



TIME	CODE	SESSION	PRESENTER
FRIDAY, OCTOBER 4			
7:30am - 8:45am	FR1A	NO FLOOR CORE AND BALANCE	LAYNE
9:00am - 10:15am	FR2A	KILLER CORE	APPEL
11:00am - 12:15pm	FR3A	ATHLETIC WOMAN: FUNCTION & STRENGTH	HUGHES
12:30pm -1:45pm	FR4A	INTEGRATED STRENGTH	GEORGE & MERRILL
2:45pm - 4:00pm	FR5A	MOBILITY TRAINING – ONLINE OR IN-PERSON	WEBB
4:30pm - 5:45pm	FR6A	CORE TRAINING: FOUNDATIONS OF PERFORMANCE	TAGGART
SATURDAY, OCTOBER 5			
7:30am - 8:45am	SA1A	FOREVER PILATES	APPEL
11:00am - 12:15pm	SA3A	SHOULDER PAIN: OPTIMIZE THROUGH EXERCISE	WEBB
1:15pm – 2:30pm	SA4A	POSTURE & ALIGNMENT WITH PERSONAL TRAINING	MUMMY
2:45pm - 4:00pm	SA5A	DEEP CORE AND PELVIC FLOOR	LAYNE
4:30pm - 5:45pm	SA6A	FULL BODY 3D HIIT-CIRCUIT	HUGHES
SUNDAY, OCTOBER 6			
7:30am - 8:45am	SU1A	FLEX LIKE A BOSS	HAGGARD
9:00am - 10:15am	SU2A	BULLETPROOF YOUR FEET	SPLICHAL
10:45am - 12:00pm	SU3A	HUSTLE & FLOW	HAGGARD
12:15pm-1:30pm	SU4A	SPORT SCIENCE: UNLEASHING ATHLETIC POTENTIAL	O. CLARK



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FRIDAY, OCTOBER 4			
7:30am - 8:45am	FR1B	“DON’T JUST SIT THERE!” – CHAIR YOGA	RATLIFF
9:00am - 10:15am	FR2B	ACTIVE AGING PLAYGROUND	TOOLE
11:00am - 12:15pm	FR3B	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
1:15pm – 2:30pm	FR4B	DEMENTIA CLIENT STRATEGIES FOR TRAINERS	ROTHSCHILD
2:45pm - 4:00pm	FR5B	STRENGTH TRAINING FOR LONGEVITY & VITALITY II	KOOPERMAN
4:30pm - 5:45pm	FR6B	TIME WITH TISSUE	GILBERT
6:00pm – 7:00pm	FR7B	FITNESS IDOL	KOOPERMAN, GILBERT, ESQUERRE & TOOLE
SATURDAY, OCTOBER 5			
7:30am - 8:45am	SA1B	CREATIVE PROGRAMMING 55+	WARTENBERG
9:15am – 10:30am	SA2B	KEYNOTE: WHERE HEALTHY MEETS HAPPY	DIGSBY
11:00am - 12:15pm	SA3B	TOUGHAGERS® ACTIVE OLDER ADULT FITNESS	ROTHSCHILD
12:30pm – 1:45pm	SA4B	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
2:45pm - 4:00pm	SA5B	MASTER KNEE-PAIN REDUCTION STRATEGIES	WEBB
4:30pm - 5:45pm	SA6B	TAILORED TRAINING FOR ACTIVE AGERS	TOOLE
SUNDAY, OCTOBER 6			
7:30am - 8:45am	SU1B	GET A GRIP! HEALTHY HANDS FOR STRENGTH AND LONGEVITY	SPLICHAL
9:00am - 10:15am	SU2B	AGING BRAINS & BONES	LAYNE
10:45am - 12:00pm	SU3B	LABLAST® CHAIR FITNESS: PULL UP A SEAT	FIGUEROA & TOMASSI
12:15pm - 1:30pm	SU4B	ATHLETIC AGING	MADDEN



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FRIDAY, OCTOBER 4			
7:30am - 8:45am	FR1C	ADD AN EMOM	MERRILL
9:00am - 10:15am	FR2C	INTO THE RING	SPREEN-GLICK
11:00am - 12:15pm	FR3C	BARREFUSION™ EXPERIENCE	COLEMAN & VANDENBERG
12:30pm – 1:45pm	FR4C	ATHLETIC FLOW	MCMULLEN
2:45pm - 4:00pm	FR5C	SOULBODY YOGA SCULPT	MILES
4:30pm - 5:45pm	FR6C	ULTIMATE LEG DAY	TOOLE
6:00pm – 7:00pm	FR7C	DANCE OFF!	LABLAST®, ZUMBA®, FIT PRO PROGRAMMING, WARTENBERG, HAGGARD & VELAZQUEZ
SATURDAY, OCTOBER 5			
7:30am - 8:45am	SA1C	PROP POWER: AMP UP YOUR BARRE WORKOUTS	GEORGE & MADDEN
11:00am - 12:15pm	SA3C	LABLAST® FITNESS: BALLROOM BLITZ	FIGUEROA & TOMASSI
1:15pm – 2:30pm	SA4C	SOULKICKBOXING™	COLEMAN
2:45pm - 4:00pm	SA5C	ALL ABOUT THE ANKLE	SPLICHAL
4:30pm - 5:45pm	SA6C	ZUMBA®	BULLARD
SUNDAY, OCTOBER 6			
7:30am - 8:45am	SU1C	STRENGTHEN & SUPPORT	MCMULLEN
9:00am - 10:15am	SU2C	KICKBOXING GROOVE	HAGGARD
10:45am - 12:00pm	SU3C	BARRE HARD CORE	MADDEN
12:15pm - 1:30pm	SU4C	LABLAST® KIDS FITNESS: CREATIVE MOVEMENT REVOLUTIONIZED	FIGUEROA & TOMASSI





