

Friday, September 29, 2023

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua (Starts in Lecture	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom A	Grand Ballroom C	LaSalle AB	Grand Ballroom B	LaSalle C	Renewal A	Madison	Division
FR1 7:30am-8:45am	Sexy, Smart Strength for Women	Sitting Pretty: Strength & Support	Rhythm of the Barre	Yoga-Pilates Restore	Schwinn®: Polishing Diamonds - Level Up	Aqua Rhythmics	Getting Clients Lean Healthfully	The Perfect Virtual Solution
	<i>McCormick</i> Dumbbells, Tubing, BOSU Balance Trainer	<i>Gilbert</i> Pilates Balls, Dumbbells, Tubing	<i>Bullard</i> Barres, Gliding Discs, Pilates Balls, Dumbbells	<i>Bannister-Munn</i> Yoga Straps, Yoga Blocks (Towels if Possible)	<i>Appel</i>	<i>Dziubinski</i>	<i>Digsby</i> Whiteboard & Markers	<i>Madden</i>
	94	41	35	49	17	20	52	11
EXPO SHOPPING 8:45am-9:00am								
FR2 9:00am-10:15am	Pilates: Mat to the Max	Perfect Programming for Active Agers		Fire & Ice Yoga	Schwinn®: Leader of the Pack	LaBlast®: Buoyant Ballroom Blowout	Perfect Practice Makes Perfect	Purposeful Programming
	<i>Appel</i> Yoga Mats, Pilates Balls	<i>Toole</i> Chairs,Small Pods, Massage Sticks		<i>Spreen-Glick</i> Yoga Mats	<i>Hogg</i>	<i>Figueroa & Tomassi</i> Aqua Dumbbells	<i>Laskowski</i>	<i>Madden</i>
	46	99		57	31	15	42	34
EXPO SHOPPING 10:00am-11:00am								
FR3 11:00am-12:15pm	Strike! Kickboxing	Functional Training for Active Agers	WERQ Dance Fitness	WARRIOR Rhythm™: Secrets to Successful Students	Schwinn®: Let the Beat Drop	Ride the Wave	Nutrition and Hormones: Healthy Aging	Trends In Fitness Programming
	<i>Spreen-Glick</i> BOSU Balance Bar	<i>Gilbert</i> Pilates Balls, Dumbbells, Tubing, Bands-Loop	<i>Struxness & Pereyra</i>	<i>de Werd</i> Dumbbells, Yoga Mats	<i>Appel</i>	<i>Velazquez, Kulp & Carvalho</i> Aqua Noodles	<i>Zulegar</i>	<i>Kooperman</i>
	31	53	21	17	34	31	102	45
FR4 12:30pm-1:45pm Session 1	Core Amore			Hands on Stretching	Schwinn®: Prime Design 2.0		Elimination Diet Pros & Cons	
	<i>Madden</i> Pilates Balls, Tubing, Dumbbells & Gliding Discs			<i>Bannister-Munn</i> Yoga Straps	<i>Hogg</i>		<i>Digsby</i> Whiteboard & Markers	
	77			53	25		22	
	Session 1			Session 1	Session 1		Session 1	
EXPO SHOPPING 12:00pm-2:45pm								
FR4 1:15pm-2:30pm Session 2		Mobility, Fascia & the Active Ager	LaBlast® Fitness: Dance. Diversity. Inclusion.			Changing Tides - H2O Tabata Style		Fireside Chate with Steven Schwarts
		<i>McCormick</i> Foam Rollers, Yoga Mats, Tennis Balls	<i>Figueroa & Tomassi</i> Dumbbells			<i>Kulp</i> Aqua Dumbbells		<i>Kooperman & Schwartz</i>
	Session 2	Session 2	Session 2		Session 2		Session 2	
FR5 2:45pm-4:00pm	Creative Core Solutions	Intro to Multiple Sclerosis	Active Agers from the Ground Up!	Symmetry: Advanced Postural Corrective Exercise	Schwinn®: R.I.S.E. & #RideRight	Aqua Disco	Sleep: The Weight Loss Mircle	Effective GX & PT Sales Strategies Panel
	<i>Madden</i> Pilates Balls, Gliding Disc, Tubing, Dumbbells	<i>Reilly</i> Dumbbells, Tubing, Tennis Balls,Chairs	<i>Velazquez</i> Massage peanuts, Yoga Straps, Foam Rollers	<i>Mummy</i>	<i>Thews</i>	<i>Haggard</i>	<i>Seti</i>	<i>Kooperman, Toole, Clark, Carney & Esquerre</i>
	87	17	57	36	39	18	45	31
EXPO SHOPPING 3:45pm-4:30pm								
FR6 4:30pm-5:45pm	Total Body Strength	Quick & Dirty 30 - 2023	Yoga for Balance	Bring the toys!	Schwinn®: Pedal N Pulse	Tab-Aqua	Exercise is Medicine	Fill Your Small Group Training
	<i>Richards</i> Dumbbells, Kettlebells	<i>McCormick</i> Tubing, Bands-Loop, Bands-Strength, Gliding Disc, Steps	<i>Spreen-Glick</i>	<i>Bannister-Munn</i> Bands-Strength, Tennis Balls, Lacrosse Balls, Pilates Balls	<i>Appel</i>	<i>Bullard</i>	<i>Laskowski</i>	<i>Varol</i>
	76	43	52	31	22	24	52	31
FR7 6:00pm-7:00pm Evening Sessions	Fitness Idol		MANIA® MASHUP! - HOSTED BY WERQ Fitness	Flow Free & Be				
	<i>Kooperman, Toole, Esquerre & Bullard</i>		<i>LaBlast®, Tiger Tail, Velazquez & Haggard</i>	<i>Spreen-Glick</i> Yoga Mats				
	22		104	106				

