



AB Show Workout Stage Powered By SCW Fitness!

Experience two action-packed days of mini workouts happening every 15 minutes!
Located in the EXPO Ground Floor Booth 2007

Thursday, November 6, 2025	
12:15 PM	Power Pilates - Reena Vokoun, MS
12:30 PM	Posture Perfect: Body Weight Exercises - John Preston, MS
12:45 PM	Core Without Crunches - Christine Conti, MEd
1:00 PM	Total Body Strength - Reena Vokoun, MS
1:15 PM	SOULkickboxing - Michele Park
1:30 PM	Core for Life: Stronger, Safer, Smarter Movement - Tricia Murphy Madden
1:45 PM	Brazily® Dance: Bold, Fun Fitness - Mariana & Andre Santos
2:00 PM	S.E.A.T. Supported Exercise for Ageless Training - Ann Gilbert
2:30 PM	Athletic Flow - Mary Lou Schell, PhD
2:45 PM	Yin+Restore Yoga - Lisa Greenbaum, E-RYT 500, C-IAYT
3:00 PM	WATERinMOTION: Wave Works - Cheri Kulp
3:15 PM	Breathwork for Mental Health - Lisa Greenbaum, E-RYT 500, C-IAYT

Friday, November 7, 2025	
10:15 AM	PALANGO! Cardio- Felix Ojeda, MS, MBA
10:30 AM	Fusion Revolution - Mary Lou Schell, PhD
10:45 AM	CoreSpring® Pilates for Better Balance - Charlyn Huss, MA, NCPT
11:00 AM	Brazily® Dance Fitness Revolution - Mariana & Andre Santos
11:15 AM	SOULfusion Lower Body Blast - Michele Park
11:30 AM	Human Reformer - Tricia Murphy Madden
11:45 AM	CoreSpring® Pilates: Dynamic Strength - Charlyn Huss, MA, NCPT
12:00 PM	Back to Aerobics - Christine Conti, MEd
12:15 PM	WATERinMOTION: WIM Strength - Cheri Kulp
12:30 PM	Bite-Sized Exercise - Christine Conti, MEd
12:45 PM	S.E.A.T. Supported Exercise for Ageless Training - Ann Gilbert
1:00 PM	Empowered Balance Through Yoga - Lisa Greenbaum, E-RYT 500, C-IAYT

Join in and sample **20+ unique workouts** led by **top instructors**.
Don't miss this **high-energy fitness showcase!**