Saturday Sessions

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

	Studio A	Studio B	Gymnasium	Art Studio B	MP2	Pool/MP3
Session 1	**Session 1a-1** (L) 8:30-10:00 a.m. Girls Forward's Building Blocks for Girl-Centered Programming Heidi Jackson	**Session 1b-1** (W) 8:45-10:15 a.m. Retro Fit: 80's Fit Revival Jessica Power Cyr	**Session 1b-2** (W) 8:45-10:15 a.m. HYROX for Group Michelle Felzmann	**Session 1a-2** (W) 8:30-10:00 a.m. Reformer Pilates on the Mat Helen Vanderburg	**Session 1b-3** (L) 8:45-10:15 a.m. Moving Beyond One-Size-Fits-All: Coaching Neurodivergent Clients Toward Better Health Michael Barrett	
Session 2	**Session 2a-1** (W) 10:25-11:50 a.m. TRX Programming 101 Michelle Felzmann	**Session 2b-1** (W) 10:30-12:00 p.m. Core Stability vs. Core Strength Helen Vanderburg	**Session 2b-2** (W) 10:30-12:00 p.m. Plyometrics: Moving with Great Leaps and Bounds Jessica Power Cyr	**Session 2a-2** (W) 10:25-11:50 a.m. Release the Shoulders Simone Hodgkinson	**Session 2b-3** (L) 10:30-12:00 p.m. Training for Longevity: Exercise Programming for Lifelong Health Wayne Russell	

12:00-1:30 p.m. Evan Hazel Theatre — **Lunch: Presented by Office Gourmet Catering** — Keynote: "Adversity is an Opportunity" - Stan Peake

	Studio A	Studio B	Gymnasium	Art Studio B	MP2	Pool/MP3
Session 3	**Session 3-1** (W) 1:45-3:15 p.m. Fascia & Function Helen Vanderburg	**Session 3-2** (W) 1:45-3:15 p.m. Step: One Block at a Time Michelle Felzmann	**Session 3-3** (W) 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** (W) 1:45-3:15 p.m. Release and Restore Simone Hodgkinson	**Session 3-5** (L) 1:45-3:15 p.m. The Brain on Exercise Jessica Power Cyr	**Session 3-6** (W) 1:45-3:15 p.m. Deep Dive: Mastering the Deep Water Movement Bank Leah Widynowski
Session 4	**Session 4-1** (W) 3:30-5:00 p.m. Eccentrics: Stronger Through Negative Training Jessica Power Cyr	**Session 4-2** (W) 3:30-5:00 p.m. Fundamentals of Effective Group Cycle Training Judy Cudrak	**Session 4-3** (W) 3:30-5:00 p.m. Prep to Correct Michelle Felzmann	**Session 4-4** (W) 3:30-5:00 p.m. Chair Yoga Helen Vanderburg	**Session 4-5** (L) 3:30-5:00 p.m. Anatomy Ape Out Chester Guieb & Tyson Moore	**Session 4-6** (W) 3:30-5:00 p.m. Engaging Participants, Managing Feedback and Building Connection in Deep Water Classes Heather Scherer

(W) Active Workshop (L) Lecture

Sunday Sessions

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

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

12:00-1:30 p.m.
Evan Hazel Theatre

Lunch: Presented by BarBurrito
YMCA Fitness Leadership Awards Ceremony & Closing

W Active Workshop L Lecture