Saturday, September 30, 2023

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua (Starts in Lecture	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom A	Grand Ballroom C	LaSalle AB	Grand Ballroom B	LaSalle C	Renewal A	Madison	Division
SA1 7:30am-8:45am	Body Weight Exercises You Are Underutilizing	S.E.A.T. Supported Exercise for Ageless Training	WERQ Like a Boss		Schwinn®: Recovery RX	H2O Reporting for Duty	FIIT Formula Practices	Healthcare Referrals for Business Growth
	Williams	Gilbert Chairs, Dumbbells, Pilates Balls, Bands-Loop	Struzness & Pereyra		Thews	Haggard Aqua Dumbbells, Dumbbells, Tubing, Bands-Loop, Cones, Aqua Noodles, Bands-Strength	Carney	Stack
	101	32	27		27	21	25	31
	EXPO SHOPPING 8:30am-9:15pm							
SA2 9:15am-10:30am	KEYNOTE ADDRESS - Symmetry The Role of Fitness Professional in the Healthcare System - Patrick Mummy 266							
EXPO SHOPPING 10:30am-11:00am								
SA3 11:00am-12:15pm	Stability Ball Breakthrough	Step by Step Walking Along	LaBlast® Fitness: Ballroom Blowout	Happy Muscles!® Tiger Tail®	Schwinn®: Cycle Mixology - Killer Playlists	Buoy, Oh Buoy, Oh Buoy!	Protein Power for Weight Control	Find & Enroll Clients Using Social Media
	Bannister-Munn Stability Balls	Bullard	Figueroa & Tomassi Dumbbells	Zuleger Tiger Tail 18" Original, Tiger Tail 5.0 Ball, Tiger Tail Yoga/Stretch Strap	Appel	Velazquez, Kulp, Carvalho & Vandenberg Aqua Dumbbells	Digsby Whiteboard & markers	Clark
	97	22	7	28	24	34	55	39
SA4 12:30pm-1:45pm Session 1	Leg Circuit Blast for Power	Pickleball Power & Performance Kooperman					Physics of Pain & Performance Mummy	
	Williams 63	41				43		
	Session 1	Session 1				Session 1		
SA4 1:15pm-2:30pm Session 2				By Any Stretch Appel Massage Table, Yoga Mats	Schwinn®: Breathy Not Breathless Kolovou	Beautiful Buoyant Booty Vandenberg Aqua Dumbbells, Aqua Noodles		Grow Your Business by Adding Value Esquerre
				64	41	22		
	Session 2				Session 2	Session 2	Session 2	21
EXPO SHOPPING 12:00pm-2:45pm								
SA5 2:45pm-4:00pm	Dynamic Core Training	Functional Fitness 50+	WARRIOR Combat™: Keep Fighting	Posture & Alignment with Personal Training	Schwinn®: Hear Us Roar	Free to Move in the Pool	Eat to Lose!	Signature Sauce for Six-Figure Success
	McBee Dumbbells, Tubing	Toole Divide Room 4 Corners #1 Stability Balls #2 Mats #3 BOSU Balance Trainers #4 Empty	Richards Yoga Mats, Dumbbells	Mummy	Thews & Kolovou	Dziubinski Aqua Noodles, Aqua Dumbbells	Seti	Diggs
	32	62	22	57	31	24	53	24
EXPO SHOPPING 3:45pm-4:30pm								
SA6 4:30pm-5:45pm	Top Tier Core Conditioning	Plyometric Exercises For Older Adults	Glute Training - Beginner to Advanced	Corrective Exercise Strategies for the Ankle	Schwinn®: Tri-Cycle triple Threat	Pool Personal Training	Power Training for Aging Adults	Stop Selling & Create Culture
	Robinson Dumbbells	Aslakson Med Balls, Steps, Chairs	Johnson Bands-Loop, Kettlebells	Williams Bands-Loops, Foam Rollers, BOSU Balance Trainers, Stability Balls, Dumbbells	Hogg	Lagerhausen Aqua Dumbbells, Aqua Belts	Stack	Gilbert
	42	63	83	17	14	20	36	17

