

	Workshop Schedule	Instructor	ACE	NASM	AFAA	AEA	NSCA	NFPT
Thursday 04/25/19								
8:00am – 4:30pm	Scoliosis, Stenosis & Osteoporosis: Best...	Osar	0.7	0.7	7	-	-	-
8:00am – 4:30pm	Stroops: Foundational Training	Erickson	0.8	0.8	8	-	-	-
8:00am – 6:00pm	MASHUP Instructor Certification	Silvas	0.7	1.1	11	-	-	-
8:00am – 6:00pm	Zumba Basic 1 Instructor Training	Bullard	0.7	-	5.5	-	-	-
8:00am – 6:00pm	Freedom Barre Instructor Certification	Strand	1.4	1.4	14	-	-	-
9:00am – 5:00pm	Open the Door to Tai Chi Instructor Certification	Bailey	0.6	0.8	8	-	-	-
8:00am – 1:30pm	The Ageless Body: Functional Mobility/Flexibility	Bender						
2:00pm – 6:00pm	Cardio Combos + Added Resistance	Bishop	0.4	-	4	4	-	-
Friday 04/26/19								
7:30am – 9:00am	Social 365 Formula for Monetizing Social Media	Atkinson	0.2	0.2	2	2	0.2	0.2
7:30am – 9:00am	How to Be the Best Small Group Coach	Jones	0.2	0.2	2	1	0.2	0.2
7:30am – 9:00am	Dynamic Stability Training: Powered by AXIO	Bezemer	0.2	0.2	2	1	0.2	0.2
7:30am – 9:00am	HIIT the Conference	Clayton	0.2	0.2	2	1	-	0.2
7:30am – 9:00am	Bender Ball Ultimate Core	Bender	0.2	0.2	2	1	-	0.2
7:30am – 9:00am	Preventing Falls with Tai Chi	Bailey	0.2	0.2	2	1	-	0.2
7:30am – 9:00am	Aqua Kick & Burn Bootcamp	Watkins	0.2	0.2	2	2	-	0.2
9:00am – 9:30am	EXPO BREAK							
9:30am – 11:00am	10 Ways to Launch or Jump-Start Your Business	Ritchie	0.15	0.1	1	1.5	0.15	0.1
9:30am – 11:00am	Double the Fun! Double the Results!	Erickson	0.15	0.1	1	0.75	0.15	0.1
9:30am – 11:00am	StrongBoard BURN! Next Level Balance Training	Gentry	0.15	0.1	1	0.75	-	0.1
9:30am – 11:00am	Work Your Yoga Wheel	Heinen	0.15	0.1	1	0.75	-	0.1
9:30am – 11:00am	Shoulder 2.0: Complete Conditioning...	Osar	0.15	0.1	1	1.5	0.15	0.1
9:30am – 11:00am	Noodle Combos	Bishop	0.15	0.1	1	1.5	-	0.1
9:30am – 11:00am	Sport Cycling: Put Your Rear in Gear!	Pro	0.15	0.1	1	0.75	-	0.1
11:00am – 12:15pm	EXPO & LUNCH BREAK							
12:15pm – 1:45pm	Nutrition Coaching for Fitness Professionals	C. Tom	0.2	0.2	2	2	0.2	0.2
12:15pm – 1:45pm	Intro to Steel Mace Training	Valencia	0.2	0.2	2	1	0.2	0.2
12:15pm – 1:45pm	Ballroom & Beyond	Kahn	0.2	0.2	2	1	-	0.2
12:15pm – 1:45pm	Freedom Barre	Strand	0.2	0.2	2	1	-	0.2
12:15pm – 1:45pm	Functional Fitness Assessment for 50+	Ritchie	0.2	0.2	2	2	0.2	0.2
12:15pm – 1:45pm	Aquatic Muscle Mix	Watkins	0.2	0.2	2	2	-	0.2
12:15pm – 1:45pm	Cycling for Every Body	Johnston	0.2	0.2	2	1	-	0.2
1:45pm – 2:15pm	EXPO BREAK							
2:15pm – 4:15pm	Put the Fire Out: Response to Inflammation	Kreun	0.2	0.2	2	2	0.2	0.2
