



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	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			●	●	●	●
11:45 PM - 12:45 PM	DEEP@ Workout	Paula Landron	Event Stage	●				●	
1:00 PM - 2:00 PM	Kettlebells and Music	Amy Moreland	A & B	●				●	

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	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	Kim Gray, 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			●	●	●	
2:15 PM - 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	Does Size Really Matter? (Creating Massive Success In A Small Fitness Studio)	Ivan Barrera	G			●		●	
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			●		
10:20 AM - 10:35 AM	Beachbody CORE DE FORCE LIVE	Beachbody	Demo Stage	●				
10:40 AM - 10:55 AM	Piloxing®	Piloxing®	Demo Stage	●				
11:00 AM - 11:30 AM	Pound	Pound	Demo Stage		●			
11:35 AM - 11:50 PM	ZUMBA®	Armando, Heidy and Erick	Demo Stage	●				
11:45 AM - 12:45 AM	DEEP® Workout	Paula Landron	Event Stage		●			
11:55 AM - 12:10 PM	Soulbody Barre	Stacey Vandiver	Demo Stage	●				
12:35 PM - 12:50 PM	Warrior® Workout by Alignment Essentials	Alignment Essentials	Demo Stage	●				
1:00 PM - 1:55 PM	Circuit Breaker: STRONG by Zumba Beachbody Insanity Piloxing Soulbody Power Warrior® Workout by Alignment Essentials YogaFit	SBZ - Nathalia & Aurelio Warrior® Workout by Alignment Essentials: Jani Roberts Sabrina Ursaner Johnny Roberts Debbie Weller Vance	Demo Stage			●		
2:00 PM - 2:15 PM	YogaFit for Longevity	Beth Shaw, YogaFit	Demo Stage	●				
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	Demo Stage	●				
2:40 PM - 3:10 PM	Beachbody Piyo Live	Bechbody	Demo Stage		●			
3:15 PM - 3:45 PM	Piloxing	Piloxing®	Demo Stage		●			
3:55 PM - 4:25 PM	STRONG 30	Nathalia & Aurelio	Demo Stage		●			



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	Insanity Live	Kayla Bonina, Beachbody	Demo Stage	●				●	
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			●	●	●	
11:45 AM - 12:45 PM	Keiser: Rhythm	Krista Popowych, Keiser	207		●		●	●	
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		●		●	●	●

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	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			●			
1:00 PM - 2:00 PM	Adding Mace & Club Training to Your Facility	Don Giopardino	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	106			●			
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!	Kim Gray, Yoga Fit	108			●		●	
2:15 PM - 3:15 PM	Tropical Urban Zumba® Class	Armando Salcedo, Erick Santana, Heidi 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 Art 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			●		●	●

WORKOUT DEMO
 WORKOUT
 FIBO TALKS
 SPECIAL EVENT
 MEET + GREET

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	INSANITY LIVE	Kayla Bonina, Beachbody	Demo Stage		●			
10:20 AM - 10:35 AM	Piloxing®	Piloxing®	Demo Stage	●				
10:30 AM - 11:30 AM	Easy Work	Julian Diasa	Event Stage		●			
11:00 AM - 11:30 AM	Pound	Pound	Demo Stage		●			
11:35 AM - 11:50 AM	Beachbody P90X LIVE	Beachbody	Demo Stage	●				
11:45 AM - 12:45 PM	Piloxing the Mix	Viveca Jensen	Event Stage		●			
11:55 AM - 12:10 PM	Soulbody Barre	Stacey Vandiver	Demo Stage	●				
12:15 PM - 12:30 PM	ZUMBA®	Erick, Armando & Heidi	Demo Stage	●				
12:35 PM - 12:50 PM	Warrior® Workout by Alignment Essentials	Alignment Essentials	Demo Stage	●				
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 Insanity 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	Demo Stage		●			
2:00 PM - 2:15 PM	YogaFit for Athletes	Renee Harrington	Demo Stage	●				
2:15 PM - 3:15 PM	Tropical Urban Zumba® Class	Armando Salcedo & Heidi Torres & Erick Santana	Event Stage		●			
2:20 PM - 2:35 PM	POUND: ROCKOUT. WORKOUT.®	Pound	Demo Stage	●				
2:40 PM - 3:10 PM	Piloxing®	Piloxing®	Demo Stage		●			
3:30 PM - 4:30 PM	Olympic Weightlifting 101		Weight lifting Area		●			
3:30 PM - 4:30 PM	Bodycombat	Nichola Smiles, Ben Feliciano, LesMills	Event Stage		●			
3:55 PM - 4:25 PM	STRONG 30	Nathalia & Aurelio	Demo Stage		●			
4:30 PM - 5:00 PM	Beachbody Turbo Kick LIVE	Beachbody	Demo Stage		●			



