

# SCHEDULE AT A GLANCE

## FEATURED PROGRAM OVERVIEW

### FITPASS

YOUR FIBO FITPASS GIVES YOU ACCESS TO UNLIMITED WORKOUTS, WORKSHOPS AND LECTURES THURSDAY-SATURDAY. THIS FUN AND EDUCATIONAL PROGRAM IS OPEN TO FITNESS PROFESSIONALS AND FANATICS ALIKE, AND PROVIDES A VARIETY OF SESSIONS THAT ARE ELIGIBLE FOR CECS/CEUS.

CLASS ATTENDANCE IS SELECTED DURING THE REGISTRATION PROCESS AND GRANTED ON A FIRST-COME, FIRST-SERVED BASIS.

**NOT ENROLLED?  
VISIT REGISTRATION TO ENHANCE  
YOUR FIBO EXPERIENCE TODAY!**

#### WORKOUT

INSTRUCTOR-LED WORKOUTS ACROSS A WIDE VARIETY OF GROUP FITNESS CONCEPTS

#### WORKSHOP

INTERACTIVE LEARNING EXPERIENCES THAT OFTEN INCORPORATE PHYSICAL PARTICIPATION & INSTRUCTOR-LED TUTORIALS

#### LECTURE

RENOWNED FITNESS INDUSTRY EXPERTS LEAD DISCUSSIONS ON TOPICS FROM FIT SCIENCE & TRENDS TO IMPROVING MEMBER & STAFF CULTURE. CATCH ONE OF OUR LECTURE OR FIBO TALKS SESSIONS!

#### ACE CEC

#### AFAA/NASM CEC

#### NSCA CEC

#### CEC/CEU INFORMATION

FIBO collaborates with certifying agencies to offer continuing education credits for professionals who attend eligible continuing education sessions at FIBO USA. The total number of earned continuing education credits/units varies by session and certifying agency.

Please visit [fibousa2019.com/CE](http://fibousa2019.com/CE) for a complete list of qualifying CEUs/CECs available at FIBO USA. For specific instructions on how and when to submit your earned CECs/CEUs, contact your certifying organization(s) directly.

#### FIBO USA 2019 CERTIFYING ORGANIZATIONS



## FITPASS 8:00 AM - 5:45 PM

TIME	TITLE	PRESENTER	WHERE	WORKOUT	WORKSHOP	LECTURE	ACE CEC	AFAA/NASM CEC	NSCA CEC
8:00 AM - 9:00 AM	Keiser: Rhythm	Krista Popowych, Keiser	207		●		●	●	
8:00 AM - 9:00 AM	PIYo LIVE!	Amy Ward, Beachbody	A & B	●			●	●	
8:00 AM - 9:00 AM	STOP SELLING PACKAGES!	Cosmo Wollan	E & F			●	●	●	
8:00 AM - 9:00 AM	Customer Engagement & Customer Experience in Boutique Fitness	Barbara den Bak	G			●			
8:00 AM - 9:00 AM	TOP 10 LOW COST MARKETING STRATEGIES	Mark Nutting	H			●	●	●	
8:00 AM - 9:00 AM	Enhancing Member Engagement Through Immersive Digital Experiences	Mitchell Goss, Zero- In	106			●	●	●	
8:00 AM - 9:00 AM	Franchise Pitch Panel	Fitness Franchise Companies (Gyms)	107			●			
8:00 AM - 9:00 AM	Issues with Our Approach to Type 2 Diabetes	Brian Sekula	108			●	●	●	●
9:15 AM - 10:15 AM	On the Future of Our Industry	Phillip Mills	209 & 210			●			
10:30 AM - 11:30 AM	Keiser: Rush	Krista Popowych, Keiser	207		●		●	●	
10:30 AM - 11:30 AM	Posture Restoration for Greater Strength Gains	Rocky Snyder	C & D		●			●	●
10:30 AM - 11:30 AM	Winning in the Next Generation of Fitness	Bryce Hastings & Whitney Lingafelter, LesMills	107			●	●	●	
10:30 AM - 11:30 AM	The Power of Persona	Shay Kostabi	E & F		●			●	
10:30 AM - 11:30 AM	Pushing the Boundaries of Corporate Cultural Conditions: The Importance of Company Culture for Success in the Boutique Fitness Sector	Emma Lehner	G			●		●	
10:30 AM - 11:30 AM	Building Retention by Building Brand Ambassadors with Members and Staff	Deborah Heisler	H			●		●	
10:30 AM - 11:30 AM	How Can Stem Cell Therapy Enhance One's Fitness?	Joy Kong	108			●	●	●	●
10:30 AM - 12:30 PM	Ignite FIBO 2019 Fitness Business Roundtables	Emma Barry & Erin Kelly & Owen Bowling & Yvan Miklin	206			●		●	
11:45 AM - 12:45 PM	Optimal Overhead Pressing: What All Trainers and Clients Need to Know	Jonathan Mike	C & D		●		●	●	●
11:45 AM - 12:45 PM	ClassPass UnPacked	Will Brereton	G			●		●	
11:45 AM - 12:45 PM	Choose Carnival, Choose Fun	Matt Mitcham, Renata Ribeiro	107			●		●	
11:45 AM - 12:45 PM	EMS panel	EMS Manufacturers and Operators	106			●			
11:45 AM - 12:45 PM	Physical Therapy & Personal Training – Monetizing the PT to PT Connection	Cosmo Wollan	108			●	●	●	●
11:45PM - 12:45 PM	DEEP® Workout	Paula Landron	Event Stage	●				●	
1:00 PM - 2:00 PM	Kettlebells and Music	Amy Moreland	A & B		●			●	
1:00 PM - 2:00 PM	Strongman Workshop	Alan Colley	C & D		●				

