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2



3



4



• ACTIVE AGING
• ACTIVE AGING NUTRITION
• AQUA BARRE
• AQUATIC EXERCISE
• BARRE
• BOXING
• CORE TRAINING
• FLOWING YOGA
• FOAM ROLLING
• FUNCTIONAL FLEXIBILITY
• FUNCTIONAL PILATES
• GROUP EXERCISE
• GROUP FITNESS DIRECTOR/STUDIO OWNER
• GROUP STEP
• GROUP STRENGTH
• HIIT
• KETTLEBELL
• KIDS IN MOTION
• LIFESTYLE & BEHAVIORAL COACHING
• MEDITATION
• MIND BODY FUSION
• MOMS IN MOTION
• NUTRITION, HORMONES & METABOLISM
• PERFORMANCE STABILITY TRAINING
• PERSONAL TRAINING
• PILATES MATWORK
• PILATES SMALL APPARATUS
• SMALL GROUP TRAINING
• SOCIAL MEDIA
• SPORTS NUTRITION
• TAI CHI
• WATERMOTION®
• WEIGHT MANAGEMENT
• YOGA I & II

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5

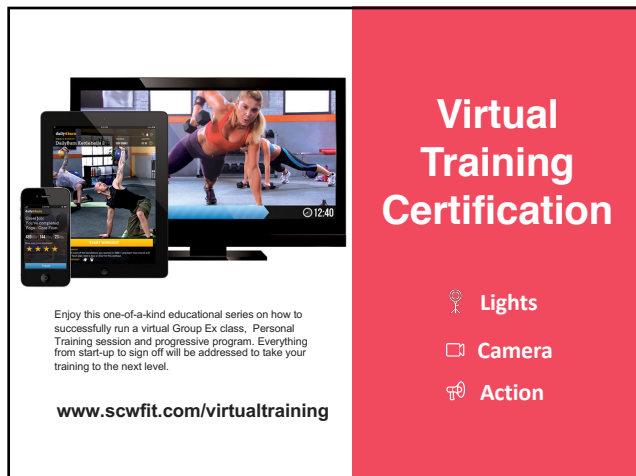


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6



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7



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8

Get Your Time Back

Jessica H. Maurer
JHMFitness.com

Description: Searching for ways to generate more time in your work week, this workshop is for you. Time management is the name of the game and there's an APP for it! From class creation to marketing, learn about the apps, programs, and systems that can give you your time back.

Time management is about creating a skeleton once & changing the decorations a hundred times. Variation and variables are the key to consistency - no creation.

P: Programming

- Create templates
 - Google Drive
 - Canva
- Use an app
 - Trainerize

L: Layout

- Create a feeder system
 - Build the offering
 - Write a blog to support & provide information
 - Fuel your emails with the blog content
 - Create social media posts from the blog
- Create a brand
 - Colors
 - Fonts
 - Templates

A: Ahead

- Use resources
 - Canva
 - Unsplash
 - OVER
- Use a storage system
 - Trello
 - Google Drive

Y: You

- Dedicate time & calendars
 - Schedule Once
 - Calendly
 - Square Appointments
 - WooCommerce