




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

Certs + Sessions Schedule