# FITPASS 8:00 AM - 5:45 PM

TIME	TITLE	PRESENTER	WHERE	WORKOUT	WORKSHOP	LECTURE	ACE CEC	AFAA/NASM CEC	NSCA CEC
1:00 PM - 2:00 PM	Kettlebells and Music	Amy Moreland	A & B	●				●	
1:00 PM - 2:00 PM	Let's Get to the Core of the Matter	Alex McLean	E & F	●			●	●	●
1:00 PM - 2:00 PM	Beyond the Workout: Tips to Enhance the Client Experience	Matt Wright	H			●	●	●	
1:00 PM - 2:00 PM	Mitigating PTSD in the Military with Breath and Mindfulness - Lecture	Renee Harrington, YogaFit	106			●		●	
1:00 PM - 2:00 PM	The Power of ONE!	Tim D. Keightley	107			●		●	
1:00 PM - 2:00 PM	Successful Medical Wellness Marketing Trends for Health Clubs & Fitness Centers	Christopher Breuleux	108			●	●	●	●
1:00 PM - 3:15 PM	Building a Bad Ass Boutique	Emma Barry	G			●	●	●	
2:15PM - 3:15 PM	Aussie Group Programming Oi Oi Oi	Mel Tempest	Event Stage	●				●	
4:45 PM - 5:45 PM	Keiser: Interactive Games	Krista Popowych, Keiser	207	●			●	●	
4:45 PM - 5:45 PM	SGT Ken's Boot Camp	SGT Ken	C & D	●			●	●	●
4:45 PM - 5:45 PM	SoulBody Barre+Unhitched	Stacey Vandiver, Soulbody	A & B	●				●	
4:45 PM - 5:45 PM	SOLVING NOT SELLING	Cosmo Wollan	H			●	●	●	
4:45 PM - 5:45 PM	The Gym of 2025: Technology, Trends and Products Changing the Fitness Industry	David Shaw	106			●		●	
4:45 PM - 5:45 PM	People Drive Culture, Culture Drives Performance	Greg Sellar	107			●	●	●	
4:45 PM - 5:45 PM	Wellness is more than Medicine	John Lewis	108			●		●	●



