

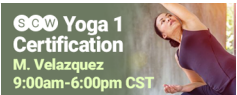

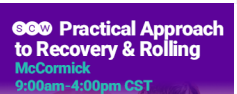



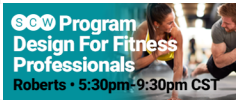


<b>PRE-CON CERTIFICATIONS</b> Wednesday, November 4		 <b>Active Aging Certification</b> Roberts 9:00am-5:00pm CST	 <b>Tai Chi Certification</b> Ross • 9:00am-5:00pm CST		 <b>Yoga 1 Certification</b> M. Velazquez 9:00am-6:00pm CST
<b>PRE-CON CERTIFICATIONS</b> Thursday, November 5	 <b>Personal Training Certification</b> Roberts 9:00am-5:00pm CST	 <b>Practical Approach to Recovery &amp; Rolling</b> McCormick 9:00am-4:00pm CST	 <b>Group Exercise Certification</b> Howard • 9:00am-6:00pm CST	 <b>MASHUP® Certification: Precision Variable-Intensity Interval Training</b> Barbie Brown 8:00am-5:00pm CST	 <b>Schwinn®: Indoor Cycling Instructor Certification</b> Sherman & Hogg 8:00am - 5:00pm CST
	 <b>Program Design For Fitness Professionals</b> Roberts • 5:30pm-9:30pm CST				



