

FRIDAY DEC. 9
CERTIFICATIONS

PERSONAL TRAINING CERTIFICATION
Roberts • 9am-5pm CDT

ACTIVE AGING CERTIFICATION
Gilbert • 9am-5pm CDT

FUNCTIONAL TRAINING CERTIFICATION
McCormick • 9am-5pm CDT

MARKETING & SALES FOR PTs CERTIFICATION
Robinson • 9am-4pm CDT

NUTRITION FOR FITNESS PROS CERTIFICATION
Toole • 9am-5pm CDT

For certification info visit:
trainerapex.com/certifications

A
STRENGTH & CIRCUITS

B
AGING, PROGRAMMING & AUTOMATION

C
PROFITS & PERFORMANCE

D
CORE, CARE & CONDITIONING

E
LEVEL UP

SATURDAY, DECEMBER 10

SA1	9:00am-10:15am EDT 8:00am-9:15am CDT 6:00am-7:15am PDT	Level Up Your Strength Classes! <i>BANNISTER-MUNN</i>	Functional Training for Active Agers <i>GILBERT</i>	New Client Retention <i>MCBEE</i> (Lecture)
SA2	10:30am-11:45pm EDT 9:30am-10:45am CDT 7:30am-8:45am PDT	NEW! Shoulders Shouldn't Hurt <i>FULTON</i>	Hormone Balancing Fitness Prescription Difference <i>ATKINSON</i>	NEW! Profitable Small Group Training for the Personal Trainer <i>HOWARD, MCBEE MCCORMICK & MALAGHAN</i>
SA3	12:00pm-1:15pm EDT 11:00am-12:15pm CDT 9:00am-10:15am PDT	Use of Manual Resistance with Clients <i>CHRISTOPHER</i>	NEW! Virtual Workouts for Profit! <i>MCCORMICK</i> (Lecture)	Hands on Stretching <i>BANNISTER-MUNN</i>
LUNCH: 1:15pm-1:45pm EDT, 12:15pm-12:45pm CDT, 10:15am-10:45am PDT				
SA4	1:45pm-3:00pm EDT 12:45pm-2:00pm CDT 10:45am-12:00pm PDT	Everyday Strength for Active Aging <i>ROBERTS</i>	Brain Balance Training <i>SPLICHAL</i>	NEW! The Battle for Mobility <i>MCCORMICK</i>
SA5	3:15pm- 4:30pm EDT 2:15pm - 3:30pm CDT 12:15pm - 1:30pm PDT	Fit By Numbers <i>GAVIGAN</i>	NEW! Assessments for the Elderly Client <i>ROBERTS</i>	NEW! Bulletproof Your Feet <i>SPLICHAL</i>
SA6	4:45pm - 6:00pm EDT 3:45pm - 5:00pm CDT 1:45pm - 3:00pm PDT	E.M.H. Training <i>GAVIGAN</i>	Build Better Aging Body Balance <i>ROBERTS</i>	Attention to Retention <i>ROBINSON</i> (Lecture)

NEW!	Posture & Alignment <i>MUMMY</i> (Lecture)	The Exercise Layering Strategy <i>HOWARD</i>	SA1
NEW!	Top Tier Core Conditioning <i>ROBINSON</i>	Get a Head Start on Aging <i>GILBERT</i>	SA2
	Muscle Care - Happy Hips & Healthy Backs <i>FULTON</i>	Strong Body Fountain of Youth <i>HOWARD</i>	SA3
30 MINUTE BREAK			
NEW!	Increasing Revenue as a Personal Trainer <i>HOWARD, CHRISTOPHER, MCBEE & GILBERT</i>	Symmetry: Advanced Corrective Exercise <i>MUMMY</i>	SA4
	Coaching Core Stability <i>MCBEE</i>	Physics of Pain & Performance <i>MUMMY</i> (Lecture)	SA5
	Active Recovery for Better Results <i>FULTON</i>	NEW! Sexy, Smart Strength for Women <i>MCCORMICK</i>	SA6



Certs + Sessions Schedule

