### Tuesday, March 15

- **FR1** 7:30am-9:00am
  - Yoga: Unleashed! Power Meets Performance - M. Mylrea
  - All Small Ball - Barre Advanced - Madden
  - Tabata AYoga - Flow - Lauren
  - Barre Defined - Madden
  - Crunch: 360 and BBT Bootcamp - Renfree
  - Yoga for the Young at Heart - Kooperman
  - TriggerPoint: Injury Prevention & Better Movement - Corin

### Thursday, March 17

- **FR3** 11:45am-12:45pm
  - HIIT Parade - M. Mylrea Session 1
  - Core Reborn - Appel Session 1
  - Zumba® Cardio - Stone Session 1
  - Tabura - Hudson Session 2
  - Find Your Boot with DrumFIT - Shah Session 2
  - Bootcamp Yoga - Trabelsi Session 1
  - Mobility is Freedom - Oktyabrskiy & Lindstrom Session 2
  - Shockwave - Dixon, Jennings & Scott Session 1

### Friday, March 18

- **SA1** 7:00am-8:30am
  - Tabata Bootcamp® - Express Workout - M. Mylrea
  - Ramp Up Your Strength - Garey
  - Crunch Live: Diesel and Association - Opperman
  - Bootcamp Yoga® - Taberli
  - Training Older Clients with Osteoporosis - Osar
  - The One Weight Workout: Kettlebell - McCull

- **SA2** CEREMONIES & KEYNOTE 9:30am-10:30am
  - Exercise: The Magic Bullet - Kravitz
  - Jillian Michaels' BODYSHRED® Workshop - M. Mylrea
  - ZUMBA® Gold: Walk In, Dance Out - Nyk
  - Jungshin: The Experience - Bortolotti
  - Stick Stretching for Brain/Body Fitness - Faygenholtz

- **SA3** 10:45am-12:15pm
  - 360 Training Drills - Comana Session 2
  - Primal Movement - Comana Session 2
  - Dancing for Joy 2016 - Lauber Session 1
  - PLYOGA® - YOUR BODY is POWER - Lauren Session 2
  - LES MILLS GRIT® CARDIO - Schultz Session 1
  - Balanced Body MOTR® - Run Your MOTR - Valentin Session 2
  - Next-Level Recovery - Kneenmore
  - Shockwave - Thews & Jennings Session 2

### Saturday, March 19

- **SA5** 2:30pm-3:45pm
  - Align and Define - Appel
  - Zumba® Let It Move - Stone
  - LOK Fitness: Toy Box - Rojas & Maurer
  - Jungshin Rhythms - Double Short Swords - Kahn
  - Steel Pilates - Howard
  - Strength Training for Longevity & Vitality - Kooperman
  - Indo-Renee: Team Attack on Total Body Training - Thews & Jennings

- **SA6** 4:45pm-6:00pm
  - Move Free - Strands - Ross
  - Primal Playtime - Comana
  - LOK Fitness: Kick Camp - Ross & Maurer
  - Pilates with ReXist360 - Kostabi
  - CMT® Sport - Rockout - Kostabi
  - Balanced Body® Fit: Functional Fun - Valentin
  - PLYOGA® - The Reverse Warrior - Lauren
  - Active Aging Chair - Yoga - Young
  - Total Body Makeover - Cook to Extremities - Ross

- **SA7** 6:15pm-7:30pm
  - LES MILLS BODYPUMPS® - Schultz
  - Roll, Restore, Recharge - Ross
  - U-JAM Fitness - Ramos
  - 20x3 - Howard
  - Tabata Yoga - Howard
  - TriggerPoint: Life after Foam Rolling - Corin
  - The Ultimate Workouts: Kettlebells & Dumbbells - Lewis-McCormick

### Sunday, March 20

- **SU1** 7:00am-8:30am
  - Body Weight Boot Camp - M. Mylrea
  - Female Formula: Ballpaozzo Russ
  - ReXist360 HIIT - Kostabi
  - POUND® - Bruleh
  - DrumFIT®: Exercise for Body & Brain! - Shah

- **SU3** 11:15am-12:45pm
  - Barefoot Strength and Endurance - Howard
  - Balanced Body MOTR: Senior Power - Quest
  - Yoga, Zen and Discipline - Jennings
  - Know Knots & Mobility - Kostabi & Lindstrom

- **SU4** 1:00pm-2:30pm
  - Transform: Unity Yoga & Sport Livington
  - Get Learning, Get Burning with DrumFIT - Shah
  - All You Need Is You - Garey
  - BALLET BARRE CERTIFICATION with Abbe Agee 8:00am-4:00pm
  - JILLIAN MICHAELS BODYSHRED™ with Elie Young 7:00am-4:00pm