



TIME	CODE	SESSION	PRESENTER
FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1A	SITTING PRETTY: STRENGTH & SUPPORT	GILBERT
9:00am - 10:15am	FR2A	PERFECT PROGRAMMING FOR ACTIVE AGERS	TOOLE
11:00am - 12:15pm	FR3A	FUNCTIONAL TRAINING FOR ACTIVE AGERS	GILBERT
1:15pm-2:30pm	FR4A	STRENGTH THROUGH THE AGES	APPEL
2:45pm - 4:00pm	FR5A	EVERYDAY STRENGTH FOR ACTIVE AGING	ROBERTS
4:30pm - 5:45PM	FR6A	AGING WITH STRENGTH & GRACE	DZIUBINSKI
6:00pm - 7:00pm	FR7A	FITNESS IDOL	KOOPERMANN, TOOLE, SPREEN-GLICK & ROBINSON
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1A	S.E.A.T. SUPPORTED EXERCISE FOR AGELESS TRAINING	GILBERT
9:15am - 10:30am	SA2A	KEYNOTE: THE ROLE OF FITNESS PROFESSIONAL IN THE HEALTHCARE SYSTEM	MUMMY
11:00am - 12:15pm	SA3A	CARDIO KICKBOXING FOR THE ACTIVE AGER	MALAGHAN
12:30pm-1:45pm	SA4A	FUNCTIONAL FITNESS 50+	TOOLE
2:45pm - 4:00pm	SA5A	STRENGTH TRAINING FOR LONGEVITY & VITALITY	KOOPERMANN
4:30pm - 5:45pm	SA6A	ACTIVE AGERS FROM THE GROUND UP!	VALAZQUEZ
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1A	LABALAST® CHAIR FITNESS	VAN AMSTEL & SOLIS
9:00am - 10:15am	SU2A	THE AGING BRAIN	LAYNE
10:45am-12:00pm	SU3A	CREATIVE PROGRAMMING 55+	WARTENBERG
12:15pm-1:30pm	SU4A	CHAIR – AGILITY	LAYNE



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FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1B	TOP TIER CORE CONDITIONING	ROBINSON
9:00am - 10:15am	FR2B	SOULSTRENGTH™: CARDIO KICKBOXING INTERVALS	PARK
11:00am - 12:15pm	FR3B	KILLER CORE	APPEL
12:30pm-1:45pm	FR4B	LIT 101 (LOW IMPACT TRAINING)	ROBINSON
2:45pm - 4:00pm	FR5B	BALANCE YOUR HIIT	LENART
4:30pm - 5:45pm	FR6B	KETTLEBELL KRUSH	TURNER
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1B	BAND CAMP	BANNISTER-MUNN
11:00am - 12:15pm	SA3B	WARRIOR COMBAT™: KEEP FIGHTING	RICHARDS
1:15pm-2:30pm	SA4B	SOULFUSION™ EXPERIENCE	PARK
2:45pm - 4:00pm	SA5B	TOTAL BODY STRENGTH	RICHARDS
4:30pm - 5:45pm	SA6B	CORE CONNECTION	TURNER
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1B	WARRIOR STRENGTH™: PUT FUN IN FUNCTIONAL	DE WERD
9:00am - 10:15am	SU2B	CORE CRUSHER	RICHARDS
10:45am - 12:00pm	SU3B	DYNAMIC CORE TRAINING	MCBEE
12:15pm - 1:30pm	SU4B	FUNDAMENTALS OF SQUAT PROGRESSIONS AND VARIATIONS	MIKE



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FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1C	YOGA-PILATES RESTORE	BANNISTER-MUNN
9:00am - 10:15am	FR2C	ELEVATED: NEXT LEVEL ACTIVE RECOVERY	ROBINSON
11:00 - 12:15pm	FR3C	WARRIOR RHYTHM: STAND OUT	DE WERD
12:30pm – 1:45pm	FR4C	BRING THE TOYS!	BANNISTER-MUNN
2:45pm - 4:00pm	FR5C	SHOULDERS: PROTECTION & PERFORMANCE	CHRISTOPHER
4:30pm - 5:45pm	FR6C	SYMMETRY: ADVANCED POSTURAL CORRECTIVE EXERCISE	MUMMY
6:00pm – 7:00pm	FR7C	YIN TO MY YANG	MALAGHAN
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1C	BY ANY STRETCH	APPEL
11:00am - 12:15pm	SA3C	HAPPY MUSCLES!®365 TIGER TAIL® RECOVERY	ZULEGER
1:15pm-2:30pm	SA4C	HIPS DON'T LIE	BANNISTER-MUNN
2:45pm - 4:00pm	SA5C	POSTURE & ALIGNMENT “WITH PERSONAL TRAINING”	MUMMY
4:30pm – 5:45pm	SA6C	FIRE & ICE YOGA	SPREEN-GLICK
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1C	BEAUTY & THE BEAST: YOGA POWER	WARTENBERG
9:00am - 10:15am	SU2C	BARREFUSION™ EXPERIENCE	PARK
10:45am - 12:00pm	SU3C	NO (DOWNWARD FACING) DOGS ALLOWED	FULTON
12:15pm - 1:30pm	SU4C	YOGA GROOVES	BRASHER