FRIDAY, NOVEMBER 6	FR1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	<b>NEW!</b> HUSTLE@Home Styles	<b>NEW!</b> Functional Fitness Assessment for Mature Adults Ritchie	Zumba® Cardio Blast Bostic	Take It Lying Down Bisconti	Schwinn®: The Magic of Music! Appel
	FR2	10:35am-11:50am EST 9:35am-10:50am CST 7:35am-8:50am PST	<b>NEW!</b> Butt Blaster & More Howard	<b>NEW!</b> Body Burnout McCormick	LaBlast® Fitness: New Normal Van Amstel	Exercise & Aging Best Practice Programming Kooperman	Pulling for Power: Program 06™ SGT Ken WaterRower
	FR3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	<b>NEW!</b> The Kinetic Core Roberts	Strength Training for Longevity & Vitality Kooperman	<b>NEW!</b> iRESTORE: Your Rest Day Workout Fulton	Tukong Cardio Combat Kickboxing Smith	<b>NEW!</b> MASHUP®: Deliver 3 Workouts in 1 with VIIT Cura
	VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PT						
	FR4	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	Redefine Functional Training - Redefine Yourself Mullins	Coach by Color with Myzone® Fitzpatrick Myzone Belt	<b>NEW!</b> Triumph Over Transitions Lyons	Dynamic Flexibility for a 3D Life M. Velazquez	Purpose NOT Circus - Legit HIIT Thomson
	FR5	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	<b>NEW!</b> Floorless Core Hagan	<b>NEW!</b> Fascia & Functional Mobility Vanderburg	<b>NEW!</b> #DanceLikeNoOne's Watching Kurzban	Kettlebell HIIT Supreme Roberts	<b>NEW!</b> KBX Boot Camp Spreen-Glick
SATURDAY, NOVEMBER 7	FR6	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	<b>NEW!</b> Let's Get Unconventional Roselli	Country Fusion® for Active Agers Mooney	Tai-Chi + Yoga = Bamboo Fusion Ross	Cueing, Coaching & Communication McCormick	Schwinn®: It's All About the Base Roberts
	SA1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	<b>NEW!</b> Total Bodyweight Blast Benten	<b>NEW!</b> Active Aging No Floor Core Layne	LaBlast®: Ballroom Fitness Using PATTERNography Van Amstel	Quick & Dirty 30 McCormick	Schwinn®: Train Right to Ride Right Vanderburg
	SA2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	<b>NEW!</b> Core Love Appel	<b>NEW!</b> Chronological vs. Physiological Age Salado	<b>NEW!</b> Functional Pilates Vanderburg	Functional Fitness After 50 Hagan	Anchors Away: Functionally Fun Rowing™ SGT Ken
	SA3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Myzone® Gamified Bootcamp Sopo	<b>NEW!</b> Balance for Active Aging Roberts	<b>NEW!</b> Wall Yoga - Sensing Confidence Krauss	Soul Power Freeman	<b>NEW!</b> MASHUP®: Active Recovery - Are You Implementing It? Cura
	VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PT						
	SA4	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	<b>NEW!</b> Straight to the Core Robinson	<b>NEW!</b> Stop Hurting Your Shoulders! Roselli	<b>NEW!</b> MASONFlow Mason	Country Fusion® Mooney	Schwinn®: Rhythm Done Right Appel
SUNDAY, NOVEMBER 8	SA5	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	<b>NEW!</b> Activated Body Thomson	<b>NEW!</b> Aging HIIT: Chair Today, Gone Manana Gilbert	<b>NEW!</b> Best of Polga - Pole Yoga Gilfry	Big Balance Theory Pinkowski	Welcome to the Jungle (Gym) - HIIT Friend Uhl
	SA6	5:35pm-6:50pm EST 4:35pm-5:50pm CST 2:35pm-3:50pm PST	<b>NEW!</b> Baby Boom Vopni	I Am Ageless - The Workout Bender	<b>NEW!</b> BIIT: Barre Intensity Interval Training O'Dell	Barre Fight Wartenberg	<b>NEW!</b> All Time HIITS Appel
	SU1	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	<b>NEW!</b> SGT Functional Fire Drill McCormick	<b>NEW!</b> Sizzling Seniors (Re) Activation Hunt	<b>NEW!</b> Creating Unforgettable Dance Fitness Experiences! Ponte & Schur	Advanced Functional Pilates Bender	STRONG Nation™ Bullard
SUNDAY, NOVEMBER 8	SU2	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	<b>NEW!</b> The Back, Booty & Core Connection Appel & McCormick	<b>NEW!</b> Stretch & Perform: The Bannister Method™ Bannister-Munn	<b>NEW!</b> Flexy & Fit - Pole Yoga Gilfry	Little Tweaks for Big Results Roberts	Schwinn®: F.E.A.R. Face Everything and RIDE Roberts
	SU3	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	<b>NEW!</b> Flex Your Own Way Leachman	<b>NEW!</b> Boosting the Brain With Cognitive Tasks Glatt	<b>NEW!</b> YogaLates Santiago	Assume the Position Bisconti	<b>NEW!</b> Metabolic Mixer Appel
	VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PT						
	SU4	2:25pm-3:40pm EST 1:25pm-2:40pm CST 11:25am-12:40pm PST	<b>NEW!</b> Ultimate One-Dumbbell Challenge Velazquez	<b>NEW!</b> Lower Cross Syndrome Segawa	Tai Chi for Warmup & Recovery Carbo	Boogie Barre Carvalho	 Howard & Maurer 1:00pm-5:00pm
	SU5	4:00pm-5:15pm EST 3:00pm-4:15pm CST 1:00pm-2:15pm PST	<b>NEW!</b> Complete Guide to Metabolic Flexibility Roselli	<b>NEW!</b> Small Group Programming for Active Agers Gilbert	<b>NEW!</b> Tramp Camp DeFilippis	Yoga for the Young at Heart Kooperman	 Warasila • 9:00am-5:00pm CST

 <b>Aquatic Exercise Certification</b> Howard 9:00am-6:00pm CST	 <b>Meditation Certification</b> Rockit 9:00am-1:00pm CST	 <b>Small Group Training Certification</b> Robinson • 9:00am-4:00pm CST	 <b>Corrective Exercise Certification</b> Roselli • 9:00am-4:00pm CST	 <b>STRONG NATION™ TRAINING</b> Bullard 8:00am- 5:30pm CST
 <b>Aqua Barre Certification</b> Kulp • 9:00am-4:00pm	 <b>WaterRower® Virtual Crew Coach Course™</b> SGT Ken® 9:00am-4:00pm	 <b>Nutrition Coaching For Fitness Pros Certification</b> Layne • 9:00am-5:00pm CST	 <b>Pilates Matwork Certification</b> Appel 9:00am-6:00pm CST	 <b>ZUMBA</b> Zumba Basic 1 Instructor Training Bostic 8:00am-5:30pm CST
		 <b>Active Aging Nutrition Certification</b> Silverman • 5:30pm-9:30pm CST		

