!
	Hughes Bands-Loops, Med Balls, Dumbbells, Bands-Thighs, Mobility Sticks	Gilbert Pilates Balls, Dumbbells, Tubing	Coleman & Vandenberg Barres, Gliding Disc, Dumbbells	Mummy	Appel	Ford BOQs 2:1	Childers-Richmond	Day
	59	38	35	24	26	21	20	9
FR4 12:30pm-1:45pm Session 1	Integrated Strength		Athletic Flow		Schwinn®: Roar into Your Ride		Building Muscle While Losing Fat	
	George & Merrill Tubing, Band-Loops		McMullen Mobility Sticks 2:1		Kolovou		Layne Whiteboard & Markers	
	48		10		12		94	
	Session 1		Session 1		Session 1		Session 1	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2		Dementia Client Strategies for Trainers Rothschild Bands-Flat, Pilates Balls		True Power Yoga		Liquid Gym Acqua Punch & Pump		Retention Strategies: Unlocking the Key to Customer Loyalty Netto
				Spreen-Glick Yoga Mats		Velazquez Liquid Gym Gloves, Tone Loops		
		21		21		21		10
		Session 2		Session 2		Session 2		Session 2
FR5 2:45pm-4:00pm	Mobility Training - Online or In-Person	Strength Training for Longevity & Vitality II	SoulBody Yoga Sculpt	Human Reformer Pilates	Schwinn®: Rock & Roll Ride	Aqua Innovate	Preventing Common Fitness Injuries	Find & Enroll clients Using Social Media
	Webb Chairs, Yoga Mats	Kooperman Chairs (Honeycombed) Sara's Tubing, Yoga Mats	Miles Dumbbells, Yoga Mats	George Tubing	K. Roberts	Martin Aqua Noodles, Aqua Dumbbells	Laskowski	B. Clark
	19	45	10	69	17	28	41	9
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	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 Fitness Professional
	Taggart Foam Roller, Gliding Disc,Yoga Block, Bands-Thigh, Med Balls (Each in a Circuit Station)	Gilbert Chairs, Pilates Balls, Mobility Sticks, Yoga Mats	Toole Steps, Risers, Yoga Mats, Dumbbells	Kooperman Yoga Mats	Hogg	Velazquez, Kulp & Vandenberg Aqua Dumbbells	Rogers	Esquerre
	34	47	54	17	12	28	19	13
FR7 6:00pm-7:00pm Evening Sessions		Fitness Idol	Dance Off!	Mind Body Beautiful				Keynote & Cocktails - Fitness Business Strategies for Impact & Income
		Kooperman, Gilbert, Esquerre & Toole	LaBlast®, ZUMBA®, Fit Pro Programming, Wartenberg, Haggard & Velazquez	Spreen-Glick Yoga Mats				B. Clark
		19	30	73				41

Saturday, October 5, 2024

Room	A	B	C	D	E	F	G	H
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
SA1 7:30am-8:45am	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!
	<i>Appel</i> Pilates Balls, Gliding Disc	<i>Wartenberg</i> Bands-Loop, Pilates Balls, Dumbbells	<i>George & Madden</i> Pilates Balls Gliding Disc, Yoga Blocks, Tubing	<i>Kaufman</i> Yoga Mats, Yoga Blocks	<i>Splichal</i> Brings Own Equipment	<i>Kulp</i>	<i>Zuleger</i>	<i>Esquerre</i>
	40	24	23	17	19	38	7	0

EXPO SHOPPING 8:30am-9:15pm

<p>SA2 9:15am-10:30am</p>	<p>KEYNOTE ADDRESS - Grab for the Gold: Where Healthy Meets Happy with Sohailla Digsby, RDN, LD 224</p>
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EXPO SHOPPING 10:30am-11:00am

SA3 11:00am-12:15pm	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
	Webb 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	10	33	24	14	21	7
SA4 12:30pm-1:45pm Session 1		S.E.A.T. Supported Exercise for Ageless Training		Fusion Revolution	Schwinn®: Kettle & Pedal			Pack Your PT Sessions: Successful Sales
		Gilbert Chairs, Dumbbells, Pilates Balls, Bands-Loop		McMullen Mobility Sticks 2:1	Roberts Kettlebells			Kooperman, Toole, Rothschild & Hughes
	42		19	27	21			
		Session 1		Session 1	Session 1			Session 1
SA4 1:15pm-2:30pm Session 2	Posture & Alignment with Personal Training		SOULkickboxing™			Aqua Drums Vibes	Rethinking Obesity Treatment: Elevate your Business	
	Mummy		Coleman			Wartenberg Indigo Aquatics Drumsticks	Rogers	
	44	30	23	12				
	Session 2		Session 2		Session 2	Session 2		

