

SATURDAY SESSIONS

7:30-8:30 a.m. Conference Check-in and Package Pick-up. 📍 Evan Hazel Theatre

	Studio A	Studio B	Gymnasium	MP1	MP2	Pool/MP3
Session 1	Session 1a-1 8:30-10:00 a.m. 	Session 1b-1 8:45-10:15 a.m. Retro Fit: 80's Fit Revival Jessica Power Cyr	Session 1b-2 8:45-10:15 a.m. HYROX for Group Michelle Felzmann	Session 1a-2 8:30-10:00 a.m. Reformer Pilates on the Mat Helen Vanderburg	Session 1b-3 8:45-10:15 a.m. Fitness for Neurodivergence Michael Barrett	
Session 2	Session 2a-1 10:25-11:50 a.m. TRX Programming 101 Michelle Felzmann	Session 2b-1 10:30-12:00 p.m. Core Stability vs. Core Strength Helen Vanderburg	Session 2b-2 10:30-12:00 p.m. Plyometrics Jessica Power Cyr	Session 2a-2 10:25-11:50 a.m. Release the Shoulders Simone Hodgekinson	Session 2b-3 10:30-12:00 p.m. Training for Longevity Wayne Russell	

12:00-1:30 p.m. - Lunch & Keynote: "Adversity is an Opportunity" - Stan Peake 📍 Evan Hazel Theatre

Session 3	Session 3-1 1:45-3:15 p.m. Fascia & Function Helen Vanderburg	Session 3-2 1:45-3:15 p.m. Step: One Block at a Time Michelle Felzmann	Session 3-3 1:45-3:15 p.m. Less is More: How to maximize intensity, variety and innovation with little to no equipment Stan Peake	Session 3-4 1:45-3:15 p.m. Release and Restore Simone Hodgekinson	Session 3-5 1:45-3:15 p.m. The Brain on Exercise Michael Barrett	Session 3-6 1:45-3:15 p.m. Mind-Muscle Connection: Training the Brain to Move the Body Leah Widynowski
Session 4	Session 4-1 3:30-5:00 p.m. Eccentrics: Stronger Through Negative Training Jessica Power Cyr	Session 4-2 3:30-5:00 p.m. Fundamentals of Effective Group Cycle Training Judy Cudrak	Session 4-3 3:30-5:00 p.m. Prep to Correct Michelle Felzmann	Session 4-4 3:30-5:00 p.m. Chair Yoga Helen Vanderburg	Session 4-5 3:30-5:00 p.m. Anatomy Refresh Chester Guieb & Tyson Moore	Session 4-6 3:30-5:00 p.m. Mind-Muscle Connection: Training the Brain to Move the Body Leah Widynowski

SUNDAY SESSIONS

7:30-8:30 a.m. Coffee and light refreshments. 📍 Evan Hazel Theatre

	Studio A	Studio B	Gymnasium	MP1	MP2	Pool/MP3
Session 5	Session 5a-1 8:30-10:00 a.m. C'Mon Down to Compound Town Michelle Green	Session 5b-1 8:45-10:15 a.m. Gears & Gains: The Full-Body Revolution Jessica Power Cyr	Session 5b-2 8:45-10:15 a.m. Play Camp Michelle Felzmann	Session 5a-2 8:30-10:00 a.m. Yoga Meets Foundational Fitness Principles Mary Casey & Lisa Axelson	Session 5b-3 8:45-10:15 a.m. Personal Training Strategies for Adults 50+: Maximizing Muscle Development and Healthy Aging Scott Andrews	Session 5b-4 8:45-10:15 a.m. Aqua Box Bootcamp Leah Widynowski
Session 6	Session 6a-1 10:25-11:50am Supporting Type 2 Diabetes Prevention with Exercise and Nutrition Rebecca Reitsma & Sarah Percival	Session 6b- 1 10:30-12:00 p.m. Zone In on Cycle: Zone Training, Cadence, Drills & the Power of Music Sue Holtby	Session 6b-2 10:30-12:00 p.m. One Perfect Rep Michelle Felzmann	Session 6a-2 10:25-11:50 a.m. Power Pilates Jessica Power Cyr	Session 6b-3 10:30-12:00 p.m. Hormones, Muscle & Metabolism in Menopause Lorelei Waters	Session 6c-1 10:30-11:45am Metabolic Mayhem Leah Widynowski

12:00-1:30 p.m. - Lunch, YMCA Fitness Leadership Awards Ceremony & Closing. 📍 Evan Hazel Theatre