## EXHIBIT HALL 10:00 AM - 6:00 PM

TIME	TITLE	PRESENTER/COMPANY	WHERE	WORKOUT DEMO	WORKOUT	FIBO TALKS	SPECIAL EVENT	MEET + GREET
9:15 AM - 10:15 AM	On the Future of Our Industry	Phillip Mills	209 & 210			●		
10:00 AM - 6:00 PM	Functional Training Equipment Demos		HIIT Area	●				
10:00 AM - 6:00 PM	Ultimate Freestyle Calisthenics		Calisthenics Area				●	
10:00 AM - 6:00 PM	United States Ninja League		Ninja Area				●	
10:20 AM - 10:35 AM	Beachbody LIVE: CORE DE FORCE	Kayla Bonina	Defiance Fuel Stage	●				
10:40 AM - 10:55 AM	Piloxing®	Piloxing®	Defiance Fuel Stage	●				
11:00 AM - 11:30 AM	Pound	Pound	Defiance Fuel Stage		●			
11:15 AM - 11:45 AM	Ultimate Instability	Ultimate Instability	FIBO Talks			●		
11:35 AM - 11:50 PM	ZUMBA®	Armando, Heidy and Erick	Defiance Fuel Stage	●				
11:45 AM - 12:45 AM	DEEP® Workout	Paula Landron	Event Stage		●			
11:55 AM - 12:10 PM	Soulbody Barre	Stacey Vandiver	Defiance Fuel Stage	●				
12:00 PM - 12:30 PM	CBD for Healthy and Active Life	Jamila Mammadova	FIBO Talks			●		
12:15 PM - 12:30 PM	Beachbody LIVE: Turbo Kick	Katie Hake	Defiance Fuel Stage	●				
12:35 PM - 12:50 PM	Warrior® Workout by Alignment Essentials	Alignment Essentials	Defiance Fuel Stage	●				
12:45 PM - 1:15 PM	Miha Bodytec	Miha Bodytec	FIBO Talks			●		
1:00 PM - 1:55 PM	Circuit Breaker: STRONG by Zumba Beachbody LIVE: INSANITY Piloxing® Soulbody Power Warrior® Workout by Alignment Essentials YogaFit ZUMBA®	Nathalia & Aurelio Kayla Bonina & Katie Hake  Jani Roberts & Sabrina Ursaner & Johnny Roberts & Debbie Weller Vance Renee Harrington Armando, Heidy and Erick	Defiance Fuel Stage		●			
1:30 PM - 2:00 PM	Hydrorider	Hydrorider	FIBO Talks			●		
2:00 PM - 2:15 PM	YogaFit for Longevity	Beth Shaw, YogaFit	Defiance Fuel Stage	●				
2:00 PM - 2:45 PM	Louisa FITLIGHT® Challenge	Louisa Nicola	HIIT Area	●				



# EXHIBIT HALL 10:00 AM - 6:00 PM

TIME	TITLE	PRESENTER/COMPANY	WHERE	WORKOUT DEMO	WORKOUT	FIBO TALKS	SPECIAL EVENT	MEET + GREET
2:15 PM - 2:45 PM	Why FIJI Water is Earth's Finest Water	Erin Peacy	FIBO Talks			●		
2:15 PM - 3:15 PM	Aussie Group Programming Oi Oi Oi	Mel Tempest	Event Stage		●			
2:20 PM - 2:35 PM	POUND: ROCKOUT. WORKOUT.®	Pound	Defiance Fuel Stage	●				
2:40 PM - 3:10 PM	Beachbody LIVE: PiYo	Amy Ward	Defiance Fuel Stage		●			
3:00 PM - 3:30 PM	PURE AIR. NOTHING ELSE	Peter Christiansen Jennifer Nelson	FIBO Talks			●		
3:15 PM - 3:45 PM	Piloxing®	Piloxing®	Defiance Fuel Stage		●			
3:45 PM - 4:15 PM	RAD Roller	RAD Roller	FIBO Talks			●		
3:55 PM - 4:25 PM	STRONG 30	Nathalia & Aurelio	Defiance Fuel Stage		●			
4:30 PM - 5:00 PM	Clubs that Never Close	Marcelo Aller	FIBO Talks			●		