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FRIDAY, OCTOBER 4			
7:30am - 8:45am	FR1D	GENTLE YOGA FOR MOBILITY	VELAZQUEZ
9:00am - 10:15am	FR2D	TIGER TAIL® GOODBYE BACK PAIN	ZULEGER
11:00am - 12:15pm	FR3D	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
1:15pm – 2:30pm	FR4D	TRUE POWER YOGA	SPREEN-GLICK
2:45pm - 4:00pm	FR5D	HUMAN REFORMER PILATES	GEORGE
4:30pm - 5:45pm	FR6D	YOGA TOUCH	KOOPERMAN
6:00pm - 7:00pm	FR7D	MIND BODY BEAUTIFUL	SPREEN-GLICK
SATURDAY, OCTOBER 5			
7:30am – 8:45am	SA1D	THE CHAKRAS: ALIGN YOUR ENERGY	KAUFMAN
11:00am - 12:15pm	SA3D	SOULBODY CARDIO SCULPT	SYVERSON
12:30pm – 1:45pm	SA4D	FUSION REVOLUTION	MCMULLEN
2:45pm - 4:00pm	SA5D	TIGER TAIL® RECOVERY FOR LONGEVITY	ZULEGER
4:30pm - 5:45pm	SA6D	TAI-CHI FUSED YOGA	VELAZQUEZ
SUNDAY, OCTOBER 6			
7:30am - 8:45am	SU1D	SOULFUSION™ EXPERIENCE	COLEMAN
9:00am - 10:15am	SU2D	FUNCTIONAL SOFT TISSUE: MOBILITY & STABILITY	HUGHES
10:45am - 12:00pm	SU3D	SOULBODY RESTORE	SYLVESTER
12:15pm - 1:30pm	SU4D	MOVE AND FLOW	TAYLOR



TIME	CODE	SESSION	PRESENTER
FRIDAY, OCTOBER 4			
9:00am - 10:15am	FR2E	SCHWINN®: BEAST MODE	HOGG
11:00am - 12:15pm	FR3E	SCHWINN®: RHYTHM ROADTRIP	APPEL
12:30pm -1:45pm	FR4E	SCHWINN®: ROAR INTO YOUR RIDE	KOLOVOU
2:45pm – 4:00pm	FR5E	SCHWINN®: ROCK & ROLL RIDE	ROBERTS
4:30pm – 5:45pm	FR6E	SCHWINN®: TRANSCEND CYCLE FLOW	HOGG
SATURDAY, OCTOBER 5			
7:30am - 8:45am	SA1E	FASCIAL INTEGRATION OF THE FOOT, CORE AND DIAPHRAGM	SPLICHAL
11:00am - 12:15pm	SA3E	SCHWINN®: BIKER BARRE	APPEL
12:30pm – 1:45pm	SA4E	SCHWINN®: KETTLE & PEDAL	ROBERTS
2:45pm-4:00pm	SA5E	SCHWINN®: NOWHERE TO HIDE	KOLOVOU
4:30pm-5:45pm	SA6E	SCHWINN®: MODE MAGIC	ROBERTS



TIME	CODE	SESSION	PRESENTER
FRIDAY, OCTOBER 4			
7:30am - 8:45am	FR1F	WAVES ON FIRE: ACTIVE AGERS	MARTIN
9:00am - 10:15am	FR2F	LABLAST® SPLASH: BUOYANT BALLROOM BLITZ	FIGUEROA & TOMASSI
11:00am - 12:15pm	FR3F	AQUA BOOT CAMP BOQ-STYLE	FORD
1:15pm – 2:30pm	FR4F	LIQUID GYM ACQUA PUNCH & PUMP	VELAZQUEZ
2:45pm - 4:00pm	FR5F	AQUA INNOVATE	MARTIN
4:30pm - 5:45pm	FR6F	BUOY, OH BUOY, OH BUOY!	VELAZQUEZ, KULP & VANDENBERG
SATURDAY, OCTOBER 5			
7:30am - 8:45am	SA1F	H2O RAPID RESISTANCE	KULP
11:00am - 12:15pm	SA3F	AQUA ZUMBA®	BULLARD
1:15pm – 2:30pm	SA4F	AQUA DRUMS VIBES	WARTENBERG
2:45pm - 4:00pm	SA5F	AQUATIC EQUIPMENT INNOVATIONS	FORD
4:30pm - 5:45pm	SA6F	SILVER TSUNAMI	KULP, WARTENBERG, CARVALHO & VANDENBERG
SUNDAY, OCTOBER 6			
7:30am - 8:45am	SU1F	LIQUID GYM ACQUA TONER STRETCH & TONE	KULP
9:00am - 10:15am	SU2F	RIDE THE WAVE	KULP & CARVALHO
10:45am - 12:00pm	SU3F	WATER FIESTA: LATIN RHYTHMS FOR ACTIVE AGERS	SEPULVEDA
12:15pm - 1:30pm	SU4F	AQUA ZEN	SEPULVEDA





