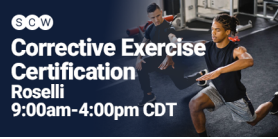
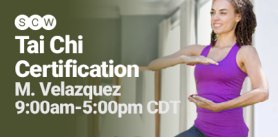
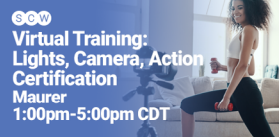





PRE-CON CERTIFICATIONS Wednesday, May 19	 Corrective Exercise Certification Roselli 9:00am-4:00pm CDT	 Tai Chi Certification M. Velazquez 9:00am-5:00pm CDT	 Virtual Training: Lights, Camera, Action Certification Maurer 1:00pm-5:00pm CDT
PRE-CON CERTIFICATIONS Thursday, May 20	 Personal Training Certification McCormick 9:00am-5:00pm CDT	 Yoga 1 Certification M. Velazquez 9:00am-5:00pm CDT	 Group Exercise Certification Howard 9:00am-5:00pm CDT

A FUNCTION / PT	B RECOVERY / MIND BODY / ACTIVE AGING	C WORKOUT FOR CHANGE
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FRIDAY, MAY 21	FR1	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	NEW! 4 Quarters of Fitness Robinson	Interval Training for the Active Ager Malaghan	Hot Booty Ballet™ Ghadban	
	FR2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	NEW! Innovative Planking for Core Strengthening Chilazi	FUNCTIONal Chair-Based Dance Fitness Perkins	Maximize Your Sessions With Cluster Circuits M. Williams	
	FR3	12:30pm-1:30pm EDT 11:30am-12:30pm CDT 9:30am-10:30am PDT	NEW! M1ND®: Future-Proof Your Body Brereton	NEW! Melt Away Neck & Shoulder Tension McKinnon	JUST2SWEAT Charles	
	BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT					
	FR4	2:00pm-3:00pm EDT 1:00pm-2:00pm CDT 11:00am-12:00pm PDT	Kickbox Combat Spreen-Glick	NEW! Let's FACE It Together™ Fit Pros Conti	NEW! The Importance of Tri-Planar Training Christopher	
	FR5	3:15pm-4:15pm EDT 2:15pm-3:15pm CDT 12:15pm-1:15pm PDT	Get Upright for an Upgraded Core Howard	Yin & Yang Yoga Journey Velazquez	NEW! Mini Band, Mega Benefits Ghadban	
FR6	4:30pm-5:30pm EDT 3:30pm-4:30pm CDT 1:30pm-2:30pm PDT	8 M's of Modern Meditation Gegg	NEW! Mobility Through Movement Vanderburg	NEW! Fired Up Cardio & Core for Motherhood Maurer		
SATURDAY, MAY 22	SA1	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	NEW! ABSolutely Core Training M. Williams NEW	Yoga for Healthy Backs Lacombe	NEW! Anatomy of a Smart Warm Up Christopher	
	SA2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	Lift Off! Howard	NEW! Counter Flow Yoga: Dynamic Standing Flow Sides	NEW! Spine Sparing Core McBee	
	SA3	12:30pm-1:30pm EDT 11:30a m-12:30pm CDT 9:30am-10:30am PDT	NEW! Kettlebell Training for all Ages Roselli	NEW! The Influence of Fascia on the Active Adult McCormick	NEW! Jump Rope: Quarantine Cardio Chilazi	
	BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT					
	SA4	2:00pm-3:00pm EDT 1:00pm-2:00pm CDT 11:00am-12:00pm PDT	NEW! FUNDamental Performance Leachman	NEW! Essential Exercises to Fix Low Back Pain McKinnon	NEW! Barre Bursts & Blends Maurer	
	SA5	3:15pm-4:15pm EDT 2:15pm-3:15pm CDT 12:15pm-1:15pm PDT	Bodyweight Booty Appel	Core for Boomers Wartenberg	Warrior Workout Spreen-Glick	
SA6	4:30pm-5:30pm EDT 3:30pm-4:30pm CDT 1:30pm-2:30pm PDT	Game Your Core Velazquez	NEW! Stress-Busting Recovery Techniques Roselli	Chair, Don't Care Wartenberg		
SUNDAY, MAY 23	SU1	10:00am-11:00am EDT 9:00am-10:00am CDT 7:00am-8:00am PDT	NEW! Perfect Peaches Howard	Get a Head Start on Aging Malaghan	The Bare Essential:Strength Training 101 Bannister-Munn	
	SU2	11:15am-12:15pm EDT 10:15am- 11:15am CDT 8:15am-9:15am PDT	Creative Barre Warm-Ups Wartenberg	Yoga for Graceful Aging Gegg	Stretch & Perform: The Bannister Method™ Bannister-Munn	
	BREAK: 12:15pm - 12:45pm EDT, 11:15am - 11:45am CDT, 9:15am - 9:45am PDT					
	SU3	12:45pm-1:45pm EDT 11:45am-12:45pm CDT 9:45am-10:45am PDT	Glute Camp Roberts	NEW! Strong & Steady Yoga Fitness Lacombe	NEW! Fluid Core Fusion Velazquez	
SU4	2:00pm-3:00pm EDT 1:00pm-2:00pm CDT 11:00am-12:00pm PDT	Transformational Training After 40 McCormick	Flexibility for the Inflexible Roberts	Glute Training for Strength & Performance Bryce		