SCHEDULE AT A GLANCE

# FRIDAY, OCTOBER 18

## FITPASS 8:00 AM – 5:45 PM

TIME	TITLE	PRESENTER	WHERE	WORKOUT	WORKSHOP	LECTURE	ACE CEC	AFAA/NASM CEC	NSCA CEC
8:00 AM - 9:00 AM	Keiser: Race	Krista Popowych, Keiser	207	●	●	●	●	●	●
8:00 AM - 9:00 AM	SGT Ken's Circuit Training: Operation Craving Competition™	SGT Ken	C & D	●	●	●	●	●	●
8:00 AM - 9:00 AM	Short Circuits - Mastering the 30 Minute Workout	Michael Piercy	E & F	●	●	●	●	●	●
8:00 AM - 9:00 AM	Flo-etry in Motion	Alex McLean	G	●	●	●	●	●	●
8:00 AM - 9:00 AM	Senior Fitness is Dead	Cody Sipe	106	●	●	●	●	●	●
8:00 AM - 9:00 AM	Driving Attendance - The Science of Filling Classes	Bryce Hastings, Les Mills	107	●	●	●	●	●	●
8:00 AM - 9:00 AM	Back In Action	Linda Shelton	108	●	●	●	●	●	●
9:15 AM - 10:15 AM	Keiser: Yoga + Ride	Krista Popowych, Keiser	207	●	●	●	●	●	●
9:15 AM - 10:15 AM	Beachbody LIVE: INSANITY	Kayla Bonina, Beachbody	A & B	●	●	●	●	●	●
9:15 AM - 10:15 AM	Harness the Power of Water	Paul Venner	C & D	●	●	●	●	●	●
9:15 AM - 10:15 AM	Undulating Periodization – An Advanced Approach in Understanding the NASM OPT Model	Marty Miller	E & F	●	●	●	●	●	●
9:15 AM - 10:15 AM	Invest in your Future - Building Lifelong Members Through Youth Fitness Programs	Stephanie Savas	106	●	●	●	●	●	●
9:15 AM - 10:15 AM	Influencing from the IN-side...OUT. Be a Powerful Influence Without Losing Self Control	Christina LaGrega	107	●	●	●	●	●	●
9:15 AM - 10:15 AM	Objectify Your Pain	Dan Palacios	108	●	●	●	●	●	●
10:30 AM - 11:30 AM	Easy Work	Julian Diasa	Event Stage	●	●	●	●	●	●
10:30 AM - 11:30 AM	Fitness Boot Camps for the Masses	Mark Nutting	A & B	●	●	●	●	●	●
10:30 AM - 11:30 AM	RadRoller and SoulBody Barre	Stacey Vandiver, Roy Choquette	G	●	●	●	●	●	●
10:30 AM - 11:30 AM	Pre & Post Natal Fitness	Patrick Bejjani	108	●	●	●	●	●	●
10:30 AM - 11:30 AM	Changing Health through Games	Mike Tinney	106	●	●	●	●	●	●
10:30 AM - 11:30 AM	The Changing Face of the Health Club Industry: Seven Issues Fitness Professionals Must Consider for Future Success	Fred Hoffman	107	●	●	●	●	●	●
10:30 AM - 11:30 AM	Secrets to Success in Fitness Industry, How to Get in Winning Shape	Serge Saric	C & D	●	●	●	●	●	●
11:45 AM - 12:45 PM	Keiser: Rhythm	Krista Popowych, Keiser	207	●	●	●	●	●	●



# FITPASS 8:00 AM – 5:45 PM

TIME	TITLE	PRESENTER	WHERE	WORKOUT	WORKSHOP	LECTURE	ACE CEC	AFAA/NASM CEC	NSCA CEC
11:45 AM - 12:45 PM	Sumo or Conventional Deadlift, Is there a Winner? A Hands-on Session to Master the Technical Intricacies, and Execution of Deadlifting for Trainers and Coaches	Jonathan Mike	C & D		●		●	●	●
11:45 AM - 12:45 PM	Maximizing Your Programming Mix	Rebecca Cofod	A & B			●		●	
11:45 AM - 12:45 PM	Movement Optimisation From Sports to Healthy Aging	Paul Venner	E & F		●			●	●
11:45 AM - 12:45 PM	NEW TRENDS IN MIND BODY WELLNESS	Beth Shaw, Yoga Fit	G			●		●	
11:45 AM - 12:45 PM	Piloxing the Mix	Viveca Jensen	Event Stage	●			●	●	
11:45 AM - 12:45 PM	Designing the Life of Your Dreams	Lindsey Rainwater	108			●			
11:45 AM - 12:45 PM	Tools and Tactics: The Exercise Experience	Andrew Gavigan, Aktiv	107			●			
11:45 AM - 12:45 PM	Kill Attrition & Streamline Results	Ethan Parker, Volt 360	106			●			
1:00 PM - 2:00 PM	Adding Mace & Club Training to Your Facility	Don Giarfardino	C & D		●			●	
1:00 PM - 2:00 PM	Mixed Modality Training	Linda Shelton	A & B		●			●	●
1:00 PM - 2:00 PM	Corrective Exercise – A Total Body Approach	Marty Miller	E & F		●			●	●
1:00 PM - 2:00 PM	The PACK	Sebastian Morel Ferreira	Event Stage	●				●	
1:00 PM - 2:15 PM	How Cryo Therapy is Advancing Recovery	Keith Scheinberg	G			●			
1:00 PM - 2:00 PM	My 25 years in the Fitness Industry!	Yvan Miklin	107			●	●		
1:00 PM - 2:00 PM	Don't Worry – Be Happy!	Renee Harrington, Yoga Fit	108			●		●	
2:15 PM - 3:15 PM	Tropical Urban ZUMBA® Class	Armando Salcedo & Erick Santana & Heidy Torres	Event Stage	●			●	●	
3:30 PM - 4:30 PM	BODYCOMBAT	Nicola Smiles & Ben Feliciano, Les Mills	Event Stage	●					
3:30 PM - 4:30 PM	Olympic Weightlifting 101	Nikki Pepper	Power lifting Area		●				
4:45 PM - 5:45 PM	Keiser: Interactive Games	Krista Popowych, Keiser	207		●		●	●	
4:45 PM - 5:45 PM	Surf, Skate & Snow: Strength & Conditioning for Board Sports	Rocky Snyder	C & D		●			●	●
4:45 PM - 5:45 PM	The New Art of Circuit Mastery	Michael Piercy	A & B		●			●	●
4:45 PM - 5:45 PM	The Fine Eye of Personal Training	Adita Yrizarry-Lang	E & F		●		●	●	
4:45 PM - 5:45 PM	Happy Hour Flow by S3 Yoga	Savanna Stevens	G	●					
4:45 PM - 5:45 PM	OLD-School	Denise Klatte	107			●		●	
4:45 PM - 5:45 PM	Medical Wellness Nutrition and Dietary Supplementation	John Lewis	108			●		●	●
4:45 PM - 5:45 PM	The Warrior® Workout	Sabrina Ursaner, Jani Roberts	Event Stage	●					