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	Demo 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, Lisa Taylor	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	Fibo Talks			●		●	
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			●		●	
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			●		●	
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	Scott Piri	E & F		●		●	●	●
11:45 AM - 12:45 PM	A Customer Journey Highlighting the Small Things That Matter	Mia B. Smith	107			●	●	●	
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	●				●	

FITPASS 8:00 AM - 5:45 PM

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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			●			
2:15 PM - 3:15 PM	Core Class	Nicole Monroe	A & B	●					
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	Rene 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	Kim Gray	108			●		●	

EXHIBIT HALL 10:00 AM - 5:00 PM

TIME	TITLE	PRESENTER/COMPANY	WHERE	WORKOUT DEMO	WORKOUT	FIBO TALKS	SPECIAL EVENT	MEET + GREET
8:00 AM - 9:00 AM	Bodycombat	Nichola Smiles, Ben Feliciano, LesMills	Demo Stage		●			
9:15 AM - 10:15 AM	Start It Up -> How to Launch a Start-Up in the Fitness Industry	Deborah Goldberg	FIBO Talks			●		
10:20 AM - 10:35 AM	Warrior® Workout by Alignment Essentials	Alignment Essentials	Demo Stage	●				
11:00 AM - 11:30 AM	STRONG 30	Nathalia & Aurelio	Demo Stage		●			
11:35 AM - 11:50 AM	Beachbody INSANITY LIVE	Beachbody	Demo Stage	●				
11:45 AM - 12:45 AM	Humanizing Technology	Deborah Goldberg	FIBO Talks			●		
11:55 AM - 12:10 PM	POUND: ROCKOUT. WORKOUT.®	Pound	Demo Stage	●				
12:15 PM - 12:30 PM	Piloxing®	Piloxing®	Demo Stage	●				
12:35 PM - 12:50 PM	Soulbody Barre	Stacey Vandiver	Demo Stage	●				
1:00 PM - 1:55 PM	Circuit Breaker: STRONG by Zumba LesMills Beachbody Insanity 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	Demo Stage		●			
1:00 PM - 2:00 PM	Turn your Passion into a Powerful Business	Mel Tempest, Alex Isaly	FIBO Talks			●		
2:00 PM - 2:15 PM	Yoga for Focus	Kim Gray, YogaFit	Demo Stage	●				
2:00 PM - 3:00 PM	Kids Fitness & Fun	Nikki Pepper	HIIT Area		●			
2:20 PM - 2:35 PM	POUND: ROCKOUT. WORKOUT.®	Pound	Demo Stage	●				
2:40 PM - 3:10 PM	Beachbody PiYo LIVE	Beachbody	Demo Stage		●			
2:45 PM - 3:30 PM	Influencer Panel		FIBO Talks			●		
3:30 PM - 4:30 PM	Influencer Meet & Greet		HIIT Area					●
3:55 PM - 4:25 PM	Piloxing®	Piloxing®	Demo Stage		●			
4:30 PM - 4:45 PM	ZUMBA®	Erick, Heidy, Armando	Demo Stage	●				