2:15pm – 4:15pm	Neuroplastic Movement	Parker	0.2	0.2	2	2	-	0.2
2:15pm – 4:15pm	VIIT is the New HIIT + Zumba	Brown/Bullard	0.2	0.2	2	-	-	0.2
2:15pm – 4:15pm	Anatomy of Twists	Tarrant	0.2	0.2	2	1	-	0.2
2:15pm – 4:15pm	Barre for Active Aging	Bender	0.2	0.2	2	1	-	0.2
2:15pm – 4:15pm	Cardio Combos for Active Older Adults	Bishop	0.2	0.2	2	2	-	0.2
2:15pm – 4:15pm	Sports Cycling: Periodize Your Progress	Pro	0.2	0.2	2	1	-	0.2
4:30pm – 5:30pm	Tactics to Scaling Your Business to Multiple...	Jones	0.1	0.1	1	1	-	0.1
4:30pm – 5:30pm	Foam Rolling: Correcting Dysfunctional Mvmt	Segawa	0.1	0.1	1	0.5	0.1	0.1
4:30pm – 5:30pm	Sculpt, Sweat & Tone	McLean	0.1	0.1	1	0.5	-	0.1
4:30pm – 5:30pm	Pilates PLUS	Kahn	0.1	0.1	1	0.5	-	0.1
4:30pm – 5:30pm	Tai Chi for Stress Relief	Bailey	0.1	0.1	1	0.5	-	0.1
4:30pm – 5:30pm	Double Trouble: The Bad Boys of Aqua	Howard/Velazquez	0.1	0.1	1	1	-	0.1
4:30pm – 5:30pm	Ride the Rhythm	Donnelly	0.1	0.1	1	-	-	0.1
Saturday 04/27/19								
7:00am – 8:00am	FITNESSFEST OBSTACLE COURSE		-	-	-	-	-	-
7:00am – 8:00am	Rise & Shine Yoga	Sridt	-	-	-	-	-	-
8:30am – 10:00am	Gut Health: Your First Brain	C. Tom	0.2	0.2	2	2	-	0.2
8:30am – 10:00am	Coaching Squat & Lunge Variations	Comana	0.2	0.2	2	2	0.2	0.2
8:30am – 10:00am	BANG! + Fire Up!	Strand/Carr	0.2	0.2	2	1	-	0.2
8:30am – 10:00am	Yoga Prop Party	Harrington	0.2	0.2	2	1	-	0.2
8:30am – 10:00am	Balance & Power for the Aging Client	Ritchie	0.2	0.2	2	2	0.2	0.2
8:30am – 10:00am	Aqua Boot Camp	Howard	0.2	0.2	2	2	-	0.2
8:30am – 10:00am	Schwinn Cycle: If You Build It, They WILL Come	McLean	0.2	0.2	2	1	-	0.2
10:00am – 10:30am	EXPO BREAK							
10:30am – 12:00pm	Three Ball Equation	Strand	0.15	0.1	1	1.5	-	0.1
10:30am – 12:00pm	Steel Mace: Loaded Flow	T. Tom	0.15	0.1	1	0.75	0.15	0.1
10:30am – 12:00pm	Krav Maga + STRONG by Zumba	Reed/Bullard	0.15	0.1	1	0.75	-	0.1
10:30am – 12:00pm	We Bend So We Won't Break	Parker	0.15	0.1	1	0.75	-	0.1
10:30am – 12:00pm	StrongBoard Seniors: Active Aging	Gentry	0.15	0.1	1	0.75	-	0.1
10:30am – 12:00pm	Aquatic Core & More	Watkins	0.15	0.1	1	1.5	-	0.1
10:30am – 12:00pm	Schwinn Cycle: To Breathless & Back Again	McLean	0.15	0.1	1	0.75	-	0.1
12:00pm – 12:30pm	EXPO BREAK							

12:30pm – 1:30pm	LUNCHEON & KEYNOTE	Clayton							
1:30pm – 2:00pm	EXPO BREAK								
2:00pm – 3:00pm	The Philosophy of Selling Fitness (1hr)	Angelin	0.1	0.1	1	1	-	0.1	
3:00pm – 4:00pm	Tools, Tactics & Algorithms... (1hr)	Gray	0.1	0.1	1	1	0.1	0.1	
2:00pm – 4:00pm	Corrective Exercise Round-Up	Comana	0.2	0.2	2	2	0.2	0.2	