## EXHIBIT HALL 10:00 AM - 6:00 PM

TIME	TITLE	PRESENTER/COMPANY	WHERE	WORKOUT DEMO	WORKOUT	FIBO TALKS	SPECIAL EVENT	MEET + GREET
10:00 AM - 6:00 PM	Functional Training Equipment Demos		HIIT Area	●				
10:00 AM - 6:00 PM	Ultimate Freestyle Calisthenics		Calisthenics Are				●	
10:00 AM - 6:00 PM	United States Ninja League		Ninja Area				●	
10:00 AM - 6:00 PM	AMERICA'S STRONGEST WOMAN™		Strongman Area				●	
10:20 AM - 10:35 AM	Piloxing®	Piloxing®	Defiance Fuel Stage	●				
10:30 AM - 11:30 AM	Easy Work	Julian Diasa	Event Stage		●			
10:40 AM - 10:55 AM	STRONG by Zumba	Nathalia and Aurelio	Defiance Fuel Stage	●				
11:00 AM - 11:30 AM	Pound	Pound	Defiance Fuel Stage		●			
11:15 AM - 11:30 AM	BLACKROLL	BLACKROLL	FIBO Talks			●		
11:35 AM - 11:50 AM	Beachbody LIVE: P90X	Amy Ward	Defiance Fuel Stage	●				
11:45 AM - 12:45 PM	Piloxing® the Mix	Viveca Jensen	Event Stage		●			
11:45 AM - 12:45 PM	Vital Proteins	Vital Proteins	FIBO Talks			●		
11:55 AM - 12:10 PM	Soulbody Barre	Stacey Vandiver	Defiance Fuel Stage	●				
12:15 PM - 12:30 PM	ZUMBA®	Erick, Armando & Heidi	Defiance Fuel Stage	●				
12:35 PM - 12:50 PM	Warrior® Workout by Alignment Essentials	Alignment Essentials	Defiance Fuel Stage	●				
1:00 PM - 1:15 PM	Xbody	Xbody	FIBO Talks			●		
1:00 PM - 1:45 PM	HIIT & FLOW	Priscilla Rojas	HIIT Area		●			
1:00 PM - 2:00 PM	THE PACK	Sebastian Morel Ferreira	Event Stage		●			
1:00 PM - 1:55 PM	Circuit Breaker: STRONG by Zumba LesMills Beachbody LIVE: PiYo Piloxing® Soulbody Power Warrior® Workout by Alignment Essentials YogaFit	STRONG by Zumba - Nathalia and Aurelio  Warrior® Workout by Alignment Essentials: Jani Roberts Sabrina Ursaner Johnny Roberts Debbie Weller Vance  Beth Shaw	Defiance Fuel Stage		●			
1:30 PM - 2:00 PM	RAD Roller	RAD Roller	FIBO Talks			●		