SCW
Functional Training Certification
 Bryce
 9:00am-5:00pm CDT

SCW
Nutrition Coaching For Fitness Pros Certification
 Silverman
 9:00am-5:00pm CDT

Chair One Fitness Certification
 Perkins
 9:00am-6:00pm CDT

CHAIR ONE
Life Coaching Certification
 Spreen-Glick
 10:00am-6:00pm CDT

SCW
Life Coaching Certification
 Spreen-Glick
 10:00am-6:00pm CDT

SCW
Life Coaching Certification
 Spreen-Glick
 10:00am-6:00pm CDT

SCW
LIVE-STREAM
MANIA
 EXPRESS

D
 CYCLE / HIIT / GX

E
 EXERCISE SCIENCE /
 NUTRITION / WELLNESS

F
 MARKETING / REVENUE

G
 MANAGEMENT / MEDIA

HEALTH & FITNESS BUSINESS SUMMIT

"Toning" is NOT a Thing Friend-Uhl	Mental Health: The Parallel Pandemic L. Brick & V. Brick	Design Your Business to Run Itself C. Barnes & T. Barnes	GRX Streaming to Success Howard	FR1
Schwinn®: Breathy Not Breathless Appel	Active Aging Nutrition Insights Silverman	Marketing Without Money Conti	NEW! Attracting Talent Post-COVID Kublin	FR2
NEW! BeatBoss™: Inspired by Three Biking Styles Austin & Leadley	NEW! Fascinating Facts to Prevent Fiber Famish Silverman	2021 Growth Panel Barry, McBride, Stevenson & McHaney	NEW! Creating & Cultivating Community Maurer	FR3

BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT

AMRAP in a Snap Appel	Nutrition Panel Silverman, Seti, Fearheiley & Charlop	Member Experience Insights From the Shutdown McHaney	NEW! Spend Less Time Writing Class Plans! Sides	FR4
Schwinn®: Balancing Act Vanderburg	NEW! The Wheel of Well Being Spreen-Glick	NEW! Internal Guidelines - Inspecting What You Expect McBride	Life Coaching Strategies for Fitness Professionals Gegg	FR5
Let's Get FHIIT Robinson	NEW! Functional Foods for a Fantastic You Fearheiley	NEW! Lifelong Lessons in Leadership Stevenson	NEW! Create the Perfect Program Roselli	FR6

Schwinn®: Set the Stage Hogg	Let's FACE It Together™ Special Populations Conti	NEW! Trends, Truths & Tips: Rock the GX Bounceback Barry	NEW! 3 Must-Know Pro Secrets Brereton	SA1
NEW! SH1FT®: Smart High Intensity & Functional Training Bonina	NEW! Diet Myths & Misconceptions Bryce	NEW! Legal Essentials in a Covid World Sterling	NEW! Specialize Your Exercise Brady	SA2
Schwinn®: Work Not Twerk Appel	NEW! Mealtime Makeover for Weight Loss Success Seti	Future of GX Panel Howard, Lacombe, Barry & Spreen-Glick	NEW! Marketing Messages Atkinson	SA3

BREAK: 1:30pm - 2:00pm EDT / 12:30pm - 1:00pm CDT / 10:30am - 11:00am PDT

NEW! BeatBoss™: Applied Science of Movement Austin & Leadley	NEW! Why ALL Women Should Strength Train Bryce	Leading Diversity & Inclusion in Fitness Chilazi	Facebook for Your Fitness Business Hoff	SA4
NEW! Get a Cue! Virtual Training McBee	NEW! Ageless Intenstiy McCall	Social Media Panel Conti, Maurer, Hoff & Robinson	NEW! Six Steps to Six Figures Schelberg	SA5
Down & Dirty 30 McCormick	Self- Care for Your Immune System Seti	NEW! New World Sales & Sales Management McBride	Create a Service Culture Gorsline	SA6

**Schwinn®: Rock Steady -
Recovery Rides**
 Roberts
 11:15am-12:15pm EDT
 10:15am-11:15am CDT
 8:15am-9:15am PDT

NEW! Movement Therapy to Sustain Optimal Health Miller	Financing Options to Grow Your Business Cruz	Blueprint for Success Robinson	SU1
NEW! All About Intermittent Fasting Charlop	NEW! Recruit, Train, Motivate & Retain Brady NEW	NEW! Do You Have Mad Cred? Leachman	SU2

BREAK: 12:15pm - 12:45pm EDT, 11:15am - 11:45am CDT, 9:15am - 9:45am PDT

Your Brain on HIIT by StairMaster McCall	NEW! Training Individuals with Neurological Conditions Miller	The It Factor- Build a Brand L. Richards	NEW! What Women Want! Atkinson	SU3
NEW! Obstacle Fitness for Kids! Pirolo	SCW Barre Certification Appel • 9:00am-5:00pm CDT	Know Body, Client & Soul Gilbert	SCW Social Media Certification Maurer • 9:00am-5:00pm CDT	SU4

FRIDAY, MAY 21

SATURDAY, MAY 22

SUNDAY, MAY 23