F AQUA (ON LAND)	G AQUA (PRE-RECORDED)	H NUTRITION / EX SCIENCE	I NUTRITION (PRE-RECORDED)	J BUSINESS (MARKETING / REVENUE)	K BUSINESS (MEDIA / MANAGEMENT)	L BUSINESS (WEBINARS PRE-RECORDED)	
Aqua Core Senior Style Kulp	Water Running Rockit	<div>NEW!</div> Shrinking Fat Cells Layne	Obesity From a Different Prospective Galanto	<div>NEW!</div> Millennials vs. Boomers: Getting Gens to the Gym Pellegrino	<div>NEW!</div> How To Captivate & Expand Your Audience McWaine	HIIT Programming: Indoors, Outdoors, and Online! Kooperman, Mylrea, Robinson & Roselli	FR1
Choreography Overflow M. Velazquez	Barre H2O Wartenberg	<div>NEW!</div> Facial Nutrition & Exercise Conti & Silverman	Fad Diet Update Digsby	<div>NEW!</div> Unique Programming for Boutique Gyms Gilfrv	<div>NEW!</div> Tech Talk Maurer	Social Media During COVID-19 Kooperman, Murphy-Madden, Bisconti, Williams & Maurer	FR2
Aqua Zumba® Bostic	Aqua Bits & Pieces Layne	<div>NEW!</div> Core Health Secrets for Women Crawford & Vopni	Self Coaching Strategies for Wellness & Weight Loss Silverman	<div>NEW!</div> Opportunities Within the Health & Fitness Industry McBride	<div>NEW!</div> Marketing Without Money Conti	Meet Fitness Icon Todd Durkin Kooperman, Durkin	FR3
VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PT							
Making Waves with LaBlast® Splash Van Amstel	Playful Aqua Patterns Gilbert	<div>NEW!</div> Boosting Immunity Through Self-Care Seti	Nutrition for Fitness Professionals Layne	Trends for 2020 & Growth Panel Kooperman, McBride, Pellegrino & Stevenson	<div>NEW!</div> Teach Virtually Like a Pro! Ponte & Schur	When COVID-19 Strikes Our Clubs & Communities Kooperman, McBride, Stevenson & Barry	FR4
<div>NEW!</div> Routine Revolution H2O Gili & Barker-Hemings	H.E.A.T. Waves Henry	<div>NEW!</div> Bladder Control is a Fitness Issue Crawford	Tipping the Scales Comana	<div>NEW!</div> Inclusive Classes for All Bodies DeFilippis	Hybrid Small Group Training: Live & Online McBee	Water Exercise: Future Programming Kooperman, Howard, Warasila & Martin	FR5
<div>NEW!</div> Surf It, Skim It - Kickboarding Mehanni	Girls Just Wanna Have Fun Kooperman, McCormick, Gilbert, Wartenberg & Pinkowski	<div>NEW!</div> Diet Vs. Exercise: Food Choices Always Win Fearheiley	Nutrition & Sleep Fascinating Connections Silverman	<div>NEW!</div> Women's Leadership Lounge Gray	<div>NEW!</div> Brand Building Bootcamp Hoff	Unemployed GX Instructors: New Frontier Kooperman, Kolber, Spreen-Glick & Conti	FR6
<div>NEW!</div> HIIT the Pool Running Gilbert	Tab-Aqua Quickies Howard	<div>NEW!</div> Your Kitchen = Your Happy Place Digsby	Dietary Diversity Layne	<div>NEW!</div> The Changing Landscape of Fitness Kepple	<div>NEW!</div> Virtual Training Crash Course Robinson	Meet Fitness Icon Kathy Smith Kooperman & Smith	SA1
<div>NEW!</div> Liquid Gym Acqua Tone & Shine Raphael	Aquatic Kickboxing: Out of the Box Layne	<div>NEW!</div> Exercise Program Design For The 55+ Client Ritchie	Longevity Labs: Eats & Feats Silverman	<div>NEW!</div> Face Your Fears: Rise & Reinvent Yourself Hagan	<div>NEW!</div> Get Your Time Back Maurer	Social Media, Social Responsibility & Social Interaction Kooperman, Hoff, Williams & Christopher	SA2