WORKOUT DEMO  
WORKOUT  
FIBO TALKS  
SPECIAL EVENT  
MEET + GREET



# FRIDAY, OCTOBER 18



## EXHIBIT HALL 10:00 AM - 6:00 PM

TIME	TITLE	PRESENTER/COMPANY	WHERE	WORKOUT DEMO	WORKOUT	FIBO TALKS	SPECIAL EVENT	MEET + GREET
2:00 PM - 2:15 PM	YogaFit for Athletes	Renee Harrington	Defiance Fuel Stage	●				
2:00 PM - 2:45 PM	CrossFit	Patrick Vellner	HIIT Area		●			
2:15 PM - 2:45 PM	Q+A with Kelsey Wells	Kelsey Wells	FIBO Talks			●		
2:15 PM - 3:15 PM	Tropical Urban Zumba® Class	Armando Salcedo & Heidy Torres & Erick Santana	Event Stage		●			
2:20 PM - 2:35 PM	POUND: ROCKOUT. WORKOUT.®	Pound	Defiance Fuel Stage	●				
2:40 PM - 3:10 PM	Piloxing®	Piloxing®	Defiance Fuel Stage		●			
3:00 PM - 3:30 PM	Moving Meditations, Alignment Essentials	Moving Meditations, Alignment Essentials	FIBO Talks			●		
3:15 PM - 3:45 PM	Beachbody LIVE: Turbo Kick	Katie Hake	Defiance Fuel Stage		●			
3:30 PM - 4:30 PM	Olympic Weightlifting 101	Nikki Pepper	Weight lifting Area		●			
3:30 PM - 4:30 PM	BODYCOMBAT	Nichola Smiles, Ben Feliciano, LesMills	Event Stage		●			
3:45 PM - 4:15 PM	Top 3 Tips for a Better Workout	Patrick Vellners0	FIBO Talks			●		
3:55 PM - 4:25 PM	STRONG 30	Nathalia & Aurelio	Defiance Fuel Stage		●			
4:30 PM - 5:00 PM	Miha Bodytec	Miha Bodytec	FIBO Talks			●		
5:15 PM - 5:45 PM	Top 3 Tips for a Healthier Lifestyle	Sadik	FIBO Talks			●		

SCHEDULE AT A GLANCE

# SATURDAY, OCTOBER 19

## FITPASS 8:00 AM - 5:45 PM

TIME	TITLE	PRESENTER	WHERE	WORKOUT	WORKSHOP	LECTURE	ACE CEC	AFAA/NASM CEC	NSCA CEC
8:00 AM - 9:00 AM	Keiser: Rush	Krista Popowych, Keiser	207		●		●	●	
8:00 AM - 9:00 AM	BODYCOMBAT	Nichola Smiles, Ben Feliciano, Les Mills	Defiance Fuel Stage	●					
8:00 AM - 9:00 AM	The Ultimate Cardio Kickboxing Party	Katie Hake	C & D		●		●	●	
8:00 AM - 9:00 AM	It's Not About the Workout, It's About the Experience	Jaqueline Kasen	A & B		●		●		
8:00 AM - 9:00 AM	Knowing your Worth in the Fitness Industry	Mara Hoskin	E & F		●		●	●	
8:00 AM - 9:00 AM	Yoga for Athletic Recovery	Renee Harrington	G		●		●	●	
8:00 AM - 9:00 AM	Flash Reflex Training- An Essential Training Method	Simon Jacobs, BlazePod	106			●	●		
8:00 AM - 9:00 AM	Navigating A Career in Health and Fitness: Networking for Success in a World of Opportunities	Fred Hoffman	107			●	●	●	
8:00 AM - 9:00 AM	Age isn't just a number	Denise Klatte	108			●		●	
9:15 AM - 10:15 AM	Keiser: Yoga + Ride	Krista Popowych, Keiser	207		●		●	●	
9:15 AM - 10:15 AM	Start It Up ->How to launch a Start-Up in the Fitness Industry	Deborah Goldberg	107			●		●	
9:15 AM - 10:15 AM	Spartan Strong	Alex Isaly	C & D		●		●	●	
9:15 AM - 10:15 AM	Introducing Unconventional Exercise Tools to Your Clients	Tyler Valencia	E & F		●		●	●	
9:15 AM - 10:15 AM	VR/AR Technology Today and in the Future - What Fitness Businesses Need to Know	Mia B. Smith	106			●	●	●	
9:15 AM - 10:15 AM	The Addict in Us All	Beth Shaw	108			●		●	
9:15 AM - 10:15 AM	SWEAT with Kelsey Wells PWR Session	Kelsey Wells	Defiance Fuel Stage	●					
10:30 AM - 11:30 AM	Group Resistance Training: All About Supersets	Jay Guillory	C & D		●			●	●
10:30 AM - 11:30 AM	Functional Training and optimal recovery with the BLACKROLL Products	Dr. Stephen Bui	G		●			●	●
10:30 AM - 11:30 AM	My social media experiment from 1k - 10k followers on Instagram in a year	Darren Jacobsen	107			●		●	
10:30 AM - 11:30 AM	Intro to Meditation	Myk Likhov	108			●			
11:45 AM - 12:45 PM	Humanizing Technology	Deborah Goldberg	FIBO Talks			●		●	
11:45 AM - 12:45 PM	Easy Work	Julian Diasa	A & B	●					
11:45 AM - 12:45 PM	The Need for Rotational Training in All People	Jay Merlino	E & F		●		●	●	●
11:45 AM - 12:45 PM	A Customer Journey Highlighting the Small Things That Matter	Mia B. Smith	107			●	●	●	



