

YOUR DAY AT **FIBO** GLOBAL FITNESS USA

PERSONAL TRAINER / INSTRUCTOR



**THURSDAY,
OCTOBER 17**

9:15 AM

Keynote: On the Future of Our Industry by Philip Mills
FitPass

11:45 AM

ClassPass UnPacked
FitPass

12:50 PM

Get your professional fitness photo snapped
FIBO Photo Booth



10:30 AM

Posture Restoration for Greater Strength Gains
FitPass

**1:15 PM
GRAB A HEALTHY BITE FOR LUNCH**



2:30 PM

EXPLORE THE EXHIBIT HALL

Shop nutrition, apparel + at-home equipment and check out ninja, calisthenics, and powerlifting competitions



4:45 PM

Keiser: Interactive Cycling Games



2:00 PM

Relax and recharge in the Liquivida Lounge
Recovery Zone
Exhibit Hall

**FRIDAY,
OCTOBER 17**

10:30 AM

Fitness Bootcamps for the Masses
FitPass

1:00 PM

FIBO Circuit Breaker: Back to back workouts from STRONG by Zumba, Beachbody Insanity, Piloxing, Soulbody Power, Zumba, Warrior® Workout by Alignment Essentials + YogaFit

8:00 AM

Short Circuits: Mastering the 30 Minute Workout

9:15 AM

Harness the Power of Water
FitPass

11:45 AM

Maximizing Your Programming Mix
FitPass

3:45 PM

Top 3 Tips for a Better Workout with Patrick Vellner
FIBO Talks



**SEE YOU AT
FIBO USA!**



Explore add-ons to get certified in your specialty or passion—Zumba Instructor Training, Yoga for Personal Trainers, EMS Instructor Training, RAD Roller Mobility Training

4:45 PM

The Fine Eye of Personal Training