2:00pm – 4:00pm	HIGH Fitness + POUND	Tycksen/O'Reilly	0.2	0.2	2	1	-	0.2	
2:00pm – 4:00pm	Yoga FUNdamentals	Miller	0.2	0.2	2	1	-	0.2	
2:00pm – 4:00pm	Pilates at the Barre	Bender	0.2	0.2	2	1	-	0.2	
2:00pm – 4:00pm	Female Core 2.0: Complete Conditioning...	Osar/Mattek	0.2	0.2	2	2	0.2	0.2	
2:00pm – 4:00pm	Yin & Yang: A Land & Water Yoga Experience	Lagerhausen	0.2	0.2	2	2	-	0.2	
2:00pm – 3:00pm	Aqua Zumba (1hr)	Bullard	-	0.1	1	1	-	0.1	
4:00pm – 4:30pm	EXPO BREAK								
4:30pm – 6:00pm	Exercise, Fat Loss & Weight Management...	Kravitz	0.15	0.1	1	1.5	0.15	0.1	
4:30pm – 6:00pm	Bridging the Gap Between Group Fitness & PT	Hopkins	0.15	0.1	1	1.5	-	0.1	
4:30pm – 6:00pm	Foam Rolling for Injury Prevention	Wagner	0.15	0.1	1	0.75	-	0.1	
4:30pm – 6:00pm	Unleashed! Show Your Inner Performer	Velazquez	0.15	0.1	1	0.75	-	0.1	
4:30pm – 6:00pm	Resistance Yoga	Howard	0.15	0.1	1	1.5	-	0.1	
4:30pm – 6:00pm	Paddleboard Yoga	Williams	0.15	0.1	1	1.5	-	0.1	
Sunday 04/28/19									
8:00am – 6:00pm	POST-CON: STRONG by Zumba	Bullard							
8:00am – 10:00am	Exercise: Ult. Brain Booster & Stress Reducer	Kravitz	0.2	0.2	2	2	0.2	0.2	
8:00am – 10:00am	Surefire Slastix	Erickson	0.2	0.2	2	1	0.2	0.2	
8:00am – 10:00am	Trending Now: HIIT with Active Recovery	Zacharias	0.2	0.2	2	1	-	0.2	
8:00am – 10:00am	Yoga for Healthy Back	Harrington	0.2	0.2	2	1	-	0.2	
8:00am – 10:00am	Ballroom Dance for Baby Boomers	Kahn	0.2	0.2	2	1	-	0.2	
8:00am – 10:00am	Pool Pyramids	Howard	0.2	0.2	2	2	-	0.2	
10:00am – 10:30am	EXPO BREAK								
10:30am – 12:00pm	Hormone Balancing: Exercise Programming...	Atkinson	0.15	0.1	1	1.5	0.15	0.1	
10:30am – 12:00pm	Foam Rolling Re-Ren	Wagner	0.15	0.1	1	0.75	0.15	0.1	
10:30am – 12:00pm	Kickin' It, Hittin' It: Fit Mix	Silvas	0.15	0.1	1	0.75	-	0.1	
10:30am – 12:00pm	Yoga Sculpt & Core	Ward	0.15	0.1	1	0.75	-	0.1	
10:30am – 12:00pm	Hip & Knee Replacements: Complete...	Osar	0.15	0.1	1	1.5	0.15	0.1	
10:30am – 12:00pm	Are You Equipped?	Lagerhausen	0.15	0.1	1	1.5	-	0.1	
12:00pm – 12:45pm	EXPO & LUNCH BREAK								
12:45pm – 2:15pm	Carbohydrate Crazyiness	Kravitz	0.2	0.2	2	2	0.2	0.2	
12:45pm – 2:15pm	Kinesio-what? The Secret to Client Mobility...	Parker	0.2	0.2	2	2	-	0.2	
12:45pm – 2:15pm	Cardio Party	Various	0.2	0.2	2	1	-	0.2	
12:45pm – 2:15pm	Fascia & Fit	Brackney	0.2	0.2	2	1	-	0.2	
12:45pm – 2:15pm	Aqua Core Training	Velazquez	0.2	0.2	2	2	-	0.2	

ACE will award up to 1.9 credits
NASM will award up to 1.9 credits
AFAA will award up to 15 credits
AEA will award up to 15 credits
NSCA will award up to 2.0 credits
NFPT will award up to 2.0