# FITPASS 8:00 AM – 5:45 PM

TIME	TITLE	PRESENTER	WHERE	WORKOUT	WORKSHOP	LECTURE	ACE CEC	AFAA/NASM CEC	NSCA CEC
11:45 AM - 12:45 PM	Lean, Happy, and SuperPower Strong	Adita Yrizarry-Lang	108			●	●	●	
1:00 PM - 2:00 PM	STRONG 30 Plus Taste of SYNC Lab Skills & Drills	Nathalia Ferreira & Aurelio Figari	A & B	●				●	
1:00 PM - 2:00 PM	Aktiv AQUA: Group Training For Stability and Strength	Andrew Gavigan	E & F		●				
1:00 PM - 2:00 PM	Turn Your Passion Into A Powerful Business	Alex Isaly, Mel Tempest	FIBO Talks			●	●	●	
1:00 PM - 2:00 PM	Yoga for Longevity	Beth Shaw	G			●		●	
1:00 PM - 2:00 PM	The Death of Brick and Morter Gym and the Future of Online Training	Sean Gamer	106			●			
4:45 PM - 5:45 PM	Stepping Outside of the Box: Going from Pre-choreographed/ Pre-designed to Self-Designed	Jay Guillory	A & B		●			●	
4:45 PM - 5:45 PM	Yoga for Athletes - Strong & Centered	Renee Harrington	G		●			●	
4:45 PM - 5:45 PM	How to Stand Out in a Crowded Room	Matthew Taub	107			●		●	
4:45 PM - 5:45 PM	Managing ADD/ADHD With Movement & Mindfulness – Workshop	Beth Shaw	108			●		●	