EXPO SHOPPING 12:00pm-2:45pm

SA5 2:45pm-4:00pm	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 Fitness
	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

SA6 4:30pm-5:45pm	Full Body 3D HIIT-Circuit	Tailored Training for Active Ager	ZUMBA®	Tai-Chi Fused Yoga	Schwinn®: Mode Magic	Silver Tsunami	How You Move Matters	Personal Trainer Programming & Profits
	<i>Hughes</i> Med Balls, Dumbbells, Kettlebells	<i>Toole</i> Chairs, Dumbbells, Pods, Yoga Mats, Stability Balls, Massage Sticks, Bands-Flat, Yoga Blocks	<i>Bullard</i>	<i>Velasquez</i>	<i>Roberts</i>	<i>Kulp, Wartenberg, Carvalho & Vandenberg</i> Aqua Noodles	<i>Ross</i>	<i>C. Gilbert</i>
	35	40	20	35	13	21	28	13
		SOULBODY Private Party						

Sunday, October 6, 2024								
Room	A	B	C	D	E	F	G	H
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 <i>naggyaru</i> Dumbbells, Kettlebells, Tubing, Yoga Mats 34	Get a Grip! Healthy Hands for Strength and Longevity <i>Spichal</i> Brings Own Equipment 16	Strengthen & Support <i>mcmanen</i> Mobility Sticks 2:1 14	SOULfusion™ EXPERIENCE <i>Coreman</i> Dumbbells, Yoga Mats 9		Liquid Gym Acqua Toner Stretch & Tone <i>Kulp</i> Toner Bands, Toner Bar, Liquid Stars 17	Navigating Nutrition Overwhelm: Fact vs Fiction <i>Digsby</i> Whiteboard & Markers 37	Empowering Disability Fitness Ventures <i>Gesian</i> 5
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	Bulletproof Your Feet <i>Splichal</i> Brings Own Equipment 13	Aging Brains & Bones <i>Layne</i> Chairs, Pilates Balls 40	Kickboxing Groove <i>Haggard</i> Dumbbells, Tubing 7	Functional Soft Tissue: Mobility & Stability <i>Hughes</i> Foam Rollers, Mobility Sticks 33		Ride the Wave <i>Kulp & Carvalho</i> Aqua Noodles 20	Kitchen Makeover for Food Lovers <i>Digsby</i> 17	FIT FOR BUSINESS: Leading for Maximum Performance <i>Kooperman</i> 6
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	Hustle & Flow <i>Haggard</i> Dumbbells, Pods, Yoga Mats 19	LaBlast® Chair Fitness: Pull Up a Seat <i>Figueroa & Tomassi</i> Chairs, Dumbbells 10	Barre Hard Core <i>Madden</i> Pilates Balls, Gliding Disc, Tubing, Bands-Loop 21	SoulBody Restore <i>Sylvester</i> Foam Rollers, Yoga Mats 26		Water Fiesta: Latin Rhythms for Active Agers <i>Sepulveda</i> 10	Thriving During Peri/Menopause Madness <i>Childers-Richmond</i> 41	Systems Thinking for Health & Fitness <i>Stangel</i> 9
SU4 12:15pm-1:30pm	Sport Science: Unleashing Athletic Potential <i>O. Clark</i> Whiteboard & Markers 9	Athletic Aging <i>Madden</i> 34	LaBlast® Kids Fitness: Creative Movement Revolutionized <i>Figueroa & Tomassi</i> 9	Move and Flow <i>Taylor</i> Yoga Mats, Yoga Blocks 30		Aqua Zen <i>Sepulveda</i> 14	The Gut - Sleep Network Effect <i>Layne</i> Whiteboard & Markers 35	Workplace Strategies for Healthy Lifestyles <i>Griffith</i> 6
	Garros	Aldrin	Davis	Lindbergh	Armstrong	Crossfield	Collins	Rickenbacker
SUNDAY CERTIFICATIONS	SCW Aquatic Exercise Certification 7:30am-3:30pm <i>Wartenberg</i> 3	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm <i>Vandenberg</i> Chairs, Yoga Mats, Pilates Balls, Dumbbells, Tubing 6	SCW Pilates Matwork Certification 7:30am-3:30pm <i>Appel</i> Yoga Mats, Pilates Balls 10	ZUMBA® Jump Start Gold 7:15am-3:30pm <i>Bullard</i> 0	SCW Yoga I Certification 7:30am-3:30pm <i>Velazquez</i> Yoga Mats, Yoga Blocks 4	Symmetry Postural Measurement Certification 7:30am-3:30pm <i>Mummy</i> 0	WIM Filming Room Sunday after 1:30-Tue <i>WIM Team</i>	WIM Sunday Practice <i>WIM Team</i>