

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. Girls Forward's Building Blocks for Girl-Centered Programming	Session 1b-1 8:45-10:15 a.m. Retro Fit: 80's Fit Revival	Session 1b-2 8:45-10:15 a.m. HYROX for Group	Session 1a-2 8:30-10:00 a.m. Reformer Pilates on the Mat	Session 1b-3 8:45-10:15 a.m. Moving Beyond One-Size-Fits-All: Coaching Neurodivergent Clients Toward Better Health	
	Heidi Jackson	Jessica Power Cyr	Michelle Felzmann	Helen Vanderburg	Michael Barrett	
Session 2	Session 2a-1 10:25-11:50 a.m. TRX Programming 101	Session 2b-1 10:30-12:00 p.m. Core Stability vs. Core Strength	Session 2b-2 10:30-12:00 p.m. Plyometrics	Session 2a-2 10:25-11:50 a.m. Release the Shoulders	Session 2b-3 10:30-12:00 p.m. Training for Longevity: Exercise Programming for Lifelong Health	
	Michelle Felzmann	Helen Vanderburg	Jessica Power Cyr	Simone Hodgekinson	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	Session 3-2 1:45-3:15 p.m. Step: One Block at a Time	Session 3-3 1:45-3:15 p.m. Less is More: How to maximize intensity, variety and innovation with little to no equipment	Session 3-4 1:45-3:15 p.m. Release and Restore	Session 3-5 1:45-3:15 p.m. The Brain on Exercise	Session 3-6 1:45-3:15 p.m. Deep Dive: Mastering the Deep Water Movement Bank
	Helen Vanderburg	Michelle Felzmann	Stan Peake	Simone Hodgekinson	Jessica Power Cyr	Leah Widynowski
Session 4	Session 4-1 3:30-5:00 p.m. Eccentrics: Stronger Through Negative Training	Session 4-2 3:30-5:00 p.m. Fundamentals of Effective Group Cycle Training	Session 4-3 3:30-5:00 p.m. Prep to Correct	Session 4-4 3:30-5:00 p.m. Chair Yoga	Session 4-5 3:30-5:00 p.m. Anatomy Ape Out	Session 4-6 3:30-5:00 p.m. Engaging Participants, Managing Feedback and Building Connection in Deep Water Classes
	Jessica Power Cyr	Judy Cudrak	Michelle Felzmann	Helen Vanderburg	Chester Guieb & Tyson Moore	Heather Scherer

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

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