SCHEDULE AT A GLANCE

# SATURDAY, OCTOBER 19

## EXHIBIT HALL 10:00 AM - 5:00 PM

TIME	TITLE	PRESENTER/COMPANY	WHERE	WORKOUT DEMO	WORKOUT	FIBO TALKS	SPECIAL EVENT	MEET + GREET
10:00 AM - 6:00 PM	Functional Training Equipment Demos		HIIT Area	●				
10:00 AM - 6:00 PM	Ultimate Freestyle Calisthenics		Calisthenics Area				●	
10:00 AM - 6:00 PM	United States Ninja League		Ninja Area				●	
10:00 AM - 6:00 PM	AMERICA'S STRONGEST MAN™		Strongman Area				●	
10:00 AM - 6:00 PM	USA POWERLIFTING FIBO USA GLOBAL FITNESS CHAMPIONSHIPS		Powerlifting Area				●	
10:00 AM - 6:00 PM	NPC ULTIMATE GRAND PRIX		Event Stage				●	
10:00 AM - 6:00 PM	HYROX		Hall C				●	
10:15 AM - 10:45 AM	Workout with Mat Fraser	Mat Fraser	HIIT Area		●			
10:20 AM - 10:35 AM	Warrior® Workout by Alignment Essentials	Alignment Essentials	Defiance Fuel Stage	●				
10:30 AM - 11:30 AM	Meet and Greet with Kelsey Wells	Kelsey Wells	Meet and Greet Area					●
10:40 AM - 10:55 AM	Piloxing	Piloxing		●				
11:00 AM - 11:30 AM	STRONG 30	Nathalia & Aurelio	Defiance Fuel Stage		●			
11:00 AM - 11:30 AM	Q+A with Mat Fraser	Mat Fraser	FIBO Talks			●		
11:00 AM - 12:00 PM	HIIT IT	RoyaFit	HIIT Area		●			
11:30 AM - 12:15 PM	Meet and Greet with Mat Fraser	Mat Fraser	Meet and Greet Area					●
11:35 AM - 11:50 AM	Beachbody LIVE: INSANITY	Kayla Bonina	Defiance Fuel Stage	●				
11:45 AM - 12:45 AM	Humanizing Technology	Deborah Goldberg	FIBO Talks			●		
11:55 AM - 12:10 PM	POUND: ROCKOUT. WORKOUT.®	Pound	Defiance Fuel Stage	●				
12:15 PM - 12:30 PM	Piloxing®	Piloxing®	Defiance Fuel Stage	●				
12:35 PM - 12:50 PM	Soulbody Barre	Stacey Vandiver	Defiance Fuel Stage	●				

# SATURDAY, OCTOBER 19



WORKOUT DEMO  
 WORKOUT  
 FIBO TALKS  
 SPECIAL EVENT  
 MEET + GREET

## EXHIBIT HALL 10:00 AM - 5:00 PM

TIME	TITLE	PRESENTER/COMPANY	WHERE	WORKOUT DEMO	WORKOUT	FIBO TALKS	SPECIAL EVENT	MEET + GREET
1:00 PM - 1:55 PM	<b>Circuit Breaker:</b> Zumba LesMills Beachbody LIVE: Turbo Kick Piloxing Soulbody Power Warrior® Workout by Alignment Essentials YogaFit	Armando & Heidy  Katie Hake & Amy Ward  Warrior® Workout by Alignment Essentials: Jani Roberts & Sabrina Ursaner & Johnny Roberts & Debbie Weller Vance Renee Harrington	Defiance Fuel Stage		●			
1:00 PM - 2:00 PM	<b>Meet and Greet with Patrick Vellner</b>	Patrick Vellner	Meet and Greet Area					●
1:00 PM - 2:00 PM	<b>Turn your Passion into a Powerful Business</b>	Mel Tempest, Alex Isaly	FIBO Talks			●		
2:00 PM - 2:15 PM	<b>Yoga for Focus</b>	Renee Harrington, YogaFit	Defiance Fuel Stage	●				
2:00 PM - 2:45 PM	<b>Meet and Greet with Ainsley Rodriguez</b>	Ainsley Rodriguez	Meet and Greet Area					●
2:00 PM - 3:00 PM	<b>Kids Fitness &amp; Fun</b>	Nikki Pepper	HIIT Area		●			
2:15 PM - 2:45 PM	<b>Q+A with the Stars of Fitness</b>	Sadik, Patrick Vellner	FIBO Talks			●		
2:20 PM - 2:35 PM	<b>POUND: ROCKOUT. WORKOUT.®</b>	Pound	Defiance Fuel Stage	●				
2:40 PM - 3:10 PM	<b>Beachbody LIVE: PiYo</b>	Amy Ward	Defiance Fuel Stage		●			
2:45 PM - 3:30 PM	<b>Influencer Panel</b>		FIBO Talks			●		
3:00 PM - 3:30 PM	<b>Latino Fitness Q&amp;A</b>	Sebastian, Julian, Ainsley	FIBO Talks			●		
3:15 PM - 3:30 PM	<b>Strong by Zumba</b>	Nathalia & Aurelio	Defiance Fuel Stage	●				
3:30 PM - 4:30 PM	<b>Meet and Greet with Sadik Hadzovic</b>	Sadik Hadzovic	Meet and Greet Area					●
3:45 PM - 4:15 PM	<b>CBD for Healthy and Active Life</b>	Jamila Mammadova	FIBO Talks			●		
4:30 PM - 4:45 PM	<b>ZUMBA®</b>	Erick, Heidy, Armando	Defiance Fuel Stage	●				