LaBlast® Splash: Waltzing in the Water Van Amstel	Aquatic Solutions for Active Agers Gilbert	<div>NEW!</div> Your Walk is Whack Persaud & Lodato	Putting an End to Stress Eating Seti	<div>NEW!</div> Small Group Training Success Robinson	<div>NEW!</div> Diverse & Inclusive Fitness Communities Williams	Barre Training: The Ups & Downs Kooperman, Murphy-Madden, Wartenberg & Appel	SA3
VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PT							
<div>NEW!</div> Liquid Gym Acqua Punch & Pump Raphael	Waves on Fire: Active Agers Martin	<div>NEW!</div> Your Brain on Exercise Glatt	Meatless Mondays: Plant Protein De-Mystified Hall	<div>NEW!</div> Shifting Your Mindset For A New Era Barry	Live Streaming Like A Boss Williams	Engaging & Growing Your Aquatics Students Kooperman, Gilbert, Warasila & Wartenberg	SA4
Double Trouble: Bad Boys Of Aqua	Weight Loss Aquatic Style Gilbert	<div>NEW!</div> Intermittent Fasting - Fact or Fiction? Roth	Immunity Boosters & Busters Silverman	<div>NEW!</div> Best Practices in the New Normal Gray	Social Media Panel Maurer, Hoff, Esquer & Conti	Active Aging Fitness Programming Kooperman, Dennis, Roberts & Layne	SA5
Platinum - Silver Tsunami M. Velazquez	Tab-Aqua Bootcamp Howard	<div>NEW!</div> Taste the Mediterranean Way Silverman	Pros & Cons of Fasting Layne	Future of Group Ex Panel Kooperman, Howard, Hagan & Spreen-Glick	<div>NEW!</div> THINK Yourself® A BUSINESS PRO Plamondon-Thomas	Re-Opening: An International Perspective Kooperman, Campbell, Teixeira & Green	SA6
<div>NEW!</div> Mix-Match Aqua Moves to the Max Howard	Aqua Soft Fitness Fusion Layne	<div>NEW!</div> Better Sleep for Active Agers Silverman	Timing is Everything Layne	<div>NEW!</div> Top 10 Factors Impacting Retention Bedford	<div>NEW!</div> Apps & Sites for Fitness Pros Digsby	Functional Training in a Dysfunctional World Kooperman, Roberts, Ritchie, Osar & Bender	SU1
WATERinMOTION Strength Kulp	Dive In Rockit	Nutrition Panel Layne, Silverman & Digsby	Cravings & Sugar Unsweetened Silverman	<div>NEW!</div> 2020 Client Acquisition Systems Curley	<div>NEW!</div> Finding The Perfect Virtual Fit Coulter	Active Aging: Preparing for Life Reemerged! Kooperman, Bender, Metcalf & Gilbert	SU2
Drag Me Into The Water PlumMentz	Aqua Athletes Howard	<div>NEW!</div> Fix 7 Menopause Symptoms with Exercise Atkinson	Nutrition & Chronic Pain Garcia	<div>NEW!</div> Create a Rockstar Sales Team Parker	<div>NEW!</div> Own & Hone Your Niche on Social Media McWaine	Virtual Personal Training: The Ins & Outs Kooperman, McBee, Robinson & Roselli	SU3
VIRTUAL EXPO BREAK: 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PT							
<div>NEW!</div> Aqua Yoga Fired Up Flow Martin	Aquatic Beauties & the Beasts Keyes & Keyes	<div>NEW!</div> Cooking Made Simple & Healthy Digsby	Are all Calories Equal? Comana	The Future of Personal Training Panel Roberts, Robinson & Christopher	<div>NEW!</div> THINK Yourself® A TECH PRO Plamondon-Thomas	Getting Our Aging Market Active Again Kooperman, Bender, Milner & Roberts	SU4
<div>NEW!</div> Surf It, Skim It - Kickboarding Mehanni	It's Raining Men Bisconti, Howard, Rockit & M. Velazquez	<div>NEW!</div> Aqua Solutions: The Posterior Chain Gili	Nutritional Needs During Menopause Layne	<div>NEW!</div> Small Group Training Profits & Programs Stevenson	<div>NEW!</div> How to Be Fluent in Exercise Language Christopher	Take the Plunge: Re-Open Your Pool Kooperman, Gilbert, Warasila, Howard & Kulp	SU5