

FRIDAY, JAN. 22
CERTIFICATIONS



PERSONAL TRAINING CERTIFICATION
McCormick • 9am-5pm CST



ACTIVE AGING CERTIFICATION
Gilbert • 9am-5pm CST



NUTRITION COACHING CERTIFICATION
Silverman • 9am-4pm CST



SOCIAL MEDIA CERTIFICATION
Maurer • 9am-5pm CST



FUNCTIONAL TRAINING CERTIFICATION
Mullins • 9am-5pm CST

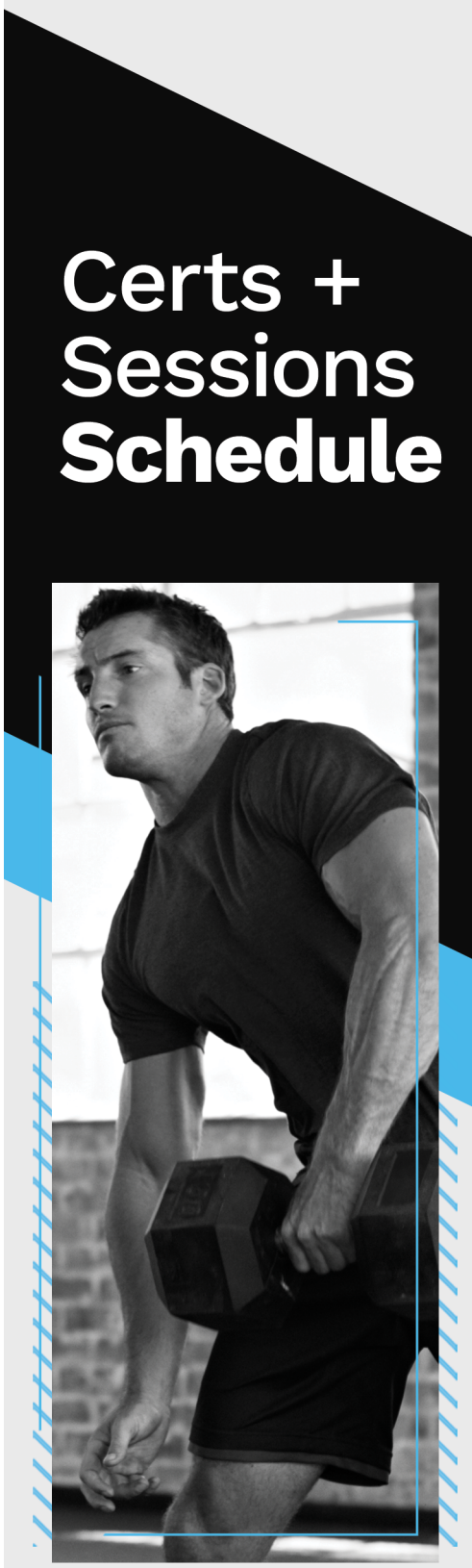
Join a Certification today at
trainerapex.com/certifications



ENLARGE & PRINT SCHEDULE »

		A ASSESSMENTS, STRENGTH & CIRCUITS		B AGING, PROGRAMMING & AUTOMATION		
SATURDAY, JANUARY 23	SA1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Cardio Coach Movement Assessment Friend-Uhl	From Intimidation to Excitement: Training Active Agers Gilbert		
	SA2	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	Cueing, Coaching and Communicating McCormick	Let's FACE It Together™ Personal Trainers! Conti		
	SA3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Bodyweight Warrior Roselli	Strategies to Building a Loyal Client Base Ebeling (Lecture)		
	1 HOUR BREAK					
	SA4	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	Smart Strength for the Ageless Female Roberts	Automation For Personal Trainers Maurer (Lecture)		
	SA5	4:00pm - 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	Flex Your Own Way Leachman	Glute Training For Aesthetics Bryce (Lecture)		
	SA6	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	Straight to the Core Robinson	Glute Training For Strength & Performance Bryce (Lecture)		
SUNDAY, JANUARY 24	SU1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Getting to the Core: Core Training Methods Mullins	Balance & Stability for Active Agers Gilbert		
	SU2	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	Become A Retention Rockstar Kim & Herson Garcia	The Mother Hood Maurer		
	SU3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Blast Your Glutes Roberts	Spirited Rockit		
	1 HOUR BREAK					
	SU4	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	Personal Training - The Female Core Roberts	How to Be Fluent in Exercise Language Christopher		
	SU5	4:00pm - 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	Making Cardio Fun Williams	Virtual Training for Personal Trainers Panel Kooperman, Roberts, Robinson, Maurer (Lecture)		
SU6	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	Let's Get Unconventional Roselli	Butts & Gutts Thomson			

		C COACHING, PERFORMANCE & MEDIA		D CORE, CORRECTIVE EXERCISE & FUNCTION <small>[PRE-RECORDED]</small>	
		5 Fundamentals of Elite Personal Trainers Mullins (Lecture)		Training By the Numbers Gavigan	SA1
		Virtual Crash Course Robinson (Lecture)		Female Training Model Parsons	SA2
		Functionally Fit After 50 Hagan		Power Up! McCall	SA3
1 HOUR BREAK					
		Don't Just Be A Trainer. Be A Coach Plamondon-Thomas (Lecture)		Coaching Core Stability McBee	SA4
		Perfect Powerful PLYOMETRIC Performance! Twist (Lecture)		Kettlebell HIIT Supreme Roberts	SA5
		Bodyweight Bootcamp: Principles Before Strategies Christopher		Coaching Not Training: Key Tips Comana	SA6
		Maximize Your Session with Cluster Circuits Williams		Corrective Exercise: Female Core Osar	SU1
		Welcome to the Jungle (Gym) Friend-Uhl		Training the Active Aging Female Client Roberts	SU2
		Let's FACE It Together™ Special Populations Conti (Lecture)		Rotator Cuff - Corrective Exercises Osar	SU3
1 HOUR BREAK					
		Transform Social Media Fans Into Paying Clients Plamondon-Thomas (Lecture)		Overcoming Plateaus Layne	SU4
		Creative Compounds Gavigan		Total Body Core Training McCall	SU5
		Small Group Training Profits & Programs Stevenson (Lecture)		Lower Extremity Movement Mechanics Comana	SU6



Certs + Sessions Schedule