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FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1D	BARRE STRONG	LENART
9:00am - 10:15am	FR2D	RAQISA® BELLY DANCE SKILLS & DRILLS	DOHERTY
11:00am - 12:15pm	FR3D	DISCOVER A TEACHING VACATION	WHITAKER
12:30pm-1:45pm	FR4D	LABLAST® FITNESS: DANCE. DIVERSITY. INCLUSION.	VAN AMSTEL & SOLIS
2:45pm - 4:00pm	FR5D	WARRIOR RHYTHM™: FLOW STATE	CONSER
4:30pm - 5:45pm	FR6D	HOW TO HANDLE HYPERTROPHY	ROBINSON
6:00pm-7:00pm	FR7D	MANIA® DANCE OFF!	LABLAST®, FIT BODIES, RAQISA® & MANUEL VELAZQUEZ
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1D	RAQ THE BARRE® BELLY DANCE FITNESS	DOHERTY
11:00am - 12:15pm	SA3D	LABLAST® FITNESS: EMOTIONAL WEALTH	VAN AMSTEL & SOLIS
12:30pm-1:45pm	SA4D	STRIKE! KICKBOXING	SPREEN-GLICK
2:45pm - 4:00pm	SA5D	COCONUT BEACH CAMP BY FIT BODIES, INC	STANLEY
4:30pm – 5:45pm	SA6D	COACHING THE STATION BASED CIRCUIT WORKOUT	MCBEE
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1D	MASTER THE DEADLIFT	MIKE
9:00am - 10:15am	SU2D	TOTAL BODY SHAPING	MCBEE
10:45am - 12:00pm	SU3D	KICKBOX N CHAOS	TURNER
12:15pm - 1:30pm	SU4D	“STAND UP FOR FOAM ROLLING”	FULTON



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FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1E	SCHWINN®: R.I.S.E. & #RIDERIGHT	ROBERTS
9:00am - 10:15am	FR2E	SCHWINN®: LET THE BEAT DROP	APPEL
11:00am - 12:15pm	FR3E	SCHWINN®: DYNAMIC DUOS – CYCLING FUSION	HOGG
1:15pm-2:30pm	FR4E	SCHWINN®: POLISHING DIAMONDS – LEVEL UP	HOGG
2:45pm - 4:00pm	FR5E	SCHWINN®: PRIME DESIGN 2.0	HOGG
4:30pm – 5:45pm	FR6E	BEATBOSS™ TAPBACKS, PUSH-UPS YAY OR NAY	AUSTIN & LEADLEY
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1E	SCHWINN®: LEADER OF THE PACK	HOGG
11:00am - 12:15pm	SA3E	SCHWINN®: CYCLE MIXOLOGY – KILLER PLAYLISTS	APPEL
12:30pm-1:45pm	SA4E	SCHWINN®: BREATHY NOT BREATHLESS	APPEL
2:45pm - 4:00pm	SA5E	SCHWINN®: TRI CYCLE TRIPLE THREAT	ROBERTS
4:15pm - 5:30pm	SA6E	SCHWINN®: PEDAL N PULSE	VANDERBURG
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1E	BEATBOSS™ BIKE POWER + PARTY	AUSTIN & LEADLEY
9:00am - 10:15am	SU2E	BEATBOSS™ BIKE SCULPTING DONE RIGHT	AUSTIN & LEADLEY



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FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1F	AQUA EASE: FLEXIBILITY FOR ACTIVE AGERS	VELAZQUEZ
9:00am - 10:15am	FR2F	LABLAST® SPLASH: EMOTIONAL WEALTH	VAN AMSTEL & SOLIS
11:00am - 12:15pm	FR3F	WATER WORKS	VELAZQUEZ
1:15pm-2:30pm	FR4F	H2O STRENGTH	VELAZQUEZ
2:45pm - 4:00pm	FR5F	WHEN BREATH MEETS WATER: AQUA YOGA	MALAGHAN
4:30pm - 5:45pm	FR6F	AQUA AB ARSENAL	GILBERT
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1F	INCREASE AQUA INTENSITY WITH INTERVALS	ALEXANDER
11:00am - 12:15pm	SA3F	SILVER TSUNAMI	VELAZQUEZ
1:15pm-2:30pm	SA4F	AQUATIC PERSONAL TRAINING	MALAGHAN
2:45pm - 4:00pm	SA5F	AQUA RHYTHMICS	DZIUBINSKI
4:30pm – 5:45pm	SA6F	AQUA BRAIN POWER	GILBERT
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1F	AQUA STRIDES & STRENGTH	DZIUBINSKI
9:00am - 10:15am	SU2F	AQUA RUNNING & CONDITIONING	WARTENBERG
10:45am - 12:00pm	SU3F	AQUA STRENGTH TRAINING	ALEXANDER
12:15pm - 1:30pm	SU4F	FREE TO MOVE IN THE POOL	DZIUBINSKI



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FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1G	PROTEIN POWER FOR WEIGHT CONTROL	DIGSBY
9:00am - 10:15am	FR2G	CHASING THE DRAGON: FOOD ADDICTION	LAYNE
11:00am - 12:15pm	FR3G	EXERCISE IS MEDICINE	LASKOWSKI
12:30pm – 1:45pm	FR4G	FEASTING & FASTING?	LAYNE
2:45pm - 4:00pm	FR5G	NUTRITION AND HORMONES: HEALTHY AGING	ZULEGER
4:30pm - 5:45pm	FR6G	PERFECT PRACTICE MAKES PERFECT	LASKOWSKI
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1G	FUNCTIONAL FOODS FOR A FANTASTIC YOU	FEARHEILEY
11:00am - 12:15pm	SA3G	GETTING CLIENTS LEAN HEALTHFULLY	DIGSBY
12:30pm-1:45pm	SA4G	PHYSICS OF PAIN & PERFORMANCE	MUMMY
2:45pm - 4:00pm	SA5G	FIVE FAT-BURNING HORMONES	LAYNE
4:30pm - 5:45pm	SA6G	DIET VS EXERCISE: FOOD CHOICES ALWAYS WIN	FEARLEILEY
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1G	FAD DIETS & FAILED EXPECTATIONS	TOOLE
9:00am - 10:15am	SU2G	ABS ARE MADE IN THE KITCHEN	DIGSBY
10:45am - 12:00pm	SU3G	HEALTHY WEIGHT: DEFINED BY A DIETITIAN	DIGSBY
12:15pm - 1:30pm	SU4G	CHILDHOOD & ADOLESCENT OBESITY: HEALTHY GUIDANCE	FEARHEILEY



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FRIDAY, AUGUST 25			
7:30am - 8:45am	FR1H	PERSONAL TRAININGS MISSING PLAYBOOK	CHRISTOPHER
9:00am - 10:15am	FR2H	TRENDS IN FITNESS PROGRAMMING	KOOPERMAN
11:00am - 12:15pm	FR3H	BRAND BUILDING FOUNDATIONS	SPREEN-GLICK
1:15pm – 2:30pm	FR4H	EFFECTIVE GX & PT SALES STRATEGIES PANEL	KOOPERMAN, CLARK, TOOLE & CHRISTOPHER
2:45pm - 4:00pm	FR5H	THE BEAUTY OF BUILDING A BRAND	PARK
4:30pm - 5:45pm	FR6H	GROW YOUR BUSINESS BY ADDING VALUE	ESQUERRE
SATURDAY, AUGUST 26			
7:30am - 8:45am	SA1H	MONETIZING YOUR PASSION & SKILLS	ESQUERRE
11:00pm - 12:15pm	SA3H	FIND & ENROLL CLIENTS USING SOCIAL MEDIA	CLARK
1:15pm-2:30pm	SA4H	10 TOOLS TO GROW YOUR BUSINESS	FULTON
2:45pm - 4:00pm	SA5H	CREATE VALUE – RETAIN CLIENTS	TOOLE
4:15pm - 5:30pm	SA6H	KEEP MEMBERS ENGAGED YEAR-ROUND	DE WERD
SUNDAY, AUGUST 27			
7:30am - 8:45am	SU1H	PERSONAL AND SMALL GROUP TRAINING	MCBEE
9:00am - 10:15am	SU2H	STRETCHING FOR STRENGTH – FLEXIBLE FOUNDATIONS PANEL	KOOPERMAN, FULTON, TOOLE & MIKE
10:45am - 12:00pm	SU3H	ROCKSTAR INSTRUCTORS	RICHARDS
12:15pm - 1:30pm	SU4H	SUCCESSFUL ACTIVE AGING PROGRAMMING	WARTENBERG