TIME	CODE	SESSION	PRESENTER
FRIDAY, OCTOBER 4			
7:30am - 8:45am	FR1G	10 STEIPS TO ULTIMATE WEIGHT LOSS EXPERIENCE	NETTO
9:00am - 10:15am	FR2G	CHAIN REACTION BIOMECHANICS	HUGHES
11:00am - 12:15pm	FR3G	SUPPORTING CLIENTS ON ANTI-OBESITY MEDICATIONS	CHILDERS-RICHMOND
12:30pm – 1:45pm	FR4G	BUILDING MUSCLE WHILE LOSING FAT	LAYNE
2:45pm - 4:00pm	FR5G	PREVENTING COMMON FITNESS INJURIES	LASKOWSKI
4:30pm - 5:45pm	FR6G	UNDERSTANDING EXERCISE & ANTI-OBESITY MEDICATIONS	ROGERS
SATURDAY, OCTOBER 5			
7:30am - 8:45am	SA1G	MYOFASCIAL RELEASE: THE VAGUS NERVE	ZULEGER
11:00am - 12:15pm	SA3G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
1:15pm – 2:30pm	SA4G	RETHINKING OBESITY TREATMENT: ELEVATE YOUR BUSINESS	ROGERS
2:45pm - 4:00pm	SA5G	TRENDING DIETS & WEIGHT LOSS MEDS	DIGSBY
4:30pm - 5:45pm	SA6G	HOW YOU MOVE MATTERS	LASKOWSKI
SUNDAY OCTOBER 6			
7:30am - 8:45am	SU1G	NAVIGATING NUTRITION OVERWHELM: FACT VS. FICTION	DIGSBY
9:00am - 10:15am	SU2G	KITCHEN MAKEOVER FOR FOOD LOVERS	DIGSBY
10:45am - 12:00pm	SU3G	THRIVING DURING PERI/MENOPAUSE MADNESS	CHILDERS-RICHMOND
12:15pm-1:30pm	SU4G	THE GUT – SLEEP NETWORK EFFECT	LAYNE



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FRIDAY, OCTOBER 4			
7:30am - 8:45am	FR1H	OPERATING A PROFITABLE BOUTIQUE STUDIO	GILBERT
9:00am - 10:15am	FR2H	START & GROW YOUR BUSINESS	KOOPERMAN, CLARK, WEBB, DAY & LESSARD
11:00am - 12:15pm	FR3H	GET “CERTIFIED” TO RUN YOUR FITNESS BUSINESS!	DAY
1:15pm – 2:30pm	FR4H	RETENTION STRATEGIES: UNLOCKING THE KEY TO CUSTOMER LOYALTY	NETTO
2:45pm - 4:00pm	FR5H	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	B. CLARK
4:30pm - 5:45pm	FR6H	PT 2024: MEET THE HYBRID FITNESS PROFESSIONAL	ESQUERRE
6:00pm – 7:00pm	FR7H	KEYNOTE & COCTAILS – FITNESS BUSINESS STRATEGIES FOR IMPACT & INCOME	B. CLARK
SATURDAY, OCTOBER 5			
7:30am - 8:45am	SA1H	SELLING WITHOUT SELLING: IT’S ABOUT THE RELATIONSHIP!	ESQUERRE
11:00am - 12:15pm	SA3H	FIND YOUR NEXT 50 LEADS	B. CLARK
12:30pm – 1:45pm	SA4H	PACK YOUR PT SESSIONS: SUCCESSFUL SALES	KOOPERMAN, TOOLE, ROTHSCILD & HUGHES
2:45pm - 4:00pm	SA5H	NAVIGATING LEGAL PITFALLS IN FITNESS	KOOPERMAN & LESSARD
4:30pm - 5:45pm	SA6H	PERSONAL TRAINER PROGRAMMING & PROFITS	C. GILBERT
SUNDAY, OCTOBER 6			
7:30am - 8:45am	SU1H	EMPOWERING DISABILITY FITNESS VENTURES	GESLAK
9:00am - 10:15am	SU2H	FIT FOR BUSINESS: LEADING FOR MAXIMUM PERFORMANCE	KOOPERMAN
10:45am - 12:00pm	SU3H	SYSTEMS THINKING FOR HEALTH & FITNESS	STANGEL
12:15pm – 1:30pm	SU4H	WORKPLACE STRATEGIES FOR HEALTHY LIFESTYLES	GRIFFITH