Sunday, October 1, 2023

Room	A	B	C	D	E	F	G	H
Description	HIIT/ Strength/Core	Function/Active Aging	GX/Dance/Small Group Training	Recovery/Mind Body	Cycle	Aqua (Starts in Lecture	Nutrition/Ex Science	Business
Hotel Rm	Grand Ballroom A	Grand Ballroom C	LaSalle AB	Grand Ballroom B	LaSalle C	Renewal A	Madison	Division
SU1 7:30am-8:45am	Core Crusher	LaBlast® Chair Fitness	Just Beat It!	Myofascial Recovery		Core Fusion H2O	Fad Diets & Failed Expectations Toole	Personal and Small Group Training Sales McBee
	<i>Richards</i> Yoga Mats	<i>Figueroa & Tomassi</i> Dumbbells, Chairs	<i>Wartenberg</i> Steps, Risers, Stability Balls, Drumsticks, Chairs	<i>Garcia</i> Foam Rollrs, Massage Peanuts, Lacrosse Balls, Yoga Blocks		<i>Vandenberg</i> Aqua Noodles		
	39	15	20	43		24	34	24
EXPO SHOPPING 8:30am-9:45pm								
SU2 9:00am-10:15am	Bringing Back Foundational Strength Training	Aging Shoulder: Exercise to Function!	Kickboxing Groove	Gentle Yoga for Mobility		Aqua Running & Conditioning	Self-Care For Your Immune System	Business Blueprint for 2023
	<i>Johnson</i> Kettlebells (1:4), Tubing (1:4)	<i>Aslakson</i> Bands-Flat, Dumbbells	<i>Haggard</i> Dumbbells, Bands-Loop	<i>Velazquez</i>		<i>Wartenberg</i> Aqua Noodles, Aqua Dumbbells, Dumbbells	<i>Seti</i>	<i>Robinson</i>
	50	38	20	34		21	27	15
CLOSE OUT EXPO SHOPPING 10:00AM-1:00PM								
SU3 10:45am-12:00pm	WARRIOR Strength™: Put FUN in Functional	Aging With Strength & Grace	Coaching the Station Based Circuit Worlut	Got Back Pain?		RECESS REMIX: Pool Playground	Weight Loss vs. Fat Loss	Create Value - Retain Clinets
	<i>de Werd</i> Dumbbells, Mats, Bands-Loop & Gliding Disc	<i>Dziubinski</i> Chairs	<i>McBee</i> Dumbbells, Tubing, Kettlebells, Med Balls	<i>Garcia</i> PVC, Lacrosse Balls		<i>Lagerhausen</i> Aqua Noodles	<i>Johnson</i>	<i>Toole</i>
	24	39	36	28		18	36	24
SU4 12:15pm-1:30pm	Functional Core Training	Transformational Training After 40	Total Body Shaping	Elevated: Next Level Active Recovery Robinson		Aqua Strides & Strength	Healthy Weight: Defined by a Dietitian Digsby	Monetizing Your Passion & Skills Esquerre
	<i>Garcia</i> Stability Balls, Bands-Loops	<i>McCormick</i> Tubing, Bands-Loop, Steps	<i>McBee</i> Dumbbells, Tubing, Gliding Disc			<i>Dziubinski</i> Aqua Dumbbells	Whiteboard & Markers	
	21	63	45	21		18	20	13
	Rosemont 3	Rosemont 1	Rosemont 2					
SUNDAY CERTIFICATIONS	SCW Stretching & Flexibility Training Certification 7:30am-3:30pm Appel	S.E.A.T. Supported Exercise For Ageless Training Certification 7:30am-3:30pm Gilbert	Symmetry Postural Measurement Certification 7:30am-3:30pm Mummy					
	Massage Table, Mats, Yoga Straps, Tennis Balls, Foam Rollers	Chairs, Mats, Pilates Balls, Dumbbells, Tubing						
	14	3	0					