



# Conference Schedule

Saturday	Cycling <i>(active)</i>	Group Fitness <i>(active)</i>	Group Fitness <i>(active)</i>	Group Fitness <i>(active)</i>	Mind & Body <i>(active)</i>	Specialty <i>(workshop)</i>	Specialty <i>(workshop)</i>	Specialty <i>(workshop)</i>
9:00am to 10:30am	Power vs Rhythm Presenter: Jan Giblin	Explore your Core Presenter: Lisa Mastrachio	Functional Circuits for Active Aging Presenter: Jill Pomeroy	The Next STEP Presenter: Brenda Hamm	Yoga for Athletes Presenter: Julia Aimers	The Other Piece of the Puzzle Presenter: Rachel Cavan	Stop The Overwhelm and Continue With What You Love (Teaching!) Presenter: Amanda Degrace	Programming for Improving Movement - Focus on the "How" before "How Much". Presenter: John Zahab
11:00am to 12:30pm	Endurance Coaching on the Bike Presenter: Julia Aimers	Circuit Skills & Drills Presenter: Lisa Mastrachio	Cardio Dance Party Presenter: Nicole Houle		Pelvic Floor & Diastasis – Buzz Words or Something You REALLY Need To Know to lead your Yoga classes? Presenter: Amanda Degrace	Lower Limb Dysfunction Presenter: Dr. Aaron Lynn	Mobility & Stability for Active Aging Presenter: Margaret Marti	Menopause and Weight Gain Presenter: Rachel Cavan
12:40 pm to 1:20pm	Lunch Healthy Buddha Bowl							
1:20pm to 1:35pm	The Keys to Success for Fitness Leaders Keynote Speaker: Lisa Mastrachio							
1:45pm to 3:15pm	The Best Ride Ever Presenter: Jan Giblin	Bodyweight Blast Presenter: Lisa Mastrachio	Pilates HIIT Presenter: Kristy Kilcup	Love your LOW Presenter: Jill Pomeroy	Accessible Yoga Presenter: Michael Hutkins	Fundamentals of Sports Nutrition Presenter: Brittany Gordon	Functional Training for Active Aging Clients Presenter: Nick Haince	Boomers & Zoomers – How to accommodate multiple fitness levels and injuries in your class Presenter: Alanna George
